



Supporting Primary Care Research and Learning

Summer 2014

NCNC Conference Report

The 2014 NCNC conference was held in Greenville, NC, hosted by the Practice Based Research Network (PBRN) E-CARE, at ECU on May 17, 2014. It was held at the Edwin W. Monroe AHEC Center with support from The Duke Endowment and The North Carolina Translational and Clinical Sciences Institute at UNC-CH.



Edwin Monroe AHEC Center

The conference began with a talk from Debra Thompson, Vice President of Care Coordination for VidantHealth and Wilson Gabbard, PCMH Project Coordinator for UNC Physicians Network presenting their experiences with implementing Patient Centered Medical Homes, and sharing their tips for success.

Andrea Wallace, Professor at the College of Nursing at the University of Iowa, presented her work on the Self-Management Tool *Living with Diabetes* guide and implementation tool kit.



A lively panel discussion on Community Engagement from the perspectives of a patient advocate, a health system administrator, a community engagement coordinator, and two researchers rounded out the morning session.

For the afternoon we had two breakout sessions. *Demonstration and Applications of Coaching for Chronic Disease in Primary Care* focused on Active Listening and Motivational Interviewing. The other breakout session was *Best Practices in Primary Care, Implementation Strategies and Evidence* focused on chronic illness management in primary care

We wrapped up the conference with the presentation of the “Above and Beyond” awards for practices who have been exceptional partners in recent projects. The 2014 Awards went to Pink Hill Medical Center in Pink Hill, NC; Durham Pediatrics in Durham, NC; and CMC-Biddle Point Family Practice in Charlotte, NC.

You can find links to the slide presentations on our website www.ncnc.unc.edu and the *Living with Diabetes* guides at www.acponline.org.

NCNC Research Project Updates

We would like to highlight a few the current projects in North Carolina.



Monitor Trial Stakeholder Meeting

The Monitor Trial funded by the Patient-Centered Outcomes Research Network (PCORI) to assess the role

of self-monitoring of blood glucose in patients with type 2 diabetes. NCnet is enrolling patients at a number of practices in the Triangle area of North Carolina in this study. Dr Katrina Donahue and Dr Laura Young said “Given the time and resource-intensive nature of glucose self-monitoring, to test or not to test is a critically important question facing the millions of patients living with non-insulin-treated type 2 diabetes. Patients often receive mixed messages about blood glucose self-monitoring. We are excited that PCORI has recognized the lack of consensus around the utility of glucose monitoring in patients with type 2 diabetes not treated with insulin.”

The ADAPT-NC project is also funded by PCORI and brings together four PBRNs in NCNC to study the dissemination of a Shared Decision Making intervention for asthma patients. [MAPPR](#) at Carolinas Health System successfully demonstrated the efficacy of this intervention in their ACE study. In the current project, MAPPR, [PCRC](#) at Duke, NCnet at UNC and [ECARE](#) at ECU are disseminating this intervention across North Carolina to primary care and pediatric clinics. We would like to thank Community Care of North Carolina (CCNC) for all their support in making this project possible.

NCNC Publications

NCNC congratulates Thomas C. Keyserling, et al. for their [publication](#) *A Comparison of Live Counseling With a Web-Based Lifestyle and Medication Intervention to Reduce Coronary Heart Disease Risk: A Randomized Clinical Trial* in [JAMA Internal Medicine](#).

“In this study, the web-based intervention was equally effective to the counselor-delivered intervention at 12-month follow-up. This suggests that web interventions could be used to fill important gaps in counselor availability and, where counselors are available, allow counselors to focus their efforts on harder-to-change behaviors, such as refractory lifestyle behaviors.”

We thank Drs. Moin and Mangione for their invited commentary [article](#) that accompanied the research paper.

“The article by Keyserling and colleagues in this issue of *JAMA Internal Medicine* highlights the potential efficacy of electronically delivered weight-loss programs that may help address critical barriers of reach and dissemination.”

NCNC Updates



NCNC welcomes Kathleen Mottus, Ph.D. and Duke trained Health Coach to the Core Team. She brings her experience from taking environmental monitoring research out into remote areas to taking health research out into community practices. She has a passion for health and translating health research into health behavior change.



NCNC would like to congratulate Jennifer Rees, RN in becoming a certified practice facilitator. She attended the [Practice Facilitator Certificate Program](#) at the University at Buffalo, The State University of New York, Millard Fillmore College. Practice facilitators support practices in implementation a wide variety of projects. These include quality improvement projects as well as conducting practice based research.



NCNC Core Staff and Faculty

We would like to announce the launch of our redesigned website at www.ncnc.unc.edu. We want to thank Liuliu Fan, Brian Cass and Dea Bell at Sheps Center for all their technical support and advice.

NCNC would like to thank the following supporters for all they do that make our work possible.

