

American Academy of Family Physicians

**NATIONAL  
RESEARCH  
NETWORK**

2020 - 2021  
ANNUAL REPORT

# WHAT'S INSIDE

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.

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



# LETTER FROM OUR LEADERS



**T**hroughout our history, the AAFP National Research Network has been proud to collaborate with physicians, clinicians, researchers, academic partners, industry leaders, and patients in primary care to facilitate research that empowers health care teams to provide exceptional care every day. Our network of members and collaborators supports our mission to cultivate, conduct, and disseminate primary care research that improves health care and

benefits the health of patients, families, and their communities. Because of the dedication of the AAFP National Research Network's supporters, our team has grown and adapted to the unparalleled challenges of the past year and continued serving family physicians and teams with evidence-based guidance.

Under the shadow of the COVID-19 pandemic, the AAFP National Research Network remained focused on generating knowledge for primary care. At the beginning of the pandemic, our team developed a longitudinal survey to understand how physicians and their practices were impacted by COVID-19. Today, more than 25 practices have completed surveys that have resulted in increased knowledge of the unique experiences of the physicians and clinicians working on the front lines of dealing with this disease. Simultaneously, the AAFP National Research Network continued work on more than 30 active projects, including entering the final phase of a five-year study on asthma in African American/Black and Hispanic/Latinx patients. We did all of this while redoubling our efforts to center our work on health equity and social determinants of health. Although we were physically separated from our teams for most of the year, our dedication to improving health care through practice-based research never waned. Thanks in large part to the relationships we developed with our collaborators, we stayed the course on our research.

We invite you to explore our 2020-2021 annual report and learn about our accomplishments from the past year. Again, and always, we thank you for the contributions you have made to the mission of our network. We hope to connect with you soon.

**T**HANK YOU,



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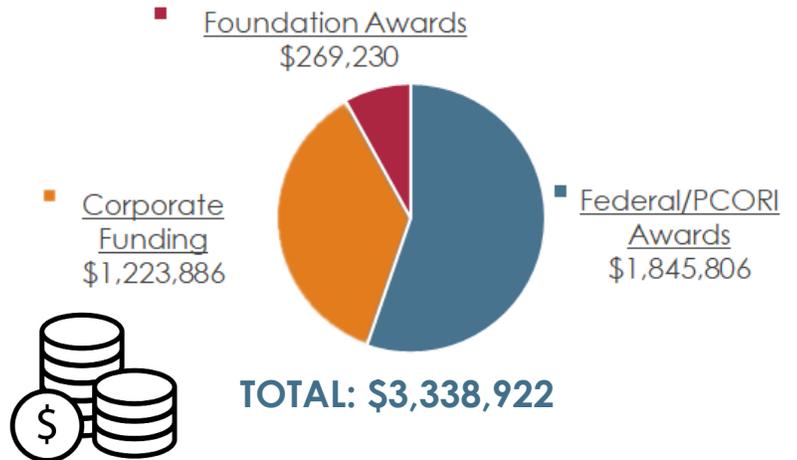
# A YEAR IN REVIEW

2020 - 2021  
HIGHLIGHTS

## MORE THAN 35 ACTIVE RESEARCH PROJECTS ON TOPICS INCLUDING:

- ADULT ADHD
- ASTHMA
- CHRONIC COUGH
- COVID-19
- DEPRESSION
- DIABETES AND CONTINUOUS GLUCOSE MONITORING
- MENTAL HEALTH
- MIGRAINE
- OPIOID USE AND PAIN MANAGEMENT
- PHYSICIAN WELL-BEING
- VACCINATIONS
- WEATHER AND HEALTH

## FUNDING SOURCES



## DISSEMINATION

**50+** JOURNAL ARTICLES AND CONFERENCE PRESENTATIONS PUBLISHED

FOR MORE INFORMATION ON OUR STUDIES AND RECENT PUBLICATIONS, VISIT [AAFP.ORG/NRN](http://AAFP.ORG/NRN)

## MEMBER SNAPSHOT

MORE THAN 2,400 AAFP NATIONAL RESEARCH NETWORK MEMBERS



**17 NEW MEMBERS THIS YEAR**

MORE THAN 870 PRACTICE SITES



OUR MEMBERS ARE:

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



The AAFP National Research Network and the American Academy of Family Physicians Foundation would like to congratulate Iman Majd, MD, and Sanjay Batish, MD, on being selected as 2021-2022 FMD RapSDI scholars. Their research proposals were selected from a pool of 27 applications after a thorough review process. They began their projects in July 2021 and will conclude them in June 2022.

*Dr. Sanjay Batish, founder of Batish Family Medicine in Leland, N.C., will explore the potential for primary care practices to use an established survey tool to predict incidents of gun violence among adolescents and young adults in a non-urban setting.*



*Dr. Iman Majd, a physician, licensed acupuncturist, and faculty member at the University of Washington School of Medicine, will examine the feasibility of implementing and evaluating auricular acupuncture for chronic pain management in a group setting, a step that could reduce patients' lengthy wait for an appointment.*



**FAMILY MEDICINE  
DISCOVERS  
RAPID CYCLE  
SCIENTIFIC  
DISCOVERY AND  
INNOVATION  
(FMD RAPSDI)**

The selection process for 2022-2023 FMD RapSDI scholars is underway and will conclude in May 2022. All selected 2022-2023 scholars will begin their projects in July 2022. Applications for 2023-2024 FMD RapSDI scholars will open in summer 2022. To get more information about FMD RapSDI and apply to be a scholar, visit [www.aafp.org/family-physician/patient-care/nrn/studies/all/family\\_medicine\\_discovers.html](http://www.aafp.org/family-physician/patient-care/nrn/studies/all/family_medicine_discovers.html).

Did you know that the AAFP National Research Network has been instrumental in bringing new continuing medical education (CME) products based on research findings to the AAFP catalog? In 2021, we added two courses to our portfolio. These courses were developed with faculty expertise and stakeholder input from family physicians and patients. We encourage you to access these courses and learn with your AAFP National Research Network colleagues. We are expanding our involvement in member education resources as a way to share and elevate study results and provide valuable learnings for our members.

Our current portfolio includes:

- Two AAFP TIPS™ topics for 2.00 AAFP Prescribed credits are available for free to members and nonmembers.
  - [AAFP TIPS: Continuous Glucose Monitoring \(CGM\): Enhancing Diabetes Care, Workflows, Education, and Payment](#) (course available until 4/16/23)
  - [AAFP TIPS: Agenda Setting](#) (course available until 9/14/22)
- A performance improvement (PI) activity solution is available for purchase to earn 20.00 Performance Improvement AAFP Prescribed credits.
  - [Addressing Cost of Medications PI CME](#) (course available until 2/15/23)

These products are in the AAFP catalog. Go check them out!

**CONTINUING  
MEDICAL  
EDUCATION**

# THE COVID-19 PANDEMIC

During the first several weeks of 2020, health care systems throughout the United States and across the globe began facing one of the most challenging times in recent memory. With the rapid spread of the novel coronavirus, COVID-19 quickly became the dominant topic of our lives, especially for physicians and clinicians working on the front lines of this pandemic. As leaders in primary care research, the AAFP National Research Network, in partnership with the Robert Graham Center for Policy Studies in Family Medicine and Primary Care, sprang to action to implement a study to examine how physicians and practices were being affected by COVID-19.

The study began with a survey that was a weekly touchpoint for physician and clinician participants. Recurring questions helped establish a longitudinal understanding of the pandemic's impact, while highly topical questions were included to elucidate time-specific concerns such as the acquisition of telehealth technologies, personal protective equipment, and the projected financial impact of the pandemic on practices. Following the completion of each week's survey, a core team of researchers and communicators came together to analyze results and develop reports to showcase findings. The COVID-19 survey reports can be found at [www.graham-center.org/publications-reports.html](http://www.graham-center.org/publications-reports.html).

Our goal at the AAFP National Research Network is to enable and strengthen contributions to medical knowledge and practice, empowering primary care physicians and their care teams to provide care that results in better health and well-being for everyone. Physicians and other clinicians who take an active part in research bring rich and informed perspectives, furthering the advancement of primary care to best serve patients and communities. In addition, the unique perspective that our members possess augments practice-based research by generating practical, innovative, and real-world applications of clinical knowledge. The AAFP National Research Network would like to thank our members for your insights and essential contributions to our work and your discipline. We value your feedback and would love to hear from you. Please contact us at [nrn@aafp.org](mailto:nrn@aafp.org).

If you have not engaged with us in a while, no problem. We understand the dynamics of busy practices. You can update your member profile or send an email to [nrn@aafp.org](mailto:nrn@aafp.org) to identify your areas of interest and expertise so we can best match you to potential projects. Our staff reaches out to our members via email with opportunities to join projects. If you have ideas for new projects, would like to discuss ongoing work, or have questions about the logistics of getting started, do not hesitate to contact us at [nrn@aafp.org](mailto:nrn@aafp.org). We look forward to hearing from and working with you in 2022 and beyond.

AAFP NATIONAL  
RESEARCH  
NETWORK  
MEMBER  
VALUE AND  
ENGAGEMENT



# AAFP NATIONAL RESEARCH NETWORK MEMBER SPOTLIGHT

Motivated by a desire to ensure that research represents the expertise and experiences of all communities, Tamara Oser, MD, and Sean Oser, MD, began working in a practice-based research network (PBRN) almost 15 years ago at Penn State College of Medicine. In 2019, Tamara and Sean moved to the University of Colorado, where they continued to see patients and lead research activities. Tamara became the director of the High Plains Research Network (HPRN) and Sean coordinated the University of Colorado's family medicine practices within the PBRN. For Tamara and Sean, their research interests intersect with their daily lives. Tamara says, "My passion is diabetes. My daughter was diagnosed with type 1 diabetes shortly after she turned 7 and, through her, I have met

many people living with diabetes and learned about their unmet needs. Practicing at a rural [federally qualified health center (FQHC)]...has further inspired my passion to help those living with diabetes and their health care teams. The themes of my research focus on decreasing disparities in the treatment of diabetes, diabetes technologies, and peer support."

After partnering with the AAFP National Research Network on a national study, Tamara and Sean have collaborated and served as co-principal investigators on several AAFP National Research Network projects around diabetes care and continuous glucose monitoring (CGM). Most recently, they led efforts to create an AAFP TIPS™ module to help primary care practices implement CGM into practice. Sean feels work in CGM aligns well with the quadruple aim of family medicine (i.e., lower costs, higher quality, better patient outcomes, and better physician outcomes/well-being). He says, "CGM use can be highly beneficial for certain patients, can improve outcomes that can otherwise become extremely expensive, and, if carried out strategically, can enhance physicians' abilities to effectively treat diabetes."



Both Sean and Tamara recommend joining one of the many AAFP National Research Network study opportunities to explore practice-based research. They say, "It's a great way to make sure that your local perspectives are represented on a national level and to have your patients, your practice, and family medicine as a specialty included in research, even if you're not part of an academic medical center's central hub."



## AAFP NATIONAL RESEARCH NETWORK STAFF

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**ASHLEY KUCERA, MPH**

RESEARCH PROJECT MANAGER

**NATABHONA MABACHI, PhD, MPH**

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**BETH CALLEN, PhD, GSTAT**

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**TARIN CLAY, BA**

DATA COORDINATOR

**CORY LUTGEN, BS**

SENIOR PROGRAM STRATEGIST

Thank you to Jen Carroll, MD, MPH, AAFP National Research Network Director; Natalia Loskutova, MD, PhD, Director of Evaluation; and Ann Wade, Research Engagement Specialist. The AAFP National Research Network greatly appreciates their dedication, expertise, and leadership. We appreciate their contributions to expanding our research portfolio, establishing and strengthening our collaborations, increasing our capacity-building efforts, and achieving other accomplishments during their tenure. We wish them all the best in their new endeavors.

*Thank You*



The AAFP National Research Network welcomes Joe LeMaster, MD, MPH, Interim AAFP National Research Network Director; Natabhona Mabachi, PhD, MPH, Director of Evaluation; and Tarin Clay, Data Coordinator, to the team.



*Welcome*