Research in Pregnancy
Nicole Marshall, MD, MCR
Introduction

• Assistant Professor, Maternal-Fetal Medicine

• K23
  – former KL2 scholar

• Impact of maternal body composition on placental function and fetal growth
Current Study

- Enrolling 200 women of various pre-pregnancy BMI
- Part 1
  - 12-16 weeks gestation
    - Body composition, blood sample, dietary evaluation
  - 24-28 weeks – dietary evaluation
- Part 2
  - >37 weeks gestation
    - Body composition, blood sample, and dietary evaluation
  - Delivery
    - Maternal blood, cord blood, placental samples, infant measurements
  - 6 week, 6 month, and 12 month postpartum
    - Dietary evaluation and infant feeding survey
    - 12 month infant growth chart
Challenges with Pregnant Women

- Study Design
- IRB approval
- Recruitment
- Consent
- Retention/follow-up
Delivery Timing

Actual Delivery Timing

- M-F 7-5: 11
- All others: 30
OCTRI Research Forum: Including Special Populations in Research

Elizabeth Eckstrom, MD, MPH
Associate Professor & Director of Geriatrics
Division of General Internal Medicine & Geriatrics

Research Areas:
Exercise in older adults (tai chi RCTs)
Educational research (Interprofessional Teams)
Best Practices Dissemination in Clinical Settings
Special Considerations for Older Adults

• Age cutoffs, multiple comorbidities and other “inexcusable” exclusion criteria
• Logistics and anticipated decline in health, burden of data collection
• Cognitive Impairment and consent; inclusion of proxy consenters/data collection methods
• Setting of care: Older adults transition between settings (community, hospital, long term care)
• Not health care provider but health care TEAM
Resources

• Making General Internal Medicine Research Relevant to the Older Patient with Multiple Chronic Comorbidities, *Journal of General Internal Medicine*: 2014;29 (6), pp 915-919

• Health and Retirement Study Standard Protocols: http://hrsonline.isr.umich.edu/
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<th>Geriatric-relevant outcomes</th>
<th>Proposed brief assessments</th>
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<td><strong>Geriatrics</strong> depression scale</td>
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Disability is something we experience, not something we are.

Ways we think about “disability”

• Function rather than diagnosis

• Secondary conditions rather than primary “disabling” diagnosis
What’s the problem?

Historic discrimination based on apparent disability

People who experience disability were actively excluded:

• In research – it’s complicated
• In society – it’s uncomfortable
Active inclusion efforts are necessary

• Research – much infrastructure and assumptions of inclusion are not present

• Socially – demands full participation, inclusion in all aspects, “nothing about us without us”
Features of inclusive research to consider

• Support persons
• Adaptations to methods
• Consent
• Coercion
How to include people who experience disability in your research?

– Standard practice is participatory research
  • Inclusive research team
  • Community connections

– Avoid assuming ability or inability

– Build an astute research team
  • Beginner’s mind
  • Hire someone who is smart with people