

## DECEMBER NEWSLETTER, 2022

### Northern New England CO-OP Practice & Community Based Research Network

---

*Department of Community and Family Medicine at Dartmouth Health and Geisel School of Medicine at  
Dartmouth, in collaboration with University of Vermont Health Network and MaineHealth*

Dear CO-OP members,

It is the start of our winter season and hopefully, we will get to see some more snowy scenes in the weeks to come. While we contemplate winter life in New England in an ever-changing climate, how about seeing what CO-OP members are up to? Do not forget we are two months away from the upcoming 43rd Annual Meeting!

**Last chance** to make your opinion known of our newsletter through our [satisfaction survey](#) which will impact our newsletter series for 2023!

#### Member Spotlight

Maureen Boardman has been a Family Nurse Practitioner for 31 years. She graduated from the University of Maine with her BSN in 1988 and from the University of Tennessee, Knoxville in 1991. She has been employed for the last 18 years at Little Rivers Health Care where she is the Director of Clinical Quality. She also teaches at the Dartmouth Geisel School of Medicine where she is a Clinical Assistant Professor of Community and Family Medicine and the Clinical Research Director of the



Northern New England CO-OP Practice & Community Based Research Network (NNE CO-OP PCBRN). With the NNE CO-OP PCBRN, she engages in a variety of research projects related to primary care and community-based research. Maureen is a Geisel School of Medicine Master Educator. She is a Fellow of the American Association of Nurse Practitioners and sits on the Board of the Vermont Nurse Practitioner Association.

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

“I went to my first CO-OP Annual Meeting in January of 2004 and just remember how inspired I was by the work that the CO-OP Members were doing and wanted to be a part of this incredible group of people.”

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

“My first study with the CO-OP was with the changing pap smear guidelines. The guidelines for pap smears changed multiple times over a short period around the time I joined the CO-OP and clinicians were struggling to stay up to date with the guideline changes. It started out as a survey of CO-OP clinicians regarding their knowledge of the changing guidelines, but then Joyce Cappiello, Ph.D., and a fellow CO-OP member and nurse practitioner, and I did a series of surveys on Nurse Practitioners across New England regarding their knowledge of the changing guidelines that was published in an NP journal.

**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 am currently working on several projects, Overcoming COVID-19 Vaccine Hesitancy in Rural Northern New England and Clinician & Patient Utilization of Expanded Age Range for the HPV Vaccine and Shared-Decision Making. We are just finishing up a study looking at the Impact of the COVID-19 Pandemic on Addressing Food Insecurity in Rural Primary Care with a great group of CO-OP members and Dartmouth Medical students. Lastly, a group of CO-OP researchers is working with Jack Westfall, MD, who has worked to develop a new Card Study app and we plan to do an old-school card study using the new technology focusing on Long COVID-19 in primary care in Northern New England.”

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

“I would encourage anyone who is interested in becoming more involved with the CO-OP to reach out to us or come to the Annual Meeting and see what a great community of clinician researchers exists at the CO-OP. I have learned so much about primary care research since I first became involved with the CO-OP. It has enabled me to present my research on a national stage like NAPCRG. Having just

returned from the 50th Annual NAPCRG Meeting in Phoenix, which is very much like the CO-OP Annual Meeting, just on a much larger scale. The NAPCRG meeting is always inspiring to see all the great primary care research taking place all across the United States, Canada, and the world.”

### What is something about you that people might not know?

“I love to cook, it is how I relax. I have a sourdough starter given to me by a patient about 15 years ago and I make bread weekly.”



Poster Presentation at NAPCRG 50th Annual Meeting featuring (from left to right) Maureen Boardman, Troi Perkins, and Zoe Daudier

Our current research projects are coming along, we have made progress with most ongoing projects and have received aggregated data for one study this past month. As mentioned previously, we are looking to expand our research portfolio and the ideas for upcoming projects continue to progress as well.

### 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:** The pilot project has completed enrollment of 100 patients between the ages of 27 and 45 from the Vermont FQHC site, Little Rivers Health Care, and has begun to analyze the data from this site as well. The collection of patient data began in April 2022 and ended in August 2022. Enrollment of patients in the New Hampshire FQHC site, Coos County Family Health Services, is still ongoing. The study team continues to have monthly meetings with their COO and the staff involved in enrolling patients. Coos County Family Health Services has been plagued since patient enrollment began, with staffing shortages, as well as frequent closings of the clinic lobbies, on at least a monthly basis due to high COVID-19 infection rates in the county. This has limited patients' access to the iPads that the surveys are

contained on. For our newest outreach to patients, the study team plans to identify qualifying patients and send the patient survey to those qualifying patients via the Coos County Family Health Services patient portal.

The clinician enrollment is also still ongoing. The study team has been working with Bi-State Primary Care Association to recruit project champions from all 22 FQHCs from the two states. The study team also discovered in a recent meeting with Bi-State Primary Care Association that there has been significant attrition in the number of clinicians employed by FQHCs in the two states since the project began. This is thought to be secondary to the COVID-19 pandemic.

- **Involvement:** If you are a practicing primary care clinician (MD, DO, NP, PA, or CNM) employed by 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](#). This is a paid opportunity and you may choose to be compensated for your time with a \$25 Amazon gift card. 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 & Booster Hesitancy in Rural Northern New England for Adults. PI: Maureen Boardman MSN, FNP-C, FAANP
  - **Current State:** The supplemental grant for Overcoming Vaccine Hesitancy in Rural Northern New England has been plagued by the study's own subject matter, the COVID-19 pandemic. The COVID-19 pandemic delayed entry into the three practices that agreed to participate in the study secondary to the significant surge in COVID cases seen in Northern New England during the winter of 2021-2022. This surge ended up in the loss of the original Maine practice site. The study team was able to recruit another Maine FQHC to participate at the beginning of April 2022, Sacopee Health Center of Porter, Maine. The Vermont site, Little Rivers Health Care, has been successful in enrolling patients and began enrolling three months ago. The staff at Little Rivers Health Care involved in recruiting patients, recently met with staff from Coos County Family Health Service to discuss their successful process. An upcoming meeting is also planned between Little Rivers staff and Sacopee Health Center. For our newest outreach to patients, the study team plans to identify qualifying patients and send the patient survey to those qualifying patients via the Coos County Family Health Services portal and the Sacopee Health Center patient portal as well.

The clinician enrollment continues, and recruitment continues through the NNE CO-OP PCBRN and Northern New England CTR. The recruitment of clinicians has also been slower than anticipated and again the study team believes that the COVID-19 pandemic; staffing shortages, and burnout among clinicians caused by the pandemic, contribute to the low recruitment numbers. The study team continues to work with project champion clinicians from each of the three Northern New England states to promote the survey. The study team hopes that the continued and repetitive outreach will result in increased participation. Boardman also plans to promote the survey at the upcoming NNE CO-OP PCBRN Annual Meeting held January 27-29, 2023 in Stowe, Vermont.

- **Involvement:** If you are a clinician (MD, DO, NP, PA, or CNM) and are 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](#). This is a paid opportunity and you may choose to be compensated for your time with a \$25 Amazon egift card. 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)).
- 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 expanding its team to include a new Director of Research Operations and a Resource Manager, both slated to start between January-February 2023. Current staff includes Maureen Boardman as Clinical Research Director, Zoe Daudier as Research Assistant, and Troi Perkins as Research Consultant. More opportunities to become a member of the CO-OP staff and leadership team are forthcoming in 2023!



## Upcoming Conferences



In the Air to NAPCRG 50th Annual Meeting © Troi Perkins

As our staff adjust to coming back last month from a successful presentation of projects at the 2022 NAPCRG Annual Meeting in Phoenix, Arizona, the CO-OP is gearing up for its 43rd Annual Meeting.

Until our Annual Meeting, why not join CO-OP members in one or more of the following upcoming conferences, workshops, and seminars?

- [NHPHA 2022 Team Up Take Action \(TUTA\) Conference](#), December 9, 2022, 8:30 - 5 PM EST, Virtual
- [Defining Human Microbiota Metabolites Shaping Human Biology](#), December 12th, 2022, 10:00 - 11:00 AM, Virtual or in-person
- [Upper Valley Public Health Council Advocacy Training](#), December 13, 2022, 5:30-6:30 PM EST, Virtual, [Register Here](#)
- [Project ECHO: Connecting Mental Health, Climate Justice, and Nature](#), December 14th, 2022. 12:00 - 1:00 PM EST, Virtual
- [Microbial Matters in Pancreatic Cancer by Florencia McAllister](#), December 15th, 2022, 10:00 - 11:00 AM, Virtual or in-person
- [Mindfulness for a Distract, Deserving World](#) by Margaret Fletcher, January 10th, 2023, 6:00 - 7:00 PM EST, Virtual
- [Project ECHO: Aging, Community, and Equity](#), January-October, 2023 (The 2nd Wednesday of Every Month), 12:30-2 PM EST, Virtual
- [Nature Connected Wellness: An Introduction to Forest Bathing for Healthcare Workers](#) by Christine Tappan, February 7, 2023, 6:00 - 7:00 PM, Virtual



Wild Turkey Crossing Rural Vermont © Troi Perkins

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

With less than 60 days out from our Annual Meeting, do not forget to **save \$100** with our discounted early bird rate by [registering](#) before December 17th. Our rooms are also **booking up fast** at the Stowe/Flake Mountain Resort and Spa so make sure to [grab your accommodations](#) quickly!

Here are some [quick details](#) about our conference so far:

- Over 24 institutions and practices are attending
- We have 25 speakers presenting
- Students and residents represent 15% of attendees this year
- Poster Presenters from Maine, Massachusetts, New Hampshire, and Vermont

We also have our [agenda](#) available and [conference logistics](#) to make it easier to see all the conference details in one place and help plan your weekend.

Do not forget to [download our conference meeting app](#) to update your attendee profile, create your schedule, and network with other attendees.

Have a poster idea? You can still submit for our poster session [here](#) through December 15th, 2022.

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

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

Northern New England Cooperative Practice and Community-Based Research Network

© 2022 Troi Perkins and Zoe Daudier. All rights reserved.