

2025 ANNUAL REPORT

Allina Health Research & Innovation Institute

ADVANCING PATIENT CARE THROUGH SCIENTIFIC INNOVATION



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Front cover image: Leeore Levinstein, MD, Chief Resident, Abbott Northwestern Internal Medicine (left) and Summer Martins, PhD, MPH, Senior Research Scientist, Care Delivery Research.

Welcome to the 2025 Allina Health Research & Innovation Institute Annual Report!

Allina Health remains dedicated to pioneering research that transforms patient care, strengthens community health, and advances global health outcomes. Throughout 2025, our researchers and operational teams have continued to push the boundaries of medical science, working diligently to improve patient outcomes, refine healthcare models, and implement leading-edge innovations.

Medical research is integral to our mission of delivering complex care. With a workforce of 27,865 direct and indirect Care Team Members, nearly 6,700 physicians, 3,445 volunteers, 12 hospitals, over 60 clinics and 20 same day/urgent care centers, and with advanced laboratories, a renowned emergency medical system, and a unified electronic health record system, Allina Health stands as a regional research leader. Our infrastructure enables us to shape the future of medicine through evidence-based practice.

Allina Health Research and Innovation Institute is seamlessly integrated into our clinical operations, encompassing a wide array of specialties. Our research is distinguished by its extensive scope, high volume of clinical trials, population-based studies, robust data analytics, and diagnostic research. The core administrative group supports all research activities, providing the backbone for operations that are organized into cancer, cardiovascular, neuroscience & mental health, rehabilitation and orthopedics, care delivery, and outcomes/population health.

Innovative research partnerships at both local and national levels have allowed us to build on the outstanding achievements of our teams and gain access to promising

therapeutics otherwise unavailable. For our providers and scientists, these collaborations create opportunities to shape the future of healthcare for generations to come.

In the spirit of these collaborative achievements, we held our third Research Day, which reflected the very best of Allina Health—our shared commitment to discovery, collaboration, and innovation in service of better health. By bringing together care team members to showcase impactful research, this annual event reinforces how today's ideas and partnerships are building the foundation for tomorrow's care.

Allina Health Research and Innovation Institute has participated in several landmark studies and clinical trials, producing findings that have changed medical practice. We have overseen phase 1 through phase 3 and 4 clinical trials and maintained key collaborations with the University of Minnesota, HealthPartners, and various multi-state consortia.



Our agile, comprehensive research infrastructure—including a highly effective internal institutional review board—enables us to launch new studies rapidly. Reaccreditation by the Association for the Accreditation of Human Research

Protection Programs, our mature research framework, continues to evolve to meet new challenges.

Our research initiatives are fueled in part by philanthropic contributions, grants, government funding, and industry partnerships. In 2025, we achieved unprecedented levels of research funding, building on the momentum from previous years. Our support has further expanded to include United and Mercy hospital sites.

On behalf of our dedicated Research team, I invite you to explore this annual report showcasing our 2025 achievements. To learn more about Allina Health Research and Innovation Institute, please visit us online at allinahealth.org/research.

Badrinath Konety, MD, MBA
Chief Academic Officer, Allina Health
President, Allina Health Cancer Institute



Building on our successes and robust momentum, this year Allina Health Research will become the Allina Health Research and Innovation Institute.

This evolution broadens our scope, extends our reach, and underscores our commitment to innovation—expanding into AI, device development, and process improvement.

We anticipate continued growth in our research portfolio, further strengthening our distinctive clinical programs and supporting our organizational strategy in 2026 and beyond.



Our Compass in Action

Mission

EXCEPTIONAL CARE, INFORMED BY RESEARCH

We serve our communities by providing exceptional care. Allina Health Research and Innovation Institute (AHRII) strengthens care by generating evidence that helps prevent illness, restore health, and improve comfort for patients and families. Research is integrated into care delivery, ensuring discoveries translate into real world impact.

Vision

LEADING THROUGH EVIDENCE AND INNOVATION

AHRII helps shape the future of health care by advancing evidence based practice. Embedded within clinical care, AHRII expands access to innovative therapies and builds the research capabilities needed to serve patients today and for generations to come.

Promise

ALL TOGETHER BETTER

Research at Allina Health is a team effort. AHRII brings together researchers, clinicians, care teams, and partners to learn, discover, and improve care—together. Collaboration is central to how we work and how we create meaningful impact.

Strategy

TURNING PURPOSE INTO ACTION

AHRII advances Allina Health's strategy through focused, accountable research aligned with system priorities. Investments support innovation, health equity, population health, quality, safety, and value—helping ensure sustainable, high quality care.

Our Commitment

RESEARCH THAT ADVANCES OUR COMPASS

Across all research areas, AHRII is committed to integrating discovery into care, collaborating across disciplines, and focusing on outcomes that matter. Our work helps Allina Health deliver exceptional care today while shaping the future of health care.

Research Structural Alignment

Allina Health recognizes that research is fundamental to our mission of serving our communities by providing exceptional care as we prevent illness, restore health and provide comfort to all who entrust us with their care. Our institutional commitment delivers the infrastructure necessary to foster system-wide research, seamlessly integrated with our clinical service lines, specialized institutes, and extramural partners. Our research portfolio is expansive and diverse, encompassing investigator-initiated studies—both grant-funded and unfunded—as well as projects sponsored by government agencies, academic institutions, industry collaborators and Allina Health Foundation.

The following illustrates the organizational structure of our research programs and strategic partnerships.



Tracie's Journey of Healing and Giving Back

Tracie Peterson has called Minnesota home for more than two decades, living in the southwest Twin Cities suburb of Chaska. A mom of three, she loves theater and spending time outdoors.

In the summer of 2019, while traveling with her daughter to a college orientation, their lives changed forever. An impaired driver struck their vehicle, sending both to the hospital. Tracie's daughter was hospitalized for five days; Tracie remained much longer. She sustained 18 broken bones and a traumatic brain injury (TBI), spending 10 days in the Intensive Care Unit. "I was just broken," Tracie recalled.

In the early stages of recovery, her physical injuries were the most prominent. Yet over time, the cognitive effects of her brain injury became just as significant. After a three-month stay in a skilled nursing facility focused on physical rehabilitation, Tracie's access to cognitive therapy was limited by insurance. Drawing on her background as a cognitive skills trainer, she implemented her own memory strategies to adapt to daily life.

Despite the lasting challenges, "The benefits that have come out of the accident have far outweighed the negatives," Tracie reflects with gratitude. "I feel very fortunate."



Tracie Peterson
in Itasca, MN

That perspective has inspired her deep commitment to research participation. "If I can make sure someone else's time is much easier than mine, why wouldn't I?" she says. "What a gift." To date, Tracie has participated in three research studies through the Courage Kenny Rehabilitation Institute at Allina Health. "I've been so impressed," she says. "The people I've worked with have been wonderful and incredibly supportive."

One study, Towards Personalized Cognitive Rehabilitation: Validating a Brief Clinical Assessment of Multiple Memory Systems (Principal Investigator: Natalie Covington, PhD, CCC-SLP), is evaluating a new memory assessment designed to tailor rehabilitation to each person's unique cognitive profile. "It's so essential to personalize treatment," Tracie explains. "Each and every person is different."

Another study, Objective Measurement of Cognitive Effort (Principal Investigator: Natalie Covington, PhD, CCC-SLP), explores cognitive effort using pupillometry (a non-invasive technique that measures pupil size and reactivity to light). Tracie found it fascinating. "I love asking questions," she laughed. "The science behind it all is just so interesting."

The third study, Reading After Traumatic Brain Injury: Preliminary Development of a Guiding Model for Assessment and Treatment (Principal Investigator: Katy O'Brien, PhD, CCC-SLP), focuses on reading—an ability Tracie deeply misses. "Before the accident, I loved to read," she says. "I haven't finished a book since." Participating in this research offered something unexpected. "It reminds you that you're not alone," Tracie reflects. "Other people are navigating these struggles too."

Tracie is deeply thankful to the funders who make this research possible. "There's still so much we don't know about the brain," she says. "Why wouldn't we keep learning?" For her, research represents progress and hope. "It's shown me how far I've come," she adds. "And it reminds me that I can continue to grow."

2025

BY THE
NUMBERS

These figures include those from our partners and affiliates, where applicable



538
active studies



3,224
active enrollment



428
publications



350
academic
presentations
& abstracts



134
media & other
presentations



62
active grants



\$7.2M*
grant funding
revenue



\$5.7M
new grant
funding awards

* Does not include \$21M invested in cardiovascular research and education.

Research Advisory Council

The Allina Health Research Advisory Council (RAC) is a dynamic, cross-functional group of research administrators, senior leaders, professionals, and provider-researchers. As a strategic advisor to the Chief Academic Officer, the RAC guides medical research to ensure it aligns with Allina Health’s vision, mission, and goals. Council members include research directors, physician leaders of research programs, and representatives of Allina Health executive leadership. The council ensures accountability and establishes a robust reporting structure that enables informed, collaborative decision-making.

Research Innovation Awards Grant Program

In partnership with the Allina Health Foundation, the RAC oversees the Research Innovations Awards (RIA) program, ensuring responsible stewardship of philanthropic research funds. The RIA program advances Allina Health’s priorities by awarding competitive, hypothesis-driven research grants in two cycles annually. Since its launch in fall 2023, the program has awarded nearly \$600,000 to 23 research projects.

To date, 26 investigators and their teams have submitted proposals for support research in cancer, cardiology, critical care, emergency medical services, endocrinology, mother-baby care, nursing, orthopedics, pharmacy, population health, rehabilitation, and spiritual care.

The RAC recruits qualified reviewers to assess the quality of research proposals, while the RIA Committee—comprised of rotating members—makes the final grant decisions. **Special thanks** goes to the RIA Committee members, whose expertise has been instrumental in the program’s success: Badrinath Konety, Chair and Chief Academic Officer; Gayle Kusch, Director of Research Integrity and Interim Director of Research Administration; Roman Melamed, Care Delivery Research physician; and Victor Melendez, former Director of Research Administration.

Congratulations to the grantees of a Research Innovations Award in 2025!

Senior Health Co-Care – Evaluation of an Interdisciplinary Home-Based Primary Care Program for High-Risk Seniors

Investigators Emily Downing, MD and Abbey Sidebottom, PhD

Beyond Self-Care: Evaluating an Organizational Intervention Using Spiritual Care to Reduce Nurse Burnout and Turnover

Investigators Stephanie Edmonds, PhD, Aaron Unseth, and Tim Usset

Understanding the Facilitators and Barriers for Multimodal Pain Management Among Cancer Patients

Investigator Vasudha Goel, MD

Breaking Bread in Two Worlds: Social and Emotional Outcomes of In-Person Versus Virtual Commensality Groups

Investigators Mary Beth Lardizabal, DO and Heidi Woodland-Leine, PhD

Glucagon Like Peptide 1 Agonist (GLP-1a) Effects on Ultrasound Measured Gastric Emptying: Implications for preoperative protocols

Investigators Christopher Martin, MD; David Tierney, MD; Jon Faust, MD and Terry Rosborough, MD

Rehabilitation Open Provider Encounter Notes: Assessment of Comprehension and Communication through Electronic Health Records Systems (ReOPEN ACCESS)

Investigator Katy H. O’Brien, PhD, CCC-SLP

NearWave Optical Molecular Imaging for Neoadjuvant Therapy Evaluation (NOMINaTE Trial)

Investigator Yuliya Olimpiadi, MD

Influence of prefrontal cortex activity on balance performance in chronic stroke survivors

Investigator Shraddha Srivastava, PhD

Thank you to the subject matter experts who have volunteered their time and expertise to evaluate RIA grant submissions:



Joe Amberg, MD

Ganesh Asaithambi, MD

Laura Colicchia, MD

Natalie Covington, PhD, CCC-SLP

Stephanie Edmonds, PhD, MPH, RN

Niki Gjere, PhD, MA, MS, PMHCNS-BC

Jafar Golzarian, MD

Joleen Hubbard, MD

Venkat Iyer, MD

Mallory Kashio, MPH, CPH

Mary Beth Lardizabal, DO

Brian LeLoup, DPT

Ryan Loftin, MD

Michael Madison, MD

L. Pearce McCarty, III, MD

Roman Melamed, MD

Leslie Morse, MD

Katy O’Brien, PhD, CCC-SLP

Daniel O’Laughlin, MD

Love Patel, MD

Kelly Ruziska, BCPS, PharmD

Michael Samara, MD

Ram Sankaraneni, MD

Nihar Shah, MD

Scott Sharkey, MD

Asma Siddiqi, MD

Abbey Sidebottom, MPH, PhD

David Tierney, MD

Maggie Weightman, PT, PhD

Bjorn Westgard, MD

Research Support Services



Research Administration and Operations Support Services help researchers navigate the complex processes related to research implementation. Allina Health's Research Support Services include the Office of Sponsored Programs, Research Billing, Research Contracts, Research Finance, Research Grants, Research Integrity, and Clinical Research Informatics & Analytics.

The Research Billing team manages the billing compliance, research pricing review process, and Epic Research Functionality for clinical services associated with research studies. Ensuring billing compliance has important legal and regulatory implications and ensures our research patients do not receive inaccurate billing.

The Research Grants team provides expert administrative support to all researchers, pre-award to close-out. The team provides services such as identifying potential grant sources, proposal preparation, management of budgets and timelines, and reporting on the outcomes of the funded research to government agencies.

The Research Contracts team provides support in reviewing, editing, negotiating, and finalizing all research-related contracts and agreements while ensuring agreement compliance with government regulations and Allina Health contracting guidance.

The Research Integrity team supports the Human Research Protection Program, Institutional Review Board, and Research Compliance and Conflict of Interest Programs. In partnership with the research community, these teams work to safeguard and uphold the rights and welfare of individuals participating in human research and those of Allina Health's employees, facilities, patients, and data.

The Research Finance team provides expert financial oversight for research projects, from pre-award to close-out. The team provides a range of services, including budget development and negotiations, financial analysis, invoice and payment reconciliation, expenditure and revenue management, all while ensuring billing and grant rules and regulations are adhered to.

The Clinical Research Informatics & Analytics team applies the science of information management to enable the effective and efficient execution of clinical research, including clinical trials, observational studies and outcomes research.

Research Support Services



BY THE NUMBERS

Research Contracts & Agreements

- 299 agreements reviewed
- 72 clinical trial agreements
- 14% increase in total agreements received since 2024
- 41% increase in total agreements since 2023

Research Billing

- 146 new study reviews
- 162 studies with billing activity
- 3,563 patient encounters linked to research in Excellian
- 653 total unique patients
- \$1.4M revenue to Allina Health facilities for clinical research services

Research Grants & Finance

- 0 findings on the Federal Single Audit for the seventh consecutive year
- \$7.2M total revenue in FY2025, covering 76% of total expenses (best year on record)
- 15 new industry awards opened in FY2025
- 12 new grants awarded from the Allina Health Foundation as well as Federal or State government
- 12 system-wide non-research Federal and State grants supported

Institutional Review Boards

- 705 Allina Health IRB submissions reviewed
- 887 designated external IRB submissions processed

Research Compliance

- 34 studies reviewed/ site visits
- 29 IRB internal reviews
- 41 site consults

Research Conflict of Interest

- 638 conflict of Interest disclosures submitted
- 119 individuals with positive disclosures identified
- 83 conflict of interest management plans executed

Median turnaround days from complete submission to review

- 2 expedited
- 8 to convene board

Median turnaround days from complete submission to approval

- 16.5 expedited
- 44 to convene board
- 11 from submission to exemption determination



KEY PERFORMANCE INDICATORS

57

active studies

1,329

active enrollments

27

publications

8

media and other presentations

1

active grants

\$5.1M

new awards

\$3.1M

actual revenue

Cancer Research

Allina Health Cancer Institute (AHCI) conducts high-quality, cutting-edge clinical trials and studies. Clinical research is a core part of the AHCI mission to enhance the health and well-being of those we serve. We provide patients access to innovative and promising treatments at local hospitals and clinics. Our partnerships help build on the exceptional accomplishments of our research team. AHCI investigators advance care through novel therapies, public forums, interviews, scientific conference presentations, and contributions to professional journals.

Key Accomplishments

- In 2025, the AHCI Research Team supported over 50 clinical trials, securing more than \$3 million in funding and expanding research at St. Francis Cancer Center.
- Building on the Allina Health vision, AHCI continues to provide innovative treatments for complex health conditions through clinical research. Therapeutic enrollments increased by over 200%, and our clinical trial portfolio grew by more than 12%.
- We are advancing Bispecific antibodies and Tumor-Infiltrating Lymphocyte (TIL) therapy, both of which mobilize the immune system to target cancer. Bispecific antibodies connect T cells directly to cancer cells, while TIL therapy involves extracting, multiplying, and infusing a patient's own tumor-fighting cells. Our research expansion brings advanced care directly to patients in their communities.

Dr. Charlene Fares, together with the research and clinical teams, enabled patients with resectable stage II-III NSCLC to access innovative immunotherapy and antibody-drug conjugate combinations through clinical trial. This work not only supports improved long-term outcomes for those at high risk of recurrence but also renews hope and strengthens the impact of our clinical research efforts within the local community.



Dr. Charlene Fares,
Principal Investigator

Neuroscience Research

Clinical research plays a crucial role in Allina Health Brain and Spine Institute's (AHBSI) mission to bring expert, comprehensive and specialized care to the communities and patients we serve. From neuro-oncology and pain management to neuroradiology and stroke neurology, our research team is at the bedside with our provider-investigators to create a connected, seamless care experience. Our clinical trials offer patients access to promising new treatments within our hospitals and clinics. Our observational studies focus on patient outcomes within the healthcare setting. This clinically focused approach allows providers to apply research discoveries more quickly toward improvements in neurologic care.

Key Accomplishments

- The AHBSI Research team continued to grow along with the Allina Health Brain & Spine Institute, onboarding 12 new provider-investigators. We added Pain Management research as a new subspecialty area. Our research team opened five new therapeutic trials, supported five patients in receiving Expanded Access Drugs and Devices, and received three Allina Health Foundation awards for investigator-initiated studies. AHBSI research established new partnerships with investigators in Courage Kenny, Penny George, and AHCI Radiation Oncology for trials requiring a multi-disciplinary approach.
- AHBSI's neurointerventional radiology researchers opened a clinical trial that offers patients with large and/or difficult-to-treat brain aneurysms access to groundbreaking investigational device treatment.
- NeuroOncology researchers enrolled patients in clinical studies of two new drugs for the treatment of glioblastoma, the most common and aggressive malignant brain tumor.
- AHBSI's stroke researchers collaborated with inpatient pharmacy and Abbott Northwestern Hospital's stroke program to open a clinical trial aimed at improving blood flow and preserving brain tissue for patients within 24 hours of acute ischemic stroke.



Members of the AHBSI research team who volunteered at a Free Farmer's Market food distribution event.



KEY PERFORMANCE INDICATORS

29

active studies

87

active enrollments

13

publications

18

presentations and abstracts

17

media and other presentations

9

active grants

\$73,225

new awards

\$571,522

actual revenue



KEY PERFORMANCE INDICATORS

2

active studies

10

active enrollments

5

media and other presentations

4

presentations and abstracts

2

active grants

\$25,000

new awards

\$572,797

actual revenue

Mental Health and Addiction Research

The Mental Health and Addiction Services (MHAS) research team works closely with care providers to bring innovative treatment tools and advanced models of care to our providers and patients. Their objective supports Allina Health’s goal of providing whole person care for our patients, families, staff, and the communities we serve. MHAS Research aims to address critical health needs in our society: Half of all Americans will experience a mental health condition during their lifetime, and about 20 million Americans experience an addiction every year.

In collaboration with the Allina Health Center for Provider Wellbeing, MHAS research completed a groundbreaking randomized controlled trial comparing different models of peer support on healthcare provider wellbeing, funded by an award from the Minnesota Department of Health. In continuing this line of research, the Center was awarded a Research Innovation Award for a pilot study comparing virtual vs. in-person peer support to address provider wellbeing and burnout.



Dr. Mary Beth Lardizabal and the Center for Provider Well-Being Team received the Workforce Retention and Resiliency Award from the Minnesota Hospital Association’s 2025 Spring Innovation Forum.

Heidi Woodland-Leine, PsyD, Principal Investigator

Rehabilitation Research

Courage Kenny Research Center (CKRC) advances innovative research and advocacy for children and adults with injuries and disabilities, aiming to improve rehabilitation outcomes and support full participation in society for people living with conditions like brain injury, spinal cord injury, cancer, and stroke.

Key Accomplishments

- In cancer rehabilitation, a multi-phase study led by Laura Gilchrist, PT, PhD, Margaret Weightman, PT, PhD, and Carolyn Holm, PT, established the reliability, validity, and clinical feasibility of the Courage Kenny–Fibrosis Grading Scale. Developed by Laura Franco, PT, and Monica Heinen, PT, this tool standardizes the documentation of fibrosis severity and change over time in response to rehabilitation.
- Katy O’Brien, PhD, CCC-SLP, leads multiple studies on cognition and communication after brain injuries. A State of Minnesota–funded project continues to examine reading behavior after brain injury, showing a shift from leisure to functional reading, with reduced efficiency and increased effort. Other work focuses on addressing barriers to implementation of clinical practice guidelines and improving patient–provider communication.
- Since 2021, patients have had access to clinical notes in electronic health records (“open notes”). Dr. O’Brien and Natalie Covington, PhD CCC-SLP surveyed nearly 300 patients with brain injury and over 700 providers about open notes and artificial intelligence (AI). Patients felt more engaged in their care because of open notes, and both groups saw potential for AI, while noting privacy and accuracy concerns. Findings are informing efforts to redesign the open notes experience and evaluate how AI can enhance accessibility of healthcare communication.

Shraddha Srivastava, PhD, is investigating the relationship between cortical network connectivity and selective muscle activation following stroke. Using transcranial magnetic stimulation (TMS), this work examines abnormal muscle co-excitation during walking and its association with ipsi- and contra-lesional cortical connectivity. Dr. Srivastava also serves as site principal investigator for the Minnesota Spinal Cord Injury Model System (MNSCIMS), a National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR)-funded program led by the University of Minnesota in partnership with HealthPartners and Mayo Clinic.



Shraddha Srivastava, PhD, Principal Investigator.*



KEY PERFORMANCE INDICATORS

19

active studies

860

active enrollments

21

publications

25

presentations and abstracts

18

media and other presentations

13

active grants

\$219,284

new awards

\$557,607

actual revenue

*Image taken at the Non-invasive Neuromodulation Laboratories (NNL) at UMN, supported by Minnesota Discovery, Research and Innovation Economy (MnDRIVE) initiative, for an NIH funded project (Grant# 5P2CHD086844-10).



KEY PERFORMANCE INDICATORS

57

active studies

210

active enrollments

15

media and other presentations

14

presentations and abstracts

18

media and other presentations

32

active grants

\$141,995

new awards

\$534,772

actual revenue

Care Delivery Research

Care Delivery Research (CDR) advances practice-based research through partnerships with clinical teams across Allina Health. We create, design, evaluate, implement, and disseminate research focused on improving care delivery. Areas supported under the CDR banner include Mother Baby, Critical Care, Hospitalist, Medical Education, Emergency Medicine, Emergency Medical Services, Nursing, and Population Health Research. We also lead Allina Health's participation in the Greater Plains Collaborative Network and the MN Electronic Health Records Consortium.

Key Accomplishments

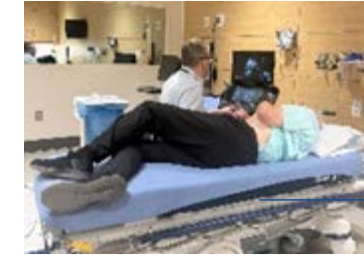
MOTHER BABY

- In 2025 we evaluated a clinical pilot investigating whether A1C could be used for diabetes screening in early pregnancy as an alternative to the Glucose Tolerance Test. A1C testing is typically more appealing to patients because it is quick and does not require drinking a beverage that may worsen first-trimester nausea. Findings supported transitioning to A1C screening across the system.
- The Mother Baby Research team continued to lead recruitment for the Minnesota cohort of the national Environmental Influences on Child Health Outcomes (ECHO) research program, led by the National Institutes of Health, enrolling 165 Allina Health patients in 2025. Additional study topics included acupuncture/acupressure for patients with preeclampsia, congenital CMV screening, and RSV vaccination during pregnancy.
- This year the team was recognized as the second-highest enrolling site nationally for the Heart Outcomes in Pregnancy Expectations (H.O.P.E.) for Mom and Baby Study serving cardio-obstetric patients.
- We evaluated outcomes of an outpatient cervical ripening pilot program and found that the outpatient procedure reduced hospital length of stay without increasing complications. As a result, the option for outpatient cervical ripening was expanded to other Allina hospitals, and eligibility criteria were broadened.

CRITICAL CARE, HOSPITALIST, MEDICAL EDUCATION

- In 2025, we led a multicenter observational study comparing the effects of systemic thrombolysis and catheter-directed interventions on outcomes for patients with pulmonary embolism. Two abstracts based on this work have been accepted for presentation, with one garnering a Star Research Award from the Society of Critical Care Medicine.
- The team also continued participating in a multi-site registry of patients receiving extracorporeal membrane oxygenation (ECMO) and published findings related to palliative care consults in this patient population.

In collaboration with Allina Endocrinology & Anesthesiology, we designed and secured funding for an observational trial examining the effects of GLP-1 receptor agonists (RAs) on gastric emptying. Enrollment and study visits began in late 2025. This study will fill critical evidence gaps and inform pre-surgical counseling for the increasing number of patients who take GLP-1 RAs.



A participant in a study for GLP-1 RA effects on gastric emptying.

EMERGENCY MEDICAL SERVICES

- In 2025, the emergency medical services (EMS) research team continued efforts to identify and implement strategies to reduce unnecessary lights and siren use during ambulance responses in the interest of patient, public, and crew safety. The team conducted a 10-year retrospective analysis of Allina Health EMS 911 ambulance responses to personal emergency response system activations (i.e. medical alarm calls) and found that although lights and siren were used in 96% of responses, less than 1% resulted in emergent patient transport.
- A subsequent interventional study showed that updating the dispatch protocol to non-lights and siren response for these calls reduced lights and siren use by 148 hours (86%) over an 11-month period with no instances of delays in time-sensitive care. Results were published in *Prehospital Emergency Care* and presented at the National Association of EMS Physicians (NAEMSP) annual scientific assembly.
- Another focus area for the team in 2025 was the dissemination of findings from the most recent EMS Wellbeing Survey which assessed burnout, exposure to workplace violence, and utilization of wellness resources among Allina's EMS clinicians. Key insights were presented at the NAEMSP conference and shared internally with EMS employees through infographics and an accompanying video series.

POPULATION HEALTH

- In partnership with the Population Health and Palliative Care teams, we evaluated the Serious Illness Conversation model for patients with complex illnesses. Findings identified high uptake of the model across both inpatient and outpatient settings. Patients served by this model are more likely to use hospice and less likely to have an ICU admission in the last month of life.



KEY PERFORMANCE INDICATORS

19

active studies

79

active enrollments

12

publications

38

media and other presentations

3

presentations and abstracts

3

active grants

\$77,646

actual revenue

Orthopedic Research

Research efforts at Allina Health Orthopedics are focused on translational research in orthopedics and sports medicine, with the goal of improving patient outcomes through evidence-based innovation and patient-centered care. Investigators actively engage in collaborative, multicenter research and contribute to regional and national efforts to advance orthopedic practice. These efforts are supported by Allina Health’s participation with the NorthStar Trauma Network, a regional orthopedic trauma care network spanning multiple hospitals and health systems across the Twin Cities metropolitan area, which promotes shared academic values, research collaboration, and standardized, high-quality fracture care.

Key Accomplishments

- Building on growth in robotic-assisted joint replacement, the Orthopedics research team is also examining post-operative outcomes associated with robot-assisted versus non-robot-assisted procedures. Led by Bishoy Gad, MD, MBA, this system-level analysis focuses on reoperations, complications, and healthcare utilization. Preliminary findings have informed abstracts, manuscripts, and research presentations, supporting ongoing study refinement and preparation for peer-reviewed publication.

Allina Health Orthopedics participates in the PCORI-funded RESTORE trial (NCT06455085) focused on fragility fractures and bone health, serving as a clinical site in collaboration with principal investigator Gennadiy A. Busel, MD, endocrinologist/bone health specialist Christopher T. Martin, MD, and the University of Alabama at Birmingham coordinating center. This work is embedded



Gennadiy A. Busel, MD,
Principal Investigator

with Allina Health’s orthopedic trauma infrastructure through the NorthStar Trauma Network and is supported by partnerships with the Clinical Research Informatics & Analytics (CRIA) team to facilitate study enrollment. The project aligns orthopedic trauma care with bone health evaluation and secondary fracture prevention, reinforcing Allina Health’s commitment to patient-centered musculoskeletal care.



KEY PERFORMANCE INDICATORS

4

active studies

14

presentations and abstracts

1

active grants

\$24,993

new awards

\$12,204

actual revenue

Nursing Research

Nursing research at Allina Health has been instrumental in enhancing patient care through clinical inquiry and the integration of new discoveries into practice. Our investigator-initiated studies have focused on clinical phenomena that impact patient safety, nursing satisfaction, and quality of life. By exploring and addressing these issues, nursing research has made a unique contribution to the discovery and implementation of advancements in patient care.

Key Accomplishments

- The Delphi study examined the key safety, quality, and patient experience for digital communication among inpatient nurses across the system. As Allina Health is implementing digital care boards and digital room signs to aid in patient engagement, it is vital that nurses guide the development and implementation of this unique technology. The Delphi study approach gives an opportunity for nurses across care areas to achieve consensus on what priorities are most relevant for patient care.

Autumn Gode, MS, APRN-CNS, Clinical Nurse Specialist at Abbott Northwestern Hospital, conducted a study on preventing deconditioning in hospitalized older adults. She assessed the feasibility of an interprofessional Deconditioning Prevention Program (DPP) for medically ill older patients at Abbott Northwestern, highlighting improvements in patient care and teamwork. Ms. Gode delivered a podium presentation on her results at the University of Minnesota School of Nursing Research Day, titled “An Interprofessional Deconditioning Prevention Program in the Hospitalized Medically Ill Older Adult: A Feasibility Study.”

Autumn Gode, MS,
APRN-CNS,
Principal Investigator





KEY PERFORMANCE INDICATORS

24 active studies

190 active enrollments

2 publications

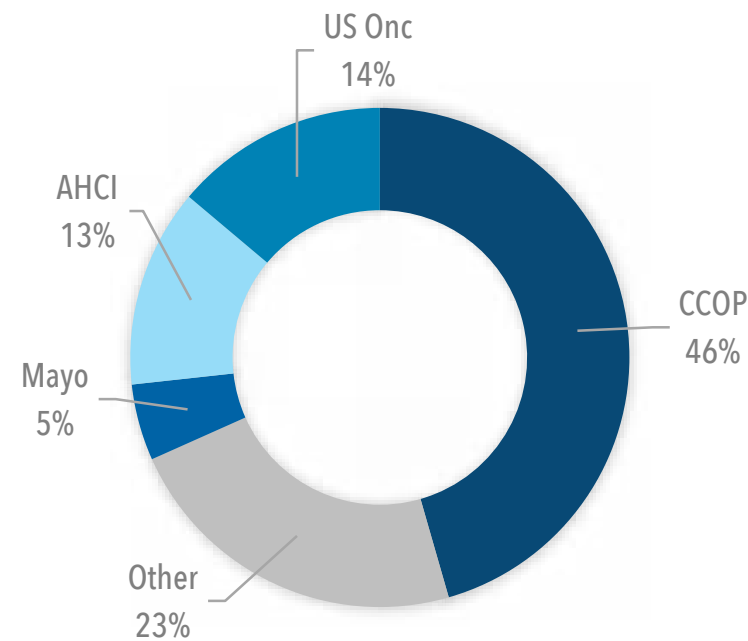
17 presentations and abstracts

Laboratory Research

In 2025, Allina Health Laboratory supported 84 new research studies and continued to support previous studies through processing and distributing via specimens collected or held at the laboratory. Recent studies included 48 Allina cooperative studies and 16 Allina studies through which patients were seen and/or treated at the Allina Health hospitals and clinics.

The efforts included the disbursement of patient slides and/or tissue blocks from 189 studies at institutions across country, a 14% increase from 2024. Agreements with these institutions guarantee safe and protected research compliance. Most samples were sent for National Institutes of Health community clinical oncology program (CCOP) studies. Additional patient samples were sent for clinical trials originating from AHCI, Mayo Clinic, and other national medical institutions.

DISPURSEMENT OF PATIENT SLIDES AND/OR TISSUE BLOCKS BY STUDY RESEARCH GROUP



Pharmacy Research

Allina Health Pharmacy research is dedicated to promoting safe, effective, and evidence-based medication use across both inpatient and outpatient settings. This work includes assessing the appropriateness of medication therapy, monitoring safety outcomes, and identifying opportunities to enhance medication-related care. These activities rely on strong collaboration with interdisciplinary partners to ensure comprehensive and patient-centered treatment. Pharmacy teams also play a critical role in supporting research for other service lines by overseeing medication procurement, storage, and preparation.

Key Accomplishments

- Pharmacy research initiatives strengthened evidence-based medication use across the system, including projects on antimicrobial stewardship, anticoagulation management, insulin dosing for hyperkalemia, and high-risk IV medication optimization. These studies supported safer, more standardized practices and improved patient outcomes.
- Multiple projects focused on improving medication reconciliation, continuity of care, and alignment with guideline-recommended therapy across inpatient, outpatient, and emergency settings. This work reduced variability in workflows and enhanced clinical decision-making across sites.
- Pharmacy residents served as a key research resource, working closely with pharmacist investigators to expand the system's overall research capability. Their dedicated project time, analytical skill, and collaboration enabled the completion of numerous system-wide quality improvement initiatives that advance patient care.
- Pharmacy is in the unique position of supporting the research efforts of other departments while conducting their own research and quality improvement work. Pharmacy supported 54 studies across multiple service lines including cancer, heart, neuroscience, and the Mother Baby service line.

Pharmacy-led research is helping refine dosing strategies for patients with obesity. In a retrospective study, investigators evaluated standard (<3 g) vs. high-dose (3 g) cefazolin for cellulitis in patients ≥120 kg using a modified DOOR method. High-dose cefazolin improved clinical outcomes without more adverse effects. This impactful work was presented at IDWeek 2022 and accepted for 2025 publication, underlining its importance in antimicrobial stewardship and practice.



Brandon Gagnon, PharmD, BCIDP, Initial study Principal Investigator



KEY PERFORMANCE INDICATORS

275

active studies

300+

active enrollments

326

publications

15

media and other presentations

245

presentations and abstracts

\$21M

invested in cardiovascular research and education



Cardiology Research

The Minneapolis Heart Institute Foundation® (MHIF) has delivered lifesaving cardiovascular research and education for more than 44 years. MHIF is proud of the strong partnership with Allina Health Minneapolis Heart Institute physicians to advance cardiovascular care for patients around the world. MHIF also partners with leading pharmaceutical and medical device companies as a clinical research site to evaluate novel medications, technologies and procedures, which enables access to new options for patients through research. MHIF educational initiatives include sharing research through publications, live cases and courses with providers around the world, as well as educating the community.

Key Accomplishments and Impact Stats

ADVANCING CARE AND OUTCOMES FOR PATIENTS AROUND THE WORLD

- MHIF was recognized as a leading international research institute among the 2025 Scientific Excellence Top 10 (SET-10), presented at Cardiovascular Research Foundation's annual scientific symposium, Transcatheter Cardiovascular Therapeutics (TCT 2025). MHIF was awarded the following rankings: 3rd globally for coronary research; 3rd globally for late-breaking clinical research; 5th in the U.S. for cardiovascular research; and 8th globally for interventional cardiovascular research.
- 2 FDA approvals for new cardiovascular technologies, supported by MHIF research, and 2 successful FDA audits for clinical trials where MHIF was a lead enroller.
- 275+ active studies (175 are MHIF-designed, led and funded through philanthropic community support) involving thousands of patients and addressing clinical needs that advance care and challenge the standard of care.
- 10+ clinical trials where MHIF is the first and/or top enroller among all clinical sites.
- 3,000+ visits with patients who have hope and options through research.
- 4,000 imaging studies analyzed by the MHIF Core Lab for 22 industry and NIH-funded studies, spanning first-in-human to pivotal clinical trials across 10 distinct sponsors.

- 130,000+ downloads from physicians around the world for the suite of MHIF digital applications sharing expertise and clinical insights in heart valve and coronary artery disease; MHIF received *Collaboration of the Year* award at the Global Cardiovascular Awards hosted by *Cardiovascular News*.
- 8 MHIF International Scholars (practicing MDs from around the world) contributed to research in partnership with MHIF physicians.
- 11,000+ hours of professional and community education each year reaching 4,000+ attendees.
- 255 MHIF Clinical Research Intern Program alums have contributed to 233 posters and presentations and 216 published manuscripts.
- A complete listing of MHIF publications in 2025 is available at mplsheart.org/2025publications.

MHIF reached an important research milestone with U.S. FDA approval of the OmniaSecure lead used with implantable cardiac defibrillator (ICD) technology (Medtronic), to deliver a life-saving therapy to prevent death from sudden cardiac arrest. **MHIF's Joseph F. Novogratz Heart Rhythm Center** was a first and top enroller in the LEADR and LBBAP clinical trials that provided the clinical experience and data needed to gain regulatory approval and make this technology widely available to patients. With leading physician expertise using this technology, the Allina Health Minneapolis Heart Institute was the first center in the upper Midwest to offer this innovative technology commercially to patients.

"This is an important new concept in transvenous defibrillator leads utilizing a robust and durable design but resulting in a very small lead diameter," said John Zakaib, MD, principal investigator in the LEADR trial at MHIF and cardiac electrophysiologist at Allina Health Minneapolis Heart Institute. "It's been a long road, but it's been incredibly satisfying to participate in this process because this device is going to help a lot of people. We are confident this innovation will result in better and safer outcomes for patients in the long term."

MHI providers completed the first two cases in the Upper Midwest using the new OmniaSecure lead approved by the FDA.





KEY PERFORMANCE INDICATORS

22

active studies

159

active enrollments



Heart and Vascular Research

The clinical research program at the Metropolitan Heart and Vascular Institute (MHVI) has a strong partnership with academic and industry leaders to make lasting contributions to cardiovascular care and medicine. Our involvement with research studies helps answer important questions about treatment and brings the latest in cutting edge cardiovascular therapy and prevention to our patients. MHVI's participation in research provides patient access to a new drug coated balloon to treat in-stent restenosis and a laser energy based intravascular lithotripsy balloon to treat calcified coronary artery disease. Our research program helps further our dedication to strive for excellence in our communities and deliver high quality patient centered care.

Key Accomplishments

- Despite being a late site for Boston Scientific's FRACTURE study, MHVI was among the top enrolling sites by contributing 10 enrollments over a four-month span before the study met its enrollment goal.
- MHVI was able to meet screening and enrollment goals set by DalCor Pharmaceuticals for the DAL-GENE-2.0 trial to be among the top enrolling sites over the 2nd half of 2025. This will allow MHVI site staff to attend investigator meetings in person.
- MHVI has been the top enrollee site for Johnson & Johnson's (formerly Abiomed) Impella Registry in the nation.
- MHVI is among the first sites in the nation to be activated and enrolling for the AGENT DCB STANCE Trial to treat de novo coronary artery lesions with the AGENT Drug Coated Balloon.

MHVI met both screening and enrollment goals set by DalCor Pharmaceuticals for the DAL-GENE-2.0 trial, ranking among the top enrolling sites in the second half of 2025. This achievement allows MHVI to send two staff members to the coordinator event at the Walt Disney World Swan Resort in Orlando, FL, where they discussed site challenges, successes, and networked with other research sites to help improve study outcomes.



Derek Vang, MBS, CCRC (2nd from left) and Alicia Adair (4th from the left) at the Dal-Gen 2.0 Peak Performance Coordinator Event



Spine Surgery Research

Twin Cities Spine Center's (TC Spine) mission is to be an international leader in spine surgery by:

- providing optimal patient care,
- publishing research that advances clinical practice,
- providing a leading U.S. training program, and
- making lasting contributions to the field of spine surgery.

We find our roots in the pioneering work of John H. Moe, MD, a founder of modern scoliosis research and treatment. His work led to the development of the Scoliosis Research Society and the first comprehensive textbook on spinal deformities. TC Spine's surgeons and research staff carry on his legacy. Our research studies explore and substantiate operative and nonoperative treatments, diagnostic methods, and the natural history of spine problems, specifically related to clinical and surgical outcomes.

Key Accomplishments

- In 2025, TC Spine graduated 4 Spine Fellows, each of whom completed a research study.
- We received a grant from the Medtronic Giving Connection Program for a Robotic Spine Surgery Fellowship.
- We held our 33rd annual John H. Moe Visiting Professor Conference.

TC Spine Research Leadership

Our research program is led by Dr. Bayard Carlson, MD in close collaboration with Dr. Eiman Shafa, MD, our Education Director and Dr. Benjamin Mueller, MD, PhD, our Fellowship Director.



Dr. Bayard Carlson, MD



Dr. Eiman Shafa, MD



Dr. Benjamin Mueller, MD, PhD



KEY PERFORMANCE INDICATORS

30

active studies

13

publications

10

presentations and abstracts

15

media and other presentations

1

active grants

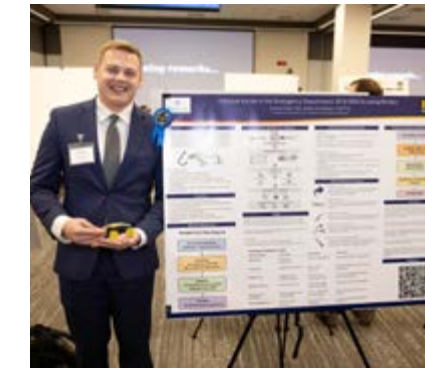
Research Day 2025

Research Day 2025 brought together researchers, clinicians, leaders, and others from across Allina Health for a half day celebration of discovery, collaboration, and innovation. Held on October 14 at the MacMillan Community and Education Center, the annual event showcased the breadth and impact of Allina Health Research and Innovation Institute through a keynote address, podium presentations, an expanded poster session, and peer selected awards recognizing excellence in research and research support. With strong engagement across disciplines and a record number of poster submissions, Research Day highlighted how inquiry and collaboration advance knowledge, inform care, and strengthen Allina Health's shared commitment to improving lives through research excellence.

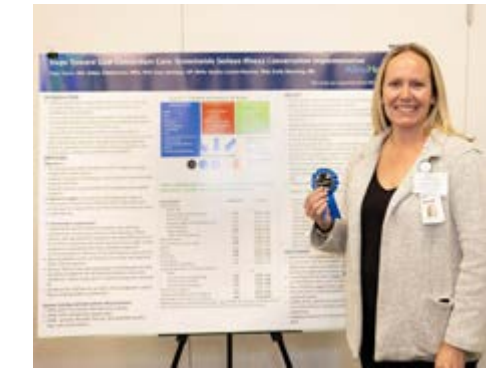
BEST POSTER AWARD WINNERS



Team representative **Mehek Jahan, BA**, HealthPartners Research Institute



Team representative **Joshua Turek, DO**, University of Iowa Health Care, EM



Team representative **Katy Hentges, NP, MHA**



WELCOME
Dominica Tallarico, EVP, Chief Operating Officer, Allina Health



KEYNOTE SPEAKER
Michael Hoey, PhD, MBA
Founder, CTO, Francis Medical
Keynote presentation: *A Journey from Research Lab to Entrepreneurial Success*



PRESENTERS
Mary Beth Lardizabal, DO (right) and **Heidi Woodland-Leine, PsyD** (left)
Presentation: *Investigating the Impact of Resource Intensive Interventions on Provider Well-being*

Allina Health FOUNDATION

Research Day was made possible by a grant from the Allina Health Foundation and its generous donors.
Thank you, Allina Health Foundation!



PRESENTER
Charlene Fares, MD
Presentation: *Highlighted Lung Cancer Clinical Trials at Allina Health Cancer Institute*



PRESENTER
Shraddha Srivastava, PT, PhD
Presentation: *Transcranial Magnetic Stimulation for Leg Motor Recovery in Chronic stroke*



RESEARCH DAY AWARD RECIPIENTS
Abbey Sidebottom, PhD, Research Impact Award
Andrea Wasilewski, MD, Distinguished Investigator Award
Marie Meyer, MA, CCC-SLP, Research Champion Award
Katy O'Brien, PhD, CCC-SLP, New Investigator Award
Ned Tervola, MA, LAT, ATC, Research Support Award



SAVE THE DATE



Research Day 2026 is
Friday, September 25.



Allina Health Research & Innovation Institute Care Team Members



Jonathan Alexander, MBA, MS, Project Manager, Clinical Research, AHCI
 Caroline Alessi, Financial Analyst, Research Operations
 Amy Almquist, MPH, Research Project Specialist, CDR
 Carmi Anderson, Manager, Clinical Research Operations
 Mary Anthony, CCRP, Research Project Specialist, CDR
 Lindsay Bankole, Clinical Research Specialist, AHCI
 Deena Bartley, MA, Research Executive Assistant, Admin
 Jennifer Becker, Clinical Research Billing Project Specialist, AHCI
 Emeryth Beloy, Clinical Research Specialist, AHBSI & MHAS
 Rita Bouley, BS, RN, CCRC, Research Integrity and HRPP Consultant Sr
 Sandra Castro-Pearson, PhD, MS, Statistician, Research Informatics, CRIA
 Gabrielle Cespedes, Clinical Research Specialist, AHCI
 Melissa Clarkson, BSN, RN, OCN, Nurse Researcher, Sr, AHCI
 Beth Collis, AAS, Research Billing Compliance Specialist, Operations
 Holly Desma, R.T.(R)(T), Research Project Specialist, AHCI
 Nimco Essa, Clinical Research Specialist, AHBSI
 Kyle Francis, Research Specialist, Orthopedics
 Michael Fulcher, MA, Manager, Research Finance, Research Operations
 Lori Green, RN, BSN, OCN, Nurse Researcher, Sr, AHCI
 Kathryn Gruetzman, RN, BA, OCN, Nurse Researcher, Sr, AHCI
 Sophia Hanks, Research Specialist Sr, Operations
 Megan Hinrichsen, PhD, CIP, Research Integrity and HRPP Consultant, HRPP
 Jordyn Hood RN, BSN, PHN, Nurse Researcher, AHCI
 Kelsey Jackson, RN, BSN, Nurse Researcher, Sr, AHBSI
 Madalyn Jacobs, RN, BSN, Nurse Researcher, AHCI
 Payton Kaiser, Project Manager-Clinical Research, AHCI
 Zamzam Kassim, MPH, Research Project Specialist, AHCI
 Meaghan Keohane, Research Project Specialist, AHCI
 Badrinath Konety, MD, MBA, Chief Academic Officer, Allina Health
 Gayle Kusch, MSA, Director Research Integrity & Interim Director, Research Administration
 Nakesha Lowe, MSN, PHN, RN, Nurse Researcher, AHBSI

Summer Martins, PhD, MPH, Research Scientist Sr, CDR
 Marie Meyer, MA, CCC-SLP, Manager Clinical Research, AHBSI & MHAS
 Cynthia Miller, RN, MPH, Nurse Researcher Sr, AHCI
 Shannon Mills, MA, Project Manager, Sr, Research Finance, Research Operations
 Lauryn Moquist, Clinical Research Specialist, AHCI
 Jennifer Murwin, MLS(CM) Project Manager, Clinical Research, AHBSI & MHAS
 John Nelson, JD, Research Contract Specialist Sr, Operations
 Katy O'Brien, PhD, CCC-SLP, Scientific Advisor Sr, CKRI
 Sarah Pederson, MBA, MA, Director Clinical Research, AHCI, MHAS, AHBSI, CKRI, Ortho
 Jenna Primus, RN, BSN, OCN, PHN, Nurse Researcher, AHCI
 Christine Roering, JD, CIP, Manager, Human Research Protection Program
 Elizabeth Royce, Research Billing Compliance Specialist, Operations
 Sarah Sadler, Research Billing Coordinator, Operations
 Jennie Schletty, MBA, BS, Project Manager, Sr, Clinical Research, AHCI
 Tom Schouweiler, JD, Research Contract Specialist Sr, Operations
 Jessica Schweer, CIP, IRB Specialist Sr, HRPP
 Abbey Sidebottom, PhD, MPH, Principal Research Scientist, CDR
 Claire Smith, MA, MS, Research Informatics Analyst Sr, CRIA
 Jessica Schweer, CIP, Scientific Advisor Sr, CKRI
 Katrina Stremski, RN, OCN, PHN, MN, MA, Nurse Researcher, Sr, AHBSI
 Siiri-Aline Sutphen, Financial Analyst Sr, Operations
 Ned Tervola, MA, LAT, ATC, Project Manager-Clinical Research, Orthopedics, CKRI
 Elizabeth Thome, Clinical Research Specialist, AHCI
 Marc Vacquier, MS, Statistician, Informatics, CRIA
 Carol Vake BSN, PHN, RN, Clinical Research Regulatory Specialist, AHBSI
 Whitney Wunderlich, MA, CCRC, Project Manager, Clinical Research, CDR
 Hong Zhong, MSc, Research Analytics and Data Engineer Sr, CRIA

New Staff in 2025



Lindsay Bankole
Clinical Research Specialist,
Allina Health Cancer Institute



Jennifer Becker
Clinical Research Billing Project Specialist,
Allina Health Cancer Institute



Emeryth Beloy
Clinical Research Specialist,
Allina Health Brain and Spine Institute



Lori Green
Nurse Researcher Senior,
Allina Health Cancer Institute



Zamzam Kassim
Research Project Specialist,
Allina Health Cancer Institute



428 Allina Health Research and Community Publications

Publications are ordered alphabetically by first author.

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