

# The PATIENTS Program

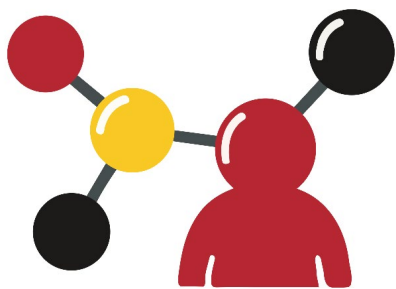
at the University of Maryland  
School of Pharmacy



OCTOBER 2021

# PATIENTS VOICE

Newsletter



# A Message from The PATIENTS Program

## The start of a new fall season!

This semester opens the door for continued work with our partners on our programs and events.

We continue our work with Southwest Baltimore, Mount Clare, and Harlem Park on our projects. Slowly but surely, we are getting back out in the community at events and activities.

Last month saw us in Mount Clare, at events for National Night Out, and in Druid Hill Park with fitness coaches Chauncey D. Whitehead and Ms. Ernestine Shepherd, who are also our community partners.



The PATIENTS Program  
at the University of Maryland School of Pharmacy



We Remember One of Our

**PATIENTS** Partners





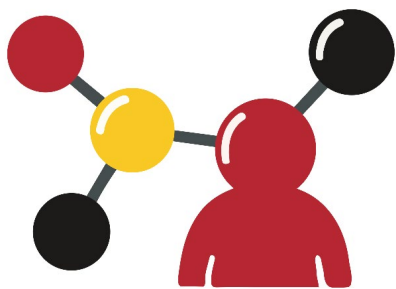
## Matthew King

PATIENTS Program Partner

The PATIENTS Program was devastated to learn about the death of Matthew King on August 30th. The Program met Matthew via a member of our Steering Committee, Paula. During their first, brief interaction Paula was inspired by his vision for the Harlem Community and encouraged him to meet with C. Daniel Mullins, our Executive Director.

We are so grateful for that chance encounter. Matthew went on to be a member of various PATIENTS Program boards and took part in a number of our initiatives, giving his insight, energy, and passion every time. He left a lasting impression on all who met and interacted with him.

**We wish his family and friends peace  
in this time of grieving. May his  
memory be a blessing and his vision  
for Harlem Park become a reality.**



# Welcome to the

## OCTOBER 2021 ISSUE

# PATIENTS Voice

## n e w s l e t t e r

In the coming months, we are looking forward to working on our Year in Review issue. In this issue, we celebrate our partners and our work on current projects. Nothing is constant but change, but it's our work together that continues to allow us to be the bridge between the community and research.

None of our work is possible without our partners, and we look forward to another season serving the community.



Welcome the New Member of  
**PATIENTS Team**



## Meet Godwin Okoye

Godwin is a **Graduate Research Assistant** with the PATIENTS Program



### Godwin Okoye, B-Pharm

Godwin Okoye is excited to be a new member of the PATIENTS Program team under the supervision of Dr. Mullins. He has a Bachelor of Pharmacy from University of Jos in Nigeria where he graduated in 2019. He has worked as an administrative and a community pharmacist back home in Nigeria and he is currently furthering his studies here in the department with special focus on patient-centered outcomes research.

Godwin looks forward to working on projects that look at building trust between patients and researchers. His goal is to put the needs of patients first when it comes to getting them involved in clinical trials, helping patients understand their medications and making sure they can get best medications for their health.

Godwin is currently working on two projects that look at how to include more people in research by age, race, physical impairment and if they live in a residence or care facility.

In his spare time, he likes to exercise a lot. Godwin loves football, seeing movies, and eating good food such as “Ukwa”- a special delicacy from his hometown made from breadfruits and corn.



# Special Team News

## **School of Pharmacy's Lamy Center Works to Engage Older Adults and Caregivers through PCORI Engagement Award**

Drs. Nicole Brandt and Catherine Cooke are leading efforts to create a network to support Patient-Centered Outcomes Research focusing on medication optimization.

BY NICOLE BRANDT, PHARM.D, MBA, AND PAAVANI JAIN, MD, MPH

A team led by the University of Maryland School of Pharmacy has been approved for a \$239,837 funding award through the Eugene Washington PCORI Engagement Awards program, an initiative of the Patient-Centered Outcomes Research Institute (PCORI). The funds will support a project called “Engaging Older Adults and Caregivers in

Medication Optimization Research” that creates infrastructural support and capacity building through engagement of local communities in medication related [Patient Centered Outcomes Research \(PCOR\)](#) – linking them together via an Age-Friendly Medication Optimization Network.

[\*\*CLICK HERE\*\*](#) to read the full article.

Community

# Partner Spotlight



**Cynthia Chauhan**  
PATIENTS Program  
Community Partner

Patient advocate Cynthia Chauhan first started working with the PATIENTS Program when she met C. Daniel Mullins, Executive Director of the PATIENTS Program at a meeting at the Patient Centered Outcome Research Institute (PCORI). PCORI is a non-profit organization that was created to fund research that can help patients and those who care for them make better-informed decisions about their healthcare choices.

A two-time cancer survivor, Cynthia has battled both kidney and breast cancer. She was told she had kidney cancer in the 1990s. While getting treatment she met people who worked in research and became interested in patient advocacy and community engagement.

At that PCORI meeting, she and Daniel got to talking about his values and goals of the PATIENTS Program. By the end of their conversation, he asked if she would like to take part in projects and she has been a part of the program ever since.



She credits her long involvement with the PATIENTS Program to how they look at the community and research. “The PATIENTS Program is unique in that they focus on engaging the community in the research process, not just getting the community to take part in research,” she says.

**“With the PATIENTS Program, the community plays a part in planning the research project. It’s exciting to be a part of that.”**

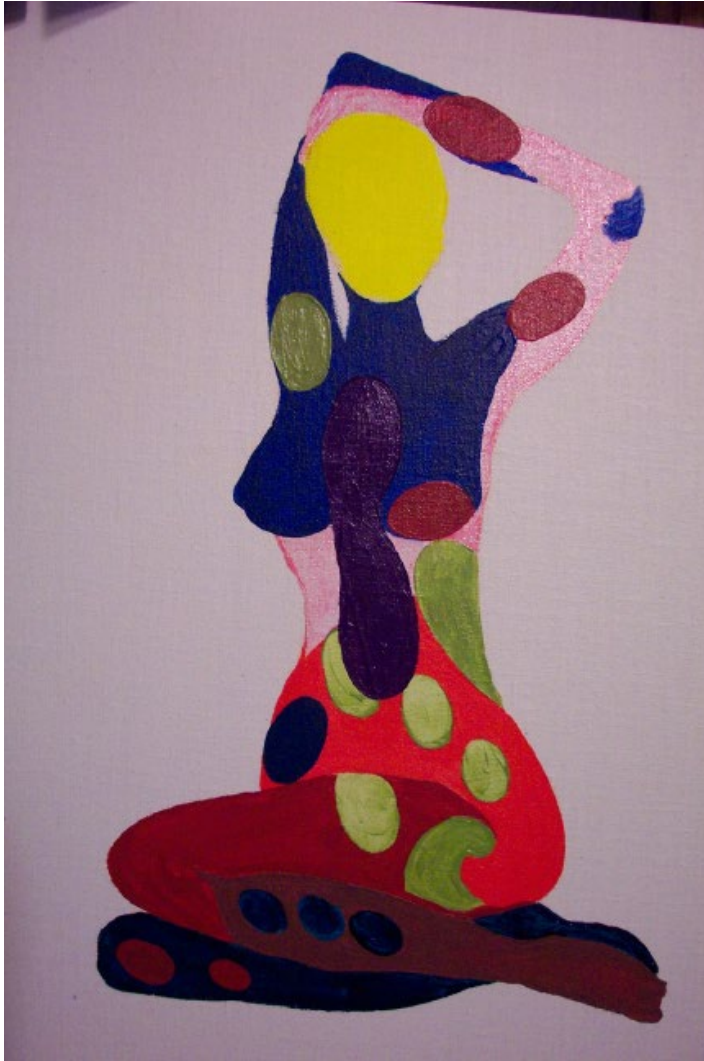
Cynthia has served on the program’s stakeholder advisory board, has co-authored academic manuscripts written about research projects in which she played a part, and has been a panelist for presentations on PATIENTS Day. PATIENTS Day is an annual event that showcases the different projects taking place within the PATIENTS Program.

She likes that the patient’s voice is always front and center.

**“There is a strong focus on the patient voice,” she explains.**

“Every presentation or conference at the PATIENTS Program starts and ends with the patient’s voice when we hear from a patient about their thoughts about the topic. No one else does that.”

She adds that the PATIENTS Program works with researchers to make sure their work aligns with the community instead of the other way around. “It’s not researchers using community members as subjects in research but making sure both the researchers and the community work together to align the research with the values of the community,” she explains. “We can’t work together if researchers don’t have the community voice as a part of the planning and development work that goes into a research project.”



In addition to her work with the PATIENTS Program, Cynthia enjoys travel, painting and rock climbing.

Cynthia's newest role with the PATIENTS Program will be as a Professor as part of the new PATIENTS Professors Academy. The PATIENTS Professors Academy will teach the program's 10-Step Framework so research is developed and driven by the community. The Academy will teach researchers

**“The PATIENTS Professors Academy is an extension of our community engagement work,” she says.**

how to create real relationships with patients and community partners.

“The PATIENTS Program is committed to put forth projects that will continue to serve as a bridge between the community and research.”



University of Maryland  
SCHOOL  
OF PHARMACY

# Introducing the **PATIENTS Professors Academy**





# The PATIENTS Professors Academy

Communities are tired of helicopter research – when academic and other research institutions “helicopter in” to a community for data or biospecimens (blood, spit, etc.), then fly away never to be seen again. The PATIENTS Program at the University of Maryland School of Pharmacy provides a successfully proven approach to continuous engagement in patient-centered research.

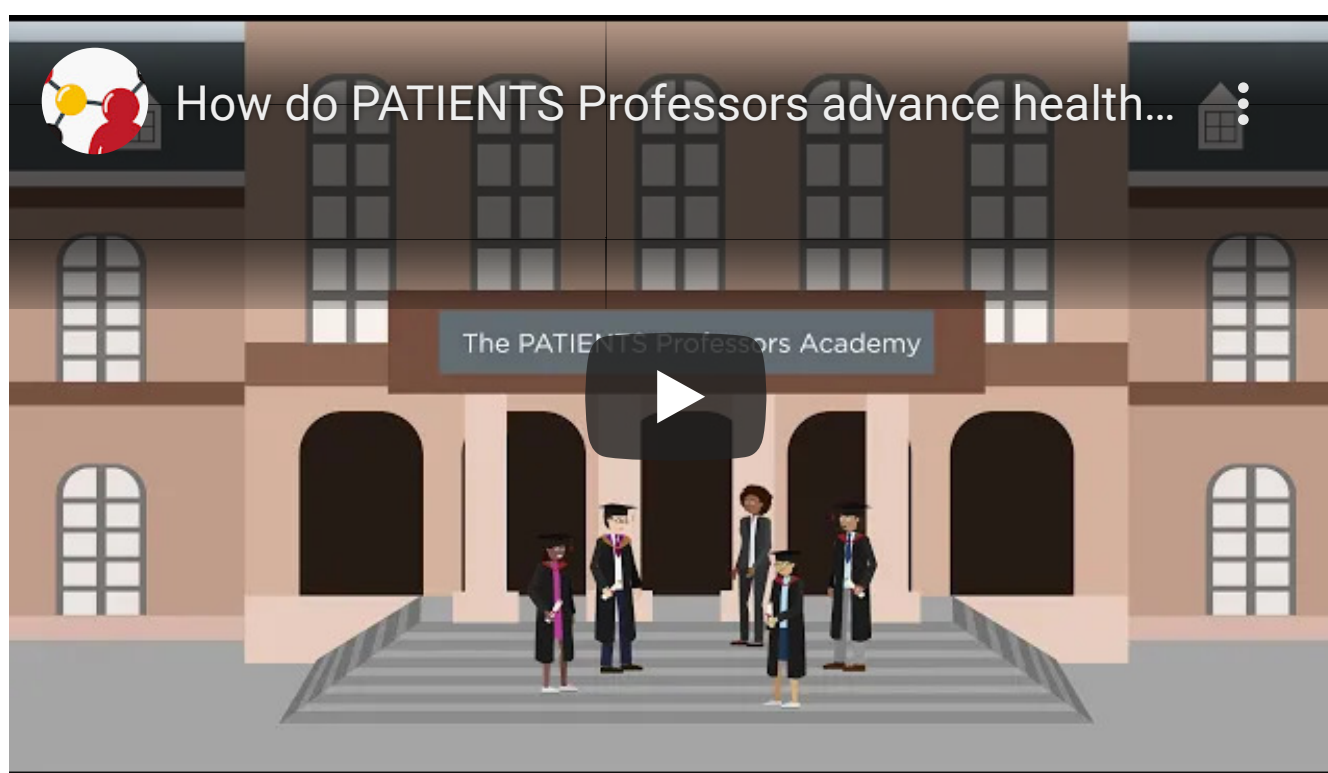
## The benefits of our research approach, proven over the past seven years, include:

- An authentic commitment to – and from – the community
- Faster recruitment and greater retention in studies
- Enhanced diversity so that the research results are representative of all of us
- Better patient self-management due to the inclusivity of the community in research

We want to build upon our success in conducting patient-centered research and replicate the nationally renowned work the PATIENTS Program has conducted in Baltimore in other cities and rural areas across the United States. Our PATIENTS Professors Academy will teach the PATIENTS Program 10-Step Framework for continuous patient and stakeholder engagement so research is conceptualized and driven by communities of

patients and their care providers. Graduates of The PATIENTS Professors Academy will be able to advise companies, government agencies, community-academic partnerships, and other entities on ways to make clinical and translational research more relevant, appealing, and diverse.

The PATIENTS Professors Academy isn't just for patients. The program also is designed to teach researchers on how to create real/trusted relationships with patients and community partners, such as our PATIENTS Professors. Researchers will learn how to take part in bidirectional learning activities to determine how to write study protocols that are meaningful and address patients' concerns and questions. The PATIENTS Professors Academy also engages others who may be part of a Community Advisory Board, which includes other stakeholders that influence patients' health care decisions, such as community health care providers, community leaders, or policy makers.



## What does development of the PATIENTS Professors Academy entail?

Co-developing training modules with existing PATIENTS Professors and an assessment plan to evaluate the modules on an annual basis.

Recruiting and retaining new "PATIENTS Professors," members of the

community who will instruct researchers on what is important to patients, how best to engage patients, and how to translate and disseminate critical information to patients. They will also teach their community and help train future generations of “PATIENTS Professors.”

Stakeholder training for industry, policy makers, and government leaders to listen to patient and community voices as part of a bidirectional learning process with reciprocal benefits.

Through the PATIENTS Professors Academy, PATIENTS Professors teach researchers how to make research more relevant to patients. As a result, more patients and a greater diversity of patients will join a study. Through bidirectional learning, patients learn more about research from researchers. It's a win-win shared learning experience at the PATIENTS Professors Academy.

**For more information or to schedule a meeting, please contact:**

**C. Daniel Mullins, PhD**

Professor and Chair PHSR Department  
University of Maryland School of Pharmacy

Email: [daniel.mullins@rx.umaryland.edu](mailto:daniel.mullins@rx.umaryland.edu)

**Thank you to PATIENTS  
Professors Academy sponsors:**

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# Get the Latest **Project Updates**

We have been working hard with the community on our projects. **Read about what is going on for each one!**



# Building Trust to Enhance Diversity in Aging Research

## NIA R24

*Building Trust to Enhance Diversity in Aging Research (NIA R24):* This project will give researchers more culturally appropriate ways to interact with a variety of senior communities, based on what seniors in our focus groups and interviews told us.

**We launched our registry!**

With our registry now live, we are eager to work with seniors and give information on the types of research they would be interested in taking part.

If you are **over the age of 50** and would like to add your name to our registry, please visit <https://redcap.link/x6ajyku8> or call Rodney Elliott at 410-706-7312.

**[Click Here](#)** to Add Your Name to Our Registry

We are also looking for **older adults with memory concerns and their care partners to take part in interviews** about how they would want to take part in research for older adults.

**If you would like to take part in one of these interviews, please contact Rodney Elliott at 410-706-7312.**

# Building Trust to Enhance Diversity in Aging Research

**NIA R24**

**(continued)**

The team got funding to talk with African American adults about their views on taking part in health and medical research, concerns about ethics in research, trust, and trustworthiness, learning about research results, and what researchers have to do at the end of a study. People who are taking part in this new study will also talk about unethical historical events in research and tell stories about their own research experiences. This project is part of Building Trust to Enhance Diversity in Aging Research and may help increase having more African Americans in health and medical research. This project may also inform future policies about how to return research results back to the communities who take part in the studies.

**Focus groups for this project will start later this year.**

The lead researcher for this project is Claudia Baquet, MD, MPH.

# Communicating about COVID-19 Testing to Underrepresented Groups

The FDA COVID-19 testing project  
is in the final stage.

The FDA COVID-19 testing project is in the final stage, where the project's deliverables – the manuscript and the “give back” - are under review. We got the Co-Investigator's feedback on the first draft of the manuscript and are making those changes. The “give back” is an infographic of the results for the community.

## Upcoming activities:

- To get the FDA's approval for the “give back.”
- To turn in a revised manuscript and the final report to the FDA.

# Communities and Universities Engaged to Fight COVID-19

(CUE COVID-19)

**The team is making progress.**

The CEAL team keeps making progress as we design the Community Think Tank on Research. We created a shared governance model that we are following to make sure of the success of the Think Tank. Currently, our community partners are working on finishing the structure of the Think Tank sessions.

The team has worked together to make an application that Principal Investigators (PIs) will need to finish before entering the Think Tank. It is a rubric and questions that our community partners will use to guide the sessions.

Next month, we will conduct a practice Community Think Tank session using Dr. Joey Mattingly's RADx Up proposal as we start inviting researchers into the Think Tank very soon.

# COmmunity Based Development of CollaboRatIVE and Sustainable PartNerships in PCOR/CER

(CO-DRIVEN)

**Making a safe space to keep  
learning from the community.**

The CO-DRIVEN team is pleased to announce that we will hold our second training Monday October 18th at 5:30 pm until 7pm. This will be held virtually. Registration is now open! We are very excited to continue the discussions with the West Baltimore community about Patient Centered Outcomes Research (PCOR.) CO-DRIVEN hopes to give a safe space to keep learning from the community as we teach them about PCOR.

**If you would like to sign up for a future session, please contact Karen Morales at [kmorales@rx.umaryland.edu](mailto:kmorales@rx.umaryland.edu).**

**For more details, please see our current flyer on the next page!**



Join *CO-DRIVEN* for a

## VIRTUAL LEARNING SESSION

Patient-Centered Outcomes Research/Comparative Effectiveness Research

### WHAT YOU WILL LEARN...

Learn about how your community could add their voice to health research.



#### OBJECTIVE:

To build meaningful and lasting partnerships in research with the southwest baltimore community.

Monday, October 18, 2021 | 5:30 p.m.-7:00 p.m. EDT

To register, contact:

Karen Morales

kmorales@rx.umaryland.edu

(410) 706-5391

Sponsored by



**FREE** Session  
on Zoom!

You will receive a \$50 gift card  
for attending the session.



SCAN ME

The **PATIENTS** Program

at the University of Maryland  
School of Pharmacy

This training was funded through a Patient-Centered Outcomes Research Institute (PCORI) Eugene Washington PCORI Engagement Award (19812-UMD).

To learn more visit, <https://www.pharmacy.umaryland.edu/programs/the-patients-program/what-we-do/#>

# Eugene Washington PCORI Engagement Award: DISRUPTS

**Celebrating the end of the project!**

## **ONLINE SESSIONS EDUCATE THE COMMUNITY ON COVID-19 AND PATIENT-CENTERED HEALTH ISSUES**

**Hundreds of participants received critical information**

The PATIENTS Program at the University of Maryland School of Pharmacy, working with the St. Lawrence Health (SLH) Clinical and Rural Health Research Department, finished a successful project to give information to New York's North Country region about issues surrounding COVID-19 and the importance of patient-centered research.

As part of the project, titled Developing InfraStructure for Research to Utilize Patient-centered Techniques (DISRUPTS), the PATIENTS Program worked with St. Lawrence Health providers, clinical staff, patients, and community members on how to successfully work with the community in patient-centered outcomes research (PCOR). Webinars were co-developed to shape patient-centered research in this rural area of Northern New York.

Patient-centered outcomes research means that researchers work with

patients and stakeholders to identify and address questions and outcome measures of importance to patients and the community, making sure to include the patient voice when research questions are developed, in research design, implementation, and results sharing.

In Fall 2020, the DISRUPTS project got more funding to create webinars that expanded the community's understanding of PCOR in the context of the COVID-19 pandemic. The webinars, hosted on St. Lawrence Health Clinical and Rural Health Research Department's website at <https://www.stlawrencehealthsystem.org/services/clinical-research>, were informed by different points of view. Experts from the community explained current safety measures, vaccine facts, and more.

**“Input from our Stakeholder Advisory Committee, which consisted of patients, people who have taken part in research, community members, and clinical and non-clinical health care workers, drove the content of these webinars,” said Carly Lovelett, MS, MBA, CCRP, director of clinical research with St. Lawrence Health System.**

“The patient-centered outcomes research webinars had a 112% attendance rate, meaning more people attended the sessions than had registered. The DISRUPTS team was proud to give information about how the North Country can take part in research as well as critical information about COVID-19, allowing the North Country community to take charge of their health. We were happy to learn that the webinars were well-received, with attendees showing high satisfaction on a series of feedback questions,” added Lovelett.

“By working with St. Lawrence Health to help create a patient-centered research infrastructure, our focus was to improve the health of the North Country in rural upstate New York,” said Michelle Medeiros, MS, MA,

CCRP, director of research with the PATIENTS Program. “We involved the community in creating webinars to give critical information about COVID-19 and getting involved in research. We at the PATIENTS Program were proud to work with the community on the project.”

The project developed a series of webinars about patient-centered research, as listed below (links to the recordings included):

### **Learning Together, Leading Together: Shaping Patient-Centered Research in the North Country:**

**Part 1:** [Introduction To and Examples Of Patient-Centered Outcomes Research](#)

**Part 2:** [Research Methods and Engagement Principles](#)

**Part 3:** [Key Considerations for Engaged Research and the Importance of PCOR and Community Involvement](#)

The COVID-19 public information webinars are listed below:

#### **Topic: *Vax Versus Fiction: Answering Questions and Presenting the Facts about COVID-19 Vaccines***

Discussion included comparing the Pfizer and Moderna vaccines, vaccination safety, phased approach to vaccine distribution, herd immunity, and how to get ready to get the vaccine and what to expect. Presented by Kylie Broughal, PA-C. [Watch a recording of the webinar](#)

#### **Topic: *COVID-19: Fact Versus Fiction***

Discussion included COVID-19 compared to the flu, how well masks and social distancing work, and COVID-19 testing. Presented by Kylie Broughal, PA-C. [Watch a recording of the webinar](#).

#### **Topic: *COVID-19 in Rural America***

Discussion included how COVID-19 can be treated, and how the pandemic is different here than in urban America. Presented by Eyal Kedar, MD. [Watch a recording of the webinar](#).

Topic: **COVID-19 and Mental Health/Substance Use** (not aired live; distributed as recorded videos):

- [The Impact of COVID-19 on Substance Use](#), presented by: Emily Marquart, LMHC, CASAC; Emma Brackett, LCSW, CASAC; and Elizabeth Stiles, LPN
- [Navigating COVID-19 and the Impact on Children and Families](#), presented by: Heather Rich, LCSW, CASAC; and Laurie Zweifel, PhD
- [COVID-19 and School](#), presented by: Andrea Randall, Canton Central School Social Worker
- [COVID-19 and Mental Health](#), presented by Tyree Smith
- [St. Lawrence County COVID-19 Response: A Year in Review](#), presented by: Dana McGuire

**“Patient-centered research is important to the health and wellness of our community,” explained Jolene Carotenuto, RN, a nurse educator with SLH and an attendee of the PCOR series.**

“By focusing on the unique needs of our rural population, patient-centered research brings local health care needs to the national stage and brings national research efforts to our small community,” added Carotenuto.

Future plans for the DISRUPTS team include continuing a patient-centered research focus group in an effort to make sure SLH research incorporates the patient voice and investigates topics important to North Country residents. This two-year initiative was partially funded through a Eugene Washington Engagement Award from the Patient-Centered Outcomes Research Institute (PCORI), which is a non-profit organization that funds studies that can help patients and those who care for them make better-informed healthcare choices. The statements presented in this article are solely the responsibility of the author(s) and do not necessarily represent the views of the Patient-Centered Outcomes Research Institute® (PCORI®), its Board of Governors or Methodology Committee.



# ST LAWRENCE HEALTH

An Affiliate of  
Rochester Regional Health

## DISRUPTS

Developing InfraStructure for Research  
to Utilize Patient-centered Techniques

### Project Start Date September 1, 2019

START

The Clinical and Rural Health  
Research Department  
launched DISRUPTS  
(Developing InfraStructure for  
Research to Utilize Patient-  
centered Techniques at SLHS)

### Formation of Committee

Sept - Dec 2019

Identified and engaged  
patients, past research  
participants, community  
members, and clinical and  
non-clinical professionals  
to form a Stakeholder  
Advisory Committee



### Co-Developed Series Feb - Sept 2020

Co-developed  
"Learning Together,  
Leading Together,"  
a **three-part  
educational series**  
on patient-centered  
research based on  
community input  
and interests



**190**  
Responses

### Surveyed Community Jan - Feb 2020

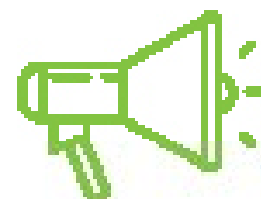
Surveyed the community  
about knowledge and  
interest in learning  
about Patient-Centered  
Outcomes Research

TAKE SURVEY

### Community Outreach

Sept 2020 - Jan 2021

Community outreach and  
advertisement of learning  
opportunities



### Webinars

Oct 2020 - Jan 2021

To watch these  
sessions, check out  
the **St. Lawrence  
Health Clinical  
Research** web page

**118**  
Attendees



Scan Me!

### Research Focus Group

Dec 2020 - May 2021

Identified and engaged  
potential members for a  
patient-centered research  
focus group, **to provide  
input on future SLH  
research**



ST LAWRENCE  
HEALTH

An Affiliate of  
Rochester Regional Health

COVID-19 Enhancement

DISRUPTS (Developing InfraStructure for Research  
to Utilize Patient-centered Techniques)

Awarded Funding

July 28, 2020

Awarded PCORI  
COVID-19  
Enhancement



START

Project Start

September 2020

Formation of Committee

November 2020

Formed COVID-19  
committee, consisting of  
COVID-19 survivors,  
healthcare professionals  
who treated patients with  
COVID-19, community  
members, and patients



Surveyed Community

Nov 2020 - Feb 2021

Surveyed the  
community about  
COVID-19 knowledge,  
behaviors, interests,  
and questions

TAKE SURVEY



Co-Developed Sessions

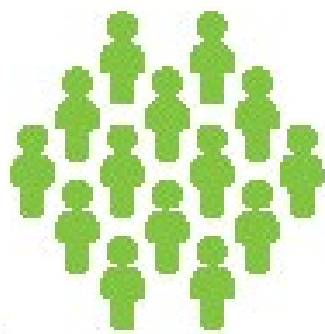
Oct 2020 - Jan 2021

- COVID-19: Fact Versus Fiction
- COVID-19 in Rural America
- COVID-19 and Mental Health/Substance Abuse Series (pre-recorded)



340

Total Attendees

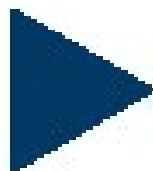


More than

660

views of the  
recordings

- **Vax Versus Fiction**; Answering Questions and Presenting the Facts about COVID-19 Vaccines



28%

More likely to get the  
COVID-19 vaccine  
after attending the  
"Vax Versus Fiction"  
vaccine webinar

# #ID@Home



In It for the Long Haul: How COVID-19 Patient Experiences Inform Infectious Disease (ID) Research

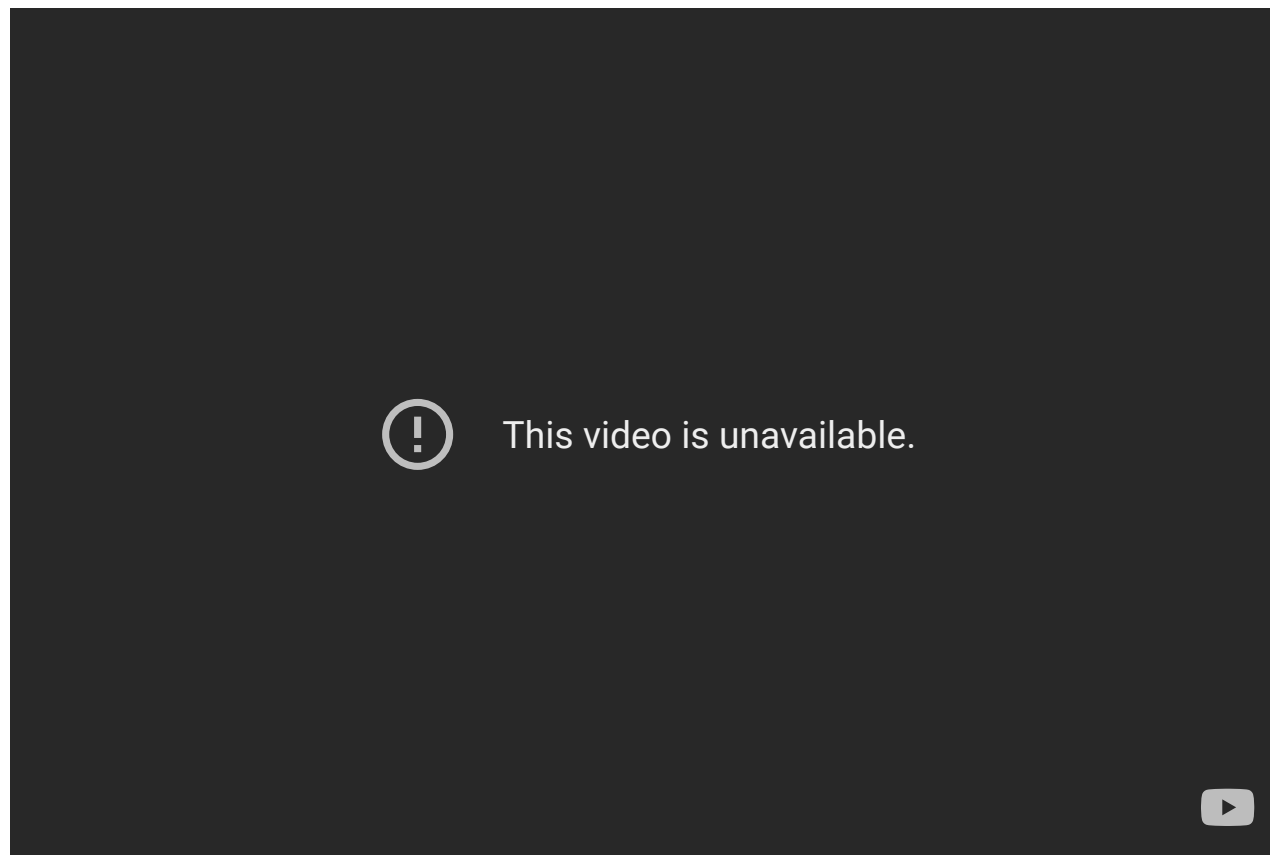
**Getting ready to send the final report!**

We finished a robust social media and dissemination plan after the event to share information from all speakers and sessions over Facebook, Twitter, and LinkedIn social media platforms. An email also went to everyone who attended the virtual conference to share the videos of Session 1, Session 2, and remarks from U.S. Senator-MD Chris Van Hollen and UMB President Dr. Bruce Jarrell. The email also included a link to the YouTube playlist that has all the video sessions of all the speakers from the virtual conference. Ten separate videos were produced to feature the sessions and all speakers from the event.

The videos are a YouTube playlist and can be found here: [ID@Home](#)

# #ID@Home

(continued)



Starting August 23rd and running until September 24th, thirteen separate social media messages posted across Facebook, LinkedIn, and Twitter. Two of the posts were boosted, which meant we paid to make sure more people saw the videos. One boosted post focused on the session by Dr. Andrea Levine, Assistant Professor at the University of Maryland School of Medicine, who talked about a potential multi-disciplinary clinic model where a patient may need to see providers from over twenty different specialties to address each prolonged symptom and issue of COVID-19 long-haulers. The other boosted post focused on the session by Dr. Angela Hagan, Associate Director for the Office of Population Health at Humana. She talked about how fast-tracking telehealth services, taking away barriers to getting tested for COVID-19, and allowing early prescription refills were just a few of Humana's responses to the pandemic.

How well the social media campaign performed are being reviewed and will be included in the final report to the funder, the Patient-Centered Outcomes Research Institute.

# PREP-IT Trial

## PREP-IT

**Getting ready for upcoming Investigator Meeting.**

As we near the end of 2021, the work definitely doesn't stop. The PREP-IT Trial will hold a Grand Rounds call at the end of October, where research coordinators and patient representatives will sit on a panel and talk about how to get consent in difficult research studies. The upcoming Investigator Meeting will meet as a virtual check-in on December 1st. The PREP-IT Stakeholder Advisory Board (SAB) will meet in October to plan an interactive session for this meeting. This session will have an interactive presentation noting the unique stakeholder experience in the PREP-IT trial, and a follow-up panel talking about lessons learned and thoughts on the future as the PREP-IT trial heads into its final years.

We are also in the process of turning in our academic paper titled "A peek behind the curtain: How authentically engaging patients and stakeholders in research shaped the PREP-IT Program, a large, international, pragmatic clinical trial" to the Society of Clinical Trials journal, Clinical Trials.



# **Prioritization of Comparative Effectiveness Research (CER)/ Patient-Centered Outcomes Research (PCOR) on Prostate Cancer Active Surveillance (AS):**

## **Community Consensus Initiative**

### **Planning our two-day conference.**

The team is planning our two-day convening meeting for this project, which will take place the week of December 13th, more information to come. We got a lot of responses to the survey which has helped guide the conference agenda and topics to be discussed. The Active Surveillance team continues to work on planning and organizing the conference.

The survey is still open. Please fill out this BRIEF survey about topics that you think are important to the future use of AS in the management of prostate cancer. We want to hear from patients, patients' spouses/partners and supporters/caregivers, physicians, nurses, and others. You can also provide your email if you would like more information about attending the meeting in December.

**The link to the survey can be found here:**

**Click Here to Take the Survey!**



# Press Play

We are happy to announce that Eric Kettering's video Tangerine Technique has been accepted to the American Public Health Associate Film Festival at their annual meeting and expo October 22 – 27.

**Eric is our Senior Instructional Technology and Dissemination Specialist who produces videos to promote our various projects and programs.**

Dr. Stephanie Knight, Assistant Professor of Psychiatry at the School of Medicine, walks us through the Tangerine Technique to help with anxiety or any kind of emotionally overwhelmed state of being to bring us back to center and ground you in the moment.





# PATIENTS Team Member Publications

**PATIENTS Program team members have published articles!**

***Mary Katherine (MK) Hoffman***, PhD, Postdoctoral Fellow

***Erin Roth***, PhD, Postdoctoral Fellow

Publishing articles about our projects is just one way the PATIENTS Program shares the information they've learned from projects with the academic community.


**Abdelwadoud, M.**, Collen, J., Edwards, H., Mullins, C. D., Jobe, S., Labra, C., Capaldi, V., Assefa, S., Williams, S., Drake, C., Albrecht, J., Manber, R., Mahoney, A., Bevan, J., Grandner, M., & Wickwire, E. (n.d.). Engaging Stakeholders to Optimize Sleep Disorders Management in the United States Military: A Qualitative Analysis. *Military Medicine*.

**Huffman, M. K.**, Christ, S., Ferraro, K. F., Klenosky, D. B., Marceau, K., & Amireault, S. (n.d.). Questions to Measure Enjoyment of and Satisfaction

with Physical Activity: Are They Appropriate for Use in an Older Population? Innovation in Aging.

**Erin G Roth, PhD**, Sarah Chard, PhD, Affective Practices of Diabetes Self-Management Among Older Adults: Cumulative Effects of Childhood Adversity, The Gerontologist, 2021; gnab124, <https://doi.org/10.1093/geront/gnab124>





# Real Talk with Rodney & BJ's Corner Facebook Live

Watch past episodes on our Facebook page



On July 29th, Rodney talked to Farmer Nell of West Baltimore about his work growing urban agriculture in his community. A self-described “man of service,” Farmer Nell notes he serves through social activism, food justice and addressing food insecurity by giving out food weekly. As he gives out food, he also takes the time to teach people how to cook vegetables they might not know how to cook like kale or broccoli.

Farmer Nell runs BeMore Green, a healthy cornerstore in West Baltimore that gives away fresh produce. BeMore Green is the storefront that grew out of Farmer Nell’s project called CityWeeds. He founded CityWeeds to combat food deserts and improve the health, wellness, and independence of Baltimore City residents.

A food desert is an area where those who live there can’t easily get food they can afford. It is an area without a supermarket or produce stand close by.

**“We deal with food desert issues with consistent produce giveaway during the week in the North Avenue corridor,” he says.**

“The other day I saw someone stop by on their bike, take some produce, and pedal away. Anyone can come take what they need.”



Farming is second nature to him as he grew up around vegetables. His parents and family played a big role in nutrition. “We were always conscious of reading product labels for ingredients,” he says, “I was raised by older relatives who were used to growing their own food as they didn’t trust what our government did to food or didn’t have the money to go to a grocery store.”

He grows his produce in different locations around West Baltimore and has been a part of local gardens. “I’m not concerned about putting my name on an area and I don’t own any of the land I’m growing on,” he says. “My work is a give back to the community by helping the community grow the vegetable garden.”

**“We didn’t get 40 acres and a mule; but got 40 vacants and some tools.”**

He meets the community where they are when talking to them about nutrition and growing vegetables.

“I keep in mind where this person is coming from and how to address where they are coming from,” he says. “I look to give them options when it comes to better nutrition. I’ll ask if they’re satisfied with where they are right now with their health. If so, no problem, but if not, I have some options.” When talking to seniors, they may have seen squash, so it is about reminding them of the culture they came from, with roots in southern plantations where they grew and ate their own vegetables.

However, a 20-year-old person may not have seen squash before. “If they have never left a three-block radius, how would they have seen some produce like fresh corn on the cob?” he asks. “Everything is a pivot. I tailor the message depending on who I’m talking to as people learn and get information differently.”

DeJuan Patterson was the guest for the August 26th Real Talk with Rodney episode. DeJuan is a social impact consultant, businessman, advocate, and community organizer. He also played an important role as a

credible messenger with the “Communicating about COVID-19 Testing to Underrepresented Groups” project with the Food and Drug Administration (FDA) and the PATIENTS Program. The project wanted to help understand the experiences, attitudes, and beliefs of African-American communities and COVID-19.

DeJuan also posted regarding his thoughts about being a credible messenger speaking about research to the community. He wrote a blog post on the Health Literacy Solutions Center website, which talked about his role as a Credible Messenger on the FDA project. Our community advisors bring a critical perspective to research.

[Click here](#) to read his blog post.

## UPCOMING FACEBOOK LIVE EVENTS

Join us this fall on our Facebook Live event, "Real Talk with Rodney" as we host a four-part series where we will be sharing ideas from our trusted community partners about how being financially healthy has a direct impact on the four pillars of health which include your physical, mental, and spiritual well-being. The PATIENTS Program understands the importance of meeting the community where they are. Join us on our Facebook Live page and engage with us around how financial health can impact your health--mental, physical, and spiritual. We want to hear from you!

### Our upcoming guests include:

**Joshua Harris** – Founding Partner of Harris Branding and Associates

**Natasha Horton** – Vice President – Community Development Manager at TRUIST Bank

**Deloris Mack** – Board President at the Mt. Lebanon Baptist Church Credit Union

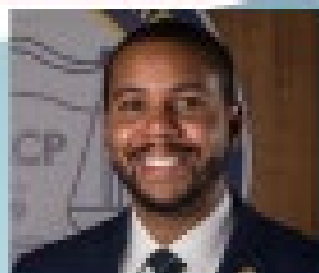
Please check out our flyer for more information about the events.

The **PATIENTS** Programat the University of Maryland  
School of Pharmacy

- Fall 2021 Series -

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impact your **physical**,  
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[www.facebook.com/PATIENTSprogram](http://www.facebook.com/PATIENTSprogram)**\*\* All Sessions are  
12:00-12:30 PM Eastern****Date****Guest Presenter****Thursday  
OCTOBER 21****Joshua Harris from the NAACP**Learn about the importance of  
**mental and physical health** from a  
trusted community member**Thursday  
NOVEMBER 18****Natasha Horton from TRUIST Bank**Learn about **Budgeting in a Crisis**  
*Financial Health***Thursday  
DECEMBER 16****Deloris Mack from MLBC Credit Union**Learn about the **community credit  
union and spiritual health**

# COMMUNITY EVENTS

**We are so grateful to be able to get back out and talk to people in the community!**

After over a year, the PATIENTS Program was finally able to get back out in the community! On August 3rd, the PATIENTS Program went to two National Night Out events in Baltimore City. National Night Out events build relationships between police and the communities they serve. We went to an event in the Mount Clare community and at the University of Maryland Baltimore Community Engagement Center.





Our Director of Research, Michelle Medeiros, and our Associate Director of Engagement, Karen Morales, are shown at one minute 35 seconds into WBAL-TV's broadcast segment below about the National Night Out event.



On Saturday, September 18th, the PATIENTS Program Team attended the Mount Clare Latino Resource Fair and Vaccination Clinic Event. The Team sponsored a table, and members of the Engagement Team and the Dissemination and Implementation (D&I) Team, and postdoctoral fellows were onsite, providing information about the PATIENTS Program.

**A special thank you goes out to postdoctoral fellow Andrea Melgar Castillo, who interpreted much of the Team's information to this primarily Spanish-speaking community.**







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## SPREAD THE WORD

We want to get the word out! Feel free to share this newsletter to let others know about what the PATIENTS Program is up to in the community.

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