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Primary Research Interest:	Internal Medicine
Description of Research:	My research focus is to improve the management of lower urinary tract symptoms in older adults and specifically in adults with Parkinson disease. With my research team, I have demonstrated the feasibility and efficacy of pelvic floor muscle exercise-based behavioral therapy to treat urinary incontinence in older adults with Parkinson disease. Through the support of a VA career development award I conducted a randomized controlled trial of exercise-based behavioral therapy for the treatment of urinary incontinence in the setting of Parkinson disease and am now conducting a multi-site comparative . I also seek to understand cognitive factors that may influence the ability of adults with Parkinson disease to learn and implement exercise-based strategies to ameliorate symptoms of the disease. Additionally, I am co-leading a multi-site implementation trial of two strategies to implement the EQUIPPED medication safety program that aims to improve safe prescribing toward older Veterans discharged from the Emergency Department.
Relevance to VA:	My research seeks to optimize care for older adults living with multiple chronic conditions, particularly those with Parkinson disease, urinary symptoms and polypharmacy. These issues are particularly relevant for older Veterans as we aim to provide age-friendly health care that increases the opportunity for older Veterans to avoid institutionalized care.