

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) composed of Iowa's primary care physicians, advanced practice providers, and community pharmacists. IRENE is supported by the University of Iowa's Department of Family and Community Medicine, private donors, and external research funding.

M MESSAGE FROM THE DIRECTOR



The previous issue described the types of clinical trials and their typical stages from proposal to dissemination. For this issue, we'll go more in depth about the early stages:

- Writing and submitting a proposal
- Planning

As a provider or pharmacist, you may be wondering why we are sharing so much information about clinical trials. The answer is that we want you and all the other parties involved in health care to become partners in all phases, from design to dissemination. That's why IRENE is called a **practice**-based research network and not an investigator-based research network. We want IRENE to live up to its name, and we need you to make that happen.

You don't need to become an expert in clinical trials to be a research partner. The research needs your expertise on your patients, community, and day-to-day workload. Without you, research results won't be relevant to routine healthcare.

Described on the next page are more ways for you to stay connected with IRENE. Also, if you happen to be at any of the conferences listed at the end of this newsletter, please stop by our booth to say hello. IRENE staff will be thrilled to meet you and answer any questions.

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

R HIGHLIGHTED RESEARCH PROJECT

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: Actively recruiting primary care clinics and community pharmacies. If want more information, please contact SMBP-Study@uiowa.edu

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

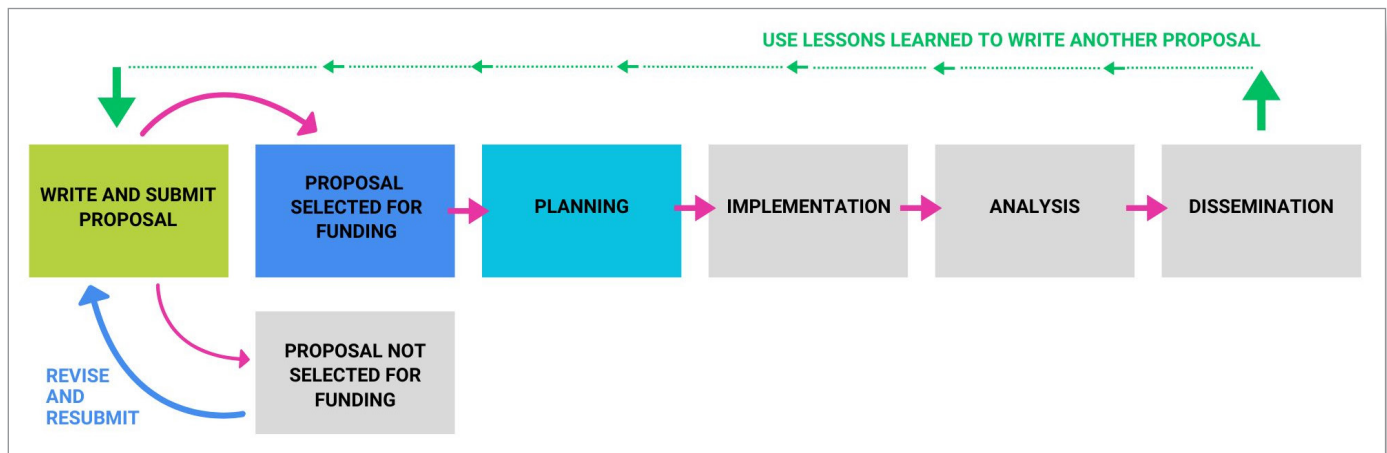


Looking for IRENE newsletter archives? We can help!

For older publications, go to:

<https://familymedicine.medicine.uiowa.edu/IRENE/connect-us-irene>

C CLINICAL TRIAL CYCLE



Writing and submitting a proposal – Investigators handle most of the technical details, but the strongest research proposals are built with your input. As a provider or pharmacist, you see what matters most to patients and what could improve care. Your experience helps shape research questions that are practical, relevant, and ready for use in everyday practice. Your insight helps answer:



- Why is this research important for everyday care?
- What issues could it help solve for providers, pharmacists, and patients?
- How likely is it that the results would be used in real practice?

Your voice ensures research stays focused on what matters most to the people delivering and receiving care.

Planning – Once a proposal is funded, planning begins. The research team develops a study protocol—a detailed instruction manual describing:



- Objectives: What we're trying to learn
- Design & Methods: How the study will be organized & What procedures or tools we'll use
- Participants: Who can take part and how they'll be identified and invited
- Data: How information will be collected, stored, and analyzed
- Safety: How we'll monitor for and respond to any health concerns

Your partnership helps make sure the study fits smoothly into busy clinics and pharmacies. The planning phase also includes putting patient protections in place. Two key protections are:

- Informed Consent Form (ICF): Explains the study in plain language so patients can make an informed choice.
- Institutional Review Board (IRB): A committee that reviews the research plan and patient communications to protect participant rights, privacy, and safety. No study can begin until the IRB gives approval.

What's Next - In the next newsletter, we'll explore what happens during the implementation phase – when research moves from planning to action in real-world care.

E UPCOMING EVENTS

Meet the IRENE team! Find our booth at these conferences and get some fun swag!



Iowa Community Health Conference
November 5-7, 2025 • Des Moines, IA
<https://www.iowacommunityhealthconference.org/2025>



Iowa Academy of Family Physicians (IAFP) Annual Conference
November 6-7, 2025 • Altoona, IA
<https://iaafp.org/>



Iowa Nurse Practitioner Society Annual Conference
November 12-14, 2025 • West Des Moines, IA
<https://iowanpsociety.enpnetwork.com/page/36747-conference>



Diabetes and Wellness Summit | November 19, 2025 • Ankeny, IA
<https://cme.dmu.edu/Diabetes-2025>



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CONTACT US

Please contact irene@uiowa.edu with any questions.

To opt out of future communications, reply with "STOP" to the same address.