



Research in Pregnancy

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Introduction

- Assistant Professor, Maternal-Fetal Medicine
- K23
 - former KL2 scholar
- Impact of maternal body composition on placental function and fetal growth

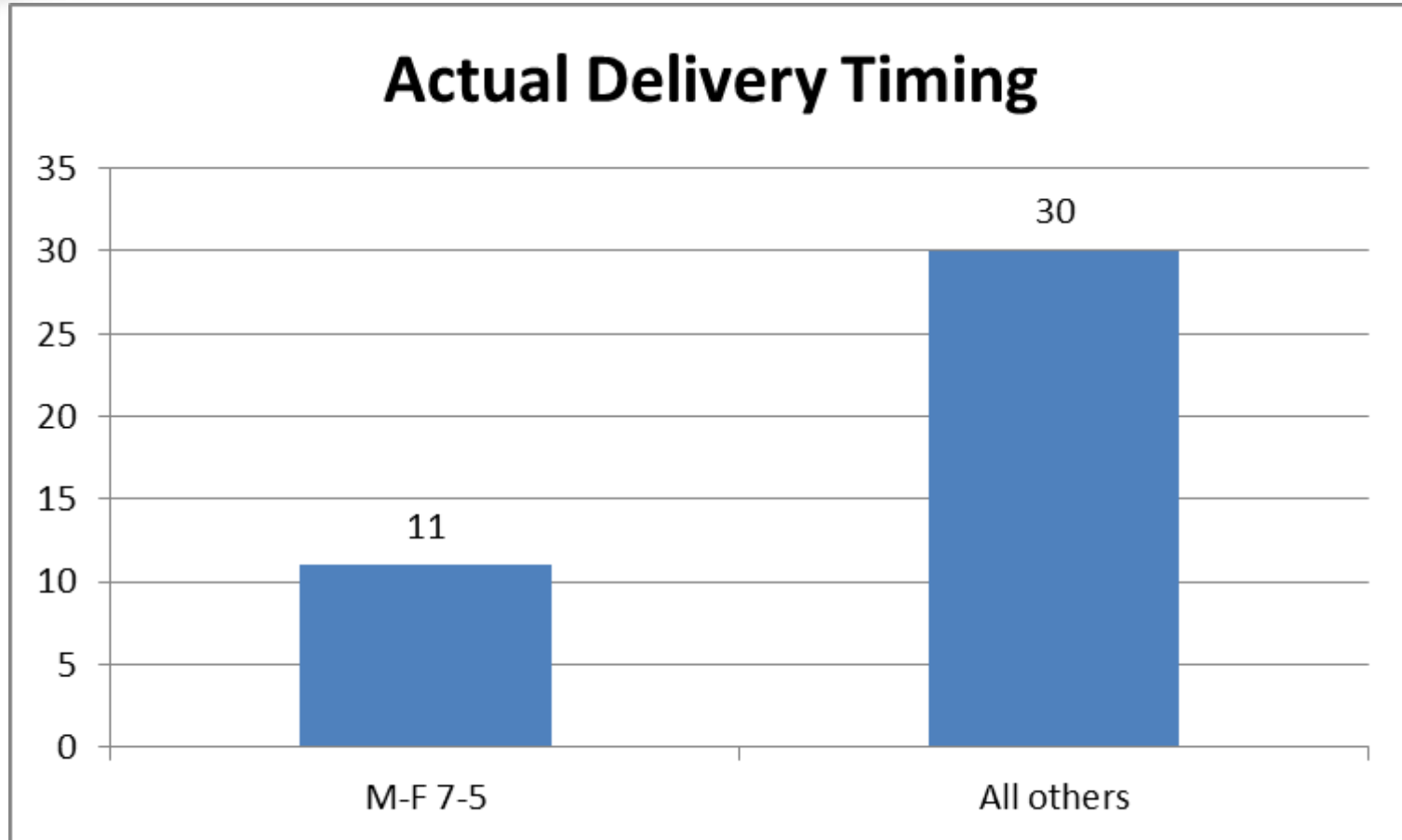
Current Study

- 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



OCTRI Research Forum: *Including Special Populations in Research*

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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/>**

Geriatric-relevant outcomes	Proposed brief assessments
Cognition	Mini -Cog Short Portable Mental Status Questionnaire (SPMSQ) Montreal Cognitive Assessment (MOCA)
Physical function	Activities of daily living Instrumental activities of daily living Karnofsky performance scale Australia-modified Karnofsky performance scale
Symptom burden	Condensed Memorial Symptom Assessment Scale (CMSAS)
Mobility/ falls	Timed up and go test
Delirium	Confusion assessment method
Depression	PHQ-9 Geriatrics depression scale

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