

# FAMILY MEDICINE

## SCHOLARLY ACTIVITY

Celebrating 50 Years of Family Medicine at West Virginia University

Newsletter Issue #14

Fall 2023

## INSIDE THIS ISSUE

### PG 2

Featured Research

### PG 3

NAPCRG & ACLM

### PG 4

Publications &  
Presentations

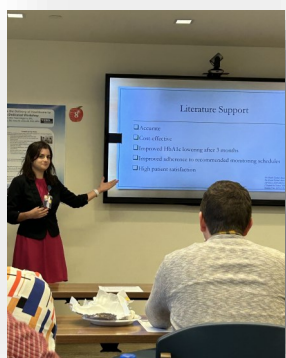
### PG 5

Grand Rounds  
Upcoming Conferences

### PG 6

CORE & RORE Surveys  
QI Fair 2024

## Department of Family Medicine 5th Annual Research Day



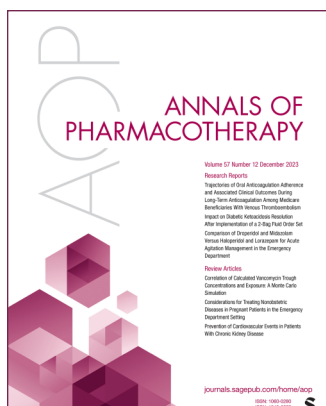
The 5th Annual WVU Department of Family Medicine Research Day was held on Friday, October 20 in Morgantown. Faculty, residents, and students heard five oral presentations and attended the poster session. Poster session judges Dr. Ruben Tinajero and Dr. Cassandra Homick served as poster

session judges, with Dr. Josh Moore's Finding Wellness team poster and Drs. Unger & Pilkerton's case report poster winning the resident and faculty poster awards, respectively. For the first time this year, the poster session included an "Audience Favorite" voted on by attendees, and Dr. Unger and Pilkerton's case report poster was voted the favorite. The event closed out with "Research Speed Dating" that led to new and unique research and QI project ideas.



## Featured Research:

# Direct Oral Anticoagulants: Probability of Recurrent Venous Thromboembolism and Bleeding Risk in an Obese Population



**Research Team:** Courtney S. Pilkerton, MD, PhD; Megan Adelman, PharmD; Emily Crocetti, MD; Jun Xiang, MS, MA; Victoria Strick, MD; Charles D. Ponte, PharmD; Shaylee Peckens, MD; Benjamin P. Jackson, MD; Kylene Whipp, MD; Amie M. Ashcraft, PhD, MPH

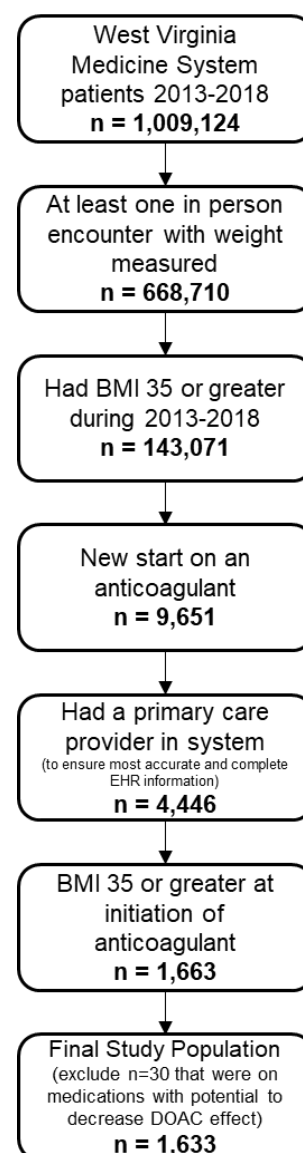
**Objective:** This investigation evaluated whether patients with a BMI 35 kg/m<sup>2</sup> or greater who

were prescribed a DOAC had a higher risk for a recurrent VTE or bleed event relative to warfarin.

**Findings:** Of the total study population from the West Virginia University Health System, (1,633), 2.3% (37) had a recurrent thrombotic event, 5.5% (89) had a major bleed event, and 10.7% (174) had some type of bleeding event. No individual patient characteristic was associated with recurrent thrombosis – including BMI. Older age, antiplatelet use, and taking a medication with a theoretical risk of increasing the effect of DOACs were associated with any and major bleeding events. The use of warfarin was associated with major bleeding events more frequently versus a DOAC. BMI was not a predictor for recurrent VTE or any bleed or major bleed events. These findings support the conclusion that DOACs are an appropriate and effective drug class for the management of venous thromboembolism in patients with obesity.

**Project History:** The idea for this project originated with Dr. Shaylee Peckens in 2017. When Dr. Ashcraft joined the Department of Family Medicine faculty in Fall 2018, she and Dr. Pilkerton began working with a team of interested residents and faculty to develop the study and manuscript. Over the course of five years, they met numerous times with CTSI staff members to obtain the necessary data and worked with collaborators to conduct iterative rounds of chart review. After the arduous journey, the team is thrilled to announce the article is currently in press at the *Annals of Pharmacotherapy*.

### Flow Chart of Study Population Selection



# WVU DFM Well-Represented at NAPCRG & ACLM Annual Meetings

Several faculty, residents, and staff from the WVU Department of Family Medicine traveled recently to present research and QI projects at national conferences. Some went to San Francisco, CA to attend the annual meeting of the North American Primary Care Research Group (NAPCRG); others went to Denever, CO to attend the annual meeting of the American College of Lifestyle Medicine (ACLM). Pictured below are Sconference attendees ylwia Brooks, Courtney Pilkerton, Kylie Rose-Newlon, Savannah Lusk, Josh Moore, Melody Phillips, Jun Xiang, Kolbi Tonkovich, and Joe and Meredith Capito.



# Publications & Presentations by DFM Scholars

## Publications

**Pilkerton CS, Adelman M, Crocetti E, Xiang J, Strick V, Ponte CD, Peckens S, Jackson BP, Whipp K, Ashcraft AM.** (*In press*). Direct oral anticoagulants: Probability of recurrent venous thromboembolism and bleeding risk in an obese population. *Annals of Pharmacotherapy*.

**Pilkerton CS, Xiang J, Ashcraft AM, Choi Y, Seymour K, Szoka N.** (2023). Risk factors for metabolic syndrome in self-identified and questioning sexual minority women. *Obesity*, 31(11), 2853-2861. <https://doi.org/10.1002/oby.23879>

**Silverberg B, Sethman C, Williamson J, Craft M, Sharon M, Ashcraft AM.** (2023). Going off-script: Dilemmas in the evaluation and treatment of syphilis in urgent care patients. *Venereology*, 2(3), 124-131. <https://doi.org/10.3390/venereology2030011>

## Presentations

**Antinone MG, Moore JJ, Xiang J, Phillips M, Capito J, Emery G, and Pilkerton CS.** Integrative Lifestyle Course Empowering Healthy Choices and Internal Locus of Control in Eating. Poster presented at the annual meeting of the American College of Lifestyle Medicine (ACLM) in Denver, CO.

**Capito J, Moore JJ, Antinone MG, Xiang J, Phillips M, Emery GA, Pilkerton CS.** (2023, Nov.) Finding Wellness: Expanding a Lifestyle Medicine Program Through Virtual Participation and Strategic Outreach in Appalachia. Poster presented at ACLM in Denver, CO.

**Lusk R, Rose-Newlon K, Brooks S.** (2023, Nov). Resident-Run Wound Care Clinic for Under Resourced Populations. Poster presented at the annual meeting of the North American Primary Care Research Group (NAPCRG) in San Francisco, CA.

**Moore JJ, Antinone MG, Phillips M, Capito M, Capito J, Pilkerton CS.** (2023, Nov). Evidence of a Digital Divide Amongst Rural and Older Adult Patients in a Medical Weight Management Clinic. Poster presented at the ACLM in Denver, CO.

**Pilkerton CS, Adelman M, Crocetti E, Xiang J, Strick V, Ponte CD, Peckens S, Jackson BP, Whipp K, Ashcraft AM.** (2023, Nov.) Direct oral anticoagulants: probability of recurrent venous thromboembolism and bleeding risk in an obese population. Poster presented at the annual meeting of NAPCRG in San Francisco, CA.

**Snedegar R, Salyer R, Thompson J, Pilkerton C, Davisson L, Haggerty T.** (2023, Nov). Primary Care-Based Lifestyle Course Effective at Improving Appalachian Health Behaviors. Poster presented at the WV Rural Health Association Conference in Wheeling, WV.

**Snedegar R, Unger K, Haggerty T, Pilkerton CS, Oreskovich J, Ashcraft AM.** (2024, April). Attitudes of Medical Students Towards the Delivery of Healthcare to Rural Populations Following a Dedicated Workshop. Poster to be presented at the STFM annual conference on medical education.

**Tonkovich K, Strick V, Glover B, Xiang J, Peckens S, Cobb J, Ashcraft AM, Pilkerton CS.** (2023, Nov). Mirtazapine and attenuation of MAT treatment length and relapses in patients with substance use disorder being treated with suboxone. Poster presented at the annual meeting of NAPCRG in San Francisco, CA.

# DFM Grand Rounds 2023-24

This academic year will be our second year holding Grand Rounds, and the presenters will be speaking on topics requested by our faculty and residents. All presentations are on **Fridays at 8:00 AM** in UTC Conference Rooms 1A and 1B.



**Friday, December 8, 2023**

**Heather Johnson, PharmD**

Assistant Professor, Departments of Family Medicine and Clinical Pharmacy

**Topic:** Osteoporosis Updates



**Friday, February 16, 2024**

**Daniel McNeil, PhD**

Professor Emeritus, Department of Psychology

**Topic:** Motivational Interviewing in Primary Care



**Friday, February 23, 2024**

**Angela Goodhart, PharmD**

Assistant Professor, Departments of Family Medicine and Clinical Pharmacy

**Topic:** Respiratory Updates



**Friday, March 22, 2024**

**Rebecca Reece, MD**

Associate Professor, Department of Medicine

**Topic:** Tick-Borne Illness



**Friday, April 26, 2024**

**Brendan Balcik, MD**

Associate Professor, Department of Emergency Medicine

**Topic:** Sports Medicine



**Friday, May 17, 2024**

**Colleen Beatty, MD**

Assistant Professor, Department of Dermatology

**Topic:** Hair Loss Options

## Upcoming Conferences

### January 2024

20-24: International Meeting on Simulation in Healthcare (IMSH)  
San Diego, CA

### February 2024

8-11: STFM Conference on Medical Student Education  
San Diego, CA

### March 2024

9-11: Society for Post-Acute and Long-Term Care Medicine  
San Antonio, CA

13-16: Society for Adolescent Health & Medicine  
San Diego, CA

### May 2024

4-8: STFM Annual Spring Conference  
Los Angeles, CA

28-Jun 1: American College Health Association Annual Meeting  
Boston, MA

### July 2024

27-29: American Academy of Family Physicians  
Kansas City, MO

*Coming Soon:*

## WV Healthcare Safety Quality & Experience Improvement Research Day 2024

Working on a QI project? Have an idea for one? Dr. Ashcraft and Dr. Pilkerton will be working with teams to submit abstracts to the 2024 QI Fair.

*Abstract submission is open Dec 1, 2023 – January 15, 2024*



## Practice Based Research Network 2024 CORE Survey and RORE Survey

Do you have a clinical question that would help you develop a research or QI project? Every year the WV Clinical & Translational Science Institute (WVCTSI) conducts surveys of healthcare providers and medical residents across the state through the WV Practice Based Research Network (PBRN). You can submit survey questions to be considered for inclusion in one of the annual surveys. Click on the links below for more information, and reach out to Dr. Ashcraft and Dr. Pilkerton for help preparing a brief proposal.

### [Resident Outreach & Research Engagement \(RORE\) of Medical Residents](#)

*Proposals due Monday, December 11, 2023 at 5pm EST*

### [Collective Outreach & Research Engagement \(CORE\) Survey of PBRN Providers](#)

*Proposals due Tuesday, January 16th, 2024 at 5pm EST*