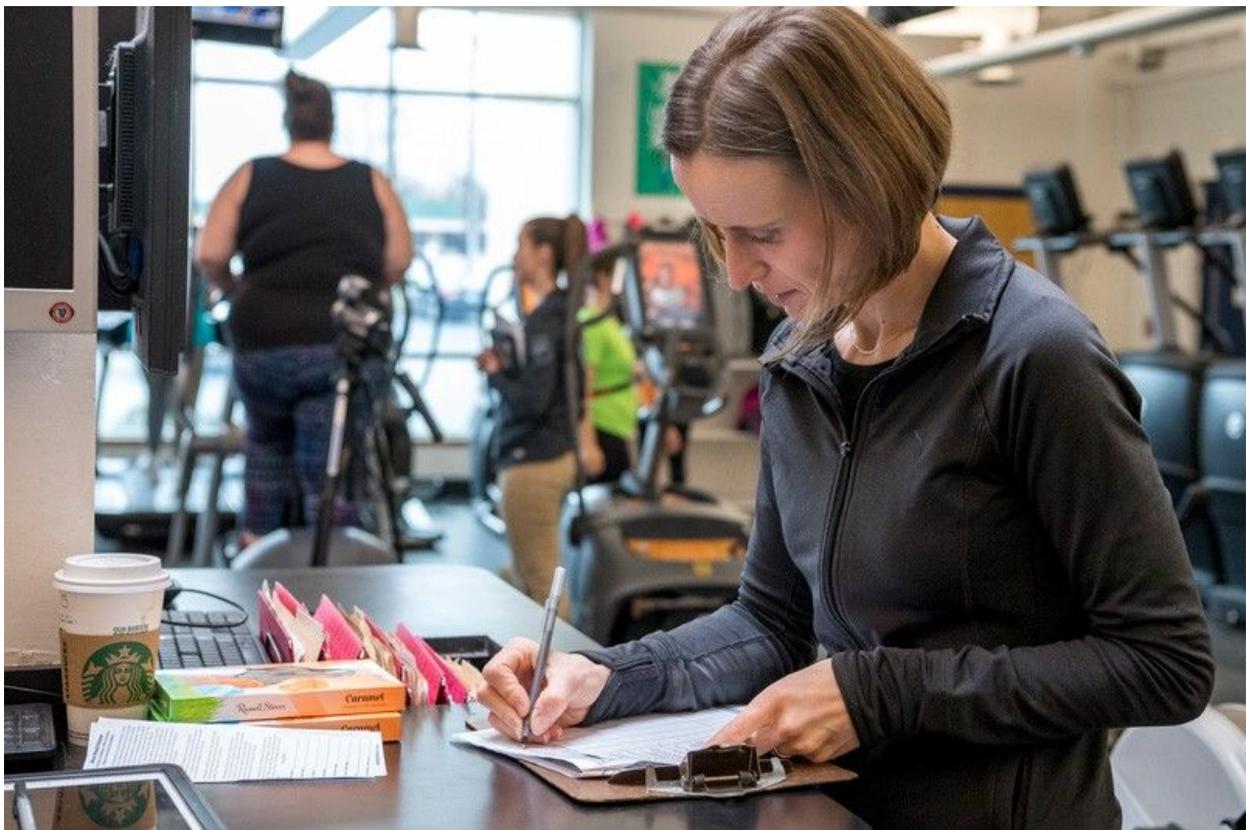




Innovation. Acceleration. Translation.
ACCEL Researcher of the Quarter



Dr. Iva Obrusnikova, PhD. from University of Delaware, was granted a pilot study to research the advantages of physical activity (PA) among adults with mild to moderate intellectual disabilities (ID). The study was funded in part by ACCEL, Delaware Clinical and Translational Research (DE-CTR). During the course of the study, Dr. Obrusnikova created a video-enhanced prompting system which focused on improving muscular strength and physical function for adults with ID. This program is called Progressive Resistance Training for EmPOWERment (PRT-POWER). Dr. Obrusnikova found that studies using only progressive resistance training (PRT) did not focus on the promotion of self-determined behaviors, which is a determinant of physical activity (PA) and a possible facilitator of improved quality of life among adults with ID. PRT-POWER was developed using the Wehmeyer's Self-Determination Theory, which helped participants learn to exercise independently and exert energy on their own.

In collaboration with the Delaware YMCA, ten adults with ID embarked on a thirteen week training plan with Dr. Obrusnikova and her students. It began with a three week familiarization phase in which the students assisted in training the participants. After the familiarization phase was complete, five participants were assigned to the PRT condition and five participants were assigned to the PRT-POWER condition (using block randomization). The PRT-POWER intervention used specially-designed familiarization and technology based instructional strategies intended to facilitate self-determination, while the PRT condition did not. Both groups did the same exercises and kept exercise logs for tracking.

The result was that participants using PRT-POWER program had significant gains in 1RM strength, both on the leg press and chest press. Additionally, they had an improved perception of themselves. Participants using the PRT only program were not as successful. Early findings suggest that the PRT-POWER program has the potential to be effective in promoting dynamic muscle strength and task performance independence, while also enhancing functional exercise capacity among adults with ID who are participating in a community-based setting.

Dr. Obrusnikova commented " ACCEL really helped to set it all off. I am really glad that they funded the initial stage of the study. It is so hard to get funding at the stage where you are exploring the potentials. ACCEL has been very helpful in this!" Due to the success of this pilot study, Dr. Obrusnikova is applying for a RO1 grant through the NIH this Fall. We wish her all the success in her future endeavors and are thrilled that ACCEL helped launch this important study!

ACCEL EMPLOYEE OF THE QUARTER



Please welcome Emily Trader to the DE-CTR team! Full disclosure: yes, I am writing about myself. Please bear with me! Emily is the new Coordinator of Marketing and Communications for ACCEL, under the supervision of Dr. Michael Peterson. She is a Certified Personal Trainer and a mother of two young children. So far, her favorite part about working with ACCEL is interviewing esteemed researchers and learning about the incredible progress being made regarding the improved health of Delawareans. She is excited to spread the word about ACCEL by writing the monthly emails and quarterly

newsletters. You can reach Emily at etrader@udel.edu with any questions regarding Marketing and Communications at ACCEL!



A huge congratulations to the following year six Investigators!

- Na Jin Seo, MUSC : (MRDA, Jumpstart Grant)
 - Aiko Thompson, MUSC: (ACCEL Scholar)
- Addie Middleton, MUSC: (Jr. ACCEL Scholar)
 - Emily Day, UD: (Pilot)
- Fabrizio Sergi, UD: (Jumpstart Grant, Pilot)
 - Megan Wenner, UD: (Pilot)
 - John Slater, UD: (Pilot, SHoRe)
 - Melinda Duncan, UD: (SHoRe)
 - Dawn Elliott, UD: (ShoRe)
- Jean Marie Ruddy, MUSC: (JIN member, MRDA)



Upcoming Topics Include:

What: Quantitative Support for Healthy Equity Prioritization

When: September 6, 2019 from 12pm-1pm

Who: Jason Jones, PhD, Health Catalyst

Where: Ammon Center, Room 4,5,6 or online at <https://bluejeans.com/361095905>

Sign up [HERE](#) !

What: Understanding Drug Effect Heterogeneity to Guide the Design of Precision Pharmacotherapy in Hospitalized Patients

When: September 9, 2019 from 12pm-1pm

Who: Todd A. Miano, PharmD, PhD, University of Pennsylvania

Where: Christiana Hospital, Room 1100 or online at <https://bluejeans.com/361095905>

Sign up [HERE](#) !



Upcoming Tech Talk:

What: Classification of Distinct Trajectories in Unbalanced Longitudinal Data: Growth Mixture Models vs. Clustering BLUPs from Linear Mixed Effects Models

Who: Jobayer Hossain

When: September 5, 2019 from 12pm-1pm

Where: Christiana Hospital, Value Institute, 8E50 A/B



The ACCEL Program is beginning a search for the PI/PD of the DE-CTR. The position has been developed and approved by the IAC. The University seeks applications from any eligible faculty members, including from members of underrepresented groups.

Applicants are encouraged to submit their curriculum vitae (NIH biosketch format preferred) and a letter of interest (cover letter) detailing how their experiences align with the position's specifications as a single PDF file to mkeane@udel.edu. Review of applications will commence July 19th and continue until the position is filled. Details and contact information can be found below:

FILE: [DE-CTR PI position description 2019\[1\].pdf](#)

Original Post: <https://www.de-ctr.org/user/login?destination=node/15128>

FUNDING OPPORTUNITIES

Clinical and Translational Research Retreats Program

An effective method of encouraging interdisciplinary collaborations and multi-institutional research projects is to promote formal and informal meetings. To promote high-impact areas of research and interdisciplinary collaboration, the ACCEL

Clinical & Translational Research Program will provide limited financial support (up to \$5,000) to researchers and clinicians for a one-day focused Research Retreat with the specific intention of stimulating new collaborations. Successful retreats will generate ACCEL pilot grant proposals, mentored research development awards applications, and/or future publications. ACCEL pilot project grant proposals that emerge from these retreats are given funding priority. Retreats should be aimed to involve researchers from more than one ACCEL institution. Areas of high importance to the ACCEL program include physical rehabilitation, cancer, cardiovascular diseases, stroke, obesity, women's health and infant mortality. Funds may be used for conference hosting as well as for travel of guest speakers or participants (e.g., between Delaware and South Carolina). Administrative support for the retreat will be provided.

Visit <https://www.de-ctr.org/dash/apps/proposal/retreat/>. You must have a DE-CTR ACCEL account and be logged-in to apply.

For additional information, please contact Dr. Tom Buchanan (buchanan@udel.edu or 302-831-2410).

Jumpstart Grants

The goal of the ACCEL program is to bring investigators together to form new collaborations that result in new research grant proposals. In order to facilitate this process, we are offering Jumpstart awards to teams of investigators who have completed an ACCEL-sponsored Retreat or Workshop, to help them develop new clinical and translational research proposals.

To be eligible, the PI must have participated in an ACCEL Research Retreat or Workshop from which the Jumpstart proposal has emerged. Applicants may request up to \$20,000 for 6 months. The funds may be used for investigator release time, collection of preliminary data, hiring consultants, or holding additional retreats to help the investigators write a research grant proposal. The proposal to be written should be an ACCEL pilot grant or an external grant. The technical scope of the research plan should be related to clinical and translational research (see [Rubio et al., 2010](#)).

For additional information, please contact Dr. Tom Buchanan (buchanan@udel.edu or 302-831-2410).



2019 Delaware IDeA Symposium

- **What:** This symposium will feature participation from NIH and Delaware State Congressional delegation
- **When:** November 7, 2019
- **Where:** the Tower at STAR, University of Delaware

For more details on the Symposium, click [HERE!](#)

To request more information, please email [HERE!](#)

ACCEL Community Research Exchange

Monday, September 23, 2019

Co-Chairs: Omar Khan MD, Lee Pachter DO Conference Manager: Azarri Badawi MPH

Location: University of Delaware, Clayton Hall Conference Center, Newark, DE

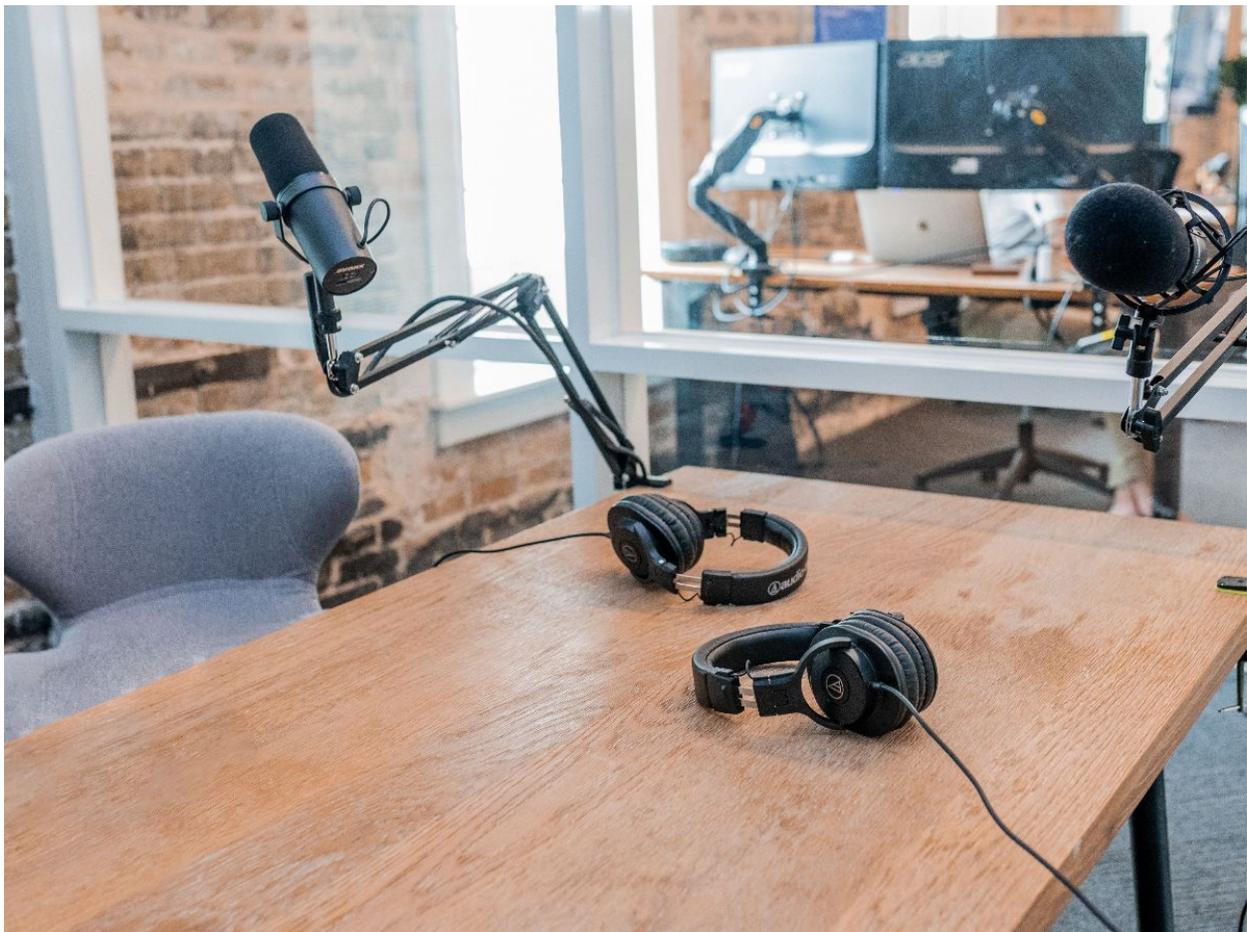
Please join us as we look to the future of community engagement in research! We expect this to be a stimulating and productive event with expert keynote speakers, engaging panel discussions, your choice of interactive workshops, and networking

opportunities. This event will help develop partnerships for research to improve key outcomes in health. Researchers, health care providers, community organizations, community members, and health care leaders are encouraged to attend.

Questions? Contact us at accelceo@de-ctr.org or 302-320-9512. Register [HERE](#)

Work supported by an Institutional Development Award (IDeA) from the National Institute of General Medical Sciences of the National Institutes of Health under grant number U54-GM104941 (PI: Binder-Macleod).

PODCAST COMING SOON!



Be on the lookout for a brand new podcast for ACCEL, coming this September! We will be sure to keep you informed via social media and eNews once the first episode is out!

***ACCEL Strategic Initiative to Partner with the State, CCHS, and Nemours
on Ongoing or Planned Programs Targeted to Improve the Health of
Delawareans***

What ACCEL is proposing to do:

*Strengthen the Research and/or Evaluation Component of Ongoing or Planned
Programs Targeting Improvements in the Health of Delawareans.*

Targeted Partners:

*State of Delaware, Christiana Care Health System, Nemours Al duPont Hospital for
Children*

ACCEL Priorities:

*Rehabilitation, Cancer, Cardiovascular Diseases, Stroke, Big Data, Obesity, Women's
Health and Infant Mortality, Community Engaged Research*

Community Needs Assessment Results Top Priorities:

*Mental and Behavioral Health; Social Determinants of Health; Substance Use/Misuse
and Opioid Epidemic; Health Disparity/Equity*



Make sure to "Like" our Facebook page!

***Learn about funding opportunities, upcoming events and to see what is
happening at ACCEL here first!***



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