

28th Annual Rocky Mountain Research Forum



Virtual Experience

<https://www.cofmr.org/2020researchforum>

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Meeting ID: 239 746 9950

Password: RMRF2020

8:00	Virtual Research Forum Opens	
8:00-8:45	Networking and Logistics	Main Zoom Room
	<ul style="list-style-type: none">Log in and check your sound/videoReview agenda/materialsNetwork via chat, or by waving at each other over videoParticipate in the pollParticipate in the activityBrowse the Virtual Poster Gallery: https://www.cofmr.org/2020virtualposter	
8:45-9:15	Welcome and Opening Remarks	Main Zoom Room
	Colorado Association of Family Medicine Residencies Lynne Jones, Executive Director Julie Herzog, Director of Operations and Programs Mannat Singh, Director of Graduate Medical Education	
9:15-10:15	Morning Keynote Session	Main Zoom Room
	“Clinician+: How to be your best self and change the world.” <i>This session will explore each participant’s personal meaning and purpose and how to use their strengths to have impact.</i> Tammy Chang, MD MPH MS Assistant Professor, Department of Family Medicine Associate Director of the National Clinician Scholars Program University of Michigan	
10:15-10:30	<i>Break</i> <i>Play your bingo card</i> <i>Participate in the morning break poll</i>	
10:30-11:30	Facilitated Breakout Chats	Zoom Breakout Rooms
	Topic: What are different programs doing in the wake of the pandemic? Facilitator: Lynne Jones, Executive Director CAFMR Description: A facilitated conversation about what’s happening across our programs in Colorado in the wake of a viral outbreak, how that’s changed practice and training, and what we can all do to prepare for a new reality moving forward. Discussion: What are you preparing for? What changes have you made? Which changes will sustain long-term? What resources have you been using?	Zoom Breakout Rooms
	Topic: Sustainability QI Facilitator: Becky Bachert, CPHQ, Quality Project Coordinator St. Mary’s Family Medicine Center Description: A facilitated conversation about sustainable QI efforts. Discussion: What have you been able to do to create sustainable capacity, funding, engagement, energy around your QI work?	Zoom Breakout Rooms

<p>Topic: Community Engagement in Research Facilitator: Morgan Hungenberg, DO, PGY3 University of Colorado, Fort Morgan Rural Training Track Description: A facilitated discussion on community engagement in research. Hear from the Fort Morgan RTT about their community engagement efforts on a local and national level, and discuss where and how community engagement can aid in research efforts within larger academic communities. Discussion: What challenges are you facing in engaging the community in research? What successes have you had in engaging the community in research? What has and hasn't worked?</p>	Zoom Breakout Rooms
<p>Topic: Useful tools in QI Facilitator: Kathy Cebuhar, MA, Primary Care Practice Redesign Facilitator Department of Family Medicine, University of Colorado Description: Discuss and share useful tools in QI work Discussion: What tools have you found useful? What have been the challenges in finding useful tools? What new ones can be developed? In what context have you used them, and what did they help you accomplish?</p>	Zoom Breakout Rooms
<p>Topic: SNOCAP & Practice Based Research Networks Facilitator: Don Nease, Director SNOCAP Mary Fisher, Project Manager SNOCAP Taryn Bogdewiecz, Practice Facilitator SNOCAP Description: We will share what Practice-Based Research is, and how working with a network of practices and partners state-wide can help propel research questions to the next level. We will also share specifically about current and former research projects done with Family Medicine residency sites. Discussion: Who has ideas for research projects they want to discuss? We will engage the group in discussion and consultation.</p>	Zoom Breakout Rooms
<p>11:30-12:00 <i>Break to get lunch</i> <i>Participate in lunch break poll</i></p>	Main Zoom Room, Offline
<p>12:00-12:30 Lunch Plenary Session</p> <p>Recognition: John Miller, MD Honorary Lecture for Establishing the Rocky Mountain Research Forum Frank Verloin deGruy III, MD, MSFM, Woodward-Chisholm Professor & Chair Department of Family Medicine, University of Colorado School of Medicine</p>	Main Zoom Room
<p>12:30-1:15 Poster Session: Virtual Gallery: https://www.cofmr.org/2020virtualposter</p> <p>Use your "feedback form" document to take notes on any questions/feedback you have for poster authors. Use the chat function in Zoom to private message the authors, email them using provided contact information, or social "buttons" on the gallery to interact with authors.</p>	
<p><i>Case Report</i></p>	
<p>CR1 Title: You Take My Breath Away - Losing Consciousness at 12,600 feet Authors: Sterling Adams D.O. PGY1; Robert Petro D.O. PGY3; Kathryn Vidlock M.D. CAQ- PCSM Program: HealthOne Family Medicine Residency at Sky Ridge Medical Center</p>	
<p>CR2 Title: Profound Hypothermia with an Empty Sella - A Myxedema Coma Case Study Authors: Allison Costello MD, MBA; Megan Townsend MD, MPP; John Weeks MD; Leslie Guererro MD; Melissa Beagle MD, MPH Program: University of Colorado Family Medicine Residency Description: This case demonstrates the classic signs and symptoms of myxedema coma, and discusses the workup and treatment course appropriate for this condition.</p>	
<p>CR3 Title: A rapidly progressive case of Calciophylaxis Authors: Carmen Vandal, MD; Stephen Cheung, DO (PGY2); Bradford Winslow, MD Program: Swedish Family Medicine Residency</p>	
<p>CR4 Title: Case Report: Septic shock from Fusobacterium necrophorum pelvic inflammatory disease in an 18 year old female following a spontaneous abortion Authors: Abria Bonner, MD; Megan Harper, MD Program: Saint Joseph Family Medicine Residency</p>	
<p>CR5 Title: Nephrotic syndrome Authors: Alexandra King, DO; Jim Do, MD Program: Southern Colorado Family Medicine, Alamosa</p>	

CR6 Title: Case Report: Brucella melitensis infection with pulmonary and spinal complications. Authors: Eric Kim, MD; Alexandra Targan, MD; Stephanie Eldred, MD; Daniel White, MD Program: University of Colorado Family Medicine Residency
CR7 Title: Medication Assisted Therapy is a Safe Alternative to Harmful OTC Drugs used to treat Opioid Use Disorder or Opioid Withdrawal Authors: Wade Davis, M.D and George Olsen M.D. Program: Swedish Family Medicine Residency

Inpatient Medicine

IM1 Title: Peer-to-peer Teaching In The Inpatient Setting Authors: David Maurer, DO Program: St. Anthony North Family Medicine Residency
IM2 Title: Improving quality of computerized sign-out for inpatient family medicine Authors: Isaac Fonken, MD, PGY2 Program: Fort Collins Family Medicine Residency

Integrative Medicine

IntM1 Title: The Most Promising Natural Agents and Their Efficacy in Standalone or Augmented Treatment of Attention-Deficit/Hyperactivity Disorder, a Literature Review. Authors: Andrew Xu, MD Program: Southern Colorado Family Medicine, Alamosa Rural Training Track ***This Poster did not undergo review by the proposal review committee

Maternal and Child Health

MCH1 Title: Effects of a new scheduling strategy for labor and delivery coverage. A residency's experience piloting a laborist coverage model for inpatient maternity care Authors: Allie Johnson MD, Sean Buck MD, Swetha Iruku MD MPH, Katharine Kelly MD, Melissa Beagle MD MPH, Roxi Radi MD MPH, Charity Lehn MD Program: University of Colorado Family Medicine Residency – Denver Health
MCH2 Title: Preliminary Observational Study of Delivery Statistics and Midwifery Practices in Remote Communities Along the Lower Napo River in the Peruvian Amazon Authors: Kelly Baxter, MD; Kelsey Sherman, MD Program: St. Anthony North Family Medicine Residency Description: Investigation of midwifery practices, outcomes, and training in a remote area of the Peruvian Amazon. This study will be used to guide future targeted and desired education for midwives of this region.
MCH3 Title: Are Progesterone-Only Contraceptives Safe in Women with Tobacco Use and Venous Thromboembolic Disease? Authors: Bradford Winslow, MD; Garrett Urban, MD; Danielle Eves, MD; Emily Berger, MD Program: Swedish Family Medicine Residency
MCH4 Title: Implementing Family Planning in an Underserved Community Clinic Authors: Katy L. Bochat, D.O., PGY-3 Program: Southern Colorado Family Medicine, Pueblo
MCH5 Title: Do prenatal choline supplements improve neurodevelopmental outcomes in infants? Authors: Stephanie Baker, MD; Spencer Del Moral, MD Program: St. Anthony North Family Medicine Residency ***This Poster did not undergo review by the proposal review committee
MCH6 Title: Breastfeeding Knowledge and Participation Improvement Project Authors: Stephen Macari, MD Program: Swedish Family Medicine Residency ***This Poster did not undergo review by the proposal review committee

Outpatient Quality Improvement

OQ11 Title: Lowering No Show Rates and Monitoring A1c Response in an Integrated Diabetes Clinic Authors: Drew Blumberg, DO; Taylor Hart, MD Program: St. Anthony North Family Medicine Residency
OQ12 Title: Preventing cancer: increasing HPV vaccination rates among adolescents at a residency clinic Authors: Emily Garban, MD; Anna Jameson, BSN, RN Program: Fort Collins Family Medicine Residency
OQ13 Title: Improving Efficiency in Outpatient Hypertension Control Authors: Jesse Troutman, DO; James Bowie, MD Program: St. Anthony North Family Medicine Residency
OQ14 Title: Improving OB continuity through basic office interventions Authors: Kelsey Heinrich MD Program: Fort Collins Family Medicine Residency

Preventative Care

PC1 Title: Knowledge Assessment of Naloxone Availability in Pueblo, Colorado Authors: Gregory Bohuslav, D.O., Elsie Haynes, D.O., Chandra Jennings, D.O., MPH, Aaron Moore D.O., & Brad Dempsey, M.D. (Faculty) Program: Southern Colorado Family Medicine, Pueblo
PC2 Title: Preliminary Study to Determine if a Handout on Hypertension Improved Patient Knowledge and Blood Pressure Control Authors: Kelly Baxter, MD; Theodore Bross III, MD; Kate Weniger, DO Program: St. Anthony North Family Medicine Residency Description: This study was designed to determine if brief patient education on modifiable lifestyle factors in a clinic setting helped improve patient knowledge, blood pressure control, and patient perceived benefit. The results of this study support our effort to increase access to integrative education tools within our clinic.
PC3 Title: DM2 group visits Authors: Wade Davis, MD Swedish Family Medicine Residency
PC4 Title: Is intermittent energy restriction effective for weight loss in obese patients? Authors: Christine Pigott, MD Program: St. Anthony North Family Medicine Residency
PC5 Title: Obstacles to Regular Physical Activity: A Comparison of Physician Assumptions and Patient Reports Authors: Brandon Sterry, MD Program: St. Anthony North Family Medicine Residency

Resident Education/Curriculum

REC1 Title: Ultrasound Curriculum for Family Medicine Residency Authors: Molly Hoss, MD Program: University of Colorado Family Medicine Residency
REC2 Title: Development of a Treatment Program for Opioid Use Disorder in a Primary Care Residency Authors: Emily Berger, MD, PGY3; Carmel Vandal, MD, faculty Program: Swedish Family Medicine Residency
REC3 Title: Things I Wish I Knew: Lessons Learned Attempting an IRB-Approved Research Project in a Community Hospital Setting Authors: Hailey Holland PGY3, Emily Parker PGY3, Emily Zerba PGY3, Sarah Liegl MD Program: St. Anthony North Family Medicine Residency
REC4 Title: Increasing hospital continuity and decreasing hand-offs through rotation template changes Authors: Emily Bender, MD; Benjamin Smith, MD Program: Fort Collins Family Medicine Residency
REC5 Title: Improving Resident Education Through a Structured Obstetrics Teaching Curriculum Authors: Kale Flory, MS, DO; J. Bradley Stern, MD Program: Fort Collins Family Medicine Residency
REC6 Title: Innovating the Resident Recruitment Process to Increase Workforce Diversity Authors: Amelia Challender, MA; Cleveland Piggott, MD, Michael Benavidez, MD, Shontelle Jaramillo, BA, Chloe Finke, BA, Linda Montgomery, MD, MA Program: University of Colorado Family Medicine Residency
***This Poster Presentation is also being featured as an Oral Presentation

Other

SM1 Title: Does Physical Therapy Improve Long Term Outcomes in Chronic Back Pain? Authors: Bryce Galbraith, DO, PGY3 Program: St. Anthony North Family Medicine Residency
FPIN1 Title: Does Treating Subclinical Hypothyroidism Improve Patient's Quality of Life? Authors: Julian Cammarano D.O.; Matthew Ludemann M.D. Program: St. Anthony North Family Medicine
FAQ1 Title: Comparing Hgb A1c reduction between patient participating in integrated diabetes clinic versus PCP DM follow up visits. Authors: Jeremy Vollmer, DO; Peter Heng, MD Program: St. Anthony North Family Medicine Residency
MH1 Title: Mobile health interventions in underserved populations: a medical scoping review. Authors: Andrew Glerum, MS3; Ryan Henschell, MS3; Joshua Calvano, MS3; Kameron Black, MS3; Edwin Fundingsland, MS3; Joseph Fike, MS3; Brandon Bealer, MS3; Regan Stiegmann, DO; Cole Zanetti, DO; Rocky Vista University College of Medicine; Shuhan He, MD; Massachusetts General Hospital School: Rocky Vista University ***This Poster is a Medical Student Poster, for Developing Scholarly Work ***This Poster did not undergo review by the proposal review committee

1:15-2:00

Shark Tank!

Main Zoom Room

The Sharks: Donald E. Nease, Jr. MD
Green-Edelman Chair for Practice-Based Research
Associate Professor and Vice Chair for Community | Dept. of Family Medicine
Director of Community Engagement & Research | Colorado Clinical & Translational Sciences Institute
University of Colorado Anschutz Medical Campus

Frank Verloin deGruy III, MD, MSFM
Woodward-Chisholm Professor & Chair
Department of Family Medicine
University of Colorado School of Medicine

Tammy Chang, MD MPH MS
Assistant Professor, Department of Family Medicine
Associate Director of the National Clinician Scholars Program
University of Michigan

1:15-1:30 Shark Tank Presentation 1

Title: Promoting Primary Palliative Care in a Residency Clinic: A Needs Assessment
Authors: Alex McCarty, MD; Jeff Manuel, MD
Program: Saint Joseph Family Medicine Residency

7 minutes: pre-recorded pitch presentation
5-8 minutes: shark questions, audience participation

1:30-1:45 Shark Tank Presentation 2

Title: Improving Rates of Low Dose Aspirin Initiation in Patients at Risk for Preeclampsia
Authors: Maija Swanson, MD; Claire Bovet, MD; Megan Harper, MD
Program: Saint Joseph Family Medicine Residency

7 minutes: pre-recorded pitch presentation
5-8 minutes: shark questions, audience participation

1:45-2:00 Shark Tank Presentation 3

Title: An ED Care Coordinator and Patient Education to Reduce Inappropriate ED Utilization
Authors: Jeffrey Utter, MD, MPH; Kenny Herring, MD, MPH; Alisa Malki, MD; Steve Spadafore, MD; Cristi Rabaza, MD; Naomi Malam, MD, MSPH
Program: University of Colorado Family Medicine Residency

7 minutes: pre-recorded pitch presentation
5-8 minutes: shark questions, audience participation

2:10-2:25 *Sharks:*
Deliberate in Zoom Breakout Room

All other participants:
Break
Participate in afternoon break poll
Participate in afternoon desk yoga

2:25-2:30 **Shark Tank Award Announcement**

Main Zoom Room

2:30-3:30 **Concurrent Oral Presentations**

15-minute presentation, 5-10 minutes for questions
5-minute transition
15-minute presentation, 5-10 minutes for questions

Oral Presentation A & B

Oral A Title: Like a rock: Ethical Challenges in the Medical Management of a Unique Patient with Multiple Myeloma

Authors: Amanda Mullen, MD PGY2; Jacob Anderson, DO PGY2

Program: Southern Colorado Family Medicine, Alamosa Rural Training Track

Oral B Title: A Novel Approach to Optimization of Electronic Health Record Using the Sprint Development Model

Authors: Eric Kim, MD; Amber Sieja, MD; Katie Markley, MD; Heather Holmstrom, MD; Stephen Rotholz, MD; Cortney Arellano; CT Lin, MD

Program: University of Colorado Family Medicine Residency

Zoom Breakout Room 1

Oral Presentation C & D

Oral C Title: Acute Care Clinic: Improving Outpatient Access in a Resident Clinic

Authors: Ryan D Peterson MD, MPH; Tim Hutton MD; Lauren Thomas MD

Program: Saint Joseph Family Medicine Residency

Oral D Title: Aligning Chronic Opioid Prescribing Practices at a Federally-Qualified Health Center with Current Guidelines

Authors: Anita Mathews, MD, MPH; TJ Staff, MD; John Weeks, MD; Morgan Schiller, MD; Alicia Wong, MD, MPH

Program: University of Colorado Family Medicine Residency – Denver Health

Zoom Breakout Room 2

Oral Presentation E & F

Oral E Title: An Integrative Approach to Diabetes Care: Effect of Additional Pharmacy and Dietician Counseling on A1c Control

Authors: Sofia Davies, DO; Beth Buehrer, MD; Kelsey Sherman, MD

Program: St. Anthony North Family Medicine Residency

Oral F Title: Point-of-Care Ultrasound use by Primary Care Physicians

Authors: Franklin Niblock, MD, MPH

Program: University of Colorado Family Medicine Residency

Zoom Breakout Room 3

Oral Presentation G & H

Oral G Title: Innovating the Resident Recruitment Process to Increase Workforce Diversity
Authors: Amelia Challender, MA; Cleveland Piggott, MD, Michael Benavidez, MD, Shontelle Jaramillo, BA, Chloe Finke, BA, Linda Montgomery, MD, MA
Program: University of Colorado Family Medicine Residency
*****This Oral Presentation is also being featured a Poster Presentation**

Zoom Breakout Room 4

Oral H Title: Training Backward to Meet Future Scope of Practice Needs
Authors: Zebulon Friedly, MD; Randall Reitz, PhD
Program: St. Mary's Family Medicine Residency, Grand Junction

Oral Presentation I & J

Oral I Title: Taking Our Own Temperature: Using an Annual Climate Survey to Evaluate Diversity, Equity, and Inclusion Efforts
Authors: Elizabeth Kvach, MD MA; Cleveland Piggott, MD; Allie Johnson, MD; Alexandra Targan, MD; Riley Smith, MD
Program: University of Colorado Family Medicine Residency

Zoom Breakout Room 5

Oral J Title: Peace of Mind: Destigmatizing Physician Mental Health
Authors: Poorvi Pfenning, MD
Program: Swedish Family Medicine Residency

3:30-4:00 **Adjourn**

Main Zoom Room

Take the Evaluation: <https://www.surveymonkey.com/r/2020rmrfeval>
Participate in the End of Day Poll
