ORPRN 2017 Convocation

Why Research Matters

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Primary Care Research is the Generation of New Knowledge

- From a primary care perspective
- In a primary care setting

Stange KC. Primary Care Research: Barriers and Opportunities. 
Overview

• Top ten reasons to do practice-based research

• You might be a budding practice-based researcher if ...
Top 10 Reasons to Do Practice-Based Research
10. Nobody, except our patients (and us), knows what we do.
Visits to Family Physicians

- Variety of patients, problems and complexity
  - Top 25 diagnostic clusters account for <50% of visits
- 10 minute average duration
- Reason for visit
  - 58% acute illness
  - 24% chronic illness
  - 12% well care
- Average patient paid 4.3 visits in the past year

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9. Sometimes, even our patients don’t know.


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8. Sometimes, even we don’t know.


Top 10 Reasons to Do Practice-Based Research

7. Managed care organizations, insurers, & policymakers love us, but for the wrong reasons.


6. It’s hard to improve practice without understanding it.


5. Because of the company you keep.
5. Because it has PERCs!!!
Top 10 Reasons to Do Practice-Based Research

4. We need to know how to take care of “the problems that most of the people have most of the time.”

* Nutting PA, Green LA. Medicine-based research networks: Reuniting Medicine and research around the problems most of the people have most of the time. *J Fam Pract*, 1994; 38:335-336.
3. Alternative facts.

2. Practice should be based on hard science.

Primary care is the hardest science of them all.
#1 Reason to Do Practice-Based Research

Knowledge is power.

Accountable Health Communities
CPC
Enhancing CRC+ across CCOs
Sustaining Research Coordination in Eastern Oregon
Healthy Hearts Northwest
Top 10 Reasons to Do Practice-Based Research

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1. Knowledge is power.
How to know if you might be a budding practice-based researcher
If …

you love taking care of your patients, but don’t like people telling you how to do it based on “hand-me-down” research from specialists

… you might be a practice-based researcher


If … you link

Research and quality improvement*
Researcher and participant**
Practice & community**

… you might be a practice-based researcher


If …

you have questions during patient care that the literature and experts can’t answer

… you might be a practice-based researcher


If ...

you’ve seen amazing things in practice and in witnessing your patients’ lives, and you want to figure them out

... you might be a practice-based researcher
If ... when you were a child, your mother kept sending you outside to play because you were always asking “why?”

... you might be a practice-based researcher

If …

you see injustice and want to correct it

… you might be a practice-based researcher

If ... 

you are willing to challenge current dogma

... you might be a practice-based researcher
If ...

you are an academic, and want to generate practice-based evidence that makes a difference

... you might be a practice-based researcher
If ... you are burning out in practice, and need to find a better way

... you might be a practice-based researcher
Routines, Ceremonies, Dramas

• "Routines"
  • Simple, single, and brief visits
  • Contractual style biomedical model

• "Ceremonies" (transition, maintenance)
  • Linked rituals “schedule busters” “hidden time bombs”
  • Covenantal style

• "Dramas"
  • Series of visits “Complicated’ “difficult” “trouble”
  • Conflict, emotion, uncertainty, psychosocial problems
  • Family often convened

• Clinical encounter type recognized by
  • Determination of the presenting concern
  • Trigger for coming
  • Patient request
  • Illness prototype
  • Type of communication

If …

you belong to ORPRN

… you **ARE** a practice-based researcher
Even if ... 

you think relevance is more important than rigor

... you might be a practice-based researcher

Even if ...

you are a curmudgeon

... you might be a practice-based researcher

Even if ...

you feel overburdened by the hassles of day-to-day practice and administrative burden

... you might be a practice-based researcher
Research Matters

IF...