



## Meet our Academic Research Coach (ARC) Helene Starks, PhD MPH

Trained in Communications, Health Policy & Administration, and Health Services Research  
Associate Professor, Dept of Bioethics & Humanities  
Adjunct Associate Professor, Depts of Health Services, Family Medicine & Pediatrics

Helene is a methodologist with expertise in all types of research designs, program evaluation and quality improvement projects. She is available as a free resource for DGIM faculty who want help turning good clinical and educational ideas & observations into publication-worthy projects. She can help with:

- Observational & experimental designs
- Educational assessment and outcomes
- Qualitative data collection & analysis (e.g., interviews & focus groups)
- Survey development & pilot testing
- IRB applications/grant proposals
- “Critical friend” reviews of proposals, manuscripts, abstracts, posters, presentations
- Developing a testable hypothesis
- Selecting outcome measures
- Identifying potential confounders
- Determining sample size and inclusion/exclusion criteria
- Creating an analytic plan
- Guiding statistical consultations, data cleaning and programming
- Interpreting results

## FAQs from DGIM faculty

### Q: When should I reach out?

A: Anytime! No question is too big or too small. Earlier in the process is better as there are more opportunities to help.

### Q: How do I reach out?

A: Send an email to: [dgimarc@uw.edu](mailto:dgimarc@uw.edu). Helene will follow up and send an intake form so she can learn more about your project and how best to help.

### Q: Where can we meet?

A: Helene will come to you at UWMC, HMC, VA, Roosevelt or other location. Meetings can be in person, by phone or on Zoom.

