



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 KAN Family,

I would like to take a moment to wish every one of you a very Happy Holidays and New Year. This is always a great time of the year to reflect on all of our accomplishments in ways we have worked together to drive better care and research to the populations we serve. I am especially proud of this quarter's newsletter as there are several celebrations to be noted. We are especially proud of one of our summer research medical students, Jessica Creager, who published with her mentor in the Annals of Family Medicine on the topic of physician burnout. We also celebrate Dr. Lars Peterson being named the National Academy of Medicine Puffer/American Board of Family Medicine fellow and Dr. Brittany Smalls being selected as a LEAP fellow. We also take a moment to celebrate and welcome one of our new research faculty, Dr. Kaplan, who joins Dr. Koffarnus' team that is focused on substance use disorder research.

Fall and winter seasons are busy times for us as we travel to various national and international conferences including Canada to attend the North American Primary Care Research Group (NAPCRG) annual conference.

As we celebrate such accomplishments, we pause to acknowledge and thank every single one of you for being part of our research network as you bring incredible insight and knowledge to the work we do.

Best wishes to everybody!



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



OUR TEAM



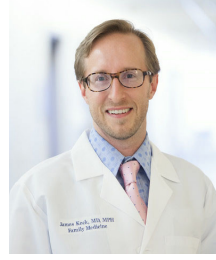
Roberto Cardarelli,
DO, MHA, MPH



Carol Hustedde,
PhD



Brent Kaplan, PhD



James Keck, MD,
MPH



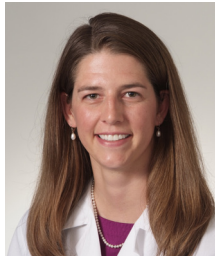
Mikhail Koffarnus,
PhD



Lars Peterson, MD,
PhD



Karen Roper, PhD



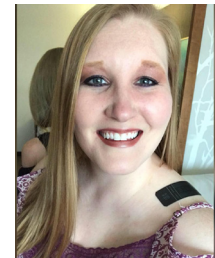
Mary Sheppard,
MD



Brittany Smalls,
PhD



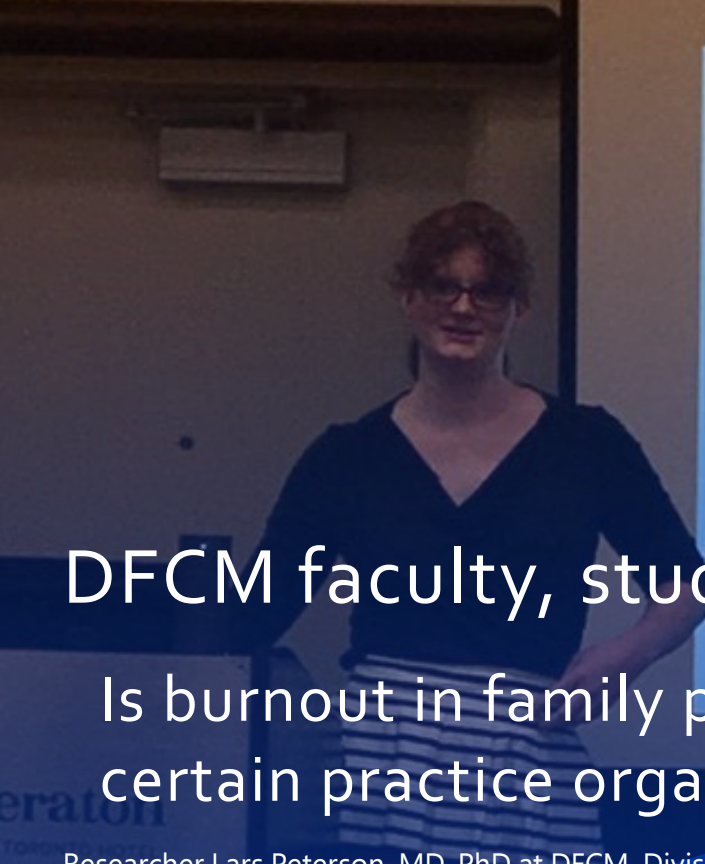
Kim Haney, MLS



Madeline Slimack

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Associations Between Burnout and Practice Organization in Family Physicians

Jessica Creager, BS

Anastasia Corrinho, MD/MHS

DFCM faculty, student publish research

Is burnout in family physician associated with certain practice organizations?

Researcher Lars Peterson, MD, PhD at DFCM, Division of Population Medicine and the American Board of Family Medicine (ABFM) recently collaborated with Jessica Creager, medical student at UK College of Medicine through the DFCM's Summer Research Program to **investigate whether burnout among family physicians is associated with certain practice organizations.**

Research has shown burnout rates among family physicians as high as 63%. New research from the American Board of Family Medicine (ABFM) analyzed a possible association between burnout and practice organization, ownership, and environment. While the data showed a burnout rate of 43.7% among the family physicians surveyed, the researchers did not find any single practice type or ownership status that was independently associated with burnout.

In addition to practice type—with the two largest groups working in private practices and hospital-owned practices—the questionnaire assessed practice environment characteristics. Most respondents (65.6%) did not have any ownership in their practice; however, self-employed physicians reported high rates of good control over their workload and sufficient time for documentation. In addition, self-employed physicians reported lower rates of high stress, chaos, and excessive time spent on electronic health records at home. While over half of the physicians reported high stress, the majority of respondents also reported a satisfactory number of hours worked, good control over their workload, and efficient teamwork. Federal and hospital-owned practices had a higher prevalence of burnout overall but this became non-significant when controlling for personal and practice environment variables.

Burnout risk factors in all practice types include increased physician stress with poor control over workload, conflicting values with leadership and arduous documentation burdens.

Researchers said, "Our findings suggest that burnout can occur in any practice type, and no specific organizational structure dooms physicians to burnout. This also suggests a common path forward that all practices can make changes to reduce burnout."

Burnout refers to the psychological exhaustion resulting from long-term stress and has been linked to physician alcohol use and suicidal ideation, reduced quality of patient care, and worse patient outcomes.

The complete article was published in the November/December 2019 issue of the Annals of Family Medicine and can be found at the link below:

<http://www.annfammed.org/content/17/6/502.full.pdf+html?sid=3cf57c36-d838-4cb6-8ba0-fa6b86118b00>

Dr. Lars Peterson selected as NAM Puffer/ ABFM Fellow



The National Academy of Medicine (NAM) has selected **Lars Peterson, MD, PhD** as the 2019 James C. Puffer, MD/American Board of Family Medicine (ABFM) Fellow. Dr. Peterson has authored over 100 peer reviewed publications and made over 100 national/international conference presentations, serving as the Vice President of Research at ABFM in Lexington, Kentucky and Associate Professor at UK DFCM.

Dr. Peterson leads a team of researchers at the ABFM whose focus is on investigating the ecology of family medicine and what enables family physicians to provide high quality care; in addition to the role of certification, particularly the impact of certification activities on quality. His personal research interests also include investigating associations between area level measures of health care and socioeconomic with both health and access to health care, rural health, primary care, and comprehensiveness of primary care.

As a NAM Fellow, Dr. Peterson will engage in the Academies' health and science policy work, and will receive a research stipend of \$25,000 to further his career.

Dr. Brittany Smalls selected as LEAP Fellow

The American Psychological Association (APA) has selected **Brittany Smalls, PhD** as Fellow for the 2019 Leadership and Education Advance Program (LEAP) for Diverse Scholars.

Through LEAP, Dr. Smalls will be part of a network of senior scholars/mentors that provide leadership training and research skill development using blended techniques with web-based, distance learning technologies. Dr. Small will also develop and implement a program at the APA to promote leadership in research and science related to diabetes, digestive and kidney diseases among underrepresented scholars.

LEAP is an evidence-informed mentoring and leadership development program for early career social and behavioral scientists from underrepresented racial and ethnic populations who show promise in research related to the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) mission but who have not yet received R01 funding and have not ascended to a leadership position in their respective disciplines or professional associations.





UK DFCM Welcomes New Research Faculty: Dr. Brent Kaplan

UK DFCM is pleased to welcome the latest addition to the Division of Population Medicine research team—Brent Kaplan, PhD.

Dr. Brent Kaplan received his PhD in Behavioral Psychology from the University of Kansas and recently completed a Postdoctoral Fellowship at the Fralin Biomedical Research Institute at Virginia Polytechnic Institute and State University.

Dr. Kaplan began work with UK DFCM in fall 2019 and works closely with Dr. Mikhail Koffarnus in the Healthier Futures Lab to examine how environmental and behavioral factors contribute to maladaptive decision making such as substance use and risky choice.

DFCM Faculty attend NAPCRG Annual Meeting in Toronto

DFCM Faculty members from the Division of Population Medicine attended the 47th Annual Meeting of the North American Primary Care Research Group in Toronto, Canada November 16-20. The NAPCRG Annual Meeting is a premier conference for the field of primary care research, and provides attendees with the opportunity to network with colleagues and hear about innovative advances being made in research today.

In total, over one thousand people from all over the world attended the NAPCRG Annual Meeting.



*Dr. Roberto Cardarelli and Dr. Karen Roper
representing UK DFCM in chilly Toronto,
Canada*



Each year, KAN offers members the chance to come together and network with their peers at a one-day in-person event: the Convocation of Practices.

We provide members with updates on some of KAN's recent and upcoming research initiatives, and open up the conversation to hear your feedback! We want to know what's important to you, and how KAN can help you in your daily professional lives.

We are starting work to plan 2020's event, and we wanted first to hear from you—is an event like this something you value? Would you participate in the Convocation, if held?

[Click here to take the 1-question survey](https://www.surveymonkey.com/r/KRB9VYQ), or paste the link below into your browser window.

<https://www.surveymonkey.com/r/KRB9VYQ>

Your feedback is appreciated!

Deprescribing Practices: Your feedback needed!



Researchers at the University of Kentucky Colleges of Pharmacy, Medicine, and Communication & Information are conducting a research study about experiences, attitudes, and beliefs toward deprescribing chronic medications. The aim of this study is to learn more about how to develop tools to facilitate deprescribing that incorporates patients, primary care providers, and pharmacists needs and beliefs.

Respondents have the option to participate in an upcoming follow-up study that involves in-depth interviews to further understand the issues surrounding deprescribing.

The first 100 respondents will be offered a \$25 Amazon gift card for taking part in the study.

[Click here to take the brief survey](https://redcap.uky.edu/redcap/surveys/?s=8P3LD74Y LX), or paste the link below into your browser window:

<https://redcap.uky.edu/redcap/surveys/?s=8P3LD74Y LX>

Your feedback is greatly appreciated!

UPCOMING EVENTS



[12th Annual Conference on the Science of Dissemination and Implementation in Health](#)

December 4-6, 2019
Arlington, VA

[STFM Conference on Practice & Quality Improvement](#)

December 5-8, 2019
Phoenix, AZ

[IHI National Forum on Quality Improvement in Health Care](#)

December 8-11, 2019
Orlando, FL

[STFM Conference on Medical Student Education](#)

January 30-February 2, 2020
Portland, OR

[AMA National Advocacy Conference](#)
February 10-12, 2020
Washington, D.C.

[NRHA Rural Health Policy Institute](#)
February 11-13, 2020
Washington, D.C.

[ADFM 2020 Annual Conference](#)
February 12-15, 2020
New Orleans, LA

KAN Member Spotlight: Mark Boyd, MD, FAAFP



Location: Covington,
Kentucky

Specialty areas: Family
Medicine

Research interests:
Improving health outcomes,
decreasing inequalities in
health care delivery

Mark A. Boyd, MA, FAAFP is a graduate of University of Cincinnati College of Medicine and received residency training at the Jacksonville Naval Hospital in Jacksonville, Florida.

Dr. Boyd practices Family Medicine at St. Elizabeth Healthcare's primary care group practice in Covington, Kentucky. The facility includes space for radiology, physical therapy, a diabetes clinic, a cardiovascular clinic, a dialysis center, internal medicine office, ER, and lab. Dr. Boyd chose Family Medicine because of the variety and breadth of the field—you see a little bit of everything.

In addition to his clinical activities, Dr. Boyd is an active member of the University of Kentucky Volunteer Faculty group, and has received teaching award during his time as Associate Director of Residency in Family Medicine at St. Elizabeth Healthcare.

For Dr. Boyd, one of the most valuable things about being a part of the Kentucky Ambulatory Network is the opportunity to be a part of primary care-driven research that has the potential to directly impact the health of communities all over Kentucky.

Dr. Boyd's research interests include improving health outcomes and decreasing inequalities in health care delivery.

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.



KAN Member Visits

Kim Haney, our KAN Coordinator, is visiting member clinics across the state to touch base with members, assess potential needs and interest, and share the latest updates and free resources. If you have not yet received a visit from Kim, expect to be contacted about scheduling one soon. Feel free to reach out to Kim at KAN@uky.edu to get your clinic on the schedule and 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!

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<https://ukydfcm.connectedcommunity.org/home>

