

Newsletter



Quarterly news for researchers, health care providers, pharmacists and patients to advance research that addresses local needs.

The Iowa Research Network (IRENE) is a practice-based research network (PBRN) supported by the University of Iowa's Department of Family Medicine, private donors, and external research funding. IRENE was established in 2001 and includes providers, pharmacists, and other community members from across the state of Iowa.



Special thanks to Pat & Sue Keefe for their generous support.

The mission of IRENE is to foster a community of researchers, health care providers, pharmacists, and patients to advance research that addresses local needs. IRENE draws on the experience and insight of network participants to identify research questions whose answers can improve local health care. By linking these questions with rigorous research methods, IRENE produces research findings that are useful to health care teams and more easily adopted into everyday practice.

M MESSAGE FROM THE DIRECTOR



Why research? That's an excellent question! I admit that I ask myself that question sometimes while working on grant applications in the middle of the night. It isn't for the money. I do research because I'm looking for better ways to provide patient care.

Why a practice-based research network (PBRN)? Because any new discovery in patient care is worthless if it can't be implemented in real world conditions. PBRNs are groups of primary care clinicians and practices working together to answer community-based health care questions and translate research findings into practice.

The goal of a PBRN is to give equal voice to the concerns and challenges of practitioners, researchers, patients, and caregivers, and from our conversations, find strategies that can benefit everyone. The process can seem long, but it is an opportunity to make deeply meaningful contributions to the advancement of health care in our local communities.

We are in this together. Looking ahead, we are collaborating on some exciting projects and expanding our network. It is an honor to serve as Director of IRENE, and I sincerely hope you will join us!

*Korey A. Kennelty, PharmD, MS, PhD, BCGP
Director, Iowa Research Network (IRENE)*

R CURRENT RESEARCH

Please contact irene@uiowa.edu if you would like additional information or want to participate in the following studies.

Improving High Blood Pressure in Older Adults with Multiple Chronic Diseases – The SMBP Study

This national study funded by the Patient-Centered Outcomes Research Institute (PCORI) is testing two team-based care approaches to manage high blood pressure in older adults, both using self-measured blood pressure (SMBP). SMBP involves the patient using a personal blood pressure monitoring device at home (provided by the study), recording their blood pressure at different times during the day, and using this information to work with their health care team on blood pressure management. In the first approach, patients will work with a health care team that includes their usual primary care team. In the second approach, pharmacists will be added to patients' health care team. Researchers will follow patients for 12 months to examine changes in blood pressure and other outcomes.

Role of IRENE: Recruit interested primary care clinics and pharmacies starting in early 2025.

Principal Investigators: Korey Kennelty, PharmD, MS, PhD, BCGP and Carri Casteel, PhD

R CURRENT RESEARCH

Perinatal Experience and Epigenetic Change in Autism: Discovering Modifiable Pathways for Intervention

This study, through the Center for Disabilities and Development (CDD), is recruiting women before their third trimester of pregnancy. Participants will use a smartphone app called "BabySteps" to provide information about their pregnancy and infant social development during the first years after birth. This study will explore how genetic factors may interact with early social experience to predict the development of autism spectrum disorder and other developmental conditions.

Role of IRENE: Identify interested clinics and pharmacies to distribute information (e.g., flyers, brochures) about the study to potentially eligible participants.

Principal investigator: Lane Strathearn, MD, PhD

The NIH's *All of Us Research Program* is charged to create a national research resource that will include comprehensive de-identified health information for more than one million people in the United States. Investigators will be able to use this resource to better understand disease risk factors and improve future treatments and prevention, using precision medicine approaches. The University of Iowa (UI) is part of the Heartland Consortium, the first group dedicated to engaging participants in the Midwest. The UI investigators will be enrolling participants across Iowa soon - participation includes completing the consent process, health assessments, and possible lab draws.

People interested in learning more about and/or enrolling in *All of Us* can visit <https://www.joinallofus.org/heartland#>

Role of IRENE: Providers and pharmacists would share information about the study.

Principal investigator: Alejandro Comellas Freymond, MD

L LEARN MORE

New Website Address! The website address for IRENE has changed since our spring newsletter. You can now find us at:

<https://familymedicine.medicine.uiowa.edu/IRENE>

Thank you to everyone who completed our short survey last spring. If we haven't heard from you yet, please take the time to answer a few questions about your practice and research interests at:

https://uiowa.qualtrics.com/jfe/form/SV_1Ba3dWCf0nYmIJg



C CONTACT US

Email irene@uiowa.edu if you have additional questions about IRENE.

E UPCOMING EVENTS

Come and meet IRENE staff!

In June we attended the Annual Forum for the Iowa Healthcare Collaborative.

We will have exhibit booths with fun swag giveaways at the following conferences:

OCTOBER 7

Iowa CareGivers Annual Conference
"Direct Care: A Chorus of Compassion"

<https://www.iowacaregivers.org/conferences>
Ankeny

OCTOBER 16 - 18

Iowa Community Health Conference

<https://www.iowacommunityhealthconference.org>
Des Moines

OCTOBER 28 - 29

Iowa Physician Assistant Society Fall CME Conference

<https://www.iapasociety.org/fall-cme>
Coralville

OCTOBER 28

Iowa Rural Health Association Conference

<https://iaruralhealth.org/2024-irha-conference>
Des Moines

NOVEMBER 8

Iowa Academy of Family Practice Annual Conference

<https://iaafp.org/2024-Conference>
Altoona

NOVEMBER 13 - 15

Iowa Nurse Practitioner Society Annual Conference

<https://iowanpsociety.enpnetwork.com/nurse-practitioner-events/143045-2024-inps-annual-conference#info>
West Des Moines



If you prefer to not have any further communication from IRENE, please email "STOP" to: irene@uiowa.edu