




## Nancy Morioka-Douglas

Clinical Professor, Medicine - Primary Care and Population Health

 NIH Biosketch available Online

 Curriculum Vitae available Online

---

### Bio

#### ACADEMIC APPOINTMENTS

- Clinical Professor, Medicine - Primary Care and Population Health

#### ADMINISTRATIVE APPOINTMENTS

- Medical Director, Patient Centered Care, Primary Care, Stanford, (2013-2016)
- Associate Director, Stanford Geriatric Education Center, (2007-2015)
- Co-Director, Stanford Geriatric Education Center, (2002-2006)
- Clinic Chief, Stanford Family Medicine, (1998-2013)

#### HONORS AND AWARDS

- Stanford HealthCare Physician of the Year, 2022, Stanford HealthCare (2022)
- Dr. Augustus A. White and Family Faculty Professionalism Award., Stanford University School of Medicine (2018)
- Invited Participant, The Lown Institute Conference, "From Avoidable Care to Right Care" (2013)
- Invited Participant, Stanford Physician/Faculty Advanced Leadership Development Program (2012)
- Leadership Fellow, California HealthCare Foundation Leadership Fellowship (2008-2010)
- Invited Participant, Stanford Physician Leadership Development Program (2006-2007)
- "Standard Setting Committee for Examination, 2005. American Board of Family Medicine.", American Board of Family Medicine (2005)
- Named as one of the "Best Doctors", Best Doctors (2003 to present)
- Song Brown Fellowship in Family Medicine, Stanford Affiliated Family Practice Residency at San Jose Hospital (1984-1985)

#### BOARDS, ADVISORY COMMITTEES, PROFESSIONAL ORGANIZATIONS

- Ad Hoc Study Section Member, Health Care Research Training, AHRQ (2014 - 2016)
- Ad Hoc Study Section Member, Accelerating the Dissemination and Implementation of PCOR Findings into Primary Care Practice, AHRQ (2014 - 2014)
- Invited Mentor, Stanford School of Medicine Faculty Fellows Leadership Program (2013 - 2014)
- Study Section Member, Health Care Quality and Effectiveness Research, AHRQ (2010 - 2014)
- Member, National Working Group, "Promoting Good Stewardship in Clinical Practice" National Physicians' Alliance (2009 - 2010)
- Ad Hoc Study Section Member, Special Emphasis Panel RFA 10-002 for "Transforming Primary Care Practice", AHRQ (2010 - 2010)
- Vice-chair, Appointment and Promotion Committee for Clinician Educators, Stanford University School of Medicine. (2007 - 2014)
- Fellow, American Academy of Family Physicians (1985 - present)

## PROFESSIONAL EDUCATION

- M.P.H., University of Hawaii/UC Berkeley , Health Planning and Policy (1985)
- M.D., University of Hawaii (1981)
- B.S., Stanford University , Biology (1976)

## LINKS

- Stanford Youth Diabetes Coaches URL: <http://med.stanford.edu/stanfordyouthcoaching.html>

## Research & Scholarship

---

### CURRENT RESEARCH AND SCHOLARLY INTERESTS

My research is directed towards decreasing the gap between health care demand and supply. On the demand side, I work to empower communities to be healthy. On the supply side, I try to increase access to behavioral health resources for depressed older adults and to prevent burnout among health care providers.

#### Stanford Youth Diabetes Coaches Program (SYDCP)

Over the past 13 years since I started SYDCP, it has gained nationwide prominence as an evidence-based training program that improves the teen participants' health knowledge, behaviors and self-assets. In 2021, it was selected to be included in the national "toolkit" programs by SNAP-Ed, the education program associated with what was formerly known as the "food stamp" program. Active in settings across the country, SYDCP provides the curriculum and help with implementation to its many community partners including Area Health Education Centers, Family Medicine residency programs, and public high schools in under served areas of the country.

In 2023, our focus is on implementation and dissemination research. We have new community partners in the Central Valley of California, under resourced communities on Oahu, Hawaii, and the Mississippi Delta. None rely on us for any operational costs. Rather, we provide program evaluation to demonstrate the "return on investment" for communities that partner with us. Understanding this helps programs to be sustainable.

#### PEP (Positive Experience Program) for Depressed Older Adults

At the beginning of the pandemic, colleagues and I developed a program in which primary care providers (PCPs) could help depressed older adults with brief behavioral activation therapy. This evidence based behavioral approach to treating depression in the elderly has been shown to be better than medication. The reason that it is not generally available is that historically it has required weekly 90-minute sessions for at least 10 weeks with a therapist. In PEP, we have created "scripts" that PCPs can read during a series of three weekly 30-minute standard patient care visits. The pilot studies showed that the elderly patients benefited from this and that most were no longer depressed after the three sessions of treatment. An unexpected outcome was that participating providers enjoyed these visits with their patients and found them easy to complete. This has tremendous potential to help the increasing numbers of depressed older adults who currently have no access to behavioral mental health care.

#### ASCEND (Acts of Self Compassion ExperieNced Daily)

There is a mental health crisis among health care professionals (HCPs). Self-compassion training has been taught to HCPs and found to be effective at improving quality of life, burnout components of emotional exhaustion and personal accomplishment and at reducing clinical stress. Despite its benefits, HCPs may not attend self-compassion training that is offered and even after being trained, may not practice self-compassion. We aim to learn more about how to increase the number of HCPs who practice self-compassion on a regular basis.

## Publications

---

### PUBLICATIONS

- **Remote Implementation of a School-Based Health Promotion and Health Coaching Program in Low-Income Urban and Rural Sites: Program Impact during the COVID-19 Pandemic.** *International journal of environmental research and public health*

Gefter, L., Morioka-Douglas, N., Srivastava, A., Jiang, C. A., Patil, S. J., Rodriguez, E.  
2023; 20 (2)

- **PILOT STUDY OF A NEW TELEHEALTH PROGRAM FOR DEPRESSED OLDER ADULTS: THE POSITIVE EXPERIENCE PROJECT (PEP)**  
Gallagher-Thompson, D., Morioka-Douglas, N., Fogg, B. J., Keck, M.  
OXFORD UNIV PRESS.2021: 631
- **Remote Implementation of a Health Promotion Program in an Underserved High School during COVID-19: Lessons Learned** *J Pediatr & Child Health Care*  
Gefter, L., Morioka-Douglas, N., Srivastava, A., Jiang, C., Rodriguez, E.  
2021; 6 (2)
- **Increasing patient activation scores of vulnerable youth by partnering medical residency programs with public high schools.** *Patient education and counseling*  
Gefter, L. R., Morioka-Douglas, N. n., Srivastava, A. n., Rodriguez, E. n.  
2020
- **Addressing Health Disparities and Increasing Cultural Competency of Medical Trainees with Community Engagement** *J Community Med Health Educ*  
Gefter, L. R., Morioka-Douglas, N., Srivastava, A., Rodriguez, E. R.  
2019; 9 (1): 647
- **Association of Electronic Health Record Design and Use Factors With Clinician Stress and Burnout.** *JAMA network open*  
Kroth, P. J., Morioka-Douglas, N. n., Veres, S. n., Babbott, S. n., Poplau, S. n., Qeadan, F. n., Parshall, C. n., Corrigan, K. n., Linzer, M. n.  
2019; 2 (8): e199609
- **The electronic elephant in the room: Physicians and the electronic health record** *JAMIA Open*  
Kroth, P. J., Morioka-Douglas, N., Veres, S., Pollock, K., Babbott, S., Poplau, S., Corrigan, K., Linzer, M.  
2018; 1 (1): 49-56
- **Supporting At-Risk Youth and Their Families to Manage and Prevent Diabetes: Developing a National Partnership of Medical Residency Programs and High Schools** *PLOS ONE*  
Gefter, L., Morioka-Douglas, N., Srivastava, A., Rodriguez, E.  
2016; 11 (7)
- **Service-Based Learning for Residents: A Success for Communities and Medical Education.** *Family medicine*  
Gefter, L., Merrell, S. B., Rosas, L. G., Morioka-Douglas, N., Rodriguez, E.  
2015; 47 (10): 803-806
- **Training at-risk youth to become diabetes self-management coaches for family members: partnering family medicine residents with underserved schools.** *Diabetes educator*  
Gefter, L., Rosas, L. G., Rodriguez, E., Morioka-Douglas, N.  
2014; 40 (6): 786-796
- **No Papanicolaou tests in women younger than 21 years or after hysterectomy for benign disease.** *JAMA internal medicine*  
Morioka-Douglas, N., Hillard, P. J.  
2013; 173 (10): 855-856
- **The "Top 5" Lists in Primary Care Meeting the Responsibility of Professionalism** *ARCHIVES OF INTERNAL MEDICINE*  
Aguilar, I., Berger, Z. D., Casher, D., Choi, R. Y., Green, J. B., Harding, E. G., Jaeger, J. R., Lavin, A., Martin, R., Montgomery, L. G., Morioka-Douglas, N., Murphy, J. A., Oshman, et al  
2011; 171 (15): 1385-1390

## PRESENTATIONS

- Factors associated with clinician stress and burnout: Results from the ms-squared study (minimizing stress, maximizing success from health information and communications technologies) - American Medical Informatics Association iHealth 2016 Clinical Informatics Conference (May 5, 2016)