

NEWSLETTER OF THE OCTRI COMMUNITY & PRACTICE RESEARCH PROGRAM (CPR)



Letter from the Director

Richard A. Deyo, MD, MPH

This is the first issue of what we hope will be a quarterly review of activities within the Community and Practice Research (CPR) Program of OCTRI. As a newcomer to OHSU, I've spent a lot of time over the past months learning about the astounding range of activities that was already underway, begun with the leadership of Patty Carney (Community Engagement) and Mary Durham (Translating Research into Practice and Policy). They've created daunting shoes to fill as we try to combine the two programs. Happily, as this newsletter demonstrates, there's a lot going on, and contributions to the science of community and practice-based research are coming from many quarters.

The need for a newsletter arises in part from the geographic and organizational dispersion of investigators involved in this type of work. Our colleagues are in the schools of medicine, nursing, and dentistry; at Kaiser Permanente's Center for Health Research; at agencies around the city; practices around the state; and a diverse group of community organizations. We've already found it hard to keep up with each other, yet we sometimes serendipitously discover shared interests, similar methodologic challenges, and unsuspected opportunities for collaboration. And those who aren't engaged in health services research or clinical epidemiology sometimes wonder just what we actually do.

The domain for our research is the translation of sound clinical knowledge, often from clinical trials, into routine clinical practice or health promotion in the community. It may seem that this is a simple step that can be left to Continuing Medical Education or the newspapers. Yet implementing sound science with high fidelity is surprisingly difficult. A recent article in the *New England Journal* demonstrated that Americans get only about 50% of proven effective care for a wide range of conditions, suggesting the need for more and better research on implementing and disseminating sound practices. We aim to help fill this gap – stay tuned!

Inside:

- Letter from the Director, pg. 1
- Highlighted project: Nutrition World, pg. 1
- Program Components, pg. 2
- Who Are We?, pg. 3
- News/Events, pg. 5



Nutrition World

CPR team member Jackie Shannon, along with Jonathon Purnell and others from OHSU's Center for Research in Occupational and Environmental Toxicology

(CROET) and Center for Weight Regulation, developed an interactive nutrition program that debuted at OMSI as part of the OHSU/OCTRI-sponsored health research exhibits located contiguous to the Body Worlds 3 exhibition. The exhibit, titled Nutrition World, educates the public about the relationships between diet, weight and chronic disease as well as the role of research in furthering our understanding of the links between these variables. Exhibit attendees were enrolled as research participants and learned about the quality of their diet and their body composition while contributing to the development of a population database which will be used to help investigators describe eating habits and body size as they relate to particular genetic profiles in the population. All data items are linked by ID number, though there is no ability to link to the individual. All participants were able to participate in the following assessments:

- Brief online touch-screen assessment of diet and physical activity with immediate, tailored feedback
- Physiologic measurements: height, weight, hip and waist circumference, percent body fat

During the OMSI debut exhibit adult participants (over age 18 years) could also obtain blood pressure, blood glucose and lipid level measurements through a finger prick. Each individual received his or her personal health results immediately, and the de-identified information was fed into a databank for future research. Adults also had the choice to provide a de-identified DNA sample (mouthwash swish) which was linked by ID number to dietary intake and physiologic measures for future research purposes, as well as join a 3-month online lifestyle intervention.

The Nutrition Worlds debut was a huge success. The public was interested in learning more about their own health indicators, and excited to be part of a research study. Over 3,000 individuals participated over the week and a half of the exhibit and greater than 40% of adults provided de-identified DNA samples for a research database. The popularity of Nutrition Worlds led to invitations from various community groups to bring the exhibit to health fairs across the Portland metro area, including the Latino Family Health Conference held in May 2008 at the University of Portland. All exhibit materials have now been translated into Spanish.



In response to continued requests from the community, the CPR program has provided seed money to enable Dr. Shannon and the team to make Nutrition Worlds available as an “off the shelf” community research program. Ultimately the hope is to make data collected through the exhibit available through the OCTRI website to investigators, students or others with approved research proposals.

CPR Program Components

- ❖ **Practice-based Research Networks (PBRNs)**
E.g. Oregon Rural Practice Research Network (ORPRN), Safety Net West (OCHIN).
These networks provide opportunities for practice and community-based research.
- ❖ **Community-Engaged Research**
Grant applications and research in partnership with local Community-based Organizations
- ❖ **Investigator Assistance**
Consultation on study design and analysis for population-based studies. Matchmaking between investigators, PBRNs and local communities.
- ❖ **Collaboration with academic centers doing related work**
E.g. with the AHRQ-funded Evidence-Based Practice Center (EPC) and the John M. Eisenberg Clinical Decisions and Communications Science Center

Who Are We?

Core Members of The CPR Team

Christina Bethell, PhD, MBA, MPH - *Health Services and Policy Research, Health Administration, Public Health*

Research Skill Set: Health outcomes and health services performance measurement, practice-based and population-based survey research, consumer-centered quality measurement and improvement models, econometric analysis of health services data, biostatistics, qualitative methods.

Population: Children, adolescents and families. Adults with chronic disease.

Current Topics: Well-child care, adolescent preventive care, children with special health care needs, collection and dissemination of data for policy and practice improvements, integrative medicine.

Email: bethellc@ohsu.edu

Arwen Bunce, MA – *Medical Anthropology*

Research skill set: Qualitative research including protocol and development, site preparation and monitoring, community-based methods and ethics training, data collection and data analysis.

Populations: Adults, domestic and international

Topics: Women's health, Reproductive health, HIV/AIDS, International health

Email: buncea@ohsu.edu

Patricia Carney, PhD – *Health Services Research*

Research skill set: Large complex data sets as well as educational research design, educational intervention development and testing.

Populations: Adults clinical and community-based

Topics: Breast, colorectal and cervical cancer screening and early detection research and improving the clinical provision of these services in diverse community-based primary care settings.

Email: carneyp@ohsu.edu

Greg Clarke, PhD - *Clinical Psychology*

Skill Set: Mental Health, Depression, Insomnia and other Sleep Disorders, Cognitive Behavior Therapy, Randomized Trials, Practice-based Research, Health Services Research,

Populations: Mental Health, Primary Care, Child/Teen, adult

Topics: Primary Care Delivery of Mental Health Services, Information Technology for Improving Quality of Mental Health Care, Translating Evidence-based Treatments into Practice

Email: greg.clarke@kpchr.org

Richard Deyo MD, MPH – *Primary Care Physician, Health Services Research*

Research Skill Set: Designing and conducting single-site clinical trials; prospective cohort studies; evaluations of diagnostic tests; analyses of large administrative databases; questionnaire measures of clinical outcomes, especially pain and function.

Populations: Adult primary care and surgical care

Topics: Epidemiology and clinical management of low back pain; opioid management in primary care; technology assessment and outcome measurement; shared decision-making; conflicts of interest; quality of care.

Email: deyor@ohsu.edu

Lyle J. Fagnan, MD – *Primary Care Physician, Practice-based Research*

Research Skill Set: practice-based research models, practice redesign, implementation of the chronic care model, dissemination and implementation of evidence-based medicine into practice, quality improvement, and rural health care systems.

Populations: Primary care, children, adults, rural

Topics: behavioral health interventions, depression management in primary care practices, population-based primary care, and the intersection of public health and primary care

Email: fagnanl@ohsu.edu

David Mosen, PhD, MPH – *Health Services Research, Quality Improvement and Program Evaluation*

Skill Set: Program Evaluation, Quality-Improvement Theory, Chronic Care Research – Diabetes/Asthma, Health Disparities, Dental-Medical Integration, Quality of Life Research, HIV Health Services Research

Populations: Adults with Chronic Conditions

Topics: Chronic Care Quality Improvement and Delivery System Design, Evaluation of Dissemination Efforts to improve system-level screening rates for Chronic Conditions, Understanding and reducing Health Disparities in Chronic Conditions, Association of Care Coordination with Chronic Disease Outcomes, Association of Dental Care and Medical Outcomes
E-mail: david.m.mosen@kpchr.org

Richard A. Mularski, MD, MSHS, MCR, FCCP - *Pulmonary/Critical Care & Palliative Medicine, Health Services Research, Quality Improvement*
Research Skill Set: Health outcomes, health services performance measurement, population-based survey research, quality measurement and improvement, health services modeling, qualitative methods, and implementation of evidence-based medicine.
Population: Adults with chronic disease, ICU patients, hospitalized patients, end-of-life care.
Current Topics: Quality of care and health delivery in the ICU, performance measurement strategies of the end-of-life experience, COPD clinical trials, organizational dissemination of data for policy and practice improvements, integrative medicine in symptom control, and automating asthma performance measurement.

E-mail: Richard.A.Mularski@kpchr.org

Lillian Nail, PhD – *Symptom Management Research, Cancer Survivorship Issues, Research on Coping with Illness*

Research Skill Set: Measurement of symptoms, function and quality of life; informational interventions, self-care, fatigue, randomized trials of behavioral interventions, and using research in practice.

Population: Adults at risk of or diagnosed with cancer

Current Topics: Symptom clusters during cancer treatment, proinflammatory cytokine mechanisms

of cancer treatment-related fatigue, effects of treatment-related neuropathy on function, effects of exercise on cancer survivors, and the influence of symptom perceptions on patient/family decisions about palliative care.

E-mail: naill@ohsu.edu

Nancy Perrin, PhD - *Biostatistics*

Research skill set: Research design, measurement, and data analysis. Naturalistic designs, health services research, and community-based research approaches.

Populations: Adults, children, clinical and community

Topics: Longitudinal design and analysis, mixed methods, and multivariate analyses.

E-mail: perrinn@ohsu.edu

Jackie Shannon, PhD – *Nutritional and Molecular Epidemiology*

Research skill set: Nutritional and molecular epidemiology research methods, including study design, design of dietary questionnaires and other assessment methods. Development of translational research proposals

Populations: Adults clinical and community

Topics: cancer epidemiology and specifically the impact of environmental factors (primarily diet) on the early development and progression of disease.

E-mail: shannoja@ohsu.edu

Mark Spofford, PhD – *Clinical Psychology*

Skill Set: Mental Health, Cognitive Behavior Therapy, Practice-based Research, Behavioral Health Integration with Primary Care, Chronic Care Model, Health Disparities, Community Engagement

Populations: Mental Health, Primary Care, adult, geriatric

Topics: Primary Care Delivery of Mental Health Services, Primary Care Quality Improvement and Delivery System Design, Community Mental Health

E-mail: mark.spofford@kpchr.org

Continued on following page

WHO ARE WE?, Continued

Evelyn Whitlock, MD, MPH – Preventive Medicine, Evidence-based Medicine

Research Skill Set: Systematic reviews, Systematic review methods, Public Health/Preventive Medicine, Behavioral counseling interventions, clinical trials, observational research

Populations: Adults, children, elderly, clinical and community

Topics: Clinical preventive services in primary care; comparative effectiveness research topics

Email: evelyn.whitlock@kpchr.org

NEWS/EVENTS/HONORS

- **Rick Deyo**, in collaboration with Steven Dobscha, MD, OHSU and David Smith, PhD, KPCHR, received an OCTRI Pilot Project Award for a study titled *“Long-term Opioid Therapy for Chronic Back Pain: Correlates and Consequences”*
- **LJ Fagnan**, Director of ORPRN, received the Exemplary Research Award from the Oregon Primary Care Association for his work measuring the value of community health centers
- **ORPRN** received the Oregon Partnership to Immunize Children (OPIC) Innovative Partnership Award
- **Patty Carney** and Mark Hornbrook, KPCHR, put on the 2008 T2/T3 Translational Cancer Conference to discuss promising translational research in cancer detection and surveillance research and to examine opportunities for multi-site collaboration. Some promising collaborations arose, and the meeting was co-sponsored by the CPR program of OCTRI.
- **CPR Program** hosted Kurt Stange, MD, PhD, as a Visiting Professor. He spoke at both OHSU and the Kaiser CHR on *“The Science of Practice”*.
- **Patty Carney**, Research PI, and Janet Hamada, MSW, Next Door Inc., Community PI, have received a favorable score on their R03 Partners in Research grant. The grant expands on a successful organic gardening program among migrant workers in Hood River, and adds a scientific component on increasing scientific literacy about occupational farming and pesticide exposure as well as nutritional research methodology. The grant also includes a mixed methods evaluation of the program processes and impact.
- **Rich Mularski** has been accepted to the 2008 NIH Summer Institute on the Design and Conduct of Randomized Clinical Trials Involving Behavioral Interventions.
- Meenan RT, Feeny D, Labby D, **Spofford M, Mosen D, Ramsay R**. Using Health-Related Quality of life assessments to evaluate care support within Medicaid. *Care Manag J* 2008; 9(2): 42-50.
- **Mark Spofford** involved in NIH proposal submission *“Dissemination of CVD risk factor treatment among diabetic patients in FQHCs”*, submitted to NHLBI under PA-07-017, Research Demonstration and Dissemination Grants (R18). Partners include KPCHR, Safety Net West Practice-based Research Networks, OCHIN, KPNW, KP Southern California, OHSU investigators.
- **ORPRN** hosted its 2008 Convocation with the theme *“From Research to Practice in Rural Health Care”*. OCTRI Director Eric Orwall gave an address, as did Brian Druker from the OHSU Cancer Center. Rick Deyo gave a keynote talk on *“Evidence-Based Practice and Practice-Based Evidence*. CPR helped to support the meeting.
- **Rick Deyo** delivered the Silvio John Vukov Lecture at the OHSU School of Medicine Annual Alumni Scientific meeting . His topic: *“Do Marketing, Profits, and Politics Trump Good Science?”*