

NATIONAL CENTER FOR MEDICAL EDUCATION, DEVELOPMENT AND RESEARCH

CoP Director Welcome

Welcome to the February 2018 Communities of Practice Newsletter. February has been an exciting month at the National Center for Medical Education, Development and Research. This month we would like to highlight some of the activities that we have participated in as well as one of the members of our research team. Research is at the core of the Communities of Practice at the National Center for Medical Education, Development and Research. This month we would like to introduce you to national content expert and researcher, Dr. Aramandla Ramesh. Dr. Ramesh's contributions add value to our center, medical students, patients, community, and those who benefit from the outcomes of his work. We are honored to have such an amazing team that works hard for us each day. Thank you Dr. Ramesh!

Please visit our website www.ncmedr.org to view our virtual calendar and sign up for webinars and other educational opportunities. The success of our Communities of Practice happens because of active member engagement. We thank you for your staying connected with us via our newsletter, social media, webinars, weekly meetings, and on campus events. Our commitment to transforming medical education for vulnerable populations is an ongoing process and we embrace this journey each day thanks to each of you. - Katherine Brown, Director, Communities of Practice

Engaging our Stakeholders: Communities of Practice At Work

On February 23, 2018, Dr. Wilbert Jordan visited Meharry Medical College to speak. His presentation topic, HIV in 2017, included a discussion regarding PrEP and considerations for providers. The rich discussion also included ways to engage communities of practice members who represent vulnerable populations; specifically persons who identify as LGBTQ, Homeless, and Migrant Farm Workers. This is the second time Dr. Jordan visited the campus. The first session included communities of practice members who were researchers, physicians, academicians, community organizations and those who work on policy issues. The session this month included physicians, community leaders who represented vulnerable populations specifically LGBTQ and persons who had experienced homelessness. Dr. Jordan stressed the importance of communicating and engaging with the populations that are the most adversely affected by HIV to ensure the research and new developments can be more effective when implemented. Another highlight of this seminar was a strong presence by the members of MashUp! Nashville. MashUp! Nashville is a research organization committed to addressing the critical needs of black homosexual men in Middle Tennessee. Most recently, our communities of practice has engaged MashUp! Nashville in working with a CoP focused on transgender women.



FEBURARY RESEARCH SPOTLIGHT

Meet Dr. Aramandla Ramesh

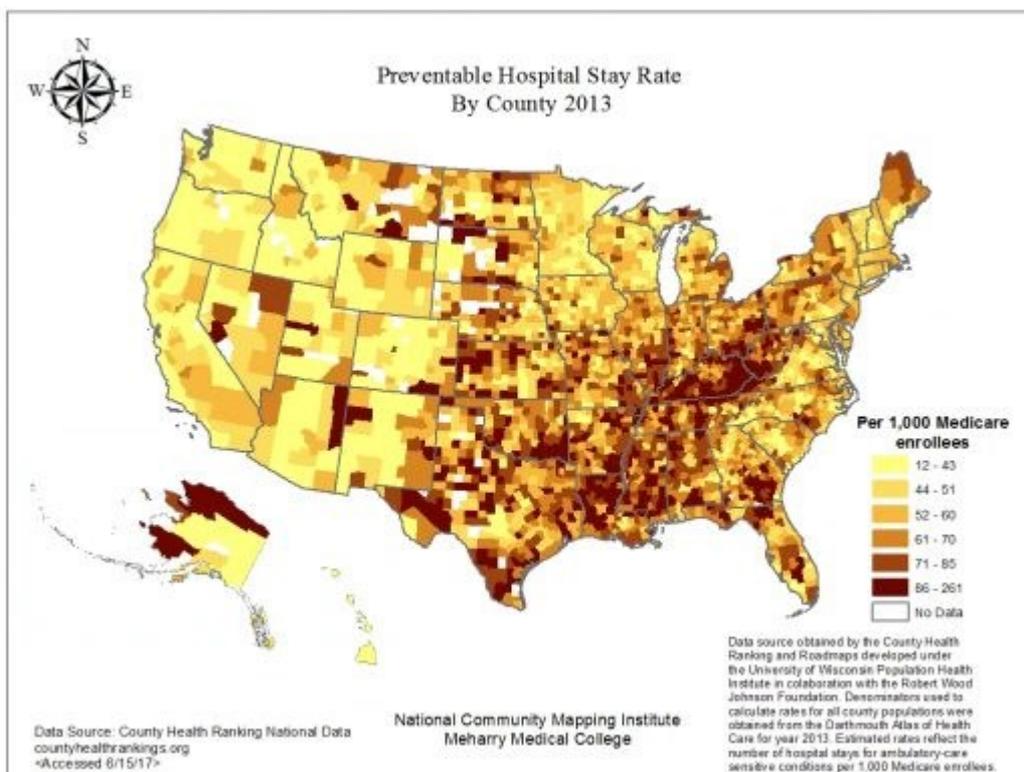
National Center for Medical Education, Development and Research



Aramandla Ramesh, PhD is a Associate Professor in the Department of Biochemistry & Cancer Biology at Meharry Medical College. He also serves as a researcher for the National Center for Medical Education, Development and Research at Meharry Medical College. Dr. Ramesh focuses on bioavailability, toxicokinetics, and biotransformation, acute and subchronic toxicity of polycyclic aromatic hydrocarbons (PAHs). Before joining the faculty at Meharry in 2001, he was a research specialist in the Departments of Family & Preventive Medicine, and Pharmacology at Meharry. His earlier research focused on acute and subchronic toxicity of benzo

(a)pyrene and fluoranthene found in hazardous waste sites that were in close proximity to minority communities. As a Robert Wood Johnson Health Policy Associate, his current research is focused on exposure of minority communities to environmental chemicals and health disparities. Dr. Ramesh has extensively published in environmental chemistry & toxicology (more than 60 peer reviewed publications, and 8 book chapters). He completed 6 National Institutes of Health (NIH) funded projects in toxicology & chemical carcinogenesis.

Map Of The Month: Preventable Hospital Stay Rate By County 2013



Preventable hospital stays are admissions that could have been potentially prevented with appropriate community-based outpatient healthcare. This topic has been receiving increased attention in the last few decade because of the rise in healthcare cost, but potentially preventable hospital admissions are hard to define and measure. Ambulatory care sensitive conditions (ACSCs) is a proxy measure used as an indicator of population access to outpatient healthcare. Yet recently, it has been suggested that rates of ACSCs reflect quality rather than access of community-based healthcare particularly in the setting of universal healthcare. ACSCs include asthma, diabetes, gastroenteritis, hypertension, and kidney/urinary infections. These conditions respond well to interventions deliverable in community outpatient facilities, and they will not require hospital admission if managed well.

Using geographic information systems, this map is able to visualize data taken by County Health Rankings and Roadmaps. This map shows the rate of hospital stays for ACSCs per 1,000 Medicare enrollees. A large portion of counties within western states had a lower ACSCs rate indicated by the yellow/light orange shading compared to counties within various southern and midwestern states who had higher rates, indicated by the darker shaded counties. This map can be used as a references to compare medical policies and practices that contribute to decreased preventable hospital stays.

February National Health Observances



AMERICAN HEART MONTH



Did you know that February is American Heart Month, a federally designated event. The purpose of American Heart Month is to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved. The first American Heart Month took place in February 1964 and was proclaimed by President Lyndon B.

Johnson via Proclamation 3566 on December 30, 1963. It is important to realize that cardiovascular disease knows no borders and impacts all people, including those who identify as LGBTQ, Homeless, and Migrant Farm Workers. . Cardiovascular disease, including heart disease and stroke, remain the leading global cause of death with more than 17.9 million deaths each year. Unfortunately this number is expected to rise to more than 23.6 million by 2030. It is likely that we all know someone who has been affected by heart disease and stroke. The American Heart Association has identified 7 steps for healthier living. They are outlined below. As you think about your daily interactions, commit to incorporating habits that increase healthy living.

Life's Simple 7



Manage Blood Pressure

High blood pressure is a major risk factor for heart disease and stroke. When your blood pressure stays within healthy ranges, you reduce the strain on your heart, arteries, and kidneys which keeps you healthier longer.



Control Cholesterol

High cholesterol contributes to plaque, which can clog arteries and lead to heart disease and stroke. When you control your cholesterol, you are giving your arteries their best chance to remain clear of blockages.



Reduce Blood Sugar

Most of the food we eat is turned into glucose (or blood sugar) that our bodies use for energy. Over time, high levels of blood sugar can damage your heart, kidneys, eyes and nerves.



Get Active

Living an active life is one of the most rewarding gifts you can give yourself and those you love. Simply put, daily physical activity increases your length and quality of life.



Eat Better

A healthy diet is one of your best weapons for fighting cardiovascular disease. When you eat a heart-healthy diet, you improve your chances for feeling good and staying healthy – for life!

Teen Dating Violence Month



According to the National Resource Center on Domestic Violence, every year, approximately 1.5 million high school students nationwide experience physical abuse from a dating partner. They report that 3 in 4 parents have never talked to their children about domestic violence. In light of these alarming facts, every year during the month of February advocates join efforts to raise awareness about dating

violence, highlight promising practices, and encourage communities to get involved. Using social media and sharing about Teen Dating Violence Awareness Month is one of many ways people around the nation are spreading awareness.

National Black HIV/AIDS Awareness Day



Every year individuals and organizations across the nation participate in National Black HIV/AIDS Awareness Day to promote HIV education, testing, community involvement, and treatment in black communities. According to the [Centers for Disease Control and Prevention \(CDC\)](#):

- Compared to other races and ethnicities, African Americans account for a higher proportion of new HIV diagnoses, those living with HIV, and those ever receiving a diagnosis of AIDS.

- In 2015, 48% (8,702) of AIDS diagnoses in the United States were among African Americans.

- In 2014, 3,591 African Americans died of HIV or AIDS, accounting for 53% of total deaths attributed to the disease that year in the United States.

**SIGN UP
NOW
ORIENTATION**

Are you a new member of our community of practice? Be sure to attend our orientation session to learn about all of the opportunities that are available to you. E-mail: Kbrown@mmc.edu

STAY CONNECTED!

We want you to stay connected with us. Here are a few highlights of our work this month:

- Developed Community of Practice Orientation for new members to understand how they can stay actively engaged with the National Center for Medical Education, Development and Research.
- Implemented an online calendar on our website to keep the community updated regarding our meeting, webinars, conferences, and ways to stay connected with us via social media.
- We are completing a certificate program in working with vulnerable populations through an exciting collaboration with the National HealthCare for the Homeless Council.
- We are working on our 2018, second annual Communities of Practice Conference.
- In addition to our weekly Academic Unit Meeting, we have a weekly Community of Practice Meeting.
- We have submitted to present at several conferences and will provide updates in the next newsletter.

With a focus to link with other national partners to highlight systems-level research of evidence-based interventions for vulnerable populations that will inform primary care training we are building relationships and serving as a supportive network to many dynamic organizations and professionals in our community. Together we can transform medical education. Our focus this year is on a few keywords: sustainability, impact, and action. With these words at the forefront of our work, we know that this will be a wonderful year. Thank you again.

Sincerely,

Dr. Katherine Y. Brown, Director, Communities of Practice

MEET THE TEAM

Faculty



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Infectious Diseases at UMMC



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Thomas A. Arcury, PhD

Professor and Vice Chair for Research,
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Wake Forest School of Medicine

Research Assistants



Julia Watson, MSPH

Research Assistant Sr.
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Michael Paul, MPH

Research Assistant Sr.
Department of Family and Community Medicine

Share your story

We want to hear from you. Have you received an award? Will you be presenting at a conference? Are you hosting a conference? Please e-mail: Katherine Brown Kbrown@mmc.edu. The deadline for each newsletter is the 1st of each month.

Each quarter we will feature a webinar or in person learning opportunity for our community of practice. Check out our upcoming learning opportunities below!

TOPIC	DATE	TIME
Community of Practice Webinar	May 15, 2018	3:00 pm CST
Community of Practice Conference	May 31, 2018 – June 1, 2018	TBA

Let's Stay Connected!

Click the icons below to visit us on social media.

Please join our pages and don't forget to use our hashtags #communitiesofpractice

#NCMEDR_Meharry

About the National Center for Medical Education, Development and Research (NCMEDR)

Meharry Medical College was recently funded by the Health Resources and Services Administration (HRSA) to establish a new academic administrative unit under grant number UH1HP30348. The new center is an academic unit (AU) housed in the Department of Family and Community Medicine at Meharry Medical College through a cooperative agreement with HRSA to evaluate the evidence-base for primary care interventions targeting vulnerable populations to transform primary care training in medical education and clinical practice in Tennessee and within the United States. The goal of the center is to transform primary care training and clinical practice in the United States through curriculum transformation in primary

Mission

To use a systems-level research framework to identify and evaluate primary care interventions targeting vulnerable populations in order to be effective in transforming primary care training and clinical practice to enhance models of care for vulnerable populations.

Vision

To enhance primary care training for health care professionals in improving the quality of health for vulnerable populations.

Disclaimer: This project is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number UH1HP30348, entitled academic Units for Primary Care Training and Enhancement. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by HRSA, HHS or the U.S. Government.

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