



PRaCTICE: Primary Care Rural and Frontier Clinical Trials Innovation Center

Quarterly Newsletter, Spring 2026

The goal of PRaCTICE is to engage with rural and frontier primary care clinics in the Northwest United States to identify priorities for research and to partner with rural primary care clinics to implement research studies. As we move into the new year, we take a look back at our successes and learnings from the first year of PRaCTICE.

2025 Successes and What's Ahead

The CARE for Health™ Initiative has enabled two practice-based research networks (PBRNs) to learn from each other and better engage rural health care partners in research. PRaCTICE could not have accomplished so much without our amazing primary care clinic and health system partners in the Pacific Northwest (PNW) region.

We listened and learned. We read through a lot of community health assessments (CHAs) (over 240!) to learn about how communities identify and prioritize health challenges as we think about new research or implement studies

with partners. We also heard from people across the PNW in listening sessions and through meetings with clinical practices. This year, we hope to bring more resources and opportunities to our clinical partners.

We set a strong foundation for research collaboration. In our first year, we established a core team structure with experienced members to support PRaCTiCe study activities. We launched ongoing engagement activities with rural clinics and communities and had active Advisory Board input in ongoing and future potential research activities. A multidisciplinary board has been and will continue to be essential for feedback and supporting study design and implementation activities.

We implemented two national trials at partner clinic sites. At the same time as all the community research infrastructure was being built, we successfully launched recruitment and enrollment for two national research studies, matched through CARE for Health™. We have now finished recruitment and enrollment activities for both BeatPain and Co-Care . Our clinical trials work was successful last year due to some key things:

- Regulatory expertise and adaptability for site study start-up and onboarding.
- Persistent, tailored outreach and community engagement (e.g., clinic tabling, targeted calls).
- Direct support for site workflow integration, including information technology (IT) setup.
- Study investigator flexibility and adaptability to accommodate inclusion of our sites.

We took the time to identify appropriate partnerships and the right team composition (prioritizing skills, relationships, and experience vs. degrees/credentials). We also built "time buffers" for project activities.

We shared our learnings with CARE for Health™. The team worked throughout the year on reporting to share our accomplishments with the National Institutes of Health, and that data will in turn be shared with various institutes and other funders. This work enables our on-the-ground implementation in rural primary care clinics to inform federal research at a national level.

We set the stage for collaborative research design (i.e., co-design). This

year we will be actively engaging partners in the design work for new research protocols. We look forward to input and reflection from key partners and having our collaborators inform study design and refinement. We know that building a base for mutual understanding will lead to stronger research that is easier for our partners to implement and addresses community priorities.

2026 Annual All Team Meeting



The PRaCTICe team met in February at the University of Washington in Seattle, Washington to review what we learned last year and plan Year 2 activities. We had a productive meeting and a chance for some team building during cosmic bowling!

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We have more chances to sit down and talk with and learn from rural communities in the PNW this year! Two listening sessions have already happened in late February and early March in Southern Oregon and Northern Idaho. One more listening session is being held in Southwestern Idaho at the end of March. These gatherings are a chance to hear from various stakeholders in health care, such as leaders from local primary care clinics and health systems, community-based organizations, state agencies, and people who receive care in the community. We discuss community needs and areas of strength, and ways to make research more accessible and focused on areas of interest to rural partners. Are you interested in providing feedback from your region? Let us know!

Meet the Team: Regional Engagement Specialists (RES)



Nathalie Guevara is a Research Coordinator and Regional Engagement Specialist (RES) with the WWAMI region Practice and Research Network (WPRN). With previous experience in grassroots organizations and clinical research, she is excited to support the team and connect with the clinical and community partners throughout the PRaCTICE regions. As a PRaCTICE RES, Nathalie works with partner sites in the Wyoming

and Central Washington. She appreciates the opportunity to build and strengthen partnerships across the Pacific Northwest!

Ben Huynh is a Research Coordinator and RES with WPRN. He got his start in research with clinical trials that focused on behavioral pharmacology of nicotine, opioids, and cannabis. Through leading the data collection efforts in these trials, he found his passion in substance use disorders research. As his work expanded into rural health, he became increasingly aware of how substance use and behavioral health are critical priorities in many rural communities. As a PRaCTICE RES

he partners with sites in Washington and Idaho. Building relationships with these rural communities has given Ben insight on how research can address these challenges. Through his work with PRaCTICE, he hopes to strengthen our understanding of rural communities and advocate for meaningful research opportunities that support their needs.



Roni Hyde, MPH is a Practice Facilitator and RES with the Oregon Rural Practice-based Research Network (ORPRN). Based in the Columbia River Gorge region, Roni works with primary care clinics and community partners to carry out research studies and quality

improvement projects. As a RES with PRaCTICe, Roni builds relationships with clinics in the Gorge and supports implementation of clinical research, including the BeatPain study completed in Year 1. Roni values the collaborative spirit of PRaCTICe and the opportunity to elevate rural community voices to guide research priorities, facilitate access to care, and improve health outcomes.

Kylie Lanman is a Practice Facilitator and RES with ORPRN. For the past six years, she has provided practice facilitation and project support to healthcare and community partners throughout the state and beyond. Based in northeastern Oregon, Kylie connects rural healthcare and communities with research and learning opportunities. Before joining ORPRN, she focused on enhancing health and wellness access for university



students, implementing community programs, and coordinating prevention efforts for substance use in rural settings. As a PRaCTICe RES, she loves the opportunity to engage with eastern Oregon communities, to build trust and understanding priorities throughout the region.



Megan Roemmich is a Practice Facilitator and RES with ORPRN. She brings more than 15 years of experience in healthcare operations management, with a focus on supporting primary care practices through collaboration, quality improvement, and the implementation of evidence-based interventions. Her work has centered on partnering with clinics

and community organizations to advance health equity and improve care delivery, particularly in rural and underserved communities across Oregon. Megan is passionate about strengthening practice–community partnerships and supporting sustainable improvements in clinical workflows and patient outcomes. Born and raised in Southern Oregon, Megan has a deep appreciation for the resilience of rural communities and the power of collaborative problem-solving to address systemic healthcare challenges. In her role as a RES in the region, she is inspired by PRaCTICe’s commitment to supporting rural practices and advancing community-informed research that leads to meaningful, real-world impact.

Acknowledgements

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