



JULY NEWSLETTER, 2022

# ARTMOUTH CO-OP

NORTHERN NEW ENGLAND  
PRACTICE-BASED RESEARCH NETWORK

Est. 1972

Dear CO-OP members,

With July now here, we hope you can get outside and enjoy some mental and physical health benefits that being outdoors can provide you. That being said, we advise you to remember your sunscreen and follow tips on UV Safety at the end of this newsletter, as July is also national UV Safety Month!

**We would appreciate your feedback on our newsletters, please take a few moments to fill out our [satisfaction survey](#)!**

## Member Spotlight

[Christine Gunn](#) (she/her) is a health services researcher and an assistant professor at The Dartmouth Institute for Health Policy and Clinical Practice. She also serves as the health equity liaison to the Community Outreach and Engagement Program of the Dartmouth Cancer Center. Christine runs a community-engaged research program that seeks to understand how patients and health care providers can use personal risk information to make informed decisions and cancer



screening and prevention. Outside of work, she enjoys spending time reading, cooking, skiing, and hiking with her family.

**What made you decide to join the Dartmouth CO-OP?**

“When I joined Dartmouth in September, I was looking to meet primary care providers with an interest in shared decision-making. For the past ten years, I’ve worked very closely with PCPs to inform my research and was hoping to find those in the CO-OP network who are advancing patient-centered decision-making on the front lines of care. From individual meetings to the Annual Meeting, everyone I met so far has been extremely welcoming.”

**What research have you done with the CO-OP before?**

“None yet, but I’m hoping to grow my relationships with members across the network!”

**What current research are you doing now that you would like the CO-OP to know about? And what do you enjoy most about this current work?**

“I’m currently finalizing a breast cancer screening decision aid that meets the needs of patients with limited health literacy. We are looking to test the decision aid in primary care settings in the coming months. What I have enjoyed most about this project is working closely with patients and PCPs in designing and developing this decision aid. My goal is always to partner with the end-users of my research and so having these groups both so closely involved throughout the process has taught me a lot.”

Read more about this research below!

**What advice would you give to someone looking to become more involved in the CO-OP?**

“Reach out and introduce yourself! I’ve been so grateful for how willing people are to meet and discuss our shared interests, and also in making other connections in the region with people who have similar interests. I would say the sense of community is one of the special things about this area and the CO-OP network. The Annual Meeting was another good way to learn about the variety of work going on across the network.”

**What’s something about you that people might not know?**

“I’m from Ontario, Canada, and have lived about half of my life in the United States and half in Canada. I love skating outdoors in the winter, although I didn’t learn to play hockey properly until my late 20s! I also have a great love for maple sugar candy.”

[Using Community-Engaged Methods to Design a Tool to Promote Informed Breast Cancer Screening Decisions for Low Literacy Women.](#) PI: Christine Gunn, PhD

- **Project Overview:** Limited health literacy (LHL) is recognized as an important driver of cancer disparities: Adults with LHL (1 in 5 of US adults) are less likely to use preventative services, less likely to undergo cancer screening, and have higher mortality. Mammography screening decisions, which increasingly call for shared-decision making between patient and physician, is an example of where communication challenges are most likely to affect outcomes for LHL populations. While mammography screening is estimated to reduce breast cancer mortality by 15% for women in their 40s, screening in younger women has high rates of false positives (40-60% over ten years) and substantial estimates of over-diagnosis (15-48% of those screened). Data consistently show that communication about mammography screening inadequately prepares women for these outcomes and there are widespread misperceptions about mammography and its utility among women making screening decisions. This research aims to develop and test the impact of a decision aid tailored for women with LHL on decision-making outcomes (decisional conflict, knowledge, shared decision-making) and screening intentions through a pilot pre-test/post-test study among 50 women and their primary care providers.
- **Study Population:** Eligible women include those ages 40-54, with no prior history of breast cancer, LCIS, or DCIS, no mammography in the prior 9 months, an upcoming primary care visit, and who have limited health literacy.
- **Current State:** Over the past 3 years we have developed and conducted acceptability testing of the decision aid. The decision aid is currently being converted to an online format and we plan to begin recruitment for the pre/post-pilot study in September 2022. We are seeking primary care partners who would be willing to have their patients participate in this study before they attend a primary care visit.

## Research Projects



This past month all our ongoing research has seen considerable momentum and we are looking forward to their progression in the month to come. We wanted to highlight a recent publication on ["The Impact of the COVID-19 Pandemic on Food Insecurity in Northern New England Primary and Prenatal Care Settings"](#) and congratulate the study team on their hard work! There are a few more publications in the works by CO-OP members, so be on the lookout for those in future editions.

### **Project Updates:**

- Clinician & Patient Utilization of Expanded Age Range for the HPV Vaccine and Shared-Decision Making. PI: Maureen Boardman MSN, FNP-C, FAANP
  - **Current State:** Data collection has begun on this project and surveys have been distributed to both clinicians and patients. Responses have been coming in and, even though our target response number is still a ways away, the turnout so far has been promising.
  - **Involvement:** If you are a practicing clinician in a Federally Qualified Health Center (FQHC) in the states of Vermont or New Hampshire, and would like to participate in this study, please click the link here: [HPV Vaccine Clinician Survey](#). If you have any questions about this study please contact Maureen Boardman ([Maureen.B.Boardman@dartmouth.edu](mailto:Maureen.B.Boardman@dartmouth.edu) OR [MBoardman@littlerivers.org](mailto:MBoardman@littlerivers.org)).
- Overcoming COVID-19 Vaccine Hesitancy in Rural Northern New England for Adults. PI: Maureen Boardman MSN, FNP-C, FAANP
  - **Current State:** The clinician portion of this project has made great headway, but we are still looking for even more participants. All clinic sites have received materials, have been brought up to speed, and the patient portion of this study will be starting up towards the middle of July.
  - **Involvement:** If you are a clinician employed in primary care in Maine, New Hampshire, or Vermont, and would like to participate in this study, please click the link here: [COVID-19 Clinician Survey](#). If you have any questions about this study please contact Maureen Boardman ([Maureen.B.Boardman@dartmouth.edu](mailto:Maureen.B.Boardman@dartmouth.edu) OR [MBoardman@littlerivers.org](mailto:MBoardman@littlerivers.org)).
- The Cover Health Care Workers Project: COVID-19 Protection to Ensure Resilient Health Care Workers. PIs: Andrea Cassells, MPH; Maureen Boardman, MSN, FNP-C, FAANP
  - **Current State:** Currently the early intervention group, Lamoyille Health Partners, has concluded training sessions and is awaiting completion of their post-intervention surveys. The late intervention group, Little Rivers Health Care, will receive training for their practice site champion in August and will begin training staff shortly thereafter.

- ACEs in Community Practice: Correlating Patient's Distress, Desire to Discuss with their Clinician and with Resilience. PI: Patricia Glowa, MD Study Team: Ardis Olson, MD
  - **Current State:** This study is currently finalizing data analysis and is in the early stages of manuscript preparation.



The CO-OP is currently looking for someone to join our team as our Director of Research Operations. The summary and qualifications for this position are posted [here](#). The anticipated hire date is January 1st, 2023.



Want to present your research? Our directors are presenting at AAMFP and NAPCRG! Check out their accepted presentations for the 2022 NAPCRG Annual Meeting, November 18-22, 2022 in Phoenix, Arizona below:

- *Overcoming COVID-19 Vaccine Hesitancy in Rural Northern New England for Adults* by Maureen Boardman (**Presenter**). Dorothy Barker, Zoe Daudier, Troi Perkins



- *Clinician & Patient Utilization of Expanded Age Range for the HPV Vaccine and Shared-Decision Making* by Maureen Boardman **(Presenter)**. Dorothy Barker, Kristen Bigelow-Talbert, Zoe Daudier, Troi Perkins

Why not join our CO-OP leadership and members in meeting with other clinicians and professionals within the field by attending one of the numerous upcoming conferences.

- [Zoonotic Disease and Pregnancy: A Deeper Dive](#), July 1, 2022, 12-1 PM EST, Virtual
- [AAFP National Conference 2022: Family Medicine Residents & Medical Students](#), July 28-30, 2022, Kansas City, MO
- [NAPCRG 2022 ICPF Conference](#), September 8-9, 2022, Savannah, GA
- [AAFP PerformaceNavigator Workshop: Cardiometabolic Conditions](#), September 8-10, 2022, Minneapolis, MN
- [International Conference on Physician Health](#), October 13-15, 2022, Orlando, FL
- [Principles in the Care of Transgender and Intersex Patients](#), October 13-15, 2022, Phoenix, AZ
- [2022 Mental Health Management Summit](#), October 17-18, 2022, Orlando, FL
- [AAFP Emergency & Urgent Care Live Course](#), October 27-30, 2022, Bonita Springs, FL
- [2022 New England Rural Health Conference](#), November 1-2, 2022, Killington, VT, Hybrid
- [American Public Health Association 105th Anniversary](#), November 6-9, 2022 Boston, MA
- [Association of Medical Colleges](#), November 11-15, 2022; Nashville, TN
- [50th NAPCRG Annual Meeting](#), November 18-22, 2022 in Phoenix, AZ



### **2023 Annual Meeting: Climate & Political Determinants of Health**

Our Annual Meeting is returning to an in-person event with seminars, workshops, networking events, student panels, and poster sessions. Be on the lookout for a Save-the-Date with venue location from us very soon! Until then, feel free to check out our [42nd Annual Meeting Recordings](#).

Get yourself prepared for our 2023 meeting by joining 150+ participants in a Project ECHO with Dartmouth-Health on [Climate And Health: Towards Climate-Informed Care & Advocacy](#).



There are a few tips that you can follow to minimize the risks that come with sun exposure, check out these FAQs and resources to learn more!

#### **UV Safety Awareness Resources\***

- [What is UV Safety Month?](#)
- [What are UV rays and what are some safety tips?](#)
- [What is the UV index?](#) (see page 7)
- [How does sunscreen work and why do I need it?](#)
- [What is a sunburn?](#)
- [What can I wear to protect my skin from the sun?](#)
- [What is skin cancer?](#)
- [How can I spot skin cancer?](#)
- [How can I get screened for skin cancer?](#)

\*Note: These resources are for educational and awareness purposes only. Please seek the guidance of a board-certified medical professional with questions and for complete prevention, diagnostic, and/or treatment information.

To unsubscribe from the Dartmouth CO-OP NNE PBRN listserv please send an email to

[DartmouthCO-OPNNEPBRN@Hitchcock.org](mailto:DartmouthCO-OPNNEPBRN@Hitchcock.org) with the subject title "UNSUBSCRIBE" and nothing in the body of the email.

Dartmouth Northern New England Cooperative Practice-based Research Network

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