



In this Issue

A consult service to advance dissemination and implementation throughout the clinical research lifecycle	1
iTHRIV Research Day at Inova	2
The Road to Workforce Resilience	3
iTHRIV Under the Microscope.....	5
Meet a Mentor	6

A consult service to advance dissemination and implementation throughout the clinical research lifecycle



The poster features the iTHRIV logo at the top left. The main title is "DISSEMINATION & IMPLEMENTATION CONSULT SERVICE". Below the title, three questions are listed: "Want to improve your grant dissemination plan?", "Want ideas for communicating your research results?", and "Need Help with implementation science study design?". A green box highlights "Drop-In Hours" as "Monthly Fridays: 1:00-2:00 pm EST" with dates for July 21st, 2023, August 18th, 2023, and September 15th, 2023. A list of "Our Expert Panelists Are:" includes Implementation Scientists, Biostatisticians, and Clinical Trialists. A call to action says "Don't miss this chance to get all your questions answered!" and "REGISTER NOW FOR ANY SESSION" with a QR code. A "Potential Topics:" list includes finding the right journal audience, open science practices, methods and study design, building collaborative teams, community engagement, innovative ideas, and impact (economic, innovation, translation to care, translation to policy). At the bottom, it states "FREE TO ALL FACULTY & STAFF ACROSS iTHRIV" and provides a URL: <https://portal.khu.edu/@iTHRIV/1865>. A circular inset image shows a group of people in a meeting.



Purpose: Come join us for a discussion of best practices and response to specific inquiries as it relates to best practices in dissemination and implementation across the research lifecycle.

Topics of interest include:

- Best practices for engagement in research dissemination
- Finding the right journal audience
- Open science practices
- Non-traditional dissemination
- Planning clinical research with dissemination central to the planning processes
- Dissemination for impact (economic return, innovation, translation to care, translation to policy)
- Implementation science frameworks for study design
- Method to support implementation science (overviews)
- Building interdisciplinary teams to support implementation
- Community-engaged implementation and dissemination
- Disseminating for policy audiences
- Disseminating for patient and family audiences

Jess Keim-Malpass, PhD, RN, CPNP-AC is the lead for this new consultation service. Dr. Malpass is an iTHRIV Scholar Program alum and has used implementation science frameworks and approaches in evaluating the integration and adoption of predictive analytics (artificial intelligence) systems within complex learning health systems. She also has a program of research focused on effective clinical trial dissemination for optimal translation to practice and policy. She is an Associate Professor and nurse practitioner in the UVA School of Medicine, Pediatric Hematology-Oncology.

iTHRIV Research Day at Inova

iTHRIV at Inova hosted the 2nd annual Research Day on May 15, 2023. The event opened with introductions from Dr. Jeanny Aragon-Ching, iTHRIV site lead at Inova, and showcased research leaders from each of Inova's service lines. Keynote Speaker Dr. Randy Jones, Associate Dean for Partner Development and Engagement, University of Virginia School of Nursing, and Assistant Director for Community Outreach and Engagement at the University of Virginia Comprehensive Cancer Center, discussed overcoming barriers and increasing diversity in clinical trial recruitment, one of the key themes of this year's Research Day. This was followed by research highlights and equity discussions from the service lines including the Inova Schar Cancer Center service line, Women's Service line, Inova Heart and Vascular Institute, Musculoskeletal service line, Psychiatry, Professional Nursing, Surgery, Pediatrics, Neurosciences, Primary Care and Medicine.



iTHRIV Team Member Kristin Miller shares research resources

During the midday session, numerous research posters and abstracts were shared, while on-site participants were encouraged to network and visit a variety of informational booths. A mini Community Studio was held during lunch hour where participants were able to share insights into diverse, equitable, and inclusive research. The Research Day also highlighted resources for the research community including a comprehensive overview of the iTHRIV Commons, Informatics, and the iTHRIV Community Core and Health Equity team, as well as an introduction to Inova's community commitment by Leigh Guarinello, MPH.

There were over 100 attendees both in-person and virtual, and when asked if the content was useful they gave the event a 4.4 out of 5, marking another year of success for the Inova iTHRIV Research Day!



The Road to Workforce Resilience

iTHRIV is committed to strengthening resilience and modeling behavior in support of broad culture change to promote individual and team well-being. We strongly believe that a well-balanced life for individuals will promote excellence in the workplace, and will enhance our ability to bring more treatments to all patients more quickly. Increasingly, employees may feel that it is challenging to break-away from the pressures and demands of the workplace. Some team members experience heavy administrative burdens which may be compounded by clinical demands and/or research pressures. Complex regulatory and systems hurdles may also contribute to burn-out and slow down research progress. iTHRIV is actively exploring ways to minimize these burdens and enhance work-life balance.



Electronic Communication

One of the areas that has been identified as an overly stressful item is the volume of electronic communication that seems to require our reply at all times of the day and night. In an effort to lessen this burden, iTHRIV is committed to a new communication guideline that respects personal time away from work.

Effective May 22, 2023

- When sending emails where a response or action is needed, team members are encouraged to highlight the timeframe in the email (preferably in the Subject line: example - REPLY REQUESTED BY xxx date or ACTION NEEDED by THURSDAY).
- iTHRIV will strive to minimize electronic communication sent outside of normal work hours (Monday – Friday)
- iTHRIV has NO expectation for team members to reply to electronic communications outside of normal work hours
- iTHRIV encourages use of timed email delivery methods for individuals who may be working outside of normal business hours.
- To promote larger culture change, iTHRIV team members who do work after customary business hours are encouraged to adopt a phrase to their email signature similar to this one: “Please note that I do not expect a response after 5pm or on weekends. I recognize the need for rest and boundaries. Thank you for taking care of yourself.”



Additional Recommendations for Boosting Personal Resilience *

- Cherish social support and interaction. Good relationships with family and friends and others are vital. Being active in the wider community also helps.
- Be authentic. Take a look at your own values, develop your strengths and your own emotional intelligence. And follow those values to do the work that matters most.
- Work with your colleagues. Seek feedback and advice to help you develop as a person, and offer your support to others to foster their growth.
- Stay healthy. Prioritize some type of physical activity daily. Take a look at your diet and look for opportunities to improve.

- Treat problems as a learning process. Develop the habit of using challenges as opportunities to acquire or master skills and build achievement.
- Avoid making a drama out of a crisis. Stress and change are part of life. How we interpret and respond to events has a big impact of how stressful we find them.
- Celebrate successes. Take time at the end of each day to review what went well and congratulate yourself and your colleagues. This trains the mind to look for success rather than dwelling on negativity and 'failure'.
- Develop realistic goals for short term and long term (both for work and life). Do something each day to move towards them. One small step amid the chaos of a busy day will help.
- Take positive action. Doing something in the face of adversity brings a sense of control, even if it doesn't remove the difficulty.
- Nurture a positive view of yourself. Developing confidence in your ability to solve problems and trusting your instincts helps to build resiliency.
- Keep a realistic perspective. Take a look at what is within your sphere of control and do not allow things outside of that sphere to overtake your perspective.
- Practice optimism. Nothing is either wholly good or bad. Make a choice to see the good!

*Personal resilience strategies adapted from: [Resilience at work, why it is important and how to develop it \(barrywinbolt.com\)](http://barrywinbolt.com)

iTHRIV Under the Microscope

Dr. Lina Mata-McMurry joined iTHRIV as the new Research Concierge Services Manager in May 2023. Born in Cuenca, Ecuador, she grew up between Ecuador and the U.S. After completing her medical training and graduating as a general practitioner in Ecuador, she gained valuable experience as Medical Director at a rural health post for the Ministry of Health, where she focused on providing healthcare services to the community. In 2011, she transitioned to a research fellowship with the International Trauma System Development Program (ITSDP), at Virginia Commonwealth University. She actively contributed to the development and implementation of an international trauma registry across several Latin American countries and served as a research coordinator for various initiatives aimed at improving trauma care in Low-and-Middle-Income Countries.

In 2019, she relocated and became Program Manager and Research Associate at the C3 Global Trauma Network, at the University of Colorado. She played a crucial role in managing a prospective multicenter study funded by the Department of Defense, focusing on the Epidemiology and Outcomes of Combat-Relevant Prolonged Trauma Care in South Africa. Recently, she held the position of Vice-President of Clinical and Social Research at the National Minority Quality Forum where she oversaw research projects aimed at reducing patient risk and addressing health disparities.



Dr. Lina Mata-McMurry

In her new role as the Research Concierge Services Manager for iTHRIV, Lina provides support to researchers with relevant expertise, services, and resources available within iTHRIV. She helps researchers navigate through the available resources, such as funding opportunities, research tools, databases, and collaboration opportunities. In addition, she develops strategies to promote awareness, encourage researchers, and study teams to utilize iTHRIV resources as well as the Research Concierge Services Portal. During her free time, Lina enjoys time with her family, knitting, and drawing.

If you are interested in learning more about the resources and support iTHRIV provides to researchers please reach out to Lina at bey7yz@uvahealth.org or ithrivadmin@uvahealth.org

Meet a Mentor

Andrea S. Bertke, PhD

Associate Professor, Infectious Diseases | Department of Population Health Sciences

Virginia-Maryland College of Veterinary Medicine | Virginia Tech Center for Emerging Zoonotic and Arthropod-borne Pathogens (CeZAP)

Neurovirology Lab



“Dr. Bertke is an outstanding mentor. She has supported my growth as an independent researcher by sharing her lab management and grant writing skills, providing advice for working with students and lab staff, and giving me helpful tips about working within the veterinary college structure. Her support has been unwavering, and I am constantly surprised and grateful that she is willing to take on this mentoring role for me.”

- Rell Parker

[Find Out More](#)



iTHRIV is funded by the National Center for Advancing Translational Science of the National Institutes of Health Awards UL1TR003015/ KL2TR003016. Contents of this website do not necessarily reflect the views of the institution and/or the National Institutes of Health.