



# RESEARCH EXPRESS

Volume 2, Issue 1

FAMILY MEDICINE'S RESEARCH NEWSLETTER

Winter 2009

MESSAGE FROM THE KAISER PROFESSOR OF EVIDENCE-BASED FAMILY MEDICINE:



Rick Deyo, MD, MPH

## Are Office Visits Getting Shorter? Can We Prevent Hospitalizations for Diabetes? How Successful is our Control of Hypertension? ... We Can Answer that.

As pressure for clinical productivity increases, have you ever wondered what's happened to the length of the average office visit with a physician? Ever wished you could get an answer without spending years on it? As it turns out, you *can* answer that question using national data freely available from the National Ambulatory Medical Care Survey (NAMCS), a survey conducted annually by the federal government. (The answer, surprisingly, is that visits are getting longer<sup>1,2</sup>; but more clinical items are being addressed at each visit, leaving less time per item.<sup>2</sup>)



As you labor over the many issues required to care for your latest patient with diabetes, did you ever wonder if good primary care actually prevents hospitalizations for diabetes? As it turns out, you can estimate that from another data source compiled by the feds. If we regard uncontrolled hyperglycemia and short-term complications as "ambulatory care sensitive conditions" (as the Agency for Healthcare Research and Quality does), then avoidable hospitalizations can be calculated from the National Inpatient Sample (NIS). (The answer is that 36% of all diabetes hospitalizations are theoretically preventable, and that this hospital care cost \$1.3 billion<sup>3</sup>).

Jen DeVoe used yet another federal survey, the Medical Expenditure Panel Survey (MEPS), to study insurance coverage among children. She found that some 3% of all U.S. children are uninsured despite having an insured parent.<sup>4</sup> I've used the MEPS data to study costs of care for back pain, which turn out to be rising faster than overall health care costs. The total tab is around \$86 billion, with drug costs rising faster than other services (ambulatory visits, ER visits, hospital care).<sup>5</sup>

Other interesting questions abound. Ever wonder how your patients' blood pressure control compares with national averages? NAMCS can help: of 176 million visits for HTN in 2003 and 2004, only 44% of visits had blood pressure less than 140/90.<sup>6</sup> Is hypercholesterolemia getting more (or less) common? NHANES has the answer (the prevalence changed very little from 1999 to 2006). What about control? Good control was found in only 17.1%

in 2006 (up from 7.2%).<sup>7</sup>

These databases offer the possibility of doing some high quality research on a shoestring budget. We're trying to make it easy to access and use them. If you've got some questions that might be answerable with these kinds of data sources, someone in the research section know, and we'll try to figure out if we can help. §

### References

1. Mechanic D, et al. Are patients' office visits with physicians getting shorter? *N Engl J Med* 2001; 344: 198-204.
2. Abbo ED, et al. The increasing number of clinical items addressed during the time of adult primary care visits. *J Gen Int Med* 2008; 23: 2058-65.
3. Ahern MM, Hendryx M. Avoidable hospitalizations for diabetes: comorbidity risks. *Dis Manag* 2007; 10: 347-55.
4. DeVoe JE, Tillotson C, Wallace LS. Uninsured children and adolescents with insured parents. *JAMA* 2008; 300: 1904-13.
5. Martin BI, Deyo RA, et al. Expenditures and health status among adults with back and neck problems. *JAMA* 2008; 299: 656-664.
6. Fang J, et al. Hypertension control at physicians' offices in the United States. *Am J Hypertens* 2008; 21: 136-42.
7. Ford ES, et al. Trends in hypercholesterolemia, treatment and control among United States adults. *Int J Cardiol* 2008; Dec. 9 [epub ahead of print].

### INSIDE THIS ISSUE:

In the News	2-3
Upcoming Events	3
What's OCTRI?	4
Recent Publications	5
My Life. My Research	5
Research Projects	6

## In The News

### AADEP Keynote Speaker: Richard A. Deyo, MD, MPH

Dr. Rick Deyo gave the keynote address at the annual meeting of the American Academy of Disability Examining Physicians in Indian Wells, CA on January 9, 2009. The title of his presentation was “*Spine injections, opioids, surgery, and implants*”.

Dr. Deyo also gave a seminar for the University of Washington PhD program in Health Services in Seattle, WA on January 28, 2009. The seminar was entitled: “*Does Good Money Trump Good Science?*” and addressed how conflicts of interest may undermine the trustworthiness of research. §

### Farewell and Thank You

The Family Medicine Research Section is sad to see both Nancy Dunn and Dawn Creach leave OHSU Family Medicine to pursue other exciting opportunities.

Nancy Dunn joined Family Medicine in November 2008 to assist Dr. Elizabeth Steiner with the management of the Breast Health Education Program in the OHSU Knight Cancer Institute. Due to her location in Salem, OR however, Nancy recently chose to hand over management of the program to Nancy Prouser who we welcomed in Family Medicine this month.

Dawn Creach rejoined Family Medicine in June 2007 to begin work as the Project Director for the P4 Project under the leadership of Drs. Patty Carney and Pat Eiff. Dawn worked tirelessly to coordinate the data collection from the 14 P4 sites and organize the site visits to each of the respective residencies.

We will miss both ladies immensely and wish them the best in their future endeavors.

§

### King's Research on Induction of Labour Published



Valerie King, MD, MPH

Dr. Valerie King collaborated with Dr. E. Mozurkewich to research the evidence supporting indications for induction of labour. The manuscript entitled “*Indications for induction of labour: a best-evidence review*”, was published in *BJOG: An International Journal of Obstetrics and Gynaecology* (Feb. 2009). The research was based on data collected using MEDLINE and the Cochrane Library between 1980 and April 2008. A review of the literature supporting each indication for induction was performed to examine the cause for the steady increase in induced labour.

Dr. Mozurkewich is with the Department of Obstetrics and Gynecology at the University of Michigan. The article can be reviewed at:

<http://www.blackwellpublishing.com/bjop>. §

### Nurse Family Partnership Family Planning (NFP<sup>2</sup>) Kickoff Meeting

Written by Alan Melnick, MD, PI and Rebecca Rdesinski, MSW, MPH

The Nurse Family Partnership Family Planning study got underway on Monday February 2, 2009 in Olympia, Washington. In attendance were members of the core research team, including Dr. Alan Melnick, Dr. Teresa Gipson, Rebecca Rdesinski and Beth Jacob-Files (OHSU Family Medicine), Dr. David Olds (University of Colorado, Denver), Marni Storey (Clark County Public Health) and Dan Rubado (Council of State and Territorial Epidemiologists). In addition, the kick-off meeting included Nurse Family Partnership (NFP) nurses and their supervisors from the three participating study sites in Seattle/King County, Thurston County and Clark County in Washington.

The NFP is an evidence-based, nurse home visiting program that improves the health, well-being and self-sufficiency of low-income, first-time parents and their children. Nurses provide home-based services beginning in pregnancy for first time mothers, and continue to provide services for mothers and the children until the children are two-years old. NFP goals include improving birth outcomes, improving child health and development and increasing economic self-sufficiency. Nurses help families achieve these outcomes by encouraging pregnant women to improve their preventive health practices, by helping families provide better care for their young children and by helping families plan for the future, including helping them plan future pregnancies, obtain additional education and find employment. Studies of the NFP program have found outcomes including, but not limited to, improved prenatal health, fewer childhood injuries, fewer subsequent pregnancies, increased intervals between births and increased maternal employment, fewer arrests and convictions,

-continued on pg. 3

## In The News (cont'd)

### Nurse Family Partnership Family Planning (NFP<sup>2</sup>) Kickoff Meeting Cont'd

and a reduction in abuse and neglect. Dr. Olds, a co-investigator from Colorado, founded the NFP model over 30 years ago. As of 2008, the NFP program had sites in 25 states, including 10 sites in Washington and 1 site in Oregon.

The goal of the study, NFP<sup>2</sup>, a randomized clinical trial, is to determine whether giving the NFP nurses the ability to deliver hormonal contraception in the home will further reduce the incidence of unintended pregnancies in these families. It is believed that the proposed modification to the intervention will enable the nurses to bring about greater change in the reproductive health behavior of women at risk for unintended pregnancy; ultimately, increasing the impact the NFP has already had on conception rates during the first two postpartum years.

The February 2nd "kick-off" meeting gave the research team the opportunity to meet with the nurses and engage them



(L-R) Beth Jacob-Files, Alan Melnick, Teresa Gipson, Dan Rubado, Marni Storey, David Olds, and Rebecca Rdesinski

in a discussion about what should be considered in conducting the study. All the nurses and their supervisors were enthusiastic about participating in the study and they provided valuable information about operational issues, including potential challenges and barriers.

The lessons learned from the meeting will help to develop the research protocols and procedures. In the meantime, the NFP nurses are beginning to register for OHSU IRB training related to conducting research. The plan is to begin enrolling participants in April for the five-year study. §

## UPCOMING OHSU EVENTS

### Human Investigations Program

*Submitting a grant at OHSU*  
Rachel Dresbech, PhD  
Shawn Radcliffe, OCTRI  
Wednesday, March 4, 2009  
12:00 -1:00 pm, MacHall - 1116

### Knights Cancer Institute

*Neoadjuvant treatment as a platform for biologic discoveries*  
Jenny Chang, MB.BChir, MD  
Baylor College of Medicine  
Thursday, March 5, 2009  
12:00-1:00 pm, HRC 14D03

### Career development workshop:

*Teaching*  
John Schmitt, PhD  
Theresa Filtz, PhD  
Wednesday, March 11, 2009  
12:00-1:30 pm, Vollum 1441

### Human Investigations Program

*Project management: How to get your research done on time and on budget*  
Jeff Oltmann, MEng, PMP, Adjunct Fac  
Tuesday, March 17, 2009  
12:00-1:00 pm, MacHall -1116

### Human Investigations Program

*OHSU and OCTRI Research Cores*  
Sue Aicher, PhD  
Shawn Radcliffe, OCTRI  
Tuesday, April 14, 2009  
12:00-1:00 pm, MacHall 1116

### eIRB 201

Research Integrity  
Tuesday, April 21, 2009  
9:00-10:30 am, BICC 104

### Career development workshop:

*Research in a Clinical Department*  
Patricia Hurn, PhD  
Cheryl Maslen, PhD  
Wednesday, April 29, 2009  
12:00-1:30 pm, Vollum 1441

### Human Investigations Program

*Accessing Biolibraries for Research at OHSU and Kaiser*  
Julie Earnest, PhD, OCTRI  
Wednesday, April 29, 2009  
12:00-1:00 pm, MacHall—1116

## FEATURED ARTICLE

## What's OCTRI? And Why Should I Care?

Written by Rick Deyo, MD, MPH

Heard people talking about “Oak Tree” and wondered what it meant? There's still disagreement about the preferred pronunciation of the acronym OCTRI (should it be the clever Oak Tree or the more obvious Ock-tree? Or just O-C-T-R-I?). Whatever. As Shakespeare might say, what's in a name? And what's in it for you?

OCTRI stands for the Oregon Clinical and Translational Research Institute. This is the name given to a large grant from the NIH, which is part of a national program to establish umbrellas for clinical research in academic centers. The idea is to improve the infrastructure to make clinical research easier and faster, and more likely to actually improve routine clinical care. The initiative is intended to involve all the health science schools (Medicine, Nursing, Dentistry, Pharmacy), and our program is a joint effort of OHSU and the Kaiser Northwest Center for Health Research. The Institute's goal is to foster both translation from lab and animal studies into humans (so-called T1 translation), and from clinical trials into routine care (T2 translation).

I direct one component of OCTRI, called the Community and Practice Research program. Our goal in this program is to extend clinical and public health research beyond the walls of academia into the community and community-based practices. As part of this effort, we provide financial and intellectual support for research in organizations that represent community practices. A prime example is ORPRN (the Oregon Rural Practice Research Network), headed by

our own LJ Fagnan and housed right here in Emma Jones Hall. ORPRN has a rich collection of funded research projects in rural Oregon, representing a relatively underserved population. Another example is OCHIN (formerly known as Oregon Community Health Information Network), a large and growing network of Federally Qualified Health Centers that shares an electronic medical record system. Our goal is to foster use of the electronic record system to help researchers interested in studying care among underserved and poorly insured populations. Jen DeVoe, working with Kaiser CHR investigators, is one of the pioneers who is pushing this agenda.

Another component of OCTRI deals with research training. There is a pre-doctoral part of this training (mainly medical students and PhD students), but also a post-doctoral part. I direct the latter part, which is known as a KL2 program, and which offers several years of salary, tuition, and project support to junior faculty members whose goal is to have a major research component to their careers. It requires a commitment of 75% time to research activities for the duration of the award, and the hope is that it will produce researchers who can compete successfully for further federal grant funding. Faculty members in Family Medicine are certainly eligible for this competitive award.

Yet another resource offered by OCTRI is pilot grant funding. Once a year, applications are accepted for small pilot projects (\$30,000, one year) that promise to lead to larger research grants. The idea is that the pilot project can support the “preliminary studies” that are essential for success in most federal grant applications. I was lucky enough to land one of these last year, and it's supporting

a study of opioid prescribing patterns in the Kaiser Northwest system. Again, these competitive awards are definitely open to Family Medicine faculty.

What else does OCTRI do? A major component is the Clinical and Translational Research Center (CTRC), which replaces the former GCRC (General Clinical Research Center). The CTRC staffs a small number of hospital beds for research subjects who need to stay overnight for procedures; a bionutrition research kitchen for nutritional and metabolic studies; and some core laboratory services for researchers. OCTRI also provides a “front door” for researchers who simply want help identifying resources to support a project idea. Such resources might range from personnel (collaborators, mentors, consultants) to electronic data sources to help with IRB applications to biospecimens, and nearly everything in between. Some of these services are free and others aren't, but the front door itself is no-cost.

So here are the quick bullet points for a take-home message. OCTRI can help with:

- Identifying practice networks for conducting research
- training in research methods
- pilot project funding
- a “front door” to help identify resources and facilitate project planning
- consultation on research design

If you're interested in learning more about any of these things, contact me, Arwen Bunce (our program coordinator), or LJ Fagnan. We'd love to hear from you. §

Rick Deyo: [deyor@ohsu.edu](mailto:deyor@ohsu.edu)

Arwen Bunce: [bunce@ohsu.edu](mailto:bunce@ohsu.edu)

LJ Fagnan: [fagnanl@ohsu.edu](mailto:fagnanl@ohsu.edu)

## RECENT PUBLICATIONS

Chou R, Fu R, Carrino JA, **Deyo RA**. *Imaging strategies for low-back pain: systematic review and meta-analysis*. Lancet 2009 Feb 7; 373 (9662):463-72.

**Deyo RA**, Mirza SK, Turner JA, Martin BI. *Overtreating Chronic Back Pain: Time to back off?* J Am Board Fam Med. 2009 Jan-Feb;22(1):62-8.

Jarvik JG, **Deyo RA**. *Moderate Versus Mediocre: the reliability of spine MR data interpretations*. Radiology. 2009 Jan;250(1):15-7.

**Deyo RA**, Mirza SK. *The case for restraint in spinal surgery: does quality management have a role to play?* European Spine Journal (In Press).

**Deyo RA**. *Marketing, Media, Wishful Thinking, and Conflicts of Interest: Inflating the Value of New Medical Technology*. The Permanente Journal (In Press).

Wang M, **Deyo RA**, et al. *Trends and variations in cervical spine surgery in the United States: Medicare Beneficiaries, 1992-2005*. Spine (In Press).

Carragee E, **Deyo RA**, et al. *Clinical Research: Is the spine field a mine fiend?* Spine (In Press).

Cherkin DC, Sherman KJ, Avins AL, Error JH, Ichikawa L, Barlow WE, Delaney K, Hawkes R, Hamilton L, Pressman A, Khalsa P, **Deyo RA**. *A randomized trial comparing acupuncture, simulated acupuncture, and usual care for chronic low back pain*. Arch Intern Med (In Press).

**Carney PA**. *Interpretive performance of diagnostic mammography among US Facilities*. JNCI (In Press).

**Carney PA**. *Disclosing Harmful Mammography Errors to Patients*. Radiology (In Press).

**Carney PA**. *The Likelihood, Frequency, and Content of Verbal Communication Between Radiologists and Women Receiving Screening and Diagnostic Mammography..* Academic Radiology (In Press) §

## MY LIFE. MY RESEARCH.

*My Name is:* Agatha Colbert

*Childhood Ambition:* To be a doctor

*Wildest dream:* To live in Tuscany, Italy for two years and visit all the museums and local churches in each of the many hill towns.

*Proudest moment:* Completing my post doctoral research training.

*Biggest challenge:* Dancing

*First Job:* Receptionist in our family doctor's office during high school.

*Indulgence:* Purchasing wild and crazy fabrics with no specific purpose in mind for their use.

*Favorite movie:* Pride and Prejudice

*Inspiration:* Barack Obama

*My Life:* Travel to art museums with my husband, yoga, knitting, quilting and African dance lessons.

*My Research:* Assessing the effectiveness of different CAM interventions, particularly acupuncture, magnet therapy and Reiki. I am currently conducting two NIH/NCCAM funded projects: 1) an R21 to evaluate magnet therapy as a self-care treatment for carpal tunnel syndrome; 2) Building and evaluating a multi channel instrument with which to simultaneously measure skin impedance at a number of acupuncture points and non-acupuncture sites.



**Agatha P. Colbert, MD**  
**Helgott Research Institute**  
**National College**  
**of**  
**Natural Medicine**

Agatha Colbert is a volunteer faculty member in the OHSU Department of Family Medicine and has collaborated with family medicine physicians on research projects involving complementary and alternative medicine. §

## CURRENT PROJECTS

David I. Buckley, MD, MPH, PI

American Cancer Society

***Cancer Prevention and Screening for Disabled Adults in Rural Primary Care***  
1/1/08-12/31/12

Patricia A. Carney, PhD, PI

NIH, NCI

***Accuracy of Breast Pathology and the Impact of Technology and Double Reading (B-Path)***

7/1/09-6/30/14

DHHS, NIH

***Harvest Fiesta: A Partnership for Health Research***

9/29/08-8/31/10

NIH, NCI

***Variations in Colonoscopy Screening: A Population Based Study***

9/8/08-7/31/09

DHHS, NIH

***Understanding Variability in Community Mammography***

12/1/05-4/30/09

DHHS, NIH

***Strategic Studies in Breast Cancer Surveillance***

12/1/05-7/31/09

DHHS, NIH, NCI

***Behavioral & Social Sciences as Core Elements of the Medical School Curriculum***

5/1/07-5/31/12

American Cancer Society

***Health Insurance and Cancer Screening in Rural Oregon***

7/1/07-6/30/11

American Cancer Society

***Assessing and Improving Mammography Interpretive Skills***

8/1/07-7/31/09

Jennifer E. DeVoe, MD, DPhil, PI

DHHS

***Does Parental Health Insurance Loss Affect Children's Access to Care?***

7/1/06-6/30/11

Richard A. Deyo, MD, MPH, PI

NIH, NIAMS

***Complications of Surgery for Spinal Stenosis: A Clinical Prediction Rule***

9/16/08-7/31/11

NHLBI, NIH

***Nasal Turbinate Reduction and CPAP Outcome for Sleep Apnea: A Sham-Controlled RCT***

12/1/06 – 11/30/11

State of Oregon, Justice Department

***Drug Reps In The Attic: Smoking Out The Influence Of The Pharmaceutical Industry On Providers Prescribing Practices***

10/1/07-3/31/09

OCTRI Pilot Project

***Long-term Opioid Therapy for Chronic Back Pain: Correlates and Consequences***

6/1/08 – 5/31/09

Lisa G. Dodson, MD, PI

DHHS, HRSA

***Pre-Doctoral Training in Primary Care: Development of the Oregon Rural Scholar's Program***

7/1/08-6/30/11

Teresa Gipson, MD, MPH, PI

Anonymous Sponsor

***Abortion and Reproductive Health Education***

3/19/07-3/18/09

Alan L. Melnick, MD, PI

Anonymous Sponsor

***Effectiveness of Home Based Distribution of Hormonal Contraception***

9/1/08-8/13/13

John Muench, MD, PI

SAMHSA

***PCP Tradition: Primary Care Physician Take Responsibility for Alcohol & Drug Treatment***

10/1/08-9/30/13

Robert G. Ross, MD, PI

DHHS, HRSA

***Supplementing Skills in a Rural Family Medicine Training Program***

7/1/08-6/30/11

John W. Saultz, MD, PI

STFM

***Clerkship Medical Home Project***

8/1/08-7/31/09

Elizabeth Steiner, MD, PI

Susan G. Komen Breast Cancer Foundation

***Enhancing Clinical Breast Exams***

4/1/08-3/31/09

William L. Toffler, MD, PI

DHHS, NIH Curriculum

***Behavior & Social Sciences as Core Elements of the Medical School***

5/1/06-4/30/11

Joanne Wu, MD, PI

Unfunded

***Association Between Acupuncture and Narcotics Usage***

10/1/07-9/30/09

Unfunded

***Integration of Acupuncture into Family Medicine Teaching Clinics***

12/12/07-12/11/09

## Contact the OHSU Research Section

Administrative Staff

Rick Deyo, MD, MPH, Kaiser EBM Professor;  
Connie Yu, MHA, Director, Research Services  
Janice Hohnstein; Scharlean Prevalle; Rebecca Rdesinski

Phone: 503-494-9861

Fax: 503-494-2746

Email: fmresch@ohsu.edu