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Inside This Issue

Depression Study

1

Quarterly
Project Idea
Meetings

1

WVPBRN
Water Cooler &
Social Media

2

Member Spotlight:
Amber Crist

2

Member Spotlight
[Continued]

3

Back Pain Study

3

Quarterly
Project Idea
Meetings
[Continued]

4

Announcements

4



Community Engagement and Outreach

West Virginia Practice-Based Research Network

Community News

WVPBRN to Participate in Depression Study

Robert Bossarte, Ph.D., Director of the WVU Injury Control Research Center, has been awarded a Patient-Centered Outcomes Research Institute (PCORI) grant in the amount of \$13.3 million to compare treatment strategies for depressed patients in rural Appalachia. This is the largest project grant the WVPBRN has been involved in to date! Dr. Bossarte's study will compare three types of treatment: antidepressants by themselves, and antidepressants combined with guided and unguided online cognitive behavior therapy. Through guided therapy, a coach will walk patients through the process of determining what worsens their symptoms while actively engaging with the patients. Through unguided therapy, patients will follow steps provided on a website, without the assistance of a coach, to determine what worsens their symptoms and change how they respond to those triggers. The study will include 8,000 depression patients who live in rural West Virginia. The WVPBRN clinic sites are eager to participate in the study. Bossarte predicts that the treatment could potentially replace in-person therapy for some patients in rural areas who have certain psychosocial factors that impact their mental health.

For more information, [click here](#)

WVPBRN to Host Project Idea Quarterly Meeting

The WVPBRN is pleased to announce a new opportunity for Network members! The Network will be hosting quarterly video conference meetings with Tom Hulsey, Sc.D., Director of the Clinical Research Design, Epidemiology, and Biostatistics (CRDEB) Core at WVCTSI. This opportunity will help WVPBRN members move their ideas into actionable projects and initiatives.

These quarterly meetings will allow providers and researchers to gather together,

in-person or via video conference, to pose new project ideas, inquire about ways to further current research projects, and to learn how to get a project idea off the ground.

Working in conjunction with the WVPBRN's new message board platform, the [WVPBRN Water Cooler](#), this quarterly meeting offers another venue where members can brainstorm and collaborate with one another.

The first project design call will be held **Wednesday, November 28** from 12-1pm via ZOOM teleconferencing.

[Cont'd on Page 4]

WVPBRN Water Cooler & Social Media

The WVPBRN has taken great strides over this past quarter to create an accessible presence on social media. Our first development was the creation of the [WVPBRN Water Cooler: The Idea Exchange](#). The 'Water Cooler' was created as a platform for Network members to share ideas and gather up-to-date information on the WVPBRN, such as new sites or projects.

A key feature on the Water Cooler is the Message Board. This tab allows providers, researchers, and administrators to pose new ideas and questions about potential future projects. It is here that members can bounce ideas back and forth with one another to uncover shared common interests and fruitful ideas.

The Message Board will be monitored daily for new ideas and submissions.

The WVPBRN will actively work to partner members with researchers or providers who best match their posed question or idea.

The WVPBRN is also officially on [Twitter](#) and [Facebook](#)! Follow us to find announcements about project awards and awardees, news from our 86 sites around the state, and health statistics for the residents of WV.

Our newest project is a video to showcase who the WVPBRN is. This video will be put together over the next several months, featuring interviews with providers, admin, and researchers as well as our co-directors. We hope to unveil this at the 2019 WVPBRN Annual Retreat next May.

Twitter: www.Twitter.com/wvpbrn

Facebook: www.Facebook.com/wvpbrn

Water Cooler: www.wvpbrn.wordpress.com

Member Spotlight: Amber Crist

Amber Crist is the chief operating officer for Cabin Creek Health Systems (CCHS), a federally qualified health center based in Kanawha County. As part of the WVPBRN, CCHS is home to six community-based health centers as well as five school-based health centers.

Raised in Chelyan, WV, Amber was the first of her family to attend college. After graduating from West Virginia University, she returned home and began what was intended to be a temporary job at the Cabin Creek Health Center.

Amber grew up only five minutes away from her new job – the same place where she received care as a child. That temporary job became Amber's passion,

as she just celebrated her 15th anniversary with CCHS.

"I didn't expect to find my passion five minutes away from where I grew up," she said.

Amber went on to get her Master's of Science in Community Health from WVU, followed by completing the Public Leadership Certificate program through the University of North Carolina.

Community health centers provide care to 1 in 4 residents around West Virginia. Amber's health center specifically provides care to over 18,000 patients and offers a wide variety of services ranging from primary and acute care for all ages, to family planning, prenatal care and delivery, pharmacy, behavioral health – including

Member Spotlight: Amber Crist cont'd

psychiatry, medication assisted treatment (MAT), dental, pulmonary rehabilitation, department of labor testing, and black lung counseling.

These health centers, while also providing a place for West Virginians to receive health care, provide the WVPBRN with incredible research partners.

As an active WVPBRN health system, CCHS has participated in numerous WVPBRN projects over the years, including WV Project ECHO, Project Better Health, the CORE survey, and projects regarding MAT/STR, pulmonary

rehab, depression screening, care coordination with health coaches, and harm reduction. Additionally, Amber is an active member of the WVPBRN'S Protocol Review Committee.

"There are multiple benefits to participating in research at the community level, [such as] provider recruitment and retention, but one of the best is getting to regularly interact with the amazing staff of the WVCTSI," Amber explained.

Find Cabin Creek Health Systems online at cabincreekhealth.com and on Twitter: [@CabinCrkHealth](https://twitter.com/CabinCrkHealth)



"Rural healthcare providers working in community health clinics are the key to improving the health and healthcare of West Virginia"

-Arnie Hassen, PhD

Patients Guide Back Pain Study

Treah Haggerty, M.D. and Cara Sedney, M.D. worked alongside Patricia Dekeseredy, RN, and the WVPBRN to modify the TRE-MORE (TREatment MOTivation and REadiness) test.

Originally validated in an Italian population, this study adapts the TRE-MORE test to a rural Appalachian population on their readiness to change lifestyle factors.

This adaptation aims to help guide interventions for West Virginians presenting with back pain and obesity, as well as addressing an underlying etiology related to other co-morbid conditions such as diabetes, hypertension, and cardiovascular disease.

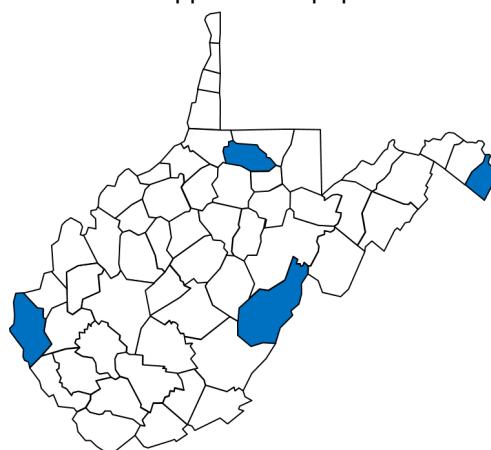
The researchers have conducted focus groups in three WV counties – Jefferson, Marion, and Pocahontas; a fourth will be conducted in Wayne County.

These focus groups consisted of both patients and provider who provided feedback on the original TRE-MORE test,

as well as voiced comments and concerns on community resources, barriers to physical activity, and other weight loss strategies and experiences.

The central hypothesis for this study is that patient and provider engagement will result in a feasible, acceptable, and effective weight-loss readiness to change measure for use in rural clinics.

Next steps include incorporating feedback from the focus group participants to revise and validate a new readiness-to-change tool that is more suitable for an Appalachian population.



Quarterly Research Meetings, cont'd

If you have a project idea in mind, please send the information to Angie DeWitt (amdewitt@hsc.wvu.edu) by Monday, November 26.

Project Ideas do not need to be put into an application in order to be discussed at meetings.

We encourage all members with project ideas or interest in hearing about future project ideas to join as often as you are able!

A link to the teleconference will be sent to members in early October.

Announcements

- Save the date! The 2019 WVPBRN Annual Retreat will be held at Stonewall Jackson Resort on May 16-17, 2019
- The second annual CORE survey will be sent out in October; more information to come.
- The second part of the Collaborative Survey is underway. Keep an eye on your e-mail, and please complete this survey by October 8. If you have any questions, please e-mail Angie DeWitt.

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Find Us Online!

www.wvctsi.org



Where Are We?



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Practice-Based
Research Network

West Virginia
Clinical & Translational
Science Institute

Community Engagement
and Outreach Core

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