



# POPULATION MEDICINE & RESEARCH NEWSLETTER

Connecting you with valuable resources  
and innovative research from the Division  
of Population Medicine

 **College of  
Medicine**  
*Family and Community Medicine*



# MESSAGE FROM THE DIRECTOR

Dear colleagues and friends,

We are in unprecedented times that has impacted the way that we practice medicine. Primary care has really stepped up as the front line battling the COVID-19. We have chosen our professions to care for individuals and communities that we serve. While stressful, it also has been an incredible time to see the hearts-in-action of all our colleagues and clinical staff. There is significant stress, fear, and sense of uncertainty that, as primary care leaders and providers, we need to display calm and reassurance during this time of crisis. I am so proud to be among a cadre of incredible primary care providers in the state of Kentucky making change and adapting the way we practice medicine to serve our populations during this time of need.

During this time, it is also important to celebrate our progress in the work we do in KAN. In this issue we highlight that our practice transformation grant from HRSA received a national award as the outstanding education program by the Association of Prevention, Teaching, and Research (APTR). Our team was present in San Antonio to receive this award which reflects four years of developing curriculum to prepare our family medicine residents and other learners in the areas of population health and quality. We also share information in this newsletter about how we developed acute telecare services within 8 days as the first cases of the COVID-19 presented in Kentucky. This was a tremendous group effort as over 150 visits have already been conducted in the last 5 days. We are trying to keep patients, healthcare providers, and our community safe during this time. You will also find stories about work conducted by Dr. Karen Roper with focus groups to better understand perspectives related to opioid use among patients. Also, we celebrate Dr. Brent Kaplan's recent publications.

Be safe and thank you for all you do!



Roberto Cardarelli, DO, MHA, MPH  
Director, KAN  
Professor and Chief of Population  
Medicine



# OUR TEAM



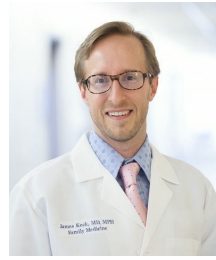
Roberto Cardarelli,  
DO, MHA, MPH



Carol Hustedde,  
PhD



Brent Kaplan, PhD



James Keck, MD,  
MPH



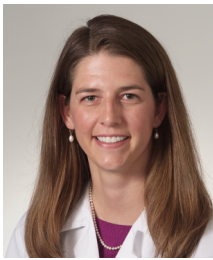
Mikhail Koffarnus,  
PhD



Lars Peterson, MD,  
PhD



Karen Roper, PhD



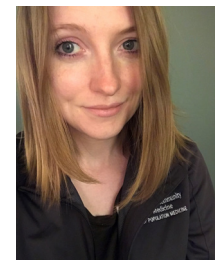
Mary Sheppard,  
MD



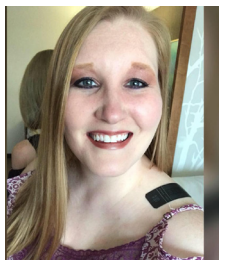
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## UK DFCEM gets national APTR award

### PCTE grant team recognized by Association for Prevention Teaching and Research

The Department of Family and Community Medicine's Primary Care Training Enhancement (PCTE) grant was recently selected to receive the Outstanding Educational Program Award by the Association for Prevention Teaching and Research (APTR). This award honors an innovative program, department, or academic institution for their involvement in advancing undergraduate or graduate medical education in prevention and public health which furthers students' interest in the discipline.

Since 2016, the PCTE program has been working within the department to enhance training to improve access to primary care providers prepared to practice in and lead transforming health care delivery. This project, funded by HRSA, allows trainees to learn about the integration of health disparities and social determinant factors through clinic and population-based analyses and to apply transformational methodologies that will drive improved clinical services accordingly. We focus on the quadruple aims of enhancing patient experience, improving population health, reducing costs, and improving the work life of health care providers, including staff. This project is in collaboration with the University of Kentucky Colleges of Nursing and Social Work and trains medical students, family medicine residents, social work students, Doctor of Nursing Practice (DNP) and other health professions trainees, and will prepare faculty to teach these learners.

In addition, we want to share these resources and tools we use to improve our clinical outcomes and better prepare future healthcare professionals in the **Transformation of Value-Based Care Community on DFCEM Connect**—your one stop shop for networking and educational and clinical resources. View the [community resource library](#) as well as the libraries for [KAN](#) and [Volunteer Faculty](#) communities to explore even more resources. If you haven't joined already, make your profile today and start exploring DFCEM's newest resource for KAN members and valued partners.

Thank you to all those in the Department who have worked on the PCTE project--the receipt of this award is a direct result of your hard work and dedication to its aims.

DFCEM  
connect

[bit.ly/DFCEMconnect](https://bit.ly/DFCEMconnect)

# Acute telecare service now available

## UK DFCM's response to the COVID-19 Pandemic

Acting quickly to respond to the COVID-19 Pandemic, UK HealthCare is now able to offer acute telecare services to patients with quick-onset symptoms—fever, cough, congestion, respiratory difficulties or sore throat, etc.—to get expert care without leaving the comfort of their homes. Within the first eight days of the first confirmed case of COVID-19 in Kentucky, providers were able to perform e-visits with patients.

Using telehealth technology, patients are able to set up a visit with providers via Zoom, a web-based video-conferencing platform that is compliant with HIPAA regulations. Telecare visits require access to a device with a camera—like a smartphone, tablet or computer—along with access to an internet connection and an active email account. During the visit, providers determine if patients need to come in for a face-to-face visit to be examined further or if laboratory testing is required.

The initiative has been a great success, with over 150 telecare visits being conducted at UK DFCM just in the past five days. The group that came together from across all departments of UK HealthCare put in a tremendous effort and their work has not gone without notice. Through this new service, we hope to help keep our patients, providers, staff, and communities safe.

During this uncertain time, we must rethink the way we practice medicine and serve our populations, and utilize every tool at our disposal to combat this global health crisis.



# Research reveals disparity between patient and provider perspectives surrounding opioid-related treatments



UK faculty and students recently submitted a mixed-methods research study for publication that involved a provider survey (KAN and North Texas PBRNs participated) and patient focus groups. Karen Roper, PhD along with co-authors Drs. Roberto Cardarelli and Neena Thomas-Eapen, and medical students Jarred Jones and Courtney Rowland sought to evaluate specific points of discordance in perceptions and treatment goals between chronic pain patients and primary care doctors.

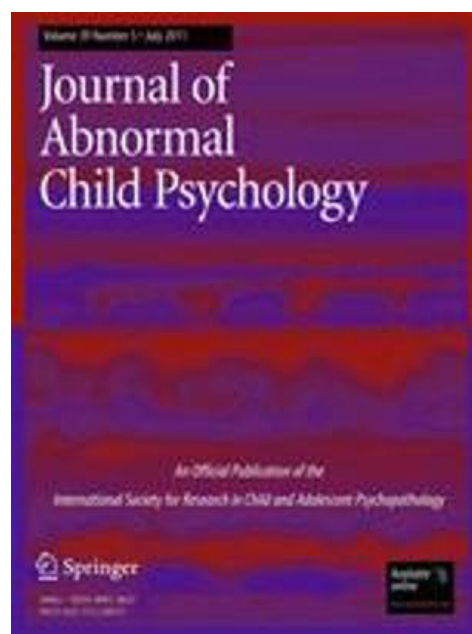
Findings revealed a shared sense of frustration and fear, and a need to establish common treatment expectations between patients and their doctors. Patients' understanding of opioid risks, desire for attention on functional goals and behavioral treatment were found to be greater than PCPs perceive. PCP survey responses showed that they are dissatisfied with their ability to provide optimal chronic pain care, despite feeling that patients are generally satisfied with their clinic visits. Evaluation tools, especially assessment of functional activities, are favorably viewed by all, but deemed time prohibitive.

We are grateful for our patient participants and the time taken by our KAN members for their survey participation! This work can help us to develop educational and clinical interventions to overcome stigma and provide safe management of chronic pain.

## Dr. Brent Kaplan publishes research in Journal of Child Abnormal Psychology

Dr. Brent Kaplan recently published his research, "Modeling Treatment-Related Decision-Making Using Applied Behavioral Economics: Caregiver Perspectives in Temporally-Extended Behavioral Treatments" in the Journal of Abnormal Child Psychology.

In this paper, Dr. Kaplan examines caregiver preferences and perspectives surrounding behavioral therapies for children with disrupting or challenging behavior, with a focus on how the length of delays (i.e. number of weeks applying behavioral therapies needed to see results) affects caregiver decision-making when pursuing treatments for children.



# KAN Member Spotlight:

## R. Brent Wright, MD, MMM



**Location:** Glasgow, KY

**Specialty areas:** Healthcare Management, Family Medicine, Graduate Medical Education, Entrepreneurship, Applied Technology, Team Building & Governance, and Innovation.

Dr. R. Brent Wright, MD, MMM is a graduate of the University of Louisville School of Medicine and University of Southern California School of Business. He serves on the board of the Kentucky Medical Association (KMA), the Foundation for a Healthy Kentucky, and others in addition to being an Advisory Board member for the Kentucky Ambulatory Network.

Dr. Wright is located in Glasgow, Kentucky, at the University of Louisville/Glasgow Family Medicine Residency. He practices at the T.J. Samson Family Medicine Center (the community clinic for the Family Medicine Residency program). In addition to his clinical duties, Dr. Wright serves as the Associate Dean for Rural Health Innovation at the University of Louisville School of Medicine. Dr. Wright chose his specialty areas of Family Medicine and Innovation because he enjoyed all areas of medicine in medical school. "Family Medicine utilizes both the knowledge of the human body and how society influences and individual's health and well-being." Innovation is especially important in Dr. Wright's career, as it allows him the creativity to seek out solutions in multiple areas.

For Dr. Wright, the most valuable thing of being a part of KAN is having a centralized team to review, promote, and disseminate ambulatory data collection and research.

Dr. Wright's research interests include efficiency in healthcare delivery, telemedicine utilization through applied technology, education challenges in rural health, interdisciplinary care, and aging in place utilizing technology.

# Do you have a clinical or practice related question?

Do you have a question regarding clinical or health/disease related issues?

Do you have a question based on experiences in your medical practice?

We want to hear from you! Tell us about the issues you see and experience in your primary care practice. We may be able to answer your question, connect you with colleagues who share your concerns, or perhaps even turn your question into a research project.

Reach out any time at [KAN@uky.edu](mailto:KAN@uky.edu).



## KAN Member Visits

Due to the ongoing COVID-19 Pandemic, all in-person KAN member visits are on temporary hiatus.

Feel free to reach out to Kim Haney, our KAN Coordinator, at [KAN@uky.edu](mailto:KAN@uky.edu) with any questions or concerns you may have and to share your thoughts about KAN.

If you know of a colleague who may be interested in becoming a KAN member, please invite them to join, and forward them this newsletter!

# Get engaged with KAN and the Division of Population Medicine

We often hear the question “We are primary care, why should we be involved in research?” Our responses are always the same, “Because if we don’t do it, no one will create the knowledge and evidence we need to practice medicine that our patients and communities expect and deserve from us.”

Primary care providers have a vital role in advancing the knowledge of our professions. Practice-based research groups grew from the realization that much of the research that is done in tertiary medical centers has little applicability to the practice of outpatient and ambulatory medicine. KAN invites all its members to participate in research that will have little hindrance to daily practice.

We welcome your ideas and engagement with the numerous resources and opportunities we offer!

## CONTACT US



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