



Gabriel Park celebrated the opening of its breast milk drop site in December. [Read more](#)

Pictured (from left): Eric Wiser, MD; Amada Miller, PA-C; Carl Rasmussen, MD; Ann Tseng, MD; & Kristen Gilbert, MD.

### Clinic News

[News @ Emma Jones Hall](#)

[News @ Gabriel Park](#)

[News @ Mid-Columbia Health](#)

[News @ Scappoose](#)

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### Events

#### Grand Rounds Jan. 13

"Treatment of Back Pain: International Comparisons & Lessons Learned" will be presented by Rick Deyo, M.D., MPH, at Grand Rounds. The event will be Noon-1 p.m. Tuesday, Jan. 13, in RM 28 of Emma Jones Hall. Video-conferencing is available at all clinics

#### CHANGE the Date

**Reminder:** Monthly department meetings, Grand Rounds, Faculty Administration Meetings and Research & Scholarship/Faculty Development are moving to noon Tuesdays, starting Jan. 1, 2015. [See all date changes.](#)

### Integrating patient-generated data into primary care

*Focus on Research: Debbie Cohen, PhD, & Sara Keller, MPH, MSW, conducted an evaluation of Project HealthDesign (PHD)*

There are many new and innovative ways that individuals can track their personal health data, including through third-party applications. These data are considered patient-generated data (PGD) and some patients are tracking information about their health on an ongoing basis. These data may present opportunities for clinicians to have a deeper understanding of the health of their patients between visits, since most patients only see their doctors a few times a year.



One type of PGD is observations of daily living (ODL). ODLs are people's observations, patterns and experiences of daily life such as diet, physical activity, sleep, pain episodes and mood. ODLs are unique in that they are patient-generated and patient-informed, meaning that they are not predetermined by others, but provide the opportunity for clinicians and patients to work together to choose the cue, behaviors and experiences to track and record. [Read more](#)



### Richmond holds first Cooking Matters at the Store Tour

Family Medicine at Richmond held its first Cooking Matters at the Store Tour in partnership with the Oregon Food Bank on Dec. 19. The two-hour, single-session grocery store tour teaches participants to compare unit prices, identify three ways to purchase produce, find whole grains and read food labels. The tour ended with a \$10 challenge, requiring participants to use the skills they learned to buy food for a healthy meal for four people for \$10 or less. Participants took home a recipe booklet with shopping tips, a reusable grocery bag and \$10 worth of healthy groceries.



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