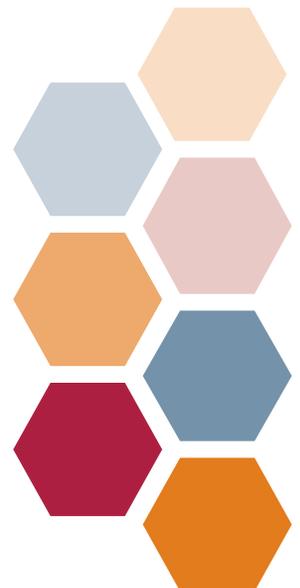
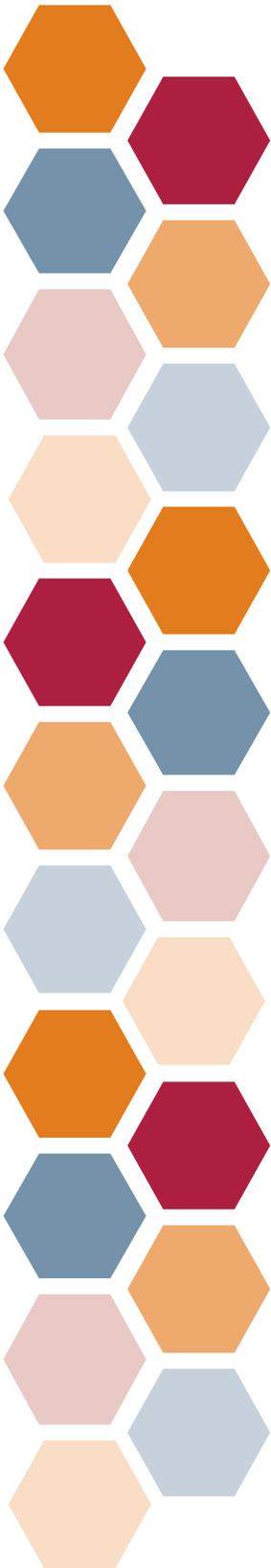


AMERICAN ACADEMY OF FAMILY PHYSICIANS

NATIONAL RESEARCH NETWORK

2019-2020 ANNUAL REPORT

*Measuring **impact.**
Delivering **value.***





OUR MISSION: The mission of the AAFP National Research Network is to cultivate, conduct, and disseminate primary care research that improves health care and benefits the health of patients, families, and their communities.

OUR VISION: Family physicians engaged to advance knowledge that promotes and provides optimal primary health care to all.



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LETTER FROM OUR LEADERS

For more than 20 years, the AAFP National Research Network has been honored to partner with physicians, researchers, academic institutions, industry leaders, and patients in primary care to engage in research that empowers teams to provide exceptional care every day. Our legacy of advancing primary care through research has been fueled by the partnerships we have forged and our continued commitment to adapt and meet the vast and various needs of physicians and their patients. Alongside you, we have celebrated our successes as we have worked together to generate new knowledge that supports family physicians.

The past year has been full of achievements including: developing the new *Family Medicine Discovers Rapid Cycle Scientific Discovery and Innovation (FMD RapSDI)* program to grow capacity for and interest in primary care research; creating an innovative practice improvement training resource to encourage physicians and patients to use agenda setting to maximize visits; responding with agility to an unprecedented health care crisis caused by the COVID-19 pandemic; and fostering relationships that will sustain the progress we have made and propel us toward even greater successes in the future. As members, partners, supporters, and stakeholders, you empower us to strive for innovation, promote and nurture a culture of curiosity, and keep your needs at the center of our work. We are

exceedingly proud to support the work of the American Academy of Family Physicians (AAFP) to ensure that family physicians have the tools necessary to serve patients with evidence-based knowledge.

We invite you to explore our 2019-2020 annual report and learn about our accomplishments from the past year. Thank you for the contributions you have made to the mission of our network.

THANK YOU,



CHRISTINA HESTER, PhD, MPH
RESEARCH DIRECTOR



JENNIFER CARROLL, MD, MPH
NETWORK DIRECTOR



NATALIA LOSKUTOVA, MD, PhD
DIRECTOR OF EVALUATION



A YEAR IN REVIEW

2019-2020 HIGHLIGHTS



MORE THAN 30 ACTIVE RESEARCH PROJECTS ON TOPICS INCLUDING:

- ADULT ADHD
- ASTHMA
- CHRONIC COUGH
- DIABETES & CONTINUOUS GLUCOSE MONITORING
- MENTAL HEALTH
- OPIOID USE & PAIN MANAGEMENT
- WEATHER & HEALTH
- MANY MORE

50+ JOURNAL ARTICLES & CONFERENCE PRESENTATIONS PUBLISHED

FOR MORE INFORMATION ON OUR STUDIES AND RECENT PUBLICATIONS, VISIT AAFP.ORG/NRN

MEMBERSHIP SNAPSHOT

MORE THAN **2,370** MEMBERS



30 NEW MEMBERS THIS YEAR

MORE THAN **860** PRACTICE SITES

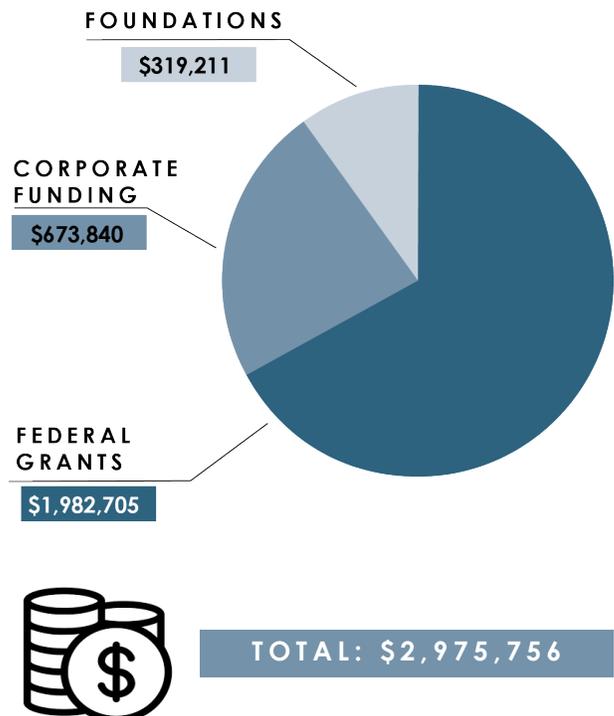


OUR MEMBERS ARE:

- PHYSICIANS
- PHDs
- PUBLIC HEALTH EXPERTS
- DENTISTS
- NURSES
- AND MORE



FUNDING SOURCES



WE WERE THRILLED TO CELEBRATE OUR 20TH ANNIVERSARY THIS YEAR!

THE FMD RAPSDI PROGRAM

In 2019, the AAFP National Research Network forged an exciting new partnership with the American Academy of Family Physicians Foundation to introduce a new signature scientific program called *Family Medicine Discovers Rapid Cycle Scientific Discovery and Innovation (FMD RapSDI)*. This program offers AAFP members who do not already have a breadth of research experience the opportunity to conduct innovative, high-impact projects with mentorship and support from experts in primary care research.

During the inaugural cycle, hundreds of family physicians became aware of the new program. More than 40 physicians submitted proposals that detailed the 12-month projects they hoped to enact. In May 2020, two family physicians were announced as the first *FMD RapSDI* Scholars: Lauren Cizak, MD, and Vijay Singh, MD, MPH, MS. Cizak and Singh will each receive \$40,000 to conduct their projects, along with ongoing support from AAFP National Research Network staff to help successfully manage the activities and analysis of their projects. At the culmination of their work, Cizak and Singh will develop manuscripts and present their findings at a scientific conference in the coming year. These opportunities open the door for the *FMD RapSDI* Scholars to network in the practice-based research community and build relationships that will sustain their interest and engagement in primary care research moving forward.

The success of the first cycle of the *FMD RapSDI* program establishes a foundation for the program for years to come. Practice-based research continues to offer solutions to the challenges presented in primary care and empowers physicians to provide care that is rooted in evidence-based practices. As the AAFP National Research Network cultivates further interest in practice-based research, the *FMD RapSDI* program will ensure that AAFP members are fully prepared to adapt to the changing landscape of primary care with innovative research supporting their work. Cycle Two of the *FMD RapSDI* program began accepting applications in summer 2020.

MEET THE SCHOLARS



Lauren Cizak, MD

PROJECT TITLE: *Medically Tailored Meal Kits as a Means of Decreasing ED Visits and Hospitalizations in Primary Care Patients with Chronic Disease.*

"I [hope] to show how access to healthy foods can support health in general," Cizak told AAFP News.



Vijay Singh, MD, MPH, MS

PROJECT TITLE: *Adapting Evidence-Based Male Intimate Partner Violence Perpetration Interventions for Use by Family Medicine Clinics and Patients*

"I chose to apply to the RapSDI program for the opportunity to obtain salary support and protected time to conduct a research project relevant to family medicine providers and patients. The *FMD RapSDI* program will advance my research productivity and visibility within the field of family medicine," said Singh.

The FMD RapSDI project staff wants to recognize the outstanding contributions made by the FMD RapSDI Work Group to drive the unprecedented success of the program's inaugural year. Comprised of AAFP Foundation Board of Trustees members, family physician researchers, and partners from the American Board of Family Medicine (ABFM) and the Society of Teachers of Family Medicine (STFM), the group's leadership guided scholar selection and mentorship efforts that were instrumental in achieving the outstanding results from Cycle One. Thank you to each reviewer, mentor, and advisor who played a role in FMD RapSDI this year.



MEMBER SPOTLIGHT: GLENN KOTZ, MD



When you ask Glenn Kotz, MD, what drives his interest in primary care research, he responds with a story about his patients and his search to identify new ways to improve their health outcomes. This quest to uncover new strategies to advance primary care through research, with patients as the central focus, has been a hallmark of Kotz's experience for more than 15 years. Through his membership with the AAFP National Research Network and other practice-based research programs, Kotz has contributed to research that explores everything from diabetes to loneliness to pain management. In the process, he has been

empowered to provide high quality, evidence-based care to patients and families in his community.

Throughout the years, participation in practice-based research has become standard in Kotz's practice. "The practice improvement projects now drive our culture and our continuous learning environment," he said. Each survey, interview, and intervention offers him the opportunity to grow as a physician and deliver more value to his patients. Although he has engaged in hundreds of projects, Kotz remains as committed to lending his expertise to research now as he was at the beginning of his journey. "I started learning more, growing as a person, and seeing better outcomes in our patients. [Today], I am still saying yes," he said. For physicians weighing whether to become more involved in research, Kotz recommends exploring personal passions and the unique needs of patients. "By doing research, you increase the value you have in yourself and you become more engaged in the practice of medicine and in your patients," he said.

The AAFP National Research Network is proud to celebrate Dr. Glenn Kotz and the contributions he has made to primary care research.

ENGAGE WITH US

Our goal is to make contributing to practice-based research as seamless as possible and to ensure you maximize your membership with the AAFP National Research Network.

UPDATE YOUR MEMBER PROFILE to be sure we have accurate contact information and details on your areas of interest and expertise.



BE ON THE LOOKOUT for emails from our staff with opportunities to join projects and lend your skills and knowledge to practice-based research.



REACH OUT IF YOU have ideas for new projects, want to talk about ongoing work, or have recommendations for new research areas to explore.

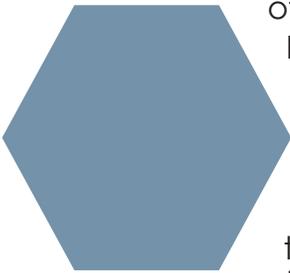


EMAIL US AT NRN@AAFP.ORG

AAFP TIPS: AGENDA SETTING

Family physicians know the scenario all too well. Their visit is coming to an end but just as they get ready to excuse themselves, their patient brings up a new health concern. These “hand on the doorknob” moments were the impetus for the development of an AAFP Transformation in Practice Series (TIPS) on Agenda Setting. A critical part of achieving the aims of this patient-centered

work was the collaboration of two physicians and two patients with the AAFP National Research Network and the AAFP Division of Practice Advancement to create content and tools that help both physicians and patients



maximize their time for more effective visits. To ensure the newly created tools and resources were effective, the AAFP National Research Network conducted an in-practice evaluation, recruiting 20 physicians and 10 patients to incorporate the agenda setting training and resources into their normal visit routines.

Physicians have been conducting more of their visits via telehealth, so the next phase in the process will involve creating and testing a telehealth-specific subset of the AAFP TIPS topic on agenda setting. For more information, or to access the AAFP TIPS resources, visit <https://bit.ly/31Aq5w5>

MEMBER VALUE MESSAGE



The AAFP National Research Network is committed to providing lasting value to our members. Our goal is to ensure that AAFP National Research Network members are able to contribute directly to generation of new medical knowledge that empowers physicians and teams to provide care that results in healthier, fuller lives. Physicians and other clinicians who become members of the AAFP National Research Network are contributing to the advancement of expert primary care, and they will have access to evidence generated through research that will help

them better serve their patients. In a nutshell, our members are directly helping answer the most important, relevant, and innovative questions on the front lines of family medicine. The AAFP National Research Network is proud to provide a unique space for family physicians to have their voices heard. We deeply value the insights our members provide and welcome feedback, suggestions, or questions. Please reach out to our team at NRN@aafp.org. We would be glad to talk with you about ways we can ensure you find continuing value in your membership with the AAFP National Research Network.

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RESEARCH INVESTIGATOR

