



MultiCare   
Institute for Research  
& Innovation

*Celebrating*  
health care research in the community

*9th annual*

# RESEARCH DAY

---

SHARE • INSPIRE • LEARN

Friday, Dec. 8, 2023 | 8am start | Awards ceremony at 1:45pm

# This year's agenda

Presentation categories:



Completed Work



Work in Progress



Quality Improvement



Patient & Community Engagement

8:00 am	Bill Robertson, CEO, MultiCare Health System		Welcome to Research Day
8:10 am	Annie Reedy, MBA, CRA, Chief Research and Education Officer, MultiCare		Opening Remarks
8:30 am	Douglas Morte, MD, MIS Fellow, MultiCare Laila Rashidi, MD, Colorectal Surgeon, MultiCare		Acute Care Robotic Colorectal Surgery: A Safe Approach?
8:50 am	Rachel Safran, MD, FACP, AAHIVS, Spokane Valley Primary Care, MultiCare		CALIBRATE - A Phase 2 Randomized, Open Label, Active Controlled Study Evaluating the Safety and Efficacy of Long-acting Capsid Inhibitor Lenacapavir in Combination With Other Antiretroviral Agents in People Living With HIV
9:10 am	Rachel Safran, MD, FACP, AAHIVS, Spokane Valley Primary Care, MultiCare		ILLUMINATE SWITCH B - Switch to Doravirine/Islatravir (DOR/ISL) in Human Immunodeficiency Virus 1 (HIV-1) Participants Treated With Bictegravir/Emtricitabine/Tenofovir Alafenamide (BIC/FTC/TAF)
9:30 am	Deana Williams (she/her), PhD, MPH, Research Investigator, MultiCare Institute for Research & Innovation		Building a Health Equity Research Program
9:50 am	Jin Mou, MD, MSc, MPH, PhD, Sr. Epidemiologist, MultiCare Institute for Research & Innovation		Long Covid in MultiCare's Patient Community: Interpretation from Adopted Patient-Reported Outcomes Measurement Information System (PROMIS®)
10:10 am	Break		
10:25 am	Chaya Mangel Pflugeisen (she/her), MSc, MEd, Research Scientist, MultiCare Institute for Research & Innovation		Transgender & Nonbinary Patients in the Primary Care Setting: Disconnections & Alignments in Perceptions of Primary Care Professionals and Trans/Nonbinary Youth, Their Parents, and Their Providers
10:45 am	Jin Mou, MD, MSc, MPH, PhD, Sr. Epidemiologist, MultiCare Institute for Research & Innovation		Uncontrolled Hypertension and Obstructive Sleep Apnea: A Hybrid Retrospective Cohort Study
11:05 am	Jessica Paine, DNP, RN, NPD-BC, CMSRN, NPD Specialist, MultiCare		Does the Implementation of Gratitude Practices Impact Perceived Stress Scale-10 Scores of Transition to Practice RNs?
11:25 am	Angela Bennett, MSN, MPH, RN, NPD-BC, CEN, NPD-Department of Nursing Professional Development, MultiCare Kristin S. Johnson, MBA, MSN, RN, CCRN, Clinical Director - Professional Practice & Business Operations, MultiCare Kim Thorvilson, MSN, RN, NPD-BC, CCRN, NPD Specialist, The Center for Clinical Practice & Development, MultiCare		Empowerment in Action: Navigating Quality Improvement with Frontline Learners and Leaders
11:45 am	Ashley Mangum, MSW, LICSW, Director of Kids' Mental Health, Pierce County Claire Helligso, MSW, LSWAIC, Behavioral Health Social Worker, MultiCare Mary Bridge Children's Emergency Department		A Community-Centered, Multidisciplinary Approach to the Growing Pediatric Mental Health Crisis
12:05 pm	Break		
12:20 pm	Tiffani Strickland, MD, MultiCare Abi Plawman, MD, Fellowship Director, Addiction Medicine, MultiCare		Immunization Workflow in a Community Addiction Medical Clinic
12:40 pm	Ray Sato, MD, Tacoma General Hospital NICU NEC Reduction Quality Improvement Committee		Our Journey Toward Elimination of Necrotizing Enterocolitis
1:00 pm	Becky Johnson, MD, Pediatric Hematology, MultiCare Mary Bridge Children's Hospital		Temporal Trends in AYA Breast Cancer Incidence and Survival Since 2000
1:20 pm	Break		
1:45 pm	Awards Ceremony		
2:15 pm	Program Concludes		

# Award descriptions

Winners will be announced during the awards ceremony. Because of the virtual nature of Research Day, winners will receive their physical awards at a later date.

## Best Presentations Award

Podium presentations are evaluated on overall delivery of information as well as the quality and originality of the research conducted. One winner will be selected in each category: Work in Progress; Completed Work; Quality Improvement; and Patient & Community Engagement.

## Outstanding Research Investigator of the Year Award

One research investigator will be recognized for their body of work, impact on patient care and research leadership during the past year. This award takes into consideration the high level of commitment and work required in community-based research. MultiCare's researchers serve in multiple roles as health care providers, first and foremost, with an added role and commitment to advancing health care for patients across the country. Recognition is intended for investigators who go above and beyond their everyday research role in the following ways:

### High level of engagement and investment.

- Spends time with colleagues and patients educating and encouraging research
- Devotes time to meeting with sponsors and staff
- Teaches and mentors staff
- Is available to research staff and sponsors
- Is proactive with their research portfolio, ensuring diversification, funding and feasibility
- Is responsive to inquiries and requests by staff in an engaging way

### Passion for research and the impact research has on patients, clinic team, organization and community.

- Demonstrates research passion through advocacy within health care system and community
- Networks and collaborates with other researchers and sponsors
- Maintains a clinical practice and commits time to research
- Builds relationships with patients and their families
- Mentors staff
- Seeks out research opportunities requiring time outside of clinic to write grants, meet with sponsors and conduct study visits
- Appreciation of research staff



---

**Brett Gourley, MD**  
Outstanding Research  
Investigator of the Year, 2022

---

## Diane Cecchetti Excellence in Research Award

Created in 2015, this award commemorates an exemplary 25-year legacy of service at MultiCare Health System. Diane Cecchetti served as president and CEO of MultiCare from July 1999 to May 2014. Under her leadership, MultiCare grew to include five hospitals, 10,000 employees and an expansive community outpatient treatment network.

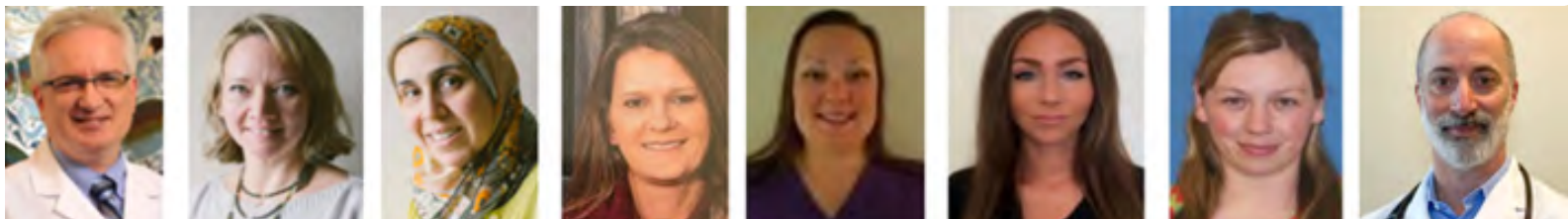
In addition to Cecchetti's unquestioned legacy at MultiCare, she was also an ardent supporter of research and the driving force behind the creation of the MultiCare Institute for Research & Innovation in its current form.

She facilitated the investment needed to allow the research programs at MultiCare to grow and prosper in a somewhat nontraditional environment — a community-hospital system. She was also a personal contributor to research program development, becoming one of the first charter members of the MultiCare Society, benefiting research and innovation. This personal philanthropic commitment was a notable spark that helped ignite our now robust donor-funded, investigator-initiated research program.

This is a competitive award honoring excellence and high achievements accomplished through the teamwork of MultiCare employees and their private, academic or industry partners in the community.

### Award recipient(s) are recognized for:

- Research efforts that best exemplify and further the mission and vision of MultiCare
- Exceptional leadership
- Research discovery in medicine and science on the local, national and international level
- Exemplary community health research that translates into direct improvement in patient outcomes
- Interdisciplinary teams working collaboratively to advance medical science and patient care
- Developing best leadership practices to improve patient care and safety
- Significant and lasting contributions to the field of health services research
- Role model for the MultiCare values



2022 Diane Cecchetti winners



## The Research Institute

MultiCare has been conducting clinical research studies for 40 years, initially focusing on the area of oncology. Over time, the research program expanded to include a portfolio of Phase I-IV clinical studies spanning a diverse array of diseases and medical conditions. The MultiCare Institute for Research & Innovation, formed in 2010, gathered all the research efforts in our health care system into a single program.

The Research Institute conducts both clinical trials and outcomes-based research with MultiCare-employed physicians, allied health care providers and physicians practicing independently in the community. We participate in research through a number of mechanisms including federal, industry and investigator-initiated studies.

## Fast facts

Phase I-IV clinical trials,  
registry trials and observational studies



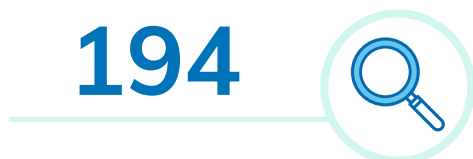
Scientific publications to date



Employees supporting research



Total investigators



Enrolled patients



*2014–Present*

# Thank you

## For investing in local research

The MultiCare Institute for Research & Innovation extends a heartfelt thank you to the judges who donated their time and expertise to assist with the selection of Research Day 2023 awards. The selection process is difficult, and a great deal of gratitude is owed for the efforts of many deserving recipients.

We would also like to thank our generous donors and sponsors. Through the giving of individual gifts and grants from community members and organizations, the Research Institute is able to provide competitive research funds for investigator-led research studies that directly serve and shape the health needs of our community. We are grateful to the many community members who support community-based research through their generous contributions and support through the MultiCare Foundations, Good Samaritan Foundation and Mary Bridge Children's Foundation.

The following sponsors have provided support for several of the projects shared today. Thank you for investing in local research close to home.





Join us next year

# RESEARCH DAY 2024

---

For more information on how to participate in a research study and support programs that advance health care in our community and beyond, please refer to our website.



**Learn more**

Scan the QR code or visit  
[multicare.org/research-day](https://multicare.org/research-day)

**MultiCare**   
**Institute for Research  
& Innovation**

253-403-7249  
1322 Third St. SE, Suite 101  
Puyallup, WA 98372