

Research Exchange



Photo Credit: Troi Perkins

Welcome to the NNE CO-OP PCBRN's Quarterly Newsletter, Summer 2023 Edition!

We started the summer off cool and with air quality warnings that unfortunately have continued to plague the area. Week long rains and unusual downpours have lead to some of the worst flooding Vermont has ever seen, including breaking part of the states flood records set by Irene in 2011.

As we work to navigate this new climate we find ourselves in, we continue to build our community, increase our staff, disseminate research findings across the nation, and create

more research opportunities for our members.

In this issue, you'll find a wealth of information, including continuing education opportunities, upcoming conferences, research opportunities, staff reports, and information for members.

Our Executive Director, Dr. Meagan Stabler, will also report on the current status for the CO-OP's growth and plans for the future.

Newsletter Highlights

CO-OP Member Spotlight:
Donald Kollisch

Meeting Paula, Our New
Project Manager

Exploring Next Steps After
Survey Completions

NAPCRG PBRN Reflection:
COOP Staff Perspective

Upcoming Conferences
and Seminar Information

Research Interest
Workgroups Open!

CO-OP Road Map

Member Spotlight

Born and raised in the New York area, I went to medical school in Brooklyn, trained as a Family Physician in Rochester, fell in love with Pat Glowa - another Family Doc in my residency group - and moved to Northern New Hampshire in 1980 to jointly start an old-fashioned country-doctor practice. We delivered lots of babies, had an active hospital practice and a vibrant community-oriented office practice. Located about 45 miles north of Dartmouth, we had from the beginning lots of medical students at our office for Clerkships and pre-clinical experiences. It was also during this time that I became an active CO-OP member!



Donald "Don" Kollisch, MD (He/Him)

In 1991 we moved to the University of North Carolina (Chapel Hill) so that I could help UNC set up a decentralized clerkship, similar to the one I had helped develop for Dartmouth, and there I learned how to write grants and research articles, as well as manage an academic program.

After a few more moves, I finally settled back in the Upper Valley. I practiced at the VA Medical Center in White River Junction, VT from 2013 until I retired in 2021. Now I still teach at Geisel and at Dartmouth Health, as well as volunteer as a Family Physician at the Good Neighbor Clinic.

Q

What made you decide to join the CO-OP?



We joined the CO-OP in 1980 because John Wasson and Gene Nelson - two charming and compelling researchers - asked us to. Then Allen Dietrich became another mentor. In the early winter of 1981, we attended our first annual CO-OP meeting and fell in love with the energy, the curiosity, the rigor, and the [community] love. The CO-OP became our forever professional "home" and we have attended most annual meetings since!

A

Left: Don Kollisch (in yellow) cross-country skiing with colleagues during a recreational break at the 43rd Annual NNE CO-OP PCBRN Meeting in January of 2023.



Q

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

I cannot remember or count all of the projects we have participated in. Here are some: treatment of UTI's; treatment of shoulder disorders; management of alcoholism (now AUD); cancer prevention systems; VA-community dual care. Others that I think we participated in include, caring for HPV in rural practice; ACE's in rural practice; dental care in rural practice. We participated in countless surveys, focus groups, study groups, and planning sessions. And I had the pleasure to serve on the CO-OP Governing Board for many years.

A

Q

What current research are you doing now, or involved in, that you would like the CO-OP to know about? What do you enjoy about this work?

Now that I am retired, with only a very modest (and volunteer) clinical practice, my participation in the CO-OP is limited to mentoring, jaw-boning about the good old days, and helping support and plan the great new days. I am currently in the "Panel Size" study group.

A

Q

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

On reflection, I can readily say that joining the CO-OP has been one of the best professional decisions of my career. If a young doctor is thinking of joining, I'd grin and hold out my hand in friendship.

A

Photo credit: Troi Perkins

Meet Paula, Our New Research Project Manager



Dr. Hudon's career in nursing spans over 35 years, from Emergency Nursing to staff development and education, to now research. Her emphasis most recently is on examining and translating evidence into clinical practice, directing interprofessional education, and expanding student affiliation opportunities.

Paula will join our CO-OP team as our new research project manager. She will collaborate closely with institutional and community colleagues and stakeholders of the NNE CO-OP, PCBRN member practices, the University of Vermont, and Maine Health where she will lead the implementation of project activities.

Paula Hudon, DNP, RN (She/Her)

What drew Paula to want to work with the CO-OP?

"My interest to work for the CO-OP stems from my professional experience examining and translating evidence to practice and experience with these in my previous roles and academic pursuits. The collaborative spirit of the CO-OP leadership and team members and rich history of research conducted by this network really drew me in. I am thrilled to contribute to future work the CO-OP will conduct with its membership."

What inspires the work you do?

"All work that allows me to be curious and collaborate with others inspires me most."

If you could do any research, what would it be?"

"The most rewarding experiences of my career involved the work and relationships built while I completed research and quality improvement projects in the rural community hospital I practiced in. My work there also connected me with healthcare sector partners in the local community. Our ruralness was a factor to accomplish improvement work that we shared. Our shared interest created a collaborative network among us. Together we could support the heavy lift that often we could not tackle individually. More immediately I am interested in making similar connections with the CO-OP membership to facilitate primary care efforts that improve health care systems, practices, or work environments."



Outside of work, Paula resides in Chesterfield, NH with her husband Bill and "spirited" cat Gracie. The Hudons enjoy any time they can muster with family and friends at Spofford Lake [pictured here].



Survey Window Closed- Now What?

Troi Perkins

The dream goal of most researchers and clinical staff is to reach their goal of surveys completed. At one site it might be 100 surveys at another 50. But what happens when you finally reach the end of your data collection?

I talked with Maureen Boardman, our Clinical Research Director, about her two CO-OP survey projects: COVID-19 Vaccine Hesitancy and HPV Vaccine Expanded Age Range Policies and what's next for her now that her survey collection is over.

Troi

"What is the first thought that goes through your head when you've finally ended surveying?"

Now the real work begins. It's exciting to take all the data you've collected and sift through it looking for commonalities. The goal is to find that take home message that all your work was for.

Maureen

Troi

"What are the next step for your research projects?"

Analyzing the data and writing up my findings for dissemination. Thankfully, this process involves working with several team members to make it a bit easier.

Maureen

Troi

"How long does it usually take you to analyze the data?"

Depending on the project, the average is a few months.

For these projects, since they were surveys and not interviews, it's crunching numbers, staring at Excel spreadsheets, and running statistical analysis.

Maureen

Troi

"What about the practices that participated in the research- what are their next steps?"

Once we analyze the data, we take the information back to the practices. We like to do a "Lunch and Learn" where we talk about the results with their practice's staff over lunch. In this case, we are hoping the results help guide future informed care about immunizations.

Maureen

So there you have it! The physical collection of data may have ended but there's still a lot of work left to do before you can call it quits with a project.



Capitol Building by Troi Perkins



NAPCRG PBRN Venue by Troi Perkins

Reflections on the NAPCRG PBRN Annual Meeting: A Staff Member's Perspective

by Troi Perkins

Every year the North American Primary Care Research Group (NAPCRG) holds their Annual Practice Based Research Network (PBRN) Meeting. This year, with the help of the Department of Community and Family Medicine, (CFM), the entire CO-OP staff was able to attend to network with other PBRNs and to present.

The NAPCRG PBRN Annual Meeting provided a unique opportunity for CO-OP staff to not only disseminate our research, but also grow together as a team. We attended conference sessions together, actively participated in networking events, and engaged in meaningful discussions with other PBRN teams.

These team-building activities fostered a sense of unity and camaraderie among our staff members, strengthening our commitment to advancing primary care research.

During the meeting, we had the privilege of connecting with other PBRNs from across North America, including SNOCAP based out of Colorado. These interactions allowed us to learn from their experiences and gain insights into their unique perspectives. The exchange of knowledge and experiences was invaluable, as it broadened our understanding of primary care challenges and potential solutions.

Building on the connections made during the NAPCRG PBRN Annual Meeting, the CO-OP has identified promising research collaboration opportunities. These partnerships hold great potential for expanding our research initiatives and amplifying our impact in the field of primary care. We are excited about the prospects that lie ahead and look forward to sharing more about these collaborations in the near future.

There was a moment of pride for the CO-OP and CFM staff as we were pointed out by others as the largest table of attendance at the NAPCRG PBRN Annual Meeting.



Bruce Jobse, CFM



CFM Department Chair, Beth Wilson, and CO-OP Executive Director, Meagan Stabler, meeting with AHRQ & SNOCAP leaders



Neil Korsen, MaineHealth & CO-OP

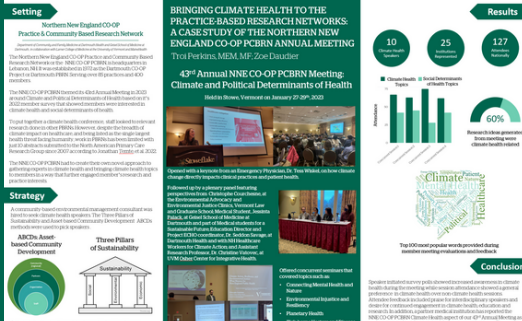


Photo credit: Zoe Daudier



The substantial presence of our combined teams demonstrated our dedication and passion for primary care research. It also showcased our collective commitment to improving healthcare outcomes in rural New England and beyond.

In my capacity as the previous Conference Director of the 43rd Annual NNE CO-OP PCBRN Meeting, I had the opportunity to showcase our efforts in incorporating climate health into our organization's agenda. I presented a poster highlighting the process of integrating climate health into our annual meeting theme, utilizing the Three Pillars of Sustainability and Asset-based Community Development approaches.

The poster aimed to shed light on the importance of addressing climate-related issues in primary care research. Indeed, numerous PBRNs' staff came up to my poster and engaged in insightful discussions surrounding climate health research. Various topics were explored, including air quality research in California, the impact of flooding on health in North Carolina, and the effects of environmental injustice on healthcare in urban areas. These discussions fostered collaboration and knowledge exchange among researchers from different regions, offering valuable insights into addressing climate-related challenges in primary care including the need to look into climate informed healthcare in Northern New England.

In addition to presenting a poster, I had the privilege of conducting a workshop on research survey design best practices. The focus of the workshop was to address the issue of fraudulent survey data caused by survey bot programs. Given recent encounters with this problem within the CO-OP, it was an opportune time to share insights and strategies for combating this issue. The workshop drew a diverse audience, including project managers, clinicians, nurse practitioners, clerks, IT specialists, and PBRN directors, indicating the relevance and significance of the topic. Attendees acknowledged the need for heightened awareness regarding the potential challenges posed by survey bot programs. The workshop emphasized the importance of implementing robust measures to ensure the integrity of

survey data and the credibility of research findings. The active participation and engagement of attendees demonstrated the collective dedication to maintaining research quality within the PBRN community.

Attending the NAPCRG PBRN Annual Meeting proved to be an enriching and rewarding experience for the staff members of the CO-OP. The event facilitated invaluable networking opportunities, enabled the sharing of innovative research initiatives, and sparked productive discussions on pressing topics. The insights gained from this gathering will undoubtedly contribute to the ongoing advancements in primary care research and positively impact the communities we proudly serve.



Department of Community and Family Medicine and NNE CO-OP PCBRN Staff

Research Interest Workgroups

Our research interest workgroups are open for anyone to join.



Adverse Childhood Experiences (ACEs)

This is an ongoing research workgroup within the CO-OP which has looked at

topics from ACE screenings to the introduction of resilience measures in ACEs. Thoughts included training videos and additional questionnaires i.e. mental health-related and climate health-related screenings.

CO-OP Contact: Zoe Daudier

Panel Size

What are the determining factors that contribute to a reasonable panel size for Primary Care Providers?



What impact does Panel Size have on PCP work satisfaction and retention? These are some of the research questions we will be carrying forward and could use your help in the research design process.

CO-OP Contact: Neil Korsen



Reproductive Health

Our group consists of members from across New England in private, non-profit, and state

positions. Join us as we dive into research gaps in our communities around reproductive healthcare and access. We also meet with an Upper Valley Reproductive Services workgroup as a way to stay connected and engaged with colleagues during these tough times.

CO-OP Contact: Meagan Stabler

Climate Health Awareness

Climate Change is the leading driving force of Public Health around the world but how are healthcare staff actually addressing it? We currently have three identified research projects and are looking for members interested in being principal investigators!



CO-OP Contact: Troi Perkins



Referrals to Specialists

What is the driving force behind specialist referrals- the patient or clinician?

Are referrals meeting the expectations of the patient, PCP, and specialists involved? We have done a literature review and have the preliminary workings of a research question.

CO-OP Contact: Zoe Daudier & Troi Perkins

Other

Want to get engaged in a research topic not listed here?

You can send a message to our email (NNECO-OPPCBRN@hitchcock.org) to pitch an idea for a new research interest workgroup.

If you already have a research project ready to go and want to work with the CO-OP, then please fill out our new Research Intake Form posted on our website.



Upcoming Conferences

- **September 7-10**

2023 AANP Fall Conference,
Austin, TX

- **Oct. 10**

2023 Maine Public Health
Association, Bangor, ME

- **Oct. 27**

MERGE Collaborative
Conference, Orono, ME

- **Oct. 30- Nov. 3**

NAPCRG 51st Annual Meeting,
San Francisco, CA

- **Oct. 30**

Health Equity Summit: Closing
the Margin: Avenues to Health
Equity, Burlington, VT

- **Nov. 8-9**

New England Rural Health
Association Conference,
Killington, VT

- **Jan. 26-28, 2024**

44th Annual CO-OP Meeting, NH



Continued Learning

The CO-OP has staff engaged in various workgroups across the Northeast as a way to increase continued learning and be aware of opportunities available through partner organizations. This helps us to provide more members with additional resources and networking opportunities.

Here is a list of upcoming seminars and talks provided by those partnering organizations:

- September 5, 12:00-1:00 PM (EST), Dartmouth Health Project ECHO, HIV Pre-Exposure Prophylaxis
- September 18, 5:30-6:30 PM (EST), Schumann Lecture, "Queering the outdoors: A Journey up my own personal mountain" by Perry Cohen
- September 29, 8:00 AM - 4:00 PM (EST), Women's Health and Cancer Conference, "Changing Landscape of Cancer", UVM's Dudley H. Davis Center, Burlington, VT or Hybrid
- October 30, Health Equity Summit: Closing the Margin: Avenues to Health Equity.

ROAD TO 2024

In our last issue, we introduced our 2024 Roadmap towards success. We've made much progress in advancing our goals over the last three months. We've hired Drs. Meagan Stabler and Paula Hudon as the CO-OP's full-time Executive Director and Research Project Manager, respectively. On July 12th, we held the CO-OP Visioning Retreat, where 25+ members including staff, leadership, and board members, met in person and virtually to revisit our mission, vision, values, and short-and-long-term goals. This information will serve as our foundation for our October 2023 strategic meeting retreat, where we'll detail a five-year logic model to guide the future direction of the CO-OP. This Fall, we'll hit the road to start our Member Learning Tour to foster membership engagement and to learn the research priorities and interests of our members. Please email us (NNECO-OPPCBRN@hitchcock.org) if you'd like the CO-OP to visit your site.

Member Only Platform

Rollout of an online member-only platform to allow for community workspace



Strategic Planning

Leadership vision planning and strategic management planning



44th Annual Meeting

Member Learning Tour

Deploying membership surveys and starting a member listening clinic tour



Capacity Building

Expanding staff and research capacity to increase membership support and efficiency



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 Larner College of Medicine at the University of Vermont and MaineHealth