

2022

Year in Review



The Bassett Research Institute



The Bassett Research Institute Mission

"The Bassett Research Institute conducts research to understand and improve the health and well-being of individuals and rural populations. We develop strategies to improve health care delivery, prevent illness, and manage chronic disease in support of the Bassett Healthcare Network's mission."

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A Note from our Director



I am pleased to present you with the BRI 2022 Year in Review, my last time doing so as I will retire at the end of December 2022. It has been my great pleasure directing the BRI as I have had the opportunity to work with so many talented clinician scientists, creative and inspiring BRI staff and energetic leadership. I will miss the research questions and development, collaboration and implementation and everything in-between. However, the Social Security Administration reminded me that I have been working for 50 years, so it is time to pursue my grandson and other endeavors.

So looking back, how did 2022 compare to 2021? The long tail of the COVID19 pandemic has meant continued challenges in staffing, absences due to illness and frustration with the tenacity of this virus. And as if COVID19 was not enough, the resurgence of influenza and RSV heightened the need to comply with mitigation strategies: testing, wearing masks and getting immunized.

Against this 'triple-demic' backdrop, our research scientists persevere in their pursuit of a variety of important projects as you will discover perusing this report. Exciting new clinical research projects include the Pfizer sponsored Lyme vaccine trial, planning for MDMA-assisted psychotherapy for the treatment of psychiatric disorders including post-traumatic stress disorder (Dr. Michael Mithoefer, MD, the MAPS Public Benefit Corporation and Dr. James Anderson) and research on the Digital Divide in our rural area (Dr. Brunner). Dr. Whitaker and his team analyzed the International Survey of Children's Well-Being database that includes adolescents from 26 countries. In 2022, they found that greater family connection was associated with a higher prevalence of flourishing. Their paper was published in Pediatrics.

Last year's study comparing the long-term immunogenicity and effectiveness of three COVID19 vaccines: BNT162b2 (Pfizer-BioNTech), mRNA-1273 (Moderna), and JNJ-78436735 (Johnson & Johnson) was published in 2022. This research was made possible with the help of 653 Bassett employees who had their blood drawn, our clinical research nurses who processed these samples, and the Bassett laboratory staff who ran the antibody titers, not to mention our researchers who wrote up the study and had it published.

The LongROAD study funded by the American Automobile Association Foundation for Traffic Safety ended in 2022. This was a multi-site cohort study of factors that predict the ability of older adults to continue driving safely. The BRI team started with a cohort of 601 patients referred by Bassett primary care clinicians. David Strogatz, PhD, the project PI for the only rural site, will be retiring at the end of December 2022. A large database will soon be available for further analysis.

Living Well programming continues to demonstrate the tangible connections between the Research Institute and patient care.

New on the BRI horizon, the BRI will welcome Laura Jones, PhD, as Deputy Director of the Center for Biostatistics in February 2023. In addition, the search for a new director for the BRI is underway and will hopefully resolve soon.

NYCAMH/NEC continues to be amazing in terms of its productivity in occupational injury prevention for farmers, commercial fishermen and foresters. I encourage you to look at their 2022 Year in Review and visit their new website to appreciate the breadth and depth of their work.

Thanks to everyone who has contributed to the success of the Bassett Research Institute. It has been a great honor to work with you.

A handwritten signature in black ink that reads "Anne Gadomski". The signature is fluid and cursive, with a large initial "A" and "G".

Anne Gadomski MD, MPH, BRI Director



Catironadack Intermountain Research Consortium (CIRC)

The **Catironadack Intermountain Research Consortium** (CIRC) is the new name for the Intermountain COVID-19 Impact Consortium (ICIC). This is a consortium of several research organizations west of the Hudson Valley region and between the Catskill and Adirondack mountains. The region under study includes Chenango, Delaware, Fulton, Herkimer, Madison, Montgomery, Oneida, Otsego and Schoharie counties.

CIRC includes the Bassett Research Institute; Center for Rural Vitality, SUNY Cobleskill; Colgate; Hamilton College; Hartwick College; PLACES Institute, SUNY Oneonta, SUNY Polytechnic Institute and Data Science Program, Utica University. Alex Thomas, PhD, a sociologist and demographer at SUNY Oneonta, leads the CIRC and presented survey results at BRI research grand rounds in January 2022. Planning is underway for a CIRC website that will have links to reports from each institute so there is a central regional clearinghouse for such information. Research projects begin within a member center according to their individual processes. If a researcher is willing to send a "call" through CIRC, information about the project with contact information is sent through the network. This enables other researchers among the members to work as a group. CIRC has a broad expertise related to public health, demographic, environmental, and economic concerns in the region.

CIRC's primary goal is to connect CIRC research to regional policy. This goal is an expansion of ICIC goal that was to understand how the COVID-19 pandemic affected the totality of the regional population. This goal required tying together disparate sources of information in order to provide a "big picture" of how the pandemic unfolded. ICIC conducted several survey waves of various demographic groups across the region, including social, economic, and medical systems, to gather quantitative and qualitative data describing the impact of this pandemic. In 2022, ICIC produced two publications related to the pandemic:



This survey analysis revealed that conservative political ideology does not directly lead to COVID-19 vaccine hesitancy, but it does encourage the consumption of right-wing news, which promotes fear and hesitation about the vaccines. These findings underscore the major threat that misinformation and disinformation have on public health, as well as the role that news sources play in health promotion.

COVID-19 vaccine hesitancy and political ideation among college students in Central New York: The influence of differential media choice

Emily Lasher ^{a,*}, Gregory Fulkerson ^b, Elizabeth Seale ^b, Alexander Thomas ^b, Anne Gadomski ^a

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^b State University of New York College at Oneonta, 100 Ravine Flowy, Oneonta, NY 13820, USA

Lasher E, Fulkerson G, Seale E, Thomas A, Gadomski A. COVID-19 Vaccine Hesitancy and Political Ideation among College Students: The Influence of Differential Media Choice. *Preventive Medicine Reports* 2022;27. doi:10.1016/j.pmedr.2022.101810

The second ICIC publication, titled "Distress among public health workers during the COVID-19 pandemic in New York State," was accepted to *Public Health Reports* on November 16, 2022. It is currently pending publication as of December 2022.



Institutional Review Board (IRB) and Office of Grants Management (OGM)



Institutional Review Board:

Chair, IRB: David Strogatz, PhD

Vice-Chair, IRB: Wendy Brunner, PhD

Program Manager, IRB: Heidi Johnson, CIP

Coordinator, Dept. Operations: Christen Turner, BS

The **Institutional Review Board** (IRB) is comprised of thirteen voting members and twelve alternate members of varying backgrounds, in addition to the Chair and Vice-Chair of the Board. The Board is charged with providing a complete review of research activities commonly conducted by investigators within the network. The Board meets at least once per month on the first Tuesday of every month. It is responsible for conducting an initial review process, a continuing review process and for maintaining a record of all IRB activities, in accordance with the HHS regulation for the Protection of Human Subjects as defined by the Code of Federal Regulations (45 CFR 46 and 21 CFR 50, 56). Five members resigned and five new members came on the committee during the course of the year.

At the end of 2022 there were 99 active protocols approved for research activities within the network. During 2022, thirteen new protocols were approved; eight were clinical trials and five were based on non-experimental study designs to analyze existing datasets or use qualitative or quantitative methods for collection and analysis of primary data. Twenty six protocols were completed and terminated in the course of 2022.

The IRB Office has standing agreements and protocols to engage the service of external IRBs when Bassett investigators are collaborators in multi-site industry-sponsored or NIH-funded clinical trials; current partnerships include the National Cancer Institute's Central Institutional Review Board (CIRB), Advarra, WCG IRB, University of Rochester Research Subjects Review Board, and University of Florida IRB.

Other activities of the Board during the past year included:

- Monitoring and reviewing the local occurrence of adverse events (0 during the 12 month period) and protocol deviations (3 during the 12 month period)
- Reviewing numerous protocol amendments and modifications proposed to ongoing research studies (139 during the 12 month period)
- Continuing education sessions for IRB members held during the course of the year included topics on mobile apps or mobile medical apps in research and consent requirements for a biobank component of studies.

Two hundred and fifty seven administrative reviews were performed in 2022.



Office of Grants Management:

Administrative Director: Stephen Clark
Business Manager: Melinda Hasbrouck, MBA

The **Office of Grants Management** (OGM) supports the submission of all Research Institute and NYCAMH grant applications and assists as requested with non-research applications for the organization. The Research OGM provides support and guidance to Research Principal Investigators for all phases of post award management, including management of contracts and sub-awards, quarterly and annual reporting and grant close out. The Research OGM monitors and maintains all state and federal grant submission and tracking platforms and assures that the organization remains in compliance with all state and federal regulations as they pertain to grant supported programs.

In 2022, Research OGM staff initiated meetings with the Director of Governmental Affairs, Finance, and the Friends of Bassett to address opportunities for the larger organization with regards to pre and post award grant management. The result of this standing committee is the formation of a new department in 2023, the Network Office of Grants Management (OGM). The goal of this department is to support grant application development to increase overall external funding for the organization and to implement practices to significantly improve post award management performance/compliance. Benefits to Research include a reduction in overall risk to the organization with regards to grants stewardship/compliance as well as significant support for collaborations and new opportunities within the organization.



Center for Rural Community Health

Who We Are:

Director: Wendy Brunner, PhD
Director Emeritus: David Strogatz, PhD
Research Coordinators: Andy Johnson, BS; Mindy Robinson, BA
Research Investigator: Kristin Pullyblank, RN
Research Assistants: Amanda Chapman, BS; Pamela Fingado, BS; Jenny Flynn, MS; Caitlin Liberati, MA
Health Educator: Carleen Henderson
Senior Health Educator: Lynae Wyckoff, MS

The Center for Rural Community Health was established in 2011 to work with academic partners, state and local public health organizations, and Bassett Healthcare Network caregivers and practitioners to understand the health challenges affecting people in Bassett's catchment area and to design and test community-based strategies to address these challenges. In seeking to enrich health access and opportunities for individuals, the Center was also charged with evaluating community health and social service resources as well as schools and local businesses to see what infrastructure already exists and can be built upon in collaboration with the Center. Major projects of the Center in 2022 reflect its ongoing commitment to these goals, with programs that notably span the full age range.



Research Collaborations in 2022:

- ★ **Health Promotion Research Center**, University of Washington (Dr. Lesley Steinman)
- ★ **University of California**, San Francisco (Dr. Veronica Yank)
- Texas A&M Center for Population Health and Aging** (Drs. Marcia Ory and Matthew Lee Smith)
- ★ **University of Rochester/Wilmot Cancer Center** (Drs. Paula Cupertino and Charles Kamen)
- ★ **Psychology Department, Binghamton University** (Dr. Emily Zale)
- ★ **University of California, San Diego; University of Colorado, Denver; University of Michigan Transportation Research Institute; John Hopkins University, Columbia University**



Center for Rural Community Health

I. RHENSOM

Lead: Lynae Wyckoff
Email: Lynae.Wyckoff@Bassett.org

Rural communities continue to have poor health outcomes due to low wages, lack of affordable and reliable housing and transportation, and low health literacy. Through collaboration with community organizations, county health departments, healthcare systems, and with funding from New York State Department of Health, the **Rural Health Education Network of Schoharie, Otsego and Montgomery Counties (RHENSOM)** serves the needs of communities through innovative, Prevention Agenda recommended, evidence-based programming and interventions. Key areas of work focused on improving nutrition education, empowering caregivers and individuals to manage their chronic conditions and improve health literacy, supporting catchment area's Prevention Agenda activities.



Highlights from 2022:

Nutrition Education

- Subcontracted with Cornell Cooperative Extension of Schoharie and Otsego Counties to fund a nutrition educator for the three county catchment area, an identified needed resource. The nutrition educator held over 38 educational events utilizing curriculum based on resources from Cornell University Division of Nutritional Sciences. The program provided interactive, supportive classes that focus on the how and why to eating well.

Chronic Disease Prevention and Management

- Provided staff and financial support to lead the region's National Diabetes Prevention Program.
- Continued support of the Living Well program, focusing on strengthening community-clinical collaborations and implementation of the evidence-based self-management programs.

Living Well hosted **27** 6-week Peer Lead Workshops in 2022:
16 Mailed Toolkit with Phone Support
11 Zoom



Figure 1: Teens participating in CCE and SUNY Oneonta "Community Food & Cooking Days".

**Living Well
Diabetes
Prevention 2022
cohort achieved 7%
weight loss goal!**



Center for Rural Community Health

II. Living Well

Lead: Lynae Wyckoff
Email: Lynae.Wyckoff@Bassett.org

Utilizing a hub-and-spoke clinical-community collaborative model, Living Well works with partner organizations throughout the region to provide a suite of evidence-based workshops licensed through the Self-Management Resource Center.

The six-week small group workshops led by trained peer leaders are currently offered on Zoom, asynchronously online, in-person (limited basis) and via mailed toolkit with or without telephone support. The workshops are designed to increase one's self-efficacy in managing chronic conditions. Currently, Living Well offers the Chronic Disease Self-Management Program, the Diabetes Self-Management Program, the Chronic Pain Self-Management Program and Living Well with and After Cancer. In addition, Living Well delivers the National Diabetes Prevention Program to adults at risk of developing diabetes.

In 2022, 155 adult community members within Bassett's service area completed a 6-week disease self-management program. Over the course of 5 years, the Living Well program has reached 2,000 participants. A program of this magnitude provides a living laboratory, enabling our team to investigate the impact of self-management on health and wellness outcomes in this rural region (see related publications).

New in 2022: To address the decline in health-seeking behaviors since 2020, two outreach efforts were piloted. The first focused on patients without access to the patient portal, thus have not received program information electronically. With funding from Excellus, 150 patients age 18-75, with Type 2 diabetes, A1c>8, were mailed the diabetes self-management toolkit. Living Well staff followed-up by phone to discuss the patient's diabetes management goals and to connect these goals to information contained within the toolkit. Staff further discussed how to use the toolkit, and answered questions. Patients were also given information about the group workshops (Zoom and conference call) that they could join.

The second pilot funded in December by the NYSDOH Small Wellness Award will expand program reach via a personalized introduction to and distribution of self-management toolkits to appropriate inpatients when they are being discharged home. In addition to the standard toolkit materials (book, relaxation CDs, exercise CD, toolkit guide), we will also include material about joining a group-based Living Well class (virtual for the time being), as well as any pertinent public health messaging (how and why to get vaccinated, etc.) included in the prescribed deliverables by this funding opportunity.



What three things have you accomplished by using the toolkit?

- Limit food
- Exercise
- Understanding diabetes better

Toolkit Recipient



Center for Rural Community Health

III. Telehealth Research

Lead: Wendy Brunner

Email: Wendy.Brunner@Bassett.org

Defining the Digital Divide: Implications for Improving Access to Care

Based on 2020 Living Well data indicating our participant profile shifted when we shifted to remote delivery modes, Dr. Brunner and Kristin Pullyblank applied for and received funding from the National Institute for Health Care Management to investigate the digital divide and the implications to accessing care. <https://nihcm.org/grants/research-grants>

Guided by the digital health equity framework, this mixed methods study had three objectives:

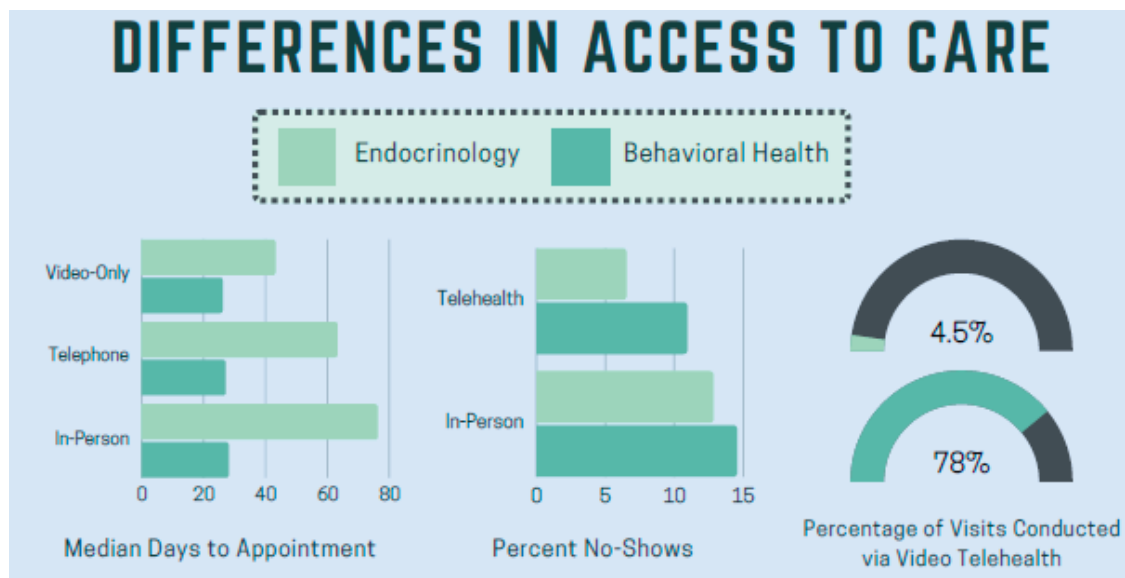
- 1) Compare the characteristics of telehealth users versus non-telehealth users among adult patients in a rural healthcare network, with a focus on barriers to telehealth utilization besides broadband access.
- 2) Examine how the profile of telehealth users has shifted since the start of the COVID-19 pandemic.
- 3) Determine if and how engagement with the healthcare system differs for telehealth users compared with non-telehealth users, using 'time to appointment' and 'no-show rates' as indicators of engagement.

Key Findings:

- Individuals who were older, had less education, and were not married/partnered were significantly less likely to use video-based telehealth or the patient portal.
 - When "telehealth" was defined as including audio visits, these differences disappeared
- Within the two departments we analyzed regarding telehealth and access to care outcomes (outpatient behavioral health and endocrinology):
 - Being an active user of MyBassett patient portal did not result in faster time to appointments in either department between August 2021 and January 2022 based on the patients' first scheduled appointment
 - Video visits in both departments had the shortest median wait time compared to in-person visits.
 - No-show rates were higher for in-person visits than telehealth visits

Implications:

- While the study design precludes us from making causal inferences, findings suggest that those who are unwilling or unable to engage with telehealth may have a more difficult time accessing care.
- Audio-only telehealth appointments should continue to be covered by insurance when medically appropriate.



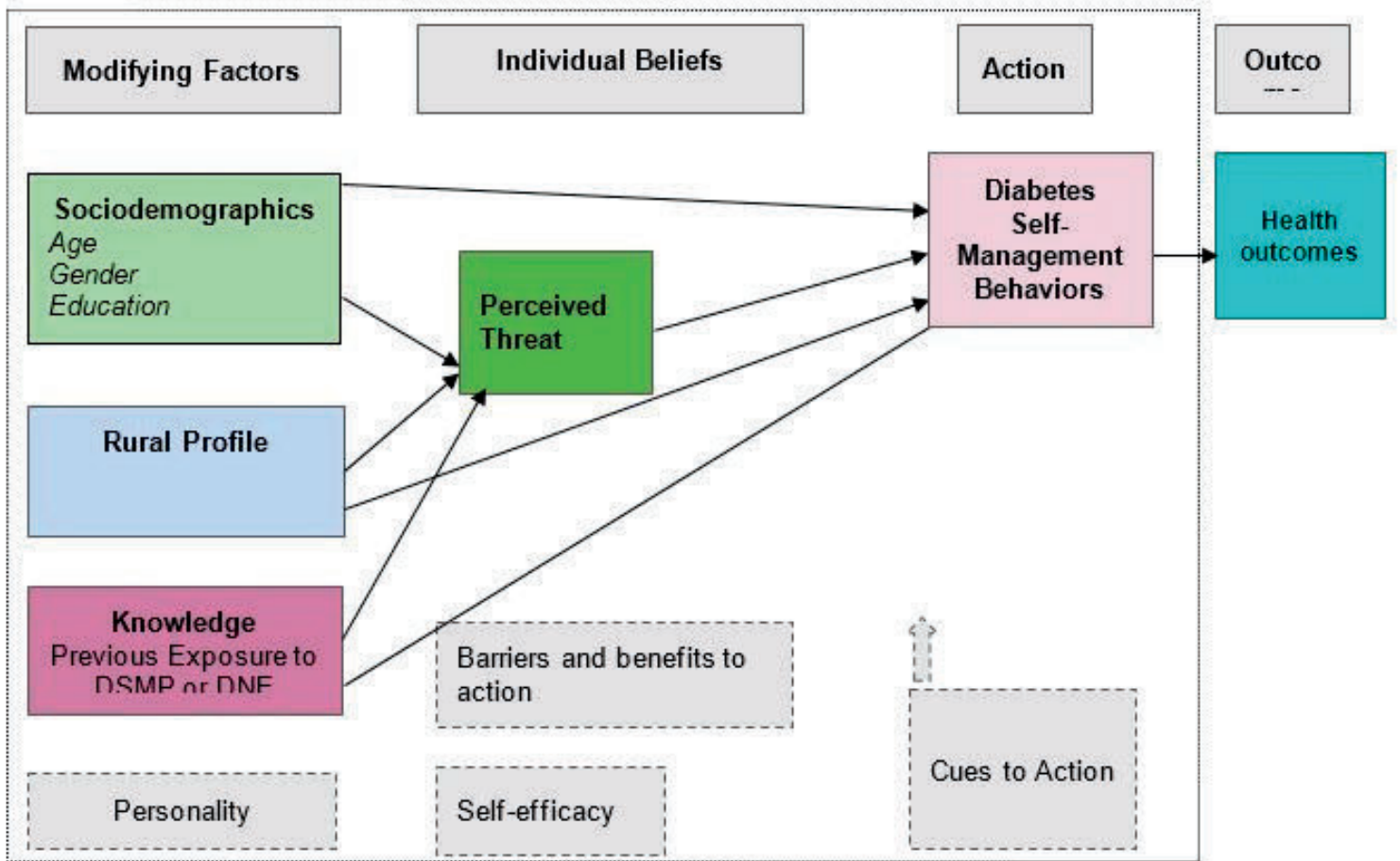
Center for Rural Community Health

IV. Rural Culture and Self-Management Behavior

Lead: Kristin Pullyblank
Email: Kristin.Pullyblank@Bassett.org

How does “being rural” affect health-seeking behaviors, specifically related to diabetes self-management? The geographic and socioeconomic barriers to diabetes self-management interventions and subsequent behaviors have been well recognized in the literature. However, the role of rural culture (e.g. self-reliance, close community relationships) has not been well explored.

The purpose of this study was to examine the complex relationships among rural culture, perceived diabetes threat, diabetes self-management behaviors, and diabetes outcomes.



V. School-Based Health Center (SBHC) Research

Lead: Wendy Brunner
Email: Wendy.Brunner@bassett.org

SBHCs provide access to comprehensive health care to students in the schools they serve. BRI has been collaborating with researchers at Cornell University to conduct research on Bassett’s network of SBHCs, including studying the impact of SBHCs on the health of students and their communities. Recent work includes comparing attendance rates for students in schools with SBHCs compared with rates for students in schools that do not have SBHCs. In 2022, we worked with Cornell faculty on a NIH grant application related to School-Based Health Centers.



Center for Rural Community Health

VI. LongROAD



Lead: David Strogatz
Email: David.Strogatz@Bassett.org

The **Longitudinal Research on Aging Drivers (LongROAD) Study** is a multi-site cohort study of factors that predict the ability of older adults to continue driving safely (and factors that preserve quality of life when older adults reduce or discontinue driving). The LongROAD Study is funded by the American Automobile Association Foundation for Traffic Safety and enrolled 2,990 65-79 year old adult drivers between August 2015 and March 2017 at five sites (Cooperstown; Baltimore MD; Denver CO; Ann Arbor MI; San Diego CA). The study's lead institution for data management is the Mailman School of Public Health of Columbia University, and other participating institutions besides the Bassett Research Institute are Johns Hopkins University, the University of Colorado, the University of Michigan Transportation Research Institute and the University of California at San Diego.

Each of the five sites enrolled approximately 600 study participants from local primary care or specialty clinics and conducts full or limited follow-up assessments in alternating years. Information collected includes detailed measurements of physical and cognitive functioning, health conditions and medications, the condition and safety features of participants' vehicles, and driving-related behaviors. Data sources include in-person interviews and examinations, medical and motor vehicle department records, and GPS measurements of driving patterns from devices installed in each participant's primary vehicle or from an app installed on the participant's mobile phone. With the support of primary care providers, we recruited Bassett study participants from the primary care health centers in Cherry Valley, Cobleskill and Cooperstown and completed baseline assessments in March 2017.

The first peer-reviewed publication about the LongROAD Study appeared in 2017 in the journal *Injury Epidemiology* and the first symposium on the study was held in July 2017 at the World Congress of the International Association of Gerontology and Geriatrics in San Francisco, CA. During 2022, three manuscripts with findings from the LongROAD Study were published in *Journal of Safety Research*, *Journal of Transport and Health*, and *Frontiers in Public Health* on the following topics:

- How history of falls and fear of falling are related to driving habits and patterns
- Whether there is a typical sequence of changes with age in specific driving behaviors
- How geography as well as predictors of ability to drive are related to social isolation experienced by older adults

Manuscripts are also being prepared based on presentations at national meetings in 2022 on multiple topics from the LongROAD Study:

- Diabetes mellitus and hard braking events in older drivers
- Interaction between benzodiazepines and prescription opioids on crash risk in older drivers
- Association of cannabis use with motor vehicle crashes and traffic stops among older drivers
- Effects of depression and antidepressant medication on driving behaviors of the elderly

A separate section at the end of this document has details on the publications and presentations from the LongROAD Study.

Cooperstown was included as a LongROAD study site in order to provide comparison of the characteristics and driving experience for older adults from rural and urban environments. Results published in the *Journal of Rural Health* in 2020 showed that rural drivers assigned greater importance to driving and predicted greater impact that driving cessation would have on their lives. Ongoing analyses are assessing whether the predictors of driving behaviors and outcomes differ for the rural and urban participants in the LongROAD Study. Dr. Strogatz and investigators from other sites of the LongROAD Study have also begun collaborating with researchers from Urban Design 4 Health on opportunities to augment the LongROAD dataset with information about the census tract of study participants such as traffic density, neighborhood walkability and proximity to public transportation and destinations such as parks, supermarkets and pharmacies. The inclusion of these measures in analyses of LongROAD data are likely to increase our understanding of older adults' behaviors and decisions about driving.



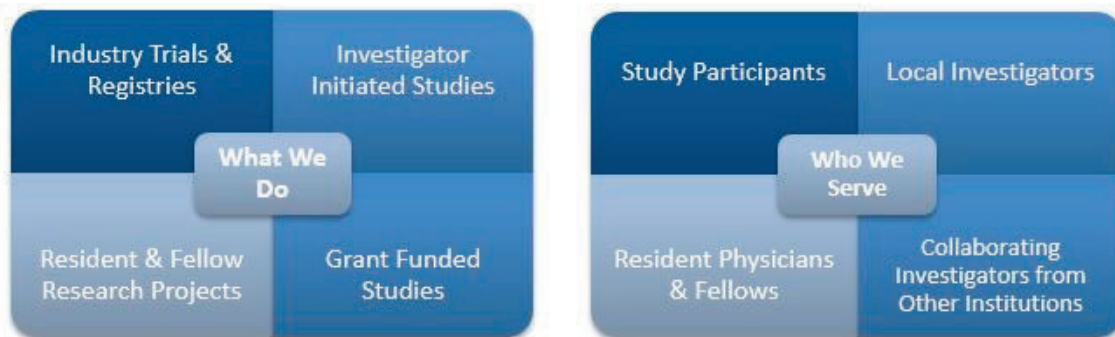
Center for Clinical Research

Who We Are:

Clinical Scientist: Daniel Freilich, MD
Clinical Research Nursing Supervisor: Jennifer Victory, RN, CCRC
Clinical Research Nurses: Catherine Gilmore, RN, CCRC; Melissa Huckabone, RN; Martina King, RN; Reccia McKenzie, RN



Our Work



Active Principal Investigators & Projects in 2022

- Eric Bravin, MD (Medical Oncology): Feasibility of Non-Operative Management of Rectal Cancer in a Rural Population (departmental support)
- Daniel Freilich, MD (Hospitalist): COMBO 1 – Influenza trial (EDT grant, departmental support & Genentech investigator initiated study funding); EPIC-HOS Study (Paxlovid for hospitalized patients with severe COVID-19) (Pfizer)
- Mun Hong, MD (Cardiology): VICTORION INCEPTION Lipid study (Novartis), VICTORION -2- PREVENT Lipid Study (Novartis); Discover HCM Registry Study (Bristol Myers Squibb)
- Daniel Katz, MD (Cardiology): DAPA ACT HF (Dapaglifozin for inpatient CHF) (TIMI Study Group – Brigham & Women’s Hospital); multiple EDT & departmental supported research projects with Cardiology Fellows and Internal Medicine Residents
- Reginald Knight, MD & Larry Shannon, MD (Spine/Orthopedic Surgery): Intracept for chronic low back pain (Relievant Medsystems)
- Richard Loftus, MD (Prime Care): VALOR Lyme Vaccine Study (Pfizer)
- Dhananjai Menzies, MD (Cardiology): WARRIOR - Women’s Ischemia Trial to Reduce Events in Non-Obstructive CAD (University of Florida)
- Anush Patel, MD (Medical Oncology): Weight, Anti Xa Levels, and Thromboprophylactic Enoxaparin (EDT grant)
- Kanica Yashi, MD (Primary Care): Psychological Indicators in Candidates for Bariatric Surgery (departmental support)



Center for Biostatistics

The **Center for Biostatistics** (CFB) provides study design assistance and data analysis in support of the overall mission of the Bassett Research Institute. The CFB collaborates with all the BRI centers and the Northeast Center for Occupational Health and Safety (NEC) as well as various other departments of Bassett Healthcare Network. The center is directed by Paul Jenkins, Ph.D. Dr. Jenkins completed his doctorate in statistics in 1993. CFB staff include a research investigator (Melissa Scribani, MPH), research informatics analyst (Nicole Krupa, BS) and data analyst (Megan Kern, BA&Sc).

Services provided by the CFB include writing methods and analysis sections of grant proposals, comprehensive data management, statistical analysis, interpretation of study results, database building, assistance with developing experimental designs, manuscript writing and review, drafting tables and graphic materials for poster and podium presentations, as well as mentorship of students ranging from bachelors through doctoral levels. CFB also provides statistical and survey support to the Bassett Medical Center and Bassett Healthcare Network. During 2022, center staff provided study design consultation and data analysis plans for multiple grant submissions to national and state-level funding agencies.

Databases and Software: The center maintains more than 30 large databases (as of 2022) relating primarily to research in obesity, diabetes, heart disease, health behaviors, and orthopedics. CFB staff also conduct analyses on large national databases including the CDC's National Health Examination Survey (NHANES), the American College of Surgeon's National Trauma Data Bank (NTDB), the Statewide Planning and Research Cooperative System data (SPARCS), the NYS Office of Alcoholism and Substance Abuse Services (OASAS), the Healthcare Cost and Utilization Project (HCUP), the Center for Medicare and Medicaid Services (CMS), among others. Ms. Krupa serves as the BRI's expert in data needs involving the Bassett Healthcare Network electronic medical record system (Epic). Ms. Kern is currently earning Epic credentials and is also trained in Python® and the R® software language, as well as graphic design using Canva. All CFB staff are proficient in Statistical Analysis Software (SAS) as well as a variety of survey/data collection platforms and database programs, including REDCap as the preferred HIPAA-compliant data management and data collection system. Staff also supported electronic data collection for several continuing BRI studies as well as new studies. Online survey platforms were created for studies of practitioner and nurse well-being and a study of osteoporosis treatment patterns among orthopedic surgeons.

Clinical Research: This year, CFB staff also supported projects undertaken by the Bassett Cardiology Fellowship program, including analysis of a cohort of subjects undergoing cardiac catheterization who have accrued six years of follow-up to test for associations between levels of cardiac biomarkers (podocan and Wnt-pathway molecules) and major adverse cardiac events and cancer incidence. In addition, CFB staff collaborated with a group of senior medical staff surgeons and surgical residents to analyze vascular injuries from the National Trauma Data Bank. The Center for Biostatistics has also provided statistical analysis for a number of manuscripts focused on outcomes from rural self-management education delivered by the Living Well Program within BRI. CFB staff also assisted with study design, data collection, data management, data analysis, poster presentations and manuscript development for the BCRCH rural telehealth grant funded by NIHCM.

Publications: CFB staff contributed to 14 peer-reviewed manuscripts, published in journals of occupational health, primary care, pediatrics, health services research, orthopedic/sports medicine, substance abuse, community health, tick-borne disease and clinical medicine. The CFB staff contributed to several abstracts presented at national and international meetings hosted virtually and in-person during 2022. These included the International Society for Agricultural Safety and Health (ISASH) conference, the Amish and Plain Anabaptist Studies Association (APASA) conference, the International Society for Anthrozoology (ISAZ) conference, the International Conference on Physician Health, the World Professional Association for Transgender Health (WPATH) conference, the National Summit on Promoting Well-Being and Resilience in Healthcare Professionals and the American Public Health Association (APHA) annual meeting.



Who We Are:

Director: Paul Jenkins, PhD

Research Investigator: Melissa Scribani, MPH

Research Information Analyst: Nicole Krupa, BS

Data Analyst: Megan Kern, BA&Sc



Center for Evaluating Rural Interventions

The Center for Evaluating Rural Interventions (CERI) conducts internal evaluations as well as external evaluations commissioned under contract varying in scope from BRI-specific projects, to multi-county New York State-funded projects, to federally-funded multi-institutional grants (NEC/NYCAMH, Otsego County System of Care). CERI provides services including refining evaluation question(s), partnering in program planning, creating systems that incorporate measurement and real-time reporting, and assisting stakeholders in understanding data and writing evaluation sections for grants. CERI uses a variety of evaluation techniques including logic models, timelines, focus groups, social network analysis, cost analysis, surveys and data visualization to conduct our evaluations and present findings to stakeholders.



Who We Are:

Lead: Anne Gadowski, MD, MPH
Statistician: Melissa Scribani, MPH
Senior Evaluation Coordinator: Nancy Tallman, BS
Research Assistant: Melinda Robinson, BA

Program evaluations can be about developing an intervention, assessing its implementation, measuring the impact or outcome(s) of a policy or program, or providing accountability and oversight. When you want to know if a program, intervention or special project works in real world settings, call an evaluator. Stakeholders use evaluation findings to inform decisions about whether to continue, expand, or end a program. Funders use evaluation results to decide whether to continue funding future programs.

CERI takes a developmental, or formative, approach to program evaluation. CERI uses brief feedback reports to allow multiple stakeholders to track progress and make adjustments as implementation proceeds. That approach equates to maintaining an active role in program development and implementation by working closely with program directors and staff to understand what the objectives of the program are, how the program is being implemented, whether the program is doing what it is supposed to be doing, and what results are being generated by the program. Perhaps most importantly, evaluation seeks to know: can the results be attributed to the program? CERI is exploring how contribution analysis or implementation science may be useful in answering that question.

Programs Evaluated in 2022:

- I. Otsego County Systems of Care (SOC)
- II. Northeast Center (NEC) for Occupational Health and Safety in Agriculture, Forestry, and Fishing
- III. Gender Wellness Center (GWC)
- IV. Workforce Resilience



Center for Evaluating Rural Interventions

I. Otsego County System of Care

The Otsego County System of Care (SOC) program, was funded in September 2018 by the Substance Abuse and Mental Health Services Administration (SAMHSA), to improve the management of serious emotional disorders, serious mental illness and substance abuse disorders among children and youth ages 0-21 years of age. This SOC worked closely with county Early Intervention and school staff to increase timely identification of youth at risk of developing and/or experiencing serious emotional or mental health problems or substance abuse, facilitate linkage to services for families, and implement evidence-based practices. As the SOC evaluation team, CERI tracked service level data and program performance indicators of infrastructure, development, prevention and mental health promotion, and provided feedback to SOC partners. CERI collected all required data pertaining to enrolled youth, such as the National Outcomes Measures (NOMs) that in turn were used to track program performance.



For children from birth to age 5, the SOC developed the CHOICES (Collaborative Hub Of Integrated Community Empowerment Services) program. In collaboration with the Early Intervention Program, the Family Resource Network, Inc. (FRN), a member of Families Together New York, led Otsego County's SOC expansion and enhancements for birth – age 5 children and families with special needs. In the fourth year of the grant (2022), 6 children were identified by CHOICES, 3 children were enrolled in the CHOICES program, and none of these children had EVER received mental health services before.

For youth ages 6 to 21, the SOC created the BHRC (Behavioral Health Resource Center). The BHRC evolved into a hub for educators, health and service providers, families and students to access an array of resources that will include assessment, treatment, family support, peer services, prevention, early intervention, training, education, juvenile justice support, social services, and crisis services. In 2022, 134 youth ages 6-21 were identified by BHRC, 134 youth were enrolled in BHRC, and 44% of these youth had NEVER received mental health services before.

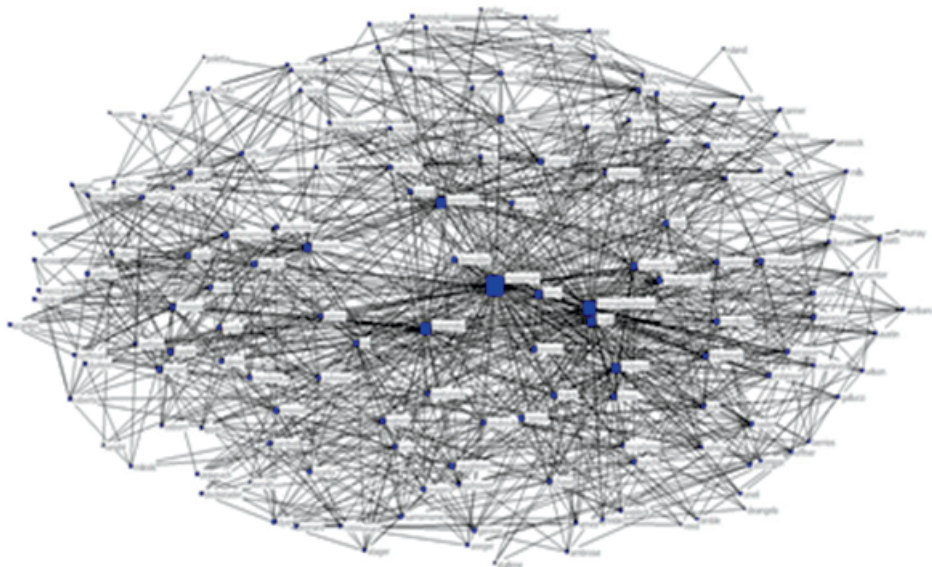
Despite the COVID-19 pandemic, over the four years of SAMHSA funding for the SOC, 822 youth ages 0-21 were identified for services, 501 youth were enrolled for services, and 55% of these youth had NEVER received mental health services before. There was a statistically significant improvement in total Child and Adolescent Needs and Strengths (CANS) score ($p=0.0002$) among participants who had a baseline and at least one follow-up CANS (some of these follow-up CANS were reassessments, some were discharge).

Child and Adolescent Needs and Strengths (CANS) over 4 years of the Otsego SOC	N	Mean CANS	Standard Deviation	p-value (change)
Baseline CANS	154	52.53	32.21	
Last CANS	154	44.83	31.19	
Change Last minus Baseline	154	-7.70		0.0002



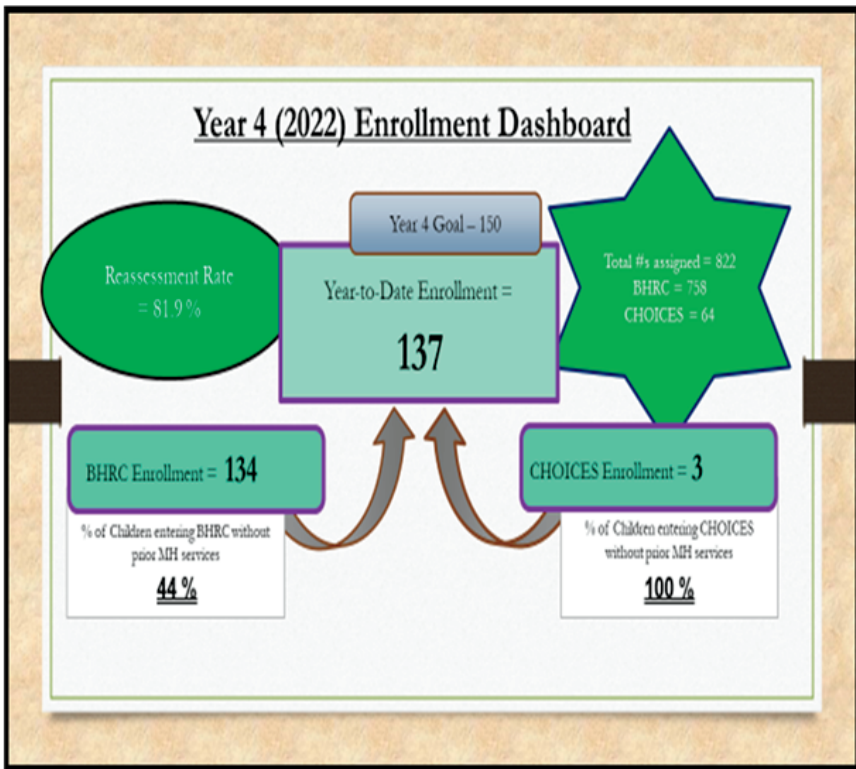
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In 2021, CERI mapped the SOC BHRC social network as shown below. Over four years of the grant, the SOC established 19 partnerships formalized with signed Memorandum of Understanding to join the SOC. This sociogram was shared with SOC staff and was used to determine areas where communication or collaboration might be improved, or where relationships needed to be fostered.



2021 SOC BHRC Sociogram: The blue squares represent individual people, and the lines indicate ties (connections) between those people. The dense presentation of ties indicates that the BHRC is an active network with much communication between individuals. The larger squares towards the center of the sociogram belong mainly to SOC BHRC staff, which indicates that the SOC team is central to the network, are highly connected throughout the network, and act as links between other members.

All evaluation results were shared monthly with the SOC Team, and quarterly with the SOC Advisory Board. Enrollment, reassessment, and discharge data were shared with the BHRC and CHOICES teams at the monthly Single Point Of Access (SPOA) meetings where clinicians and advocates regularly discussed and re-evaluated the services being provided to enrolled youth. CERI also maintained a dashboard of indicators of infrastructure, development, prevention and mental health promotion (IPP Indicators).



The success of this SOC was presented at the NYS Children's System of Care Summit 2022 (June 14-June 15, 2022) <https://nyssoc.com/soc-action-planning-2/> by Marion Mossman, Barbara Finkelstein, and Mindy Robinson in a 45 minute presentation titled "The Otsego County System of Care: How Collaborative Partnerships Empower our Success". A brief video "Voices of Our Partners" was compiled by Emily Lasher and included in this presentation. The video includes the stories of families, peers, schools, and organizations depicting how the System of Care has impacted their lives and work. To view this video, please go to <https://youtu.be/5xZhJSjDQZ8>.

Unfortunately, the second SAMHSA grant application was not funded in 2022 due to a very competitive round with only six awards made in the US (none in NY). However, a carefully designed model of sustainability crafted over the past three years will ensure that SOC services will continue to be implemented as planned.



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II. Northeast Center (NEC) for Occupational Health and Safety in Agriculture, Forestry and Fishing

The Northeast Center for Occupational Health and Safety (NEC) for Agriculture, Fishing and Forestry (AFF), is an education, research, and injury prevention center funded by the National Institute for Occupational Safety and Health (NIOSH). NEC aims to reduce occupational injuries in agriculture, forestry, and commercial fishing (AFF) sectors in the Northeastern US, from Maine through West Virginia. NEC has been awarded funding in five-year cycles, with the most recent cycle starting in September 2016. (Go to <https://necenter.org/> or read their 2022 Year in Review for more information).



For the past 6 years, the NEC Planning and Evaluation (P&E) core led by CERI utilized a combination of evaluation approaches to create a comprehensive picture and story of the impact of NEC activities on AFF outcomes in the Northeast (NE) region. These approaches include utilization focused techniques (logic models, theory of change, etc.), community-based participatory methods (surveys, Photovoice for needs assessment), realist techniques (use of existing data, cost analysis, etc.), and developmental evaluation (conceptual framework, responding to emerging needs, etc.).

In 2022, CERI continued to collect quarterly data from the NEC scientific projects in order to track project progress and document intermediate outcomes as well as success stories. Every quarter, CERI surveys all PIs (including pilot studies) to track and report results for timeline adherence, outputs and impacts. These reports are then disseminated to all NEC project PIs, NEC administration and the NEC Scientific Advisory Panel. CERI meets monthly with NEC staff in order to review performance targets, namely publications, but also track success stories, presentations, and awards. Solutions to timeline delays and recruitment issues are discussed at these Evaluation and Planning (E&P) meetings. This is how NEC improves or modifies program designs, addresses barriers, assures accountability and allows for mid-course corrections by the PI or with assistance from NEC or CERI. Quarterly reports also highlight NEC's professional relationships that enable translation from research into practice. The NEC was funded for a 5 year cycle starting September 1, 2022. CERI will continue its evaluation of this AFF Center.

III. Gender Wellness Center (GWC)

The Gender Wellness Center (GWC) is a nationally recognized, rural-based interdisciplinary center that offers medical, mental health, and surgical care to transgender individuals of all religions, ages, sexual orientations, and ethnicities. They also offer advocacy, research, and training.



The mission of the GWC is to bring trans-affirming health care from the margins to the mainstream by offering transgender health care from within a primary care practice. The GWC's gender-affirming services are embedded within the Susquehanna Family Practice at Fox Care, and as such, it is a unique model for delivering transgender health care. Dr. Carolyn Wolf-Gould leads medical services, Susan Turrell, PhD leads mental health services, and Dr. Elizabeth Lax leads surgical services. In September 2022, Dr. Chris Wolf-Gould presented our health-related QOL study of the youth receiving care at the GWC at the international WPATH in Montreal titled "Two Year Follow-Up Study of Health-Related Quality of Life (HRQOL) Among Transgender and Gender Diverse Youth Receiving Gender Affirming Care".



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IV. Workforce Resilience

The **Clinician Peer Support Program of Upstate New York** (CPSP) was started by Dr. Caroline Gomez-Di Cesare as a completely voluntary, confidential service to provide assistance to clinicians during times of high stress. The program started as a collaboration of five Central New York organizations (Bassett Healthcare Network, Upstate Medical University, Mohawk Valley Health System, Auburn Hospital, and Oneida Health), and was expanded to include the New York chapter of the American Nurses Association (ANA-NY). The program is able to provide confidential and near-anonymous peer support while addressing stigmas in receiving support. CPSP makes peer support available to the ~12,000 physicians, advanced practice clinicians, residents, behavioral health clinicians, and respiratory therapists who work within the collaborative, and to every nurse in New York State. Any clinician referred into the program is connected to a trained volunteer peer supporter of the same discipline from outside their home organization (physicians with physicians, APCs with APCs, nurses with nurses, etc.). This unique program structure adds a level of anonymity to the peer support encounter, decreasing some of the stigmas to help-seeking. The program expanded further in 2022 to include the Nursing Student Association of New York State, and will soon include the clinicians at the Hudson Headwaters Health Network. The CPSP is supported by two grants from the NYHealth Foundation for Preventing Clinician Burnout in Central NY.

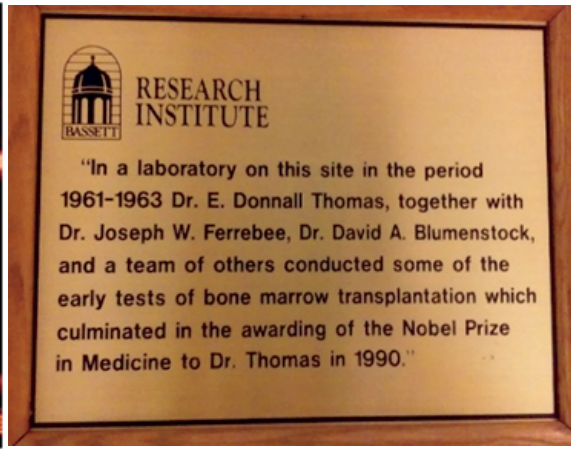
The Workforce Resilience Team (Caroline Gomez-Di Cesare, Melissa Scribani and Megan Kern from the Center for Biostatistics, and research intern Theresa Chung) regularly conduct well-being surveys of practitioners, nurses, and trainees. The practitioner well-being survey is done in collaboration with the American Medical Association as part of the Practice Transformation Initiative. Survey analyses provided to the leadership of participating organizations provide actionable data to utilize toward developing additional strategies for Wellbeing. The Bassett results are also incorporated into CME educational presentations such as Primary Care Grand Rounds (March, 2022) and APC Academy (May, 2022). Such presentations publicize the results and promote discussion about strategies to improve the work environment. The team also develops enduring CME and CNE credited offerings to address the stigmas surrounding self-care and to empower clinicians towards wellbeing. In March, 2022, the CPSP welcomed Dr. Michael Privitera of the University of Rochester to discuss human factors ergonomic science and application of these concepts in our daily to create healthier work environments. The Workforce Resilience Team also collaborated with medical librarian Matthew Roslund and the Bassett Care Coordination team to create a Well-Being Resource Directory accessible to all Bassett employees through the B-Net: <http://bhn.bassett.org/well-being-resources/Pages/default.aspx>

The Workforce Resilience Team's work and the CPSP collaborative were presented as a HANYS (Hospital Association of New York State) webinar, "Support for Clinicians to Improve Patient Care – The Peer Support Collaborative" in August, 2022, and as part of the poster "The Wellbeing Journey – A Nursing Perspective" presented by Julie Hall, RN and Julie Rose, RN at the Summit on Promoting Well-being and Resilience in Healthcare Professional in September, 2022. Dr. Gomez-Di Cesare presented the poster, "Tackling Physician Stress and Stigma Through A Collaborative Multi-Institutional Peer Support Program" at that International Conference on Physician Health in October, 2022, and she was a featured panelist in November 2022 on "Strategies for Organizational Well-Being," part of the Wisdom and Well Being series sponsored by the New York Chapter of the American College of Physicians.

In 2023, the CPSP Collaborative will expand its reach with plans to extend services to all caregivers and practitioners at Bassett. We are continuing to evaluate the effects of the peer support programming on the promoting a Wellbeing culture with the goal of improving patient care.



E. Donall Thomas Resident Research Program



How does it work? Residents and fellows at Bassett Medical Center submit two-year proposals that are rigorously reviewed by the EDT committee.

Once approved by the IRB, residents or fellows work under the direct supervision of an attending physician, clinician scientist or BRI research scientist. Trainees are assisted by BRI staff in patient recruitment and follow-up, study implementation, data collection and analysis, and manuscript writing. From 2000-2022, the EDT program has amassed a bibliography of 70 peer reviewed book chapters, manuscripts and abstracts.

Chairperson: Anne Gadomski, MD, MPH

Dr. Daniel Freilich has agreed to chair the EDT Resident Research Committee in 2023. The goal of the EDT program is to support clinician-scientists who have an M.D. degree (with or without other graduate degrees) and are committed to research and discovery. Clinician scientists speak both languages: that of a researcher and a clinician, and are considered bridge-builders enabling translational science.

Due to the pandemic, the EDT Resident Research Poster Session and Research Week presentation was again cancelled in April 2022. Research week has been scheduled for April 17 – 21, 2023.

BRI provided research education for the Internal Medicine Residents involving the following topics and staff:

November 1: Logistic regression - Paul Jenkins

November 8: Research Grand Rounds (RGR) – Anne Gadomski

November 10: Writing a research paper - Matthew Roslund, Deborah Dalton, Erika Scott, Carolyn Gomez-DiCesare

November 15: IRB, recruiting and consenting patients, avoiding predatory publishers – Heidi Johnson, Jen Victory, Anne Gadomski

November 29: Research design, data management and analysis assistance through the BRI – Wendy Brunner, Daniel Freilich, Melissa Scribani

No new EDT studies were funded in 2021. Below is a summary of active projects in 2022, with plans for 2023.

Comparing Covid-19 immunogenicity of Pfizer vs Moderna vaccines: Anshini Shah MD, Emily Lasher, Daniel Freilich MD, Anne Gadomski MD, MPH, Jennifer Victory, RN, Amanda Fink

Principal Investigator: Wendy Brunner, PhD

Approved 2021 – recruitment closed, manuscript published in 2022.

The primary aim of this study was to compare immunogenicity, as measured by spike protein antibodies (primary outcome), before and after COVID-19 vaccination. The study groups included Bassett employees who were fully vaccinated with either Johnson & Johnson, Pfizer or Moderna vaccine. Unvaccinated and boosted participants were also included. This immunogenicity study was considered by the IRB to be an add-on to last year's COVID-19 antibody study (COVID 19 Antibodies in Bassett Health Personnel IRB#1597947). The original study was approved by the IRB on April 29, 2020 with an amendment covering this follow-up study that was approved on August 3, 2021. A manuscript was published in the International Journal of Infectious Diseases in 2022 (see *publications list*).

COVID MED trial (Comparison Of therapeutics for Hospitalized patients infected with SARS-CoV-2 In a pragmatic aDaptive randoMizED clinical trial during the COVID-19 pandemic): Nancy Bethuel MD, Yuri Choi MD, Farah Deshmukh MD, Azkia Khan MD

Principal Investigator: Daniel Freilich, MD

Approved 2020 – Closed 2021, manuscript published in 2022.

COVID MED is an investigator-initiated clinical trial assessing the safety and efficacy of several medications as potential treatments for COVID-19 among hospitalized patients. The EDT internal source of funding enabled rapid response in setting up this clinical trial for COVID-19 inpatients at BMC and AO Fox Hospital. A manuscript was published in Contemporary Clinical Trials Communications in 2022 (see *publications list*).



E. Donall Thomas Resident Research Program

COMBO trial (COMBination therapy with Baloxavir and Oseltamavir for hospitalized patients with influenza): Nancy Bethuel MD, Yuri Choi MD, Farah Deshmukh MD, Azkia Khan MD, Summia Afridi MD, Ahmad Raja MD

Principal Investigator: Daniel Freilich, MD

Approved 2020 – currently recruiting in 2022 and 2023.

The COMBO trial, the influenza combination therapy trial, was designed and IRB approved by resident investigators led and mentored by Dr. Freilich. The COMBO trial initially received approval of about \$310,000 from Genentech to do sophisticated and costly virology studies for the revised protocol. In November 2022, Genentech increased funding to \$569,489 in order to add two sites (Baystate Medical Center for one). This EDT pilot funding has leveraged external funding and has evolved into a multisite trial. Patient recruitment is underway.

Tick-borne Disease seroprevalence: Sugam Ghouli MD, Daniel Yodsuwan MD, Daniel Freilich, MD

Principal Investigator: Amanda Roome PhD

Approved 2020 – Closed 2021, manuscript published in 2022.

The purpose of this study is to determine the seroprevalence of four tick-borne diseases among foresters working in New York State. A revision of this protocol added a comparison group of volunteer firefighters attending a health screening clinic at NYCAMH, and a group of indoor health care workers. This pilot data was collected in preparation for planned doxycycline prophylaxis trial or personal protective equipment intervention in high-risk occupations. Recruitment and data collection and analysis were completed in 2021. This tick-borne illness serology study was published in Health Science Reports in January 2022 (*see publications list*).

Lovenox Study: Anukrati Shukla, MBBS, Lintha Shah, MBBS

Principal Investigator: Anush Patel, MD, FACP

Approved 2019 – currently recruiting.

This study entitled, "Impact of patient weight on anti-factor Xa levels in non-surgical inpatients using standard enoxaparin dosing for thromboprophylaxis" was approved by the EDT Committee in June 2019. The project was designed as a prospective cohort study, enrolling up to 100 patients who are admitted to inpatient general medicine service and receive the standard dosing of enoxaparin. To date, 60 inpatients have completed the study.

ICU Liberation: Ethan Talbot MD, Jimmy Wang MD, Kristin Baker MD, Muhammad Daniyal MD, Nadir Siddiqui MD. Principal Investigator: Erik Riesenfeld, MD

Approved 2017 – recruitment closed, abstract presented, manuscript being drafted.

Dr. Talbot's project, "ICU Liberation: Does Enhanced Patient Mobilization Improve Outcomes?" was approved for funding October 5, 2017. After IRB approval, ten accelerometers were purchased to measure change in mobilization of ICU patients. The research team began using the devices November 30, 2017 to measure baseline mobilization for approximately five months, then ICU staff training occurred and post-intervention data were collected. At the EDT Resident Research Poster Session on April 29, 2019, Dr. Talbot presented a poster entitled, "ICU Liberation: Planning, Hurdles, and Implementation" that received 2nd place in the judging. Dr. Nadir Siddiqui presented an abstract titled "Use of Accelerometers to Measure Movement in a Rural ICU Early Mobilization Program" at the American Thoracic Society (ATS) May 2020 meeting held remotely. The abstract appeared in *Am J Respir Crit Care Med* 2020; 201:A 5507. Creating data tables from chart review data has proven to be more difficult than anticipated and needs to be completed in order to create a table of results to submit in a manuscript. In November 2022, Dr. Riesenfeld commented that "The study had a profound impact on clinical activity in the ICU."



Columbia-Bassett Medical School Student Research



COLUMBIA UNIVERSITY
College of Physicians and Surgeons



Bassett Healthcare Network
Bassett Medical Center

COLUMBIA-BASSETT PROGRAM

Narrative Summary Highlights from January 1 through December 31, 2022

Our research program published two papers and placed another three papers under review. One of our papers was published as a lead article in the June 2022 issue of *Pediatrics*. The American Academy of Pediatrics also featured this research in its monthly podcast, "Pediatrics on Call" [[Pediatrics Research Roundup, Helping Adolescents Flourish](#)]. This paper included as co-authors two Columbia-Bassett students from the class of 2024. Our second paper, published in the *Journal of School Health*, described a conceptual framework for how educators and schools can flourish with adversity—a framework that can be extended to faculty and medical schools and to healthcare professionals and healthcare organizations. All three of the papers under review provide further support for this framework. One of these papers under review includes as co-authors three Columbia-Bassett students from the class of 2025. In June 2022, two of us (Whitaker and Herman) completed a 30-session (90-hour) training series, which we began in September 2019, to become certified as trauma-competent professionals. Finally, we collaborated with Megan Brennan, MD, and Maeve O'Neill, MD, in developing and delivering a nine-seminar series for the Columbia-Bassett preclinical students as part of their Life Experiences Curriculum.

Training

Certificate Program, Trauma-Competent Professional, Lakeside Global Institute, North Wales, PA, June 15, 2022, (Robert C. Whitaker, MD, MPH and Allison N. Herman, MEd, MPH).

Peer-Reviewed Publications

[[LINK TO MYBIBLIOGRAPHY AT NCBI](#)]

[[LINK TO GOOGLE SCHOLAR CITATIONS](#)]

* denotes role as senior author

† denotes student mentee (master's or doctoral student, post-doctoral fellow, medical student or resident)

1. Whitaker RC, Herman AN, Dearth-Wesley T. Relational health as a pathway from trauma to flourishing in school communities. *J Sch Health*. 2022. DOI:10.1111/josh.13282
2. Whitaker RC, Dearth-Wesley T, Herman AN, van Wingerden ASN†, Winn DW†. Family connection and flourishing among adolescents in 26 countries. *Pediatrics*. 2022;149(5):e2021055263. DOI: 10.1542/peds.2021-055263

Articles under Review

1. Whitaker RC, Dearth-Wesley T, Herman AN, Benz TL†, Saint-Hilaire SA†, Strup D†. The association between teacher connection and flourishing among adolescents in 25 countries.
2. Herman AN, Dearth-Wesley T, Whitaker RC*. The association between workplace spirituality and turnover among early childhood education professionals.
3. Herman AN, Dearth-Wesley T, Whitaker RC*. The association between work as a calling and turnover among early childhood education professionals.

Presentations

Invited Lectures (presented by Robert C. Whitaker, MD, MPH)

1. Adult-adolescent connection and adolescent flourishing in 25 countries. Research Grand Rounds. Bassett Research Institute, Cooperstown, NY, October 11, 2022 (with Tracy Dearth-Wesley, PhD, MPH and Allison N. Herman, MEd, MPH).

Medical Student Summer Research Mentorship

Summer 2022: Thomas Benz, Columbia-Bassett Program, [An international study of teacher connection and flourishing in youth]

Summer 2022: Sidney Saint-Hilaire, Columbia-Bassett Program, [An international study of teacher connection and flourishing in youth]

Summer 2022: Dean Strup, Columbia-Bassett Program, [An international study of teacher connection and flourishing in youth]

Medical Student Senior Scholarly Project Mentorship

2020-2022: Devin Beecher, MD, Columbia-Bassett [The standardization of illness narratives]



New Research Initiatives

Stress Health

The BRI has embarked on an innovative mental health research path, called Stress Health, with the goal of improving access, quality, equity and value of mental health services in our rural area. Stress Health aims to create, deploy and study implementation of a system of mental health services in our rural location. The goal of this initiative is to reduce rural mental health disparities, improve rural mental health care services, and better understand the role of social determinants of health as they apply to mental health. Likely to employ a tiered approach based on illness severity, the activities subsumed under Stress Health include mental health promotion and disease prevention, applied prevention science and implementation science approaches for increasing access to mental health services, and clinical trials of novel agents for individuals with treatment resistant serious mental illness.



Dr. Henry Weil is a professor of clinical medicine and senior associate dean for the Bassett affiliation at Columbia University's College of Physicians and Surgeons. Dr. Weil, as Chief Academic Officer (CAO) for the Bassett Network, is the chief architect of the Stress Health Initiative, as well as an Optimal Rural Care review. The newly created CAO position is essential to Bassett Healthcare Network's strategic development and will enhance an existing, strong academic and research foundation. Bassett is looking to redesign and increase innovation in mental health care as they work to rebuild Behavioral Health and Psychiatry. Stress Health is a component of that rebuild.



Dr. Maeve O'Neill joined the BRI in July 2021 as a Research Scientist and Attending Psychiatrist to work on the Stress Health initiative. Dr. O'Neill is conducting a comprehensive stress/mental health needs assessment for Bassett catchment area. She is researching: What has been tried? What has worked? What interventions can survive the massive workforce shortages? Our region includes many counties that are mental health professional shortage areas (MHPSA). The purpose of this assessment is to provide the foundation for the design of a population based mental health services system to address unmet mental health needs in our rural area. Dr. O'Neil is also drafting a manuscript on a qualitative study based on semi-structured interviews with 8 mental health clinicians at BMC. Emily Lasher and Mandy Roome, PhD coded the transcripts of these interviews that provide qualitative insight in assessing community mental needs.

Psychedelic Research: Stress Health will also include studies of 3,4-methylenedioxy-methamphetamine (MDMA) for the treatment of psychiatric disorders (<https://www.drugabuse.gov/publications/drugfacts/mdma-ecstasyolly>).



Dr. Michael Mithoefer joined the Stress Health Initiative part time to plan for further clinical trials of novel agents, such as psychedelics, in the treatment of mental illness. Dr. Mithoefer has pioneered much of this work in national and international multisite trials. He has recently published the results of a phase 3 RCT that found MDMA-assisted therapy to be highly efficacious and safe in individuals with severe PTSD. (Ref: Mitchell JM, Bogenschutz M, Lilienstein A, Harrison C, Kleiman S, Parker-Guilbert K, Ot'alora G M, Garas W, Paleos C, Gorman I, Nicholas C, Mithoefer M, et al. MDMA-assisted therapy for severe PTSD: A randomized, double-blind, placebo-controlled phase 3 study. Nat Med. 2021 Jun;27(6):1025-1033. doi: 10.1038/s41591-021-01336-3). Dr. Mihoefier is Senior Medical Director for Medical Affairs, Training and Supervision at MAPS Public Benefit Corporation (MAPS PBC). As described on their website, "MAPS Public Benefit Corporation (MAPS PBC) catalyzes healing and well-being through psychedelic drug development, therapist training programs, and sales of prescription psychedelics prioritizing public benefit above profit. Founded in 2014, MAPS PBC is a wholly-owned subsidiary of the Multidisciplinary Association for Psychedelic Studies (MAPS) a 501(c)(3) nonprofit". [1]



New Research Initiatives

Opioid Use Disorder Research: The COVID-19 pandemic and the opioid overdose epidemic appear to be “syndemic” [2] and largely responsible for the decline in life expectancy In 2020 and 2021 from 79 to 76 years in the US [3]. For the past few years, Dr. James Anderson, Co-Chief, Psychiatry & Behavioral Health, has championed medication assisted opioid use disorder treatment in Primary care at Bassett.



Dr. James Anderson has been trained in the MDMA-assisted therapy training that he can plan therapy for patients with Opioid Use Disorder (OUD) who receive MDMA for PTSD treatment. His training was conducted by Dr. Mithofer and his wife on September 12-18, 2022. Dr. Andersen submitted a concept paper to MAPS in order to begin the process of setting up a clinical trial of MDMA. The treatment for this trial is MDMA-assisted therapy for patients with co-occurring PTSD and OUD who are on MOUD maintenance therapy. The comparator is MOUD alone. The primary outcome is reduction in the use of illicit opioids, and the secondary outcome is reduction in PTSD symptoms. Given its schedule 1 status and an agreement MAPS has with the FDA, the MAPS board will review the concept paper in January 2023. Once approved, Dr. Anderson will develop the concept paper into a detailed proposal. When that is approved by MAPS, Dr. Anderson will develop a research protocol that will need to be approved by the FDA. Next steps include approval by our IRB and in house training by Dr. Mithoefer.



Jennifer O'Reilly, MD, medical director of Bassett's Greene, Sidney, Norwich and Unadilla practices, provides medication-assisted treatment program in primary care that is helping patients with opioid Use Disorder. Dr. Gadomski is planning a study with Dr. James Anderson and Dr. Jennifer O'Reilly on the co-occurrence of opioid use disorder (OUD) and PTSD. They are looking at the prevalence of PTSD among OUD patients at Bassett and the potential use of MDMA or another psychedelic to treat PTSD among OUD patients.

[1] <https://mapspublicbenefit.com/our-mission/>

[2] https://nihcm.org/publications/visualizing-the-impact-of-the-opioid-overdose-crisis?utm_source=NIHCM+Foundation&utm_campaign=0529414757-072122-opioid-charts&utm_medium=email&utm_term=0_6f88de9846-0529414757-167722984

[3] U.S. Life Expectancy Falls Again in 'Historic' Setback. <https://www.nytimes.com/2022/08/31/health/life-expectancy-covid-pandemic.html>. August 31, 2022.



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2. Görücü, S., Pate, M. L., Fetzler, L., & Brown, S. (2022). Farmers' perceptions of grain bin entry hazards. *Journal of Agricultural Safety and Health*, 28(1), 19-30. <https://doi.org/10.131031/jash.14662>
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35. Maddock, J. E., Demment, M., Graham, M., Folta, S., **Strogatz, D.**, Nelson, M., Ha, S.-Y., Eldridge, G. D., & Seguin-Fowler, R. A. (2022). Changes in physical activity outcomes in the Strong Hearts, Healthy Communities (SHHC-2.0) community-based randomized trial. *International Journal of Behavioral Nutrition and Physical Activity*, 19, Article 159. <https://doi.org/10.1186/s12966-022-01401-1>

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Media Coverage

- 1) Bookman T. Report: Seafood workers at higher risk for COVID-19. 22 March 2022. *Concord Monitor*.
- 2) Carrabba J. Harlem Valley Homestead recognized for dedication to safety and farm crew's well-being. 25 Jan 2022. Published in: *Country Folks & Morning Ag Clips*
- 3) Carrabba J, Eskildsen T. Five cattle dead in manure gas poisoning incident on Finger Lakes dairy farm. 28 Jan 2022. Published in *The Flame* (Yates County newspaper)
- 4) Carrabba J. Win a grain rescue tube and training for your fire department. 9 Feb 2022 in *Morning Ag Clips*.
- 5) Driscoll M. NYCAMH/Northeast Center Director J. Sorensen receives researcher award at North American Safety Summit. 30 March 2022. *Morning Ag Clips*.
- 6) Fishing Forward Podcast Promotional announcement. Jan-Mar 2022. In *Massachusetts Lobsterman's Association* newsletter, *Mainecoastfishermen.org*, *Commercial Fisheries* newsletter, *Local Catch Network* newsletter, *Alaska Fish Notes*.
- 7) New Podcast for Fishermen Talks Strategies to Maximize Health and Productivity at Sea and Dockside. Jan 2022. In *NIOSH/CDC eNews* vol 19(9).
- 8) PLC Annual Awards. *Loggers Voice*: 22 Feb 2022. 18-24.
- 9) Scott E. CLP Spring Training Update: Logger Study. Video. 24 March 2022. (*shown to numerous CLP safety training courses in spring 2022*)
- 10) Sheehan-Yassin, D. Game of Logging courses this spring. 14 March 2022. *Morning Ag Clips*.
- 11) Sorensen J with Angela Denning. National research on commercial fishermen's sleep schedules to include Alaska gillnetters. Interview on Alaska Radio KFSK. 18 April 2022.
- 12) Bassett Research Institute Receives Grant to Investigate Telehealth in Rural Areas. *BassettWorks*. 7 June 2022.
- 13) Bassett Research Institute Receives Grant to Investigate Telehealth in Rural Areas. External Press Release. 21 June 2022.
- 14) Bassett Research Institute Studies Delivery of Online Health Services. *The Daily Star*. 23 June 2022.
- 15) Julie Sorensen Receives Award for Work at NYCAMH and Northeast Center. *BassettWorks*. 31 Aug 2022.
- 16) Strogatz D. Quoted in "How Should Researchers Proceed if They Suspect Neglect or Abuse?". *Medical Ethics Advisor* vol 38, no.9 (pg. 138). Sept 2022.
- 17) Senator Oberacker Holds Press Conference at NYCAMH for National Farm Safety Week. *BassettWorks*. 22 September 2022.
- 18) Bassett's Northeast Center for Occupational Health and Safety Awarded Funding for Five More Years. *BassettWorks*. 29 September 2022.



Research Grand Rounds

January 11, 2022 - 12:00 noon - 1:00 pm

Title: "Local Impacts of COVID-19: Results from Knowledge, Attitudes, Beliefs, and Behaviors (KABB) Surveys"
Presenters: Alex Thomas, PhD, Professor of Sociology, SUNY Oneonta
Emily Lasher, Research Assistant, Bassett Research Institute

Participants Viewed via Zoom: **62**

February 8, 2022 - 12:00 noon - 1:00 pm

Title: "Comparison of Antibody Response Durability of mRNA-1273, BNT162b2, and Ad26.COV2.S SARS-CoV-2 Vaccines in Healthcare Workers"
Presenter: Wendy Brunner, PhD
Director of the Bassett Research Institute Center for Rural Community Health

Participants Viewed via Zoom: **118**

March 8, 2022 - 12:00 noon - 1:00 pm

Title: "Human-Animal Interaction: Attachment Matters"
Presenter: Anne Gadomski, MD, MPH
Director of the Bassett Research Institute

Participants Viewed via Zoom: **52**

April 12, 2022 - 12:00 noon - 1:00 pm

Title: "To Jab or not Jab: Bayesian versus Classical Statistics and the COVID Vaccine"
Presenter: Paul Jenkins, PhD
Director of the Bassett Research Institute Center for Biostatistics

Participants Viewed via Zoom: **35**

May 24, 2022 - 12:00 noon - 1:00 pm

Title: "MDMA-Assisted Psychotherapy for Mental Health"
Presenter: Michael Mithoefer, MD
Senior Medical Director for Medical Affairs, Training, and Supervision at
MAPS Public Benefit Corporation

Participants Viewed via Zoom: **58, 12 in-person**

June 14, 2022 - 12:00 noon - 1:00 pm

Title: "Timber! Forest Mechanization and the Impact on Logger Injury, Health, and Wellness"
Presenter: Erika Scott, PhD
Deputy Director, New York Center for Agricultural Medicine and Health
Northeast Center for Occupational Health and Safety in AFF

Participants Viewed via Zoom: **44**

July 18, 2022 - 12:00 noon - 1:00 pm

Title: "Running the Gauntlet: A Case Study and Discussion of the Grant Application Peer Review Process"
Presenter: Amanda Roome, PhD
Research Scientist, Bassett Research Institute

Participants Viewed via Zoom: **38**



August 9, 2022 - 12:00 noon - 1:00 pm

Title: "Charting the Course: Sleep Studies in America's Fisheries"

Presenter: Julie Sorensen, PhD

Director, New York Center for Agricultural Medicine and Health
Northeast Center for Occupational Health and Safety in AFF

Participants Viewed via Zoom: **40**

September 13, 2022 - 12:00 noon - 1:00 pm

Title: "Ireland, Agriculture, and Manhood: Health Interventions and Supports - Learnings from Across the Pond"

Presenter: Conor Hammersley, PhD Student

Fulbright Student Scholar & Teagasc Walsh Scholar

Participants Viewed via Zoom: **48**

October 11, 2022 - 12:00 noon - 1:00 pm

Title: "Adult-adolescent connection and adolescent flourishing in 25 countries"

Presenters: Robert Whitaker, MD, MPH, Allison N. Herman, MEd, MPH, and Tracy Dearth-Wesley, PhD, MPH
from the Columbia-Bassett Research Program

Participants Viewed via Zoom: **43**

October 26, 2022 - 12:00 noon - 1:00 pm ***Special RGR Event***

Title: "Making men's health men's business: Reflecting on 20 years of men's health research and policy work in Ireland"

Presenter: Noel Richardson, PhD

Director of the National Center for Men's Health - Ireland

Participants Viewed via Zoom: **37**

November 8, 2022 - 12:00 noon - 1:00 pm

Title: "What's Next for the Bassett Research Institute?"

Presenter: Anne Gadomski, MD, MPH

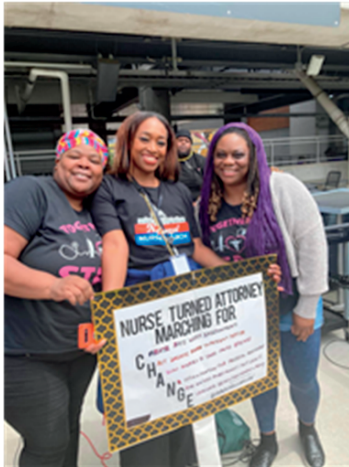
Director of the Bassett Research Institute

Participants Viewed via Zoom: **48**

There was no Research Grand Rounds held in December 2022. We look forward to another full year in 2023!

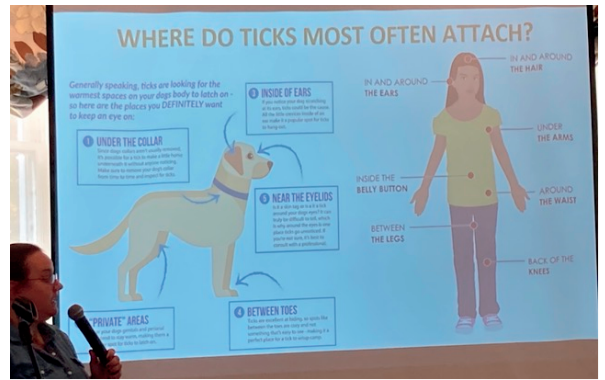


Events and Presentations



The Center for Clinical Research was proud to have Bassett nurses represented by Martina King, RN (L) & Reccia McKenzie, RN (R) at **The United "Million" Nurses' March** in Washington, D.C.

The United "Million" Nurses March took place Thursday, May 12, 2022, to help spread awareness to the hardships faced by nurses throughout the healthcare system.



The Center for Clinical Research's Jen Victory, RN, CCRC, and NYCAMH's Amanda Roome, PhD, presented locally at Cooperstown's Rotary Club in September 2022. The presentation was titled "Why is everyone so ticked off? Ticks and tick-borne diseases in the Northeast."

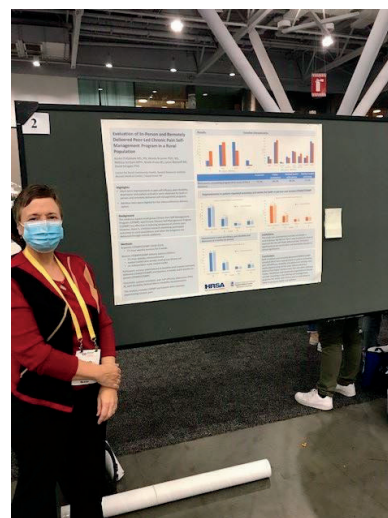
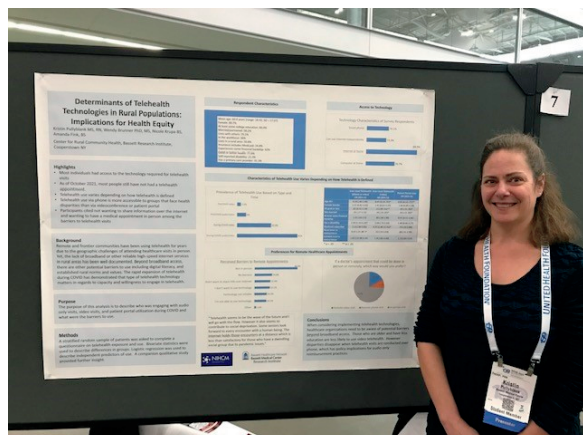


In-person conferences were finally back in 2022! Clinical Research nurse Melissa Huckabone, RN, attended the **WCG MAGI West Clinical Research Conference** in Las Vegas, NV, in October 2022.



The Center for Rural Community Health was represented by Wendy Brunner, PhD, and Kristin Pullyblank, RN, at the APHA meeting in Boston, MA, in November 2022. There were three posters presented:

- **Pullyblank, K., & Fink, A.** Wrangling diabetes: Exploring diabetes self-management from a critical realist perspective.
- **Pullyblank, K., Brunner, W., Krupa, N., & Fink, A.** Determinants of telehealth technologies in rural populations: Implications for health equity.
- **Pullyblank, K., & Brunner, W.** Evaluation of chronic pain self-management program outcomes in a rural, medically underserved population.



Staff News and Updates

BRI Interns:



Meagan Behan



Ariadne Hodgson



Samantha Van Buren

Meagan Behan joined the Center for Rural Community Health as a summer intern in May 2022. She returned to the University of Rochester in the fall.

Ariadne Hodgson joined the Center for Rural Community Health as a summer intern in June 2022. She began her undergraduate studies at McGill University in the fall.

Samantha Van Buren joined the Center for Rural Community Health as a graduate student intern in fall 2022. She is currently working on her MPH in Social Behavior and Community Health at the University at Albany School of Public Health.

Staffing Changes:



Mindy Robinson began her new role as a Research Coordinator, joining the Living Well team and Cancer Center, working with the Wilmot Center/University of Rochester.



Following completion of the LongROAD study, **Andrew Johnson** transferred to a Research Coordinator position at NYCAMH.



The Clinical Research team said goodbye to **Peggy Cross** as she took on a new role with Patient Representative Services.



Research Assistant **Emily Lasher** departed the BRI in July in order to pursue her graduate studies at Johns Hopkins.



The Center for Biostatistics team welcomed **Megan Kern** as their new Data Analyst.



Happy Retirement!

On December 22, the Bassett Research Institute staff gathered to celebrate the retirements of Anne Gadomski MD, MPH, Director of the BRI, and David Strogatz, PhD, Director Emeritus of the Center for Rural Community Health.



After serving Bassett Healthcare Network for 28 years, Anne Gadomski, MD, MPH, retired on December 31, 2022.

As a program evaluator and health services researcher, Dr. Gadomski accumulated many years of experience evaluating the efficacy and effectiveness of several clinical and community interventions relevant to primary care, injury prevention, public health, and the integration of children's mental health services in primary care.

Most recently, Dr. Gadomski served as Director of Bassett Research Institute as well as Senior Research Scientist, Director of the Center for Evaluating Rural Interventions, and Chair of the E. Donnall Thomas Resident Research Committee.

Dr. Gadomski is a graduate of College of Holy Cross, University of Rochester School of Medicine and Dentistry, and John Hopkins University School of Hygiene and Public Health. She has published 90 scientific papers over the course of her career with one pending final review.

Dr. Gadomski plans to enjoy time with her two children, grandson, two dogs, and cat during her retirement.

After spending the past 12 years of his career with Bassett's Center for Rural Community Health and Bassett Research Institute, Dr. David Strogatz has retired.

Dr. Strogatz joined the Bassett Research Institute in 2011 after serving on the faculty of Schools of Public Health at the University of North Carolina and SUNY-Albany. He had completed his PhD and post-doctoral fellowship in epidemiology at the University of North Carolina with an emphasis on cardiovascular disease, and his research interests in North Carolina and New York have focused on understanding and addressing health disparities from chronic conditions affecting racial/ethnic minorities and rural populations.

During his time at Bassett major research projects have included the LongROAD Study of factors that predict continued safe driving by older adults; the Strong Hearts community-randomized trial to promote the cardiovascular health of rural middle age and older women; and the evaluation of workshops led by our Living Well Program to improve self-management skills of adults with diabetes and other chronic conditions.

He has been chair of the Bassett IRB since 2014 and will continue as a member of the IRB. Dr. Strogatz has been a member of multiple review panels for applications to the National Institutes of Health. He was also selected in 2019 to be one of 12 non-Federal scientists to serve on the National Clinical Care Commission, which was established to provide a report to Congress and the Secretary of Health and Human Services on recommendations for new or modified federal initiatives to strengthen prevention and management of diabetes in the United States. The report was presented to Congress in 2021.



Congratulations to Dr. Gadomski and Dr. Strogatz on their incredible careers, and happy retirement! You will be sorely missed.



