Summer 2026

Newsletter

IOWA RESEARCH NETWORK IRENE

Quarterly news for 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.

MESSAGE FROM THE DIRECTOR

A year ago, we started our newsletter series describing the phases of a clinical trial. In this issue, we focus on the final two phases: Analysis and Dissemination, including some of the limitations in current practices.

Building on the series, our next initiative with IRENE is to foster relationships with Iowa's clinicians, pharmacists, and other community members to address limitations in the traditional clinical trial cycle. Many of the limitations have the same root cause – not partnering with patients and providers when designing clinical trials.

Our first step in fostering relationships is to host a series of listening sessions with patients, caregivers, clinicians, and pharmacists. The listening sessions will gather information about:

- How to create an environment where sharing lived experience with health care is welcomed, respected, and valued
- How to make partnerships with researchers mutually beneficial
- Prior experiences with committees or groups, including barriers to and facilitators of collaboration
- Preferences for participation and communication

We'll use information from the listening sessions to build a community of patients, caregivers, clinicians, and pharmacists to partner with researchers. Community members will help shape the research questions that are asked, provide input on how studies are conducted, and contribute to how results are shared and used.

To sign up for a 60 minute listening session, please go to: https://uiowa.qualtrics.com/jfe/form/SV_dcENjGhnf6Yq7xs. Each participant will receive $50 for taking the time to talk with us. We will also be signing up people from our booth at several conferences this summer and fall.

We look forward to hearing from you!

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

HIGHLIGHTED RESEARCH PROJECTS

Can Statins Prevent Dementia and Prolong Life Free of Disability? Seeking Healthy Older Adults for the PREVENTABLE Trial

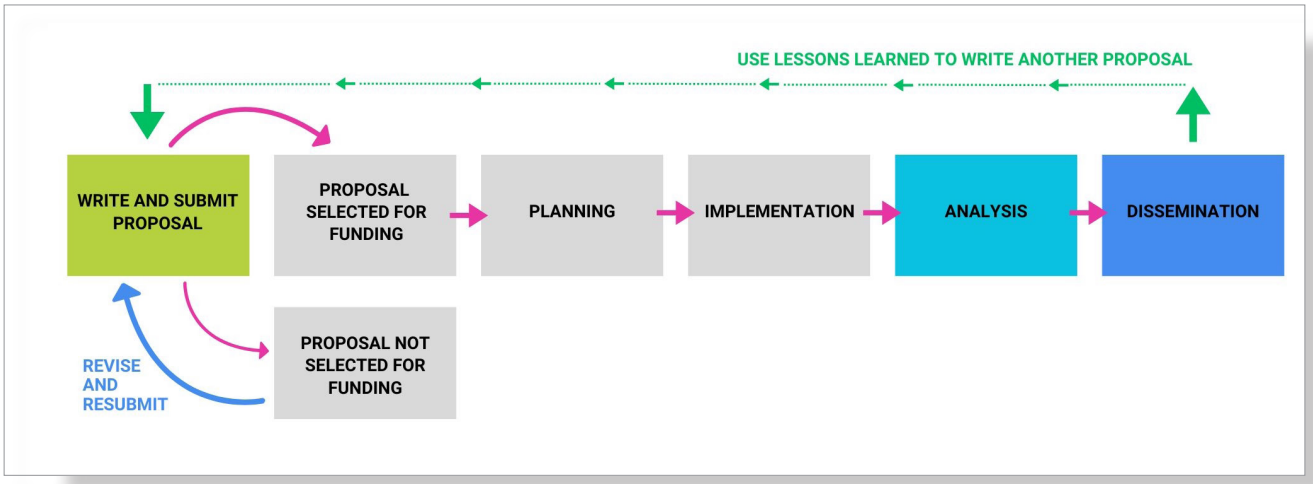
The University of Iowa is collaborating with Duke University and other institutions on a large pragmatic trial funded by the National Institute on Aging. The purpose of the trial is to examine whether a statin can help older adults live longer by preventing dementia, disability, or heart disease. Adults aged 75 years and older who do not have heart disease or dementia, and are not currently taking a statin, are invited to participate in this randomized, double-blinded trial.

The results of this study will inform future guidelines about the role of statins for primary prevention in older adults. Compensation is provided to participants, and no travel is required because all study visits are conducted remotely through phone calls. More information is available at https://preventabletrial.org/home.cfm.

Role of IRENE: Seeking primary care clinics and community pharmacies to distribute pamphlets about the study. If you are interested, please send an email message to irene@uiowa.edu.

Principal Investigator: Michael Ernst, PharmD
Study Coordinator: Samantha Shaffer, CPhT, ODS-C

CLINICAL TRIAL CYCLE



The previous newsletter described the implementation phase. The final two phases of a clinical trial, the **analysis** and **dissemination** phases, turn collected data into information that can guide everyday clinical care. For providers and pharmacists, this is where questions about benefit, harm, and practical use are answered and communicated in usable formats.

There are gaps in the dissemination phase that we are working on closing. Many completed clinical trials fail to publicly report results within two years, which limits support for evidence-based decision-making. Participants and health care professionals value timely, concise summaries, yet projects often prioritize dissemination to researchers over patients and front-line clinicians.

With IRENE, we want to make planning for dissemination to patients and health care professionals a core design requirement, not an afterthought. Information from the listening sessions will help us create a process to involve patients, providers, and pharmacists in all phases of clinical trials.

Upcoming and Recent Events

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

Iowa Pharmacy Association Annual Meeting
June 11-12, 2026 in Coralville, IA
IPA Annual Meeting | Iowa Pharmacy Association

Compass Patient Safety Conference and Annual Forum
July 21-22, 2026 in Altoona, IA
compasshcc.org/education/patient-safety-

Iowa Community Health Conference
October 13-15, 2026 in Des Moines, IA
Iowa Community Health Conference

Iowa Nurse Practitioner Society (INPS) Annual Conference
November 11-13, 2026 in West Des Moines, IA
2026 INPS Annual Conference | Iowa Nurse Practitioner Society | ENP Network

Iowa Association of Family Physicians (IAFP) Annual Conference
November 12-13, 2026 in Altoona, IA
2026 IAFP Annual Conference- November 12-13, 2026 - Event - Iowa Academy of Family Physicians

Contact us!

Email irene@uiowa.edu if you have any additional questions about IRENE or suggestions for future newsletter items.

Please help us save paper and postage! Provide your email address and research interests in the short survey via QR code.

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