I. Welcome and Introductions
II. Overview of the Great Plains IDeA-CTR
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INTRODUCTIONS

• In the chat box, please share your:
  • Name
  • Role
  • Clinic or Organization Affiliation
  • Any additional information you want attendees to know about you, your practice, or your research interests
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The IDeA CTR Network
IDeA-CTR PROGRAM OBJECTIVES

Support the development of infrastructure and human resources required to conduct clinical and translational research (CTR) in IDeA-eligible states.

Enhance the ability of IDeA institutions and investigators to develop competitive CTR programs.

Foster and sustain collaboration and coordination of CTR activities within/across IDeA institutions /organizations.
**IDeA-CTR PROGRAM GOALS**

- Study causes of diseases that affect the medically underserved and/or are prevalent in IDeA states.
- Develop approaches for the prevention, diagnosis & treatment of diseases to improve health and health outcomes.
- Integrate basic, clinical, and translational research through collaborations among different disciplines and/or departments from different organizations within and across IDeA states.
- Administer clinical and translational research professional development activities.

**Improve Health**
Great Plains IDeA-CTR Cores

Building Regional Infrastructure

- Administrative
- Biomedical Informatics and Cyberinfrastructure Enhancement
- Biostatistics, Epidemiology and Research Design
- Community Engagement and Outreach
- Pilot Program
- Professional Development
- Tracking and Evaluation
More Information

Web:  https://gpctr.unmc.edu/

Email:  gpctr@unmc.edu

Phone:  402.552.2260

Register to Become a Member today:
https://gpctr.unmc.edu/membership/
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Vision and Mission

**Vision:** Our vision is to build a dedicated network of clinics, clinicians, and investigators to overcome healthcare challenges to enhance primary care across the Great Plains.

**Mission:** The mission of the Great Plains Primary Care Practice-Based Research Network is to engage clinicians, investigators, and patients through research, collaboration, and community involvement to improve the health and quality of life in the Great Plains.
<table>
<thead>
<tr>
<th>Clinic Name</th>
<th>City, State &amp; Zip Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beacom Health</td>
<td>Fremont, NE 68025</td>
</tr>
<tr>
<td>Better Life Chiropractic and Wellness</td>
<td>Nebraska City, NE 68410</td>
</tr>
<tr>
<td>Boys Town Pediatrics Lakeside Clinic</td>
<td>Omaha, NE 68130</td>
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<tr>
<td>Butler County Clinic</td>
<td>David City, NE 68632</td>
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<td>CAPWN Health Center</td>
<td>Gering, NE 69341</td>
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<tr>
<td>Cedar Plains Family Medicine</td>
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<td>Central City Medical Clinic</td>
<td>Central City, NE 68826</td>
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<td>Childrens Center for the Child and Community</td>
<td>Lincoln, NE 68508</td>
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<tr>
<td>Chitrita Roy MD PC</td>
<td>Bellevue, NE 68005</td>
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<td>Complete Childrens Health</td>
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<td>Crete Area Medical Center</td>
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<td>Doniphan Family Clinic</td>
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<tr>
<td>Ehring Bergquist Family Medicine Res Clinic</td>
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<td>Elkhorn Valley Family Medicine</td>
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<td>Family First Health Center</td>
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<td>Family Medicine Specialists Clinic</td>
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<td>Fillmore County Medical Center</td>
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<td>Inpatient Physician Associates</td>
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<td>LifeArts Integrated Health Center PC</td>
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<td>Main Street Medical Clinic</td>
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<td>Marathon Health Inc</td>
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<td>Mark Quinlan MD PC</td>
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<td>Nebraska Medicine Fontenelle Clinic</td>
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<td>Omaha Family Medicine PC</td>
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<td>Remedy Health PC</td>
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<td>Sandhills Family Medicine</td>
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<td>Sanford Medical Center - Fargo</td>
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<td>Saunders Medical Center</td>
<td>Wahoo, NE 68006</td>
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<td>South Omaha Medical Associates Inc</td>
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<td>Synexus</td>
<td>Elkhorn, NE 68022</td>
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<td>Transformative Healthcare</td>
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<tr>
<td>Tri Valley Health System Cambridge Clinic</td>
<td>Cambridge, NE 69022</td>
</tr>
<tr>
<td>Wausa Medical Clinic</td>
<td>Wausa, NE 68786</td>
</tr>
</tbody>
</table>
PBRN Members

- Have a clinical or best practice question
- Want professional development opportunities
- Interested in research but don't have the bandwidth
- Have a research question
- Want to conduct a multi-site or collaborative project
- Interested in clinical trials
- New to research, but want to learn more
Benefit to Members

- Learn about new innovations that will improve the care you provide to your patients
- Participate in professional development and continuing education opportunities
- Lead QI studies to improve clinic operations and the delivery of care
- Collaborate with network members on clinical trials and investigator-initiated studies
- Engage with members through an online forum serving as a sounding board for clinical and research questions
Resources

- Professional Development
  - CME
  - CNE
  - Grand Rounds
  - Seminars
  - Webinars
  - Project ECHO
  - PBRN Quarterly Newsletter

- Disease-specific patient registries
  - Neurology (GP CogNET)
  - Behavioral Health
  - Cancer
  - Rheumatology
  - Healthy Controls
  - Great Plains Research Registry

With additional funding/resources:
- Listserv and forum for network members
- SIM-NE mobile education
- Research facilitator
- Linking to electronic health records
Pain & Substance Use Disorder ECHO

Learn from Substance Use Disorder Experts!

What: ECHO (Extension for Community Healthcare Outcomes) is an opportunity for providers across the state to get specialized knowledge, clinical advice and recommendations from substance use and pain management specialists in a virtual learning network.

More about ECHO: ECHO uses videoconferencing technology to connect addiction and pain management specialists with providers to discuss identified cases related to substance use disorders. Each ECHO call consists of a brief didactic presentation followed by a clinical case discussion from a provider and recommendations from the team for treatment. Visit https://echo.unmc.edu for more information.

Clinical Goals/Objectives:

- Improve compassionately patient-centered care with substance use disorder and pain management.
- Teach evidence-based principles for screening and treatment, harm reduction, stigma reduction, and compassionate patient-centered care for substance use disorders and pain management.
- Early screening and recognition of pain and substance use disorders to aid in stigma reduction and early intervention.
- Develop self-efficacy for providers and assist in referrals for pain and substance use disorders.
- Provide tools and evidenced strategies for working with clients including medication, referrals, lifestyle changes, early intervention, and treatment.

How it works:
- Join an online video conference from your office
- Share and discuss clinical cases related to pain management and substance use disorders
- Learn from experts in pain management and substance use disorders

Who should participate: Any provider interested in more effectively treating clients and patients with pain management and substance use disorders.

When: 12 - 1:15 p.m (CST/CDT), on Thursdays starting July 6th (see Call Didactic Schedule) via Zoom Videoconferencing.

Why Participate:
- Opportunities to collaborate with experienced providers statewide including the following professionals: LIMHI physician, nurse, social worker and individuals with lived experience.
- Integration of behavioral health into primary care.
- No cost to participate.

To Participate and register:
Register for the ECHO series at: https://www.unmc.edu/bhecne/education/project-echo.html

Curriculum for Case-Based Learning and Discussions:
- Addressing Stigma: Medications for Addiction Treatment Ethics - Oct. 3rd, 2019
- Harm Reduction Models for SUD: Oct. 17th, 2019
- How to Have Difficult Conversations & Effect Nov. 7th, 2019
- Evolving Motivation for Change - Nov. 7th, 2019
- Trauma-Informed Care for SUD - Dec. 1st, 2019
- Medication for Pain - Dec. 19th, 2019
- Screening, Brief Intervention and Referral to Treatment - Jan. 16th, 2020
- Screening Tools for OUD and Pain - Feb. 6th, 2020
- Non-Psychotomimetic Options for Pain Management - Feb. 20th, 2020
- Cognitive Behavioral Therapy for Pain - March 5th, 2020
- Co-Ocuring Pain and Substance Use Disorders - March 19th, 2020
- Chronic Pain Identification and Management - April 2nd, 2020
- Pain and Personality - April 16th, 2020
- Trauma-Informed Pain Care - May 7th, 2020
- Special Populations and Pain Genetics - May 21st, 2020
- PDAK - June 4th, 2020
- Drug to Drug Interactions with Medications for Addiction Treatment - June 18th, 2020
- Recovery Support Networks: AA/NA Recovery - July 2nd, 2020
- Recovery Support: Spiritual Programs - July 16th, 2020
- ASAM: Medical Perspective - Aug. 6th, 2020
- ASAM: Behavioral Health Components - Aug. 20th, 2020
- Recovery & Relapse Prevention: - Sept. 3rd, 2020
- Lifestyle: The 7Fs - Sept. 17th, 2020

This project was supported in whole or in part by the State Hospital Services to the General Care (SASH), 2201 NE 31st St, Lincoln, NE 68504-5105.
The Alzheimer’s and Dementia Care ECHO® Program
Primary Care Practices

Every other Thursday, beginning March 5, 2020
12:00 -1:00 PM CT (1:00-2:00 PM ET)

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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</thead>
<tbody>
<tr>
<td>3/5/20</td>
<td>ECHO Introduction Diseases Causing Dementia</td>
</tr>
<tr>
<td>3/19/20</td>
<td>Providing Person-Centered Care: Integration of Family and Caregivers</td>
</tr>
<tr>
<td>4/2/20</td>
<td>Signs and Symptoms of Cognitive Impairment and Cognitive Assessment Tools</td>
</tr>
<tr>
<td>4/16/20</td>
<td>Evaluation and Diagnosis in the Primary Care Office</td>
</tr>
<tr>
<td>4/30/20</td>
<td>Communication of Findings to Patients and Caregivers</td>
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<tr>
<td>5/14/20</td>
<td>Routine Care Planning</td>
</tr>
<tr>
<td>5/28/20</td>
<td>Referral and Specialty Testing</td>
</tr>
<tr>
<td>6/11/20</td>
<td>Care Management: Addressing Role and Needs of Caregivers</td>
</tr>
<tr>
<td>6/25/20</td>
<td>Care Management: Cognition and Comorbidities</td>
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<tr>
<td>7/9/20</td>
<td>Care Management: Behavioral and Psychological Symptoms of Dementia (BPSD)</td>
</tr>
<tr>
<td>7/23/20</td>
<td>Advanced Care Planning</td>
</tr>
<tr>
<td>8/6/20</td>
<td>Coordination of Care and Transitions of Care</td>
</tr>
</tbody>
</table>
Newsletter

WELCOME

Welcome to the Great Plains IDEA-CTR inaugural newsletter. This is a primary care-focused Practice-Based Research Network (PBRN) that represents the upper plains states and is housed at the University of Nebraska Medical Center. This center was established to promote research and improve healthcare resources across the Great Plains. The ultimate mission of this PBRN is to engage clinicians, investigators, and patients through research, collaboration, and community involvement to improve the health and quality of life in the Great Plains.

As you read this newsletter, please note the many opportunities outlined to assist you. Current continuing education topics include COVID-19, addiction treatment, and dementia management. Current ongoing patient-based research studies involve child health development, use of technology to enhance quality of life in dementia patients, and creating a better understanding of caregiver fatigue. These opportunities exemplify current issues facing states, communities, providers, and patients. I encourage you to avail yourself to this PBRN and the resources it offers. Please send your feedback and requests such that this PBRN can better serve your patients and community.

Jeffrey D. Harris, MD
Chair
Department of Family Medicine
UNMC

RESEARCH

The following studies are recruiting participants. Please share these opportunities with your patients and healthcare community. A complete list of ongoing research can be found at https://unmc.edu/ideagunet/research/active-studies/

Nebraska Babies and Toddlers Study

PBRN members are encouraged to invite parents and caregivers to enrol in the Nebraska Babies and Toddlers Study. Participation includes completing a brief questionnaire about a child’s development, open to parents and caregivers of children aged newborn to three years of age. Participants will be entered into a raffle for a $100 Visa gift card! Email online at ecmeasures.org for more information, contact Dr. Adele Eades at adele.eades@unmc.edu. No IRB required.

PROJECT ECHO

“Moving Knowledge, Not Patients”

Project ECHO (Extension for Community Healthcare Outcomes) was established in 2003 to increase education and training for the treatment of hepatitis C in New Mexico. Since its inception, over 800 Project ECHOs have been established in 30 countries, spanning 74 health topics. Project ECHOs typically involve a one-hour session divided into two parts: a didactic presentation and a case-based discussion. The University of Nebraska Medical Center (UNMC) hosts the Pain and Substance Use Disorders ECHO. This program connects addiction and pain management specialists with providers across the region to discuss de-identified cases related to substance use disorders. Members of the Great Plains PBRN continue to share their work in the Pain and Substance Use Disorders ECHO.

UPCOMING EVENTS

The Great Plains Primary Care PBRN continues to strive toward improving health and quality of life in the Great Plains and the communities we serve. Consequently, we are planning a virtual PBRN launch meeting in late summer 2020 to introduce the PBRN leadership, meet our members, and learn about your clinic’s health care needs.

To ensure you are included on all PBRN correspondences, please complete the membership survey at https://fsa.gd/pbnpbrn

Have information, news, or an event to include in the next newsletter? Contact Emily Frankel at emily.frankel@unmc.edu
UTILIZATION OF PATIENT REGISTRIES

- Recruitment for studies
- Refer patients
- Feasibility metrics
- Facilities and Other Resources on grant applications
MEMBERSHIP SURVEY:

HTTPS://IS.GD/JOINPBRN
PBRN Website

Great Plains Primary Care Practice Based Research Network

https://gpctr.unmc.edu/ctr-resources/pbrn/
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Board of Directors

• **Board of Directors:**
  • Medical Director
  • Research Director
  • Network Coordinator
  • Board Members

• **Roles and responsibilities:**
  • Meet semi-annually
  • Approves vision and mission
  • Takes action to expand the PBRN
  • Approve budget

• Monitor successes and failures of PBRN objectives
• Monitor membership/network
• Promote research studies
• Disseminate research findings
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Current Research

• Linking members to research opportunities
  • Great Plains Cognitive Network "GP CogNET"
  • Testing the WHO’s Global Scale for Early Development (GSED)
  • The Psychological, Neural, and Hormonal Bases of Caregiver Compassion Fatigue
  • Enhancing Senior Living, Quality of Life and Independence through Utilizing Assistive and Interactive Technology
  • Impact of Aging on the Neural and Behavioral Bases of Social Processing
  • Evidence-Based Interventions for Promoting Colon Cancer Screening
  • DISTANT CARE: Taking Charge of Stress & Mood in Heart Disease

• Clinical Trials
DISTANT CARE: Taking Charge of Stress & Mood in Heart Disease

Sydney Buckland, PhD, APRN FNP-C
Assistant Professor
UNMC College of Nursing
The Problem:

Heart disease + psychological distress (anxiety, depression, perceived stress) = increased morbidity & mortality
The Idea: DISTANT CARE

1. Utilize smartphone technology to improve access to mental health care
   • Average smartphone ownership in rural NE is 99.2% (71% nationally)
   • Mobile broadband is accessible to 99.5% of Nebraskans
The Idea: DISTANT CARE

2. Test a commercially-available mental health app which uses components known to improve mental health in heart disease

3. Add supportive text message prompts informed from feedback from the target population
   • Prior research using app-supported smartphone interventions for mental health problems has demonstrated outcomes on par with face-to-face delivery when augmented with supportive messaging and guidance
The Challenge:

Participant Recruitment!!
How do we reach rural residents who would be eligible?
A possible solution:

Great Plains Primary Care PBRN

- Clinics/clinicians have already expressed interest in being involved in research efforts
- Represent locations all across the state
- Study participation is much more likely if local clinicians discuss it with their patients.

*Future: develop research projects together with PBRN participants!*
Finding what works for us.
You can help build a better tool to decrease stress & improve mood in people with heart disease.

Do you...
- □ Live in rural Nebraska or Iowa?
- □ Have a diagnosis of heart disease?
- □ Feel stressed out, down or worried?
- □ Own a smartphone?

For more information about the study or to have someone contact you about participating:

www.unmc.edu/nursing/research/research-publications/distant-care-rural

Or contact the principal investigator:

Sydney Buckland, PhD, APRN
sydney.buckland@unmc.edu
402.559.4637

UNMC College of Nursing
986330 Nebraska Medical Center
Omaha, NE 68198-5330

You may be eligible to participate in a research study looking at a smartphone app to help you decrease your stress and improve your mood.

You will download the free app onto your phone, review it for one week and meet online to share your thoughts about the app.

Compensation will be offered.

Are you...
- □ Age 19 to 64?
For more information about the study:

Sydney Buckland, PhD, APRN FNP-C
UNMC College of Nursing
985330 Nebraska Medical Center
Omaha, NE 68198-5330
sydney.buckland@unmc.edu
402-559-4637
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PBRN MEMBERS SET THE RESEARCH AGENDA

• Address health needs in each community
• Access to special populations to increase generalizability of research
• PBRN survey
  • Research interests
  • Needed resources
• Discussion
QUESTIONS?