



In this issue...

- From the President
- OKPRN Convocation 2009
- Practice Facilitation (OKPRN’s State and National Influence)
- Influenza Patient IT Support (A “How To” Summary)
- Wellness Portal Project (Progress Report)
- Prioritizing Treatment Recommendations Study
- Obstructive Sleep Apnea Study
- Unreimbursed Activities in Primary Care Practice
- Treatment of Poison Ivy
- Medical Office Survey on Patient Safety
- OKPRN Website Updates and Statistics
- Recent OKPRN Publications
- Recent OKPRN Presentations

From the President



J. Michael Pontious, M.D.

Greetings from the OKPRN Board of Directors, I hope you will take time to review the activities of OKPRN. Better yet, I am hopeful that you will take a moment to visit www.okprn.org where you will find a wonderful set of tools and conversations that we have been gathering over the last several years. Each and every time that I log on to this site, I find something new and useful.

You may notice a bit of a change in that OKPRN is going to utilize the OAFP Scientific Assembly in Tulsa (June 18th to 20th, 2009) for our convocation presentations. By all reports, this will be another excellent opportunity to hear about some of the things that OKPRN has accomplished over the last year and presentations by national speakers experienced in practice-based research. It sounds like an excellent CME opportunity and you can take advantage of some of the OAFP activities as well.

My tenure as president of the OKPRN Board is winding down. I want each of you to know that this has been an honor that I will not forget. Nobel Ballard, M.D. will be taking over the reigns as your president at the annual business meeting of OKPRN, which will be held on Saturday, June 20, 2009, 7-8 A.M. at the Renaissance Marriott in Tulsa. Put it on your schedule. We need your input and attendance at this meeting.

Again, thanks for the opportunity to serve on the Board as OKPRN advances the science of practice-based research.

OKPRN Convocation 2009

Jim Mold, M.D., M.P.H.

After fairly light attendance at another excellent OKPRN Convocation in August 2008, the Board of Directors again considered the ongoing invitation from the OAFP to hold our Convocation in conjunction with theirs. After consideration of the time, effort, and costs involved in continuing to go it alone and the opportunity to inject research into the OAFP program, versus the potential loss of autonomy and negative feelings about industry sponsorship of the OAFP meeting, the Board decided to try joining the 2009 OKPRN Convocation with the OAFP Annual Scientific Assembly on the condition that we maintain control of the OKPRN portion of the program.

As a result, the OKPRN Convocation will be held in conjunction with the OAFP ASE June 19 – 20 (Friday-Saturday), 2009 at the Renaissance Hotel and Convention Center in Tulsa. One of three tracks within the overall program will be specific to OKPRN. At times when the OKPRN program is expected to have broad appeal, there will be only two tracks. The keynote speaker will be Dr. Chet Fox, Director of the Western New York Practice-Based Research Network. He will discuss their unique approach to chronic disease management and practice facilitation. He will also discuss chronic kidney disease guidelines. Chet will be bringing with him a systems engineer to talk about innovative practice improvement strategies he has been developing at the University of Buffalo. The OKPRN Board of Directors will meet from 5 until 7 PM on Thursday, June 18 over dinner in the Exhibit Hall of the Convention Center.

Practice Facilitation – OKPRN's State and National Influence

Zsolt Nagykaldi, PhD

OKPRN was one of the first PBRNs to adapt and implement the British "Practice Facilitator" model in North America. Since 2000, OKPRN has employed Practice Enhancement Assistants (PEAs), healthcare professionals with specialized training who establish longitudinal relationships with primary care practices and facilitate both research and quality improvement projects. The ultimate purpose of practice facilitation is to equip practices with permanent skills and resources that maximize their change capacity and their ability to cope with future challenges through change management, team building, networking, cross-pollination, and coaching.

In the past several years, an increasing number of entities (mostly other PBRNs) have sought our help to train their facilitators. Our Practice Facilitator Training curriculum has become one of the best opportunities for future facilitators to learn the tricks of the trade and become members of the National Practice Facilitator Network. Funding agencies (especially the Agency for Healthcare Research and Quality) follow our facilitator initiatives with increasing interest and support the work of facilitators nationally through specific grants and contracts.

Influenza Patient IT Support (A “How to” Summary)

Zsolt Nagykaldi, PhD

The Agency for Healthcare Research and Quality (AHRQ) contracted with OKPRN to investigate the state of patient surge capacity in primary care practices and identify existing or potential influenza self-management technologies for patients. We, in turn, partnered with four other PBRNs in Wisconsin, Colorado, Texas, and Florida to get a national perspective. The five networks then designed and tested a tiered technology implementation in primary care settings. Led by OKPRN, customized practice websites and a telephony Interactive Voice Response (IVR) system were developed and studied in 10 practices located in four states. Results of the study indicated that primary care patients and their clinicians can adopt and successfully utilize web- and phone-based influenza self-management technologies. We also learned that web resources combined with telephony technology are feasible to set up and easy to use in most primary care settings.

A step-by-step "How-To" instruction that explains how to set up these websites and the telephony solution in your practice is available from the OKPRN website: <http://www.okprn.org/IVR/HowTo.pdf>. Additional information about the project and these resources can be obtained from Dr. Nagykaldi (znagykal@ouhsc.edu).

Wellness Portal Project (Progress Report Including Initial User Feedback)

Cheryl Aspy, PhD

The Wellness Portal is a secure website that can help patients improve their health by focusing on wellness, lifestyle, and preventive services. By sharing the health recommendations provided by the Wellness Portal with their physicians, patients can facilitate access to preventive services and health education. The Wellness Portal is being tested by patients in four OKPRN clinician practices in a randomized controlled trial in which 560 patients will be recruited from 8 clinicians' practices. Results from field testing of the Wellness Portal found that the Portal helped patients improve their health and that it was easy to use!! We anticipate that the practices where patients actively use the Portal will have higher rates of preventive services than those where patients do not. Final data collection will begin next November. More information about the Portal is available from the OKPRN website: <http://www.okprn.org/News/wellnessportal.html>

Prioritizing Treatment Recommendations for Patients with Diabetes

Dewey Scheid, MD, MPH

A two-year grant from the Agency for Healthcare Research and Quality (AHRQ) is making it possible for us to examine the relative impacts of various interventions on patients of different ages, genders, and combinations of risk factors. We are using a tool called Diabetes PHD, which is available on the Internet for use by clinicians and patients at www.diabetes.org/diabetesphd/default/jsp. By performing tens of thousands of separate runs, we hope to be able to give better advice to clinicians regarding which strategies to try and how hard to push for blood pressure, blood sugar, and lipid control in specific groups of patients.

Obstructive Sleep Apnea

Jim Mold, MD, MPH

OKPRN received a 15-month contract from the Agency for Healthcare Research and Quality (AHRQ) to conduct a qualitative/quantitative (mixed methods) study of the screening, referral, diagnosis, and management strategies being used in primary care practices with patients who have obstructive sleep apnea (OSA). Networks in Florida, Connecticut, Alabama, and California will also be providing us with data.

Very little is known about how primary care clinicians approach OSA. The study will include interviews with primary care clinicians, sleep specialists, and home sleep test providers, audits of the medical records of patients with OSA and older patients with no OSA diagnosis, and surveys of consecutive patients regarding sleep symptoms and prior evaluation for OSA. Nine randomly selected OKPRN clinicians have agreed to participate in this study.

Unreimbursed Activities in Primary Care Practices

Jim Cacy, PhD

Recent discussions on the OKPRN listserv suggest that many OKPRN members are frustrated by an increasing number of tasks that are either not reimbursed at all or under reimbursed. A literature search indicates that little attention has been given to this challenge. Work that has been done suggests that, in a typical practice, as much as 40% of clinic time is spent on unreimbursed activities. No research has been done to determine best ways to reduce the burden of unreimbursed activities.

Therefore, we are currently preparing a proposal for a quantitative/qualitative (mixed methods) project to document the magnitude of the problem and its impact, and to identify the solutions developed by OKPRN clinicians. A tentative list of examples of unreimbursed activities has been compiled, and I am working with several OKPRN members to expand and refine this list for use in the project. Those interested in helping are encouraged to contact me at jim-cacy@ouhsc.edu.

Treatment of Poison Ivy

Jim Mold, MD, MPH

A research protocol has been written to answer questions about the most appropriate management of poison ivy in primary care. Once a few more statistical issues have been sorted out, we will submit it to the AAFP Foundation to see if they will fund it. We hope to interest a summer medical student in the project so that it can begin this year.

Medical Office Survey on Patient Safety

James Mold, MD , MPH

OKPRN has agreed to participate in a nationwide study designed to investigate the patient safety culture in primary care practices. In participating practices, all clinicians and staff will be asked to complete a patient safety survey, which has been developed by the Agency for Healthcare Research and Quality (AHRQ). We plan to schedule time over lunch in each practice so that everyone can complete the surveys at the same time. The results will be compared with data from 300 practices across the country to establish norms and benchmarks. Feedback will be provided to each participating practice toward the end of the project. The project is expected to get underway in April or May. The lead network for this project is the Oregon Rural Practice-Based Research Network (ORPRN).

OKPRN Website Updates and Statistics

Zsolt Nagykaldi, PhD

Our website (www.okprn.org) continues to attract significant interest nationwide and users find our resources useful and valuable. In the course of the last month our website served 1152 distinct computers in over 2000 human-user initiated page requests. Most popular resources included the OKPRN presentation library, influenza-surveillance pages, the PEA Question of the Week section, and "best practices" resources.

We are currently in the process of updating the website with searchable publications pages, new PEA and clinician training resources, and a re-designed "highlights" section.

Recent OKPRN Publications

Bechtol Z. Launching a community-wide flu vaccination plan. *Fam pract Manag* 2008;15(8):19-22.

Aspy CB, Mold JW, Thompson DM, Blondell RD, Landers PS, Reilly KE, Wright-Eakers L. Integrating screening and interventions for unhealthy behaviors into primary care practices. *Am J Prev Med*. 2008 Nov;35(5 Suppl):S373-80.

Mold JW, Aspy CB, Nagykaldi Z. Implementation of Evidence-Based Preventive Services Delivery Processes in Primary Care: *Am J Am Board Fam Med* 2008;21(4):334-44

Mold JW, Lawler F, Roberts M. The health consequences of peripheral neurological deficits in an elderly cohort: An Oklahoma Physicians Resource/Research Network Study. *JAGS* 2008;56:1259-64.

Mold JW, Goodrich S, Orr W. Associations between subjective night sweats and sleep study findings. *J Am Board Fam Med* 2008;21(2):96-100.

Aspy CB, Enright M, Halstead L, and Mold JW. Improving Mammography Screening Using Best Practices and Practice Enhancement Assistants: An Oklahoma Physicians Resource/Research Network (OKPRN) Study *J Am Board Fam Med* 2008;21(4):326-33.

Nagykaldi Z, Stone J, Fox C, Fontaine P, Gallo S, Peterson K. Improving Collaboration Between Primary Care Practice-Based Research Networks Through The Use of Access Grid Technology, *Informatics in Primary Care* 2008;16(1):51-8

Schoenberg M, Duff K, Beglinger L, Scott JG, Adams RL, Bayless J, Mold JW, Moser D. Retention rates on RBANS memory subtests in the elderly. *Journal of Neurology, Neurosurgery & Psychiatry* 2008 Mar;21(1):26-33.

Recent OKPRN Presentations

- | | |
|--------------------------|--|
| December 16, 2008 | Recognition and Management of Obstructive Sleep Apnea in Primary Care. OUHSC Pulmonary Division Sleep Disorders Conference |
| October 22, 2008 | What Good is a Network? Oklahoma Physician Assistants 35 th Annual CME Conference, Tulsa, OK |
| August 10, 2008 | AHRQ Master Contracts: Obstructive Sleep Apnea and Office Safety Survey. OKPRN Convocation |
| Jul 2, 2008 | Introduction to Clinical Inquiries (ClinIQ) Process. Great Plains Residency Program, OKC |