

Winter 2016

Student/Resident Awards for Presentations

NCNC mentors young researchers in practice-based research and partners with our practices. Two of our young researchers recently won awards for their practice-based research.



Dolly Penn, MD won an award for Academic Practice-Based Research (APBR) at the [Fall North Carolina Public Health Association Meeting](#) in Winston-Salem, NC for her presentation, *Evaluating a Group Based Lifestyle Modification Program: The Raleigh Wellness Project*.



Alexa Waters, a medical student at [UNC](#) and a [Primary Care and Population Health \(PCPH\) Scholar](#) won the student competition at the [NC Academy of Family Physicians \(NCAFP\)](#) meeting in Asheville, NC for her poster, *Health Literacy, Disease Management, and Patient-Reported Outcomes in Type 2 Diabetes*.

How much does it cost a practice to become a PCMH?

A new study by researchers from the University of North Carolina Chapel Hill, Department of Family Medicine and the UNC Gillings School of Public Health Department of Health Policy and Management report the results from one of 15 [AHRQ Estimating Costs grants](#)

This study reports the results from interviews of practice staff. The interviews focused on the costs to prepare the application to become a [Patient-Centered Medical Home \(PCMH\)](#). "[The Cost to Successfully Apply for Level 3 Medical Home Recognition](#)" was published in the January-February 2016 issue of the [Journal of the American Board of Family Medicine \(JABFM\)](#)

Jacque Halladay said, "We are glad to share these results and continue to be encouraged by our colleagues to

Tamera Coyne-Beasley elected President-Elect of SAHM



NCnet's own Tamera Coyne-Beasley, MD, MPH, won her election for president of The Society for Adolescent Health and Medicine (SAHM).

SAHM is an international multidisciplinary organization committed to improving the physical and psychosocial health and well-being of all adolescents through advocacy, clinical care, health promotion, health service delivery, professional development and research. Tamera will serve as President-Elect for one year, beginning at the 2016 Annual Meeting and will then become President at the Annual Meeting in 2017.

The four core values that underline SAHM's mission and vision are excellence, leadership, integrity and collaboration. Dr. Coyne-Beasley has served as a regional president for SAHM for six years and is currently on the SAHM Board of Directors. For more information on SAHM go to www.adolescenthealth.org

highlight the practice level costs involved in implementing practice change."

This study used activity-based costing techniques. Activity-based costing focuses on how long an activity took and who did the work. The practices interviewed that obtained PCMH under the 2011 standards had a mean cost of \$13,700 per provider. This result was remarkably consistent across the practices which had from 2.5 to 10.5 providers.

The authors note, "our participants acknowledged that several of the newly implemented activities were critical to improving care quality and were thankful that the application process drove their organizations to understand the need to dedicate time and resources to make these advancements"

Dr Halladay added, "We think this kind of work is particularly relevant given the increasing attention on value based purchasing and population management."

The authors are indebted to practices that are part of the North Carolina Network Consortium for their continued interest and participation in research and quality improvement. This work was supported by the [Agency for Healthcare Research and Quality](#).

Can you change patient choices with a one page handout?

A one-page decision support tool is unlikely to change patients' intentions about whether to undergo low-value screening services, according to new findings.

"This is preliminary evidence that a one-page decision support sheet is not sufficient by itself to reduce intentions for screening for low-value or potentially low-value services," Dr. Stacey Sheridan of the University of North Carolina at Chapel Hill told Reuters Health in a telephone interview.

Overuse of health care costs the U.S. \$192 billion annually, Dr. Sheridan and her team note in their report, published online December 28 in JAMA Internal Medicine. "This results in physical, psychological, and financial harms; hassle; and opportunity costs without potential benefit for patients," they add.

Dr Sheridan and her research team are grateful for the participation of the clinicians and staff at Duke Primary Care Croasdaile, Sutton Station Internal Medicine, Duke Primary Care Pickett Road, and Duke Primary Care Timberlyne; and for data collection by the coordinators and trial assistants at Duke PCRC.

Asthma Toolkit Information



The Asthma Dissemination Around Patient-centered Treatments in North Carolina (ADAPT-NC) project funded by PCORI now has two online sources for additional information at adaptnc.org and on Facebook at <https://www.facebook.com/adaptnc>.

This research study around a state-wide dissemination of a shared decision making intervention for asthma patients is in its final year. The practice-based research networks

MAPPR, PCRC (Duke), NCnet (UNC) and ECARE (ECU) are disseminating this intervention across North Carolina to primary care and pediatric clinics. Project progress will be reported through the website with weekly updates.

We would like to thank Community Care of North Carolina (CCNC) and PCORI for all their support in making this project possible.

NAPCRG Annual Meeting.

The Annual North American Primary Care Research Group meeting was held in Cancun Mexico October 2015. The North Carolina PBRNS presented a number of papers at the conference. Topics tackled include:

Improving Care:

- Patients in primary care residencies in NC
- of high blood pressure control while reducing racial disparities
- by screening adolescents for depression using a screening tool.
- by using social media to communicate with adolescents about HPV and HPV vaccination:
- by using virtual care visits to improve access

Shared Decision Making:

- in an asthma tool kit dissemination project, ADAPT-NC
- in management of high risk medications in the elderly

Patient Outreach, outcomes and Population Health:

- the real world challenges of outreach to uninsured patients
- the real world challenges of screening and recruiting uninsured patients
- the impact of a multidisciplinary specialty clinic on behavioral outcomes
- comparing methods to identify at risk groups in the context of population health

Additionally a workshop on Best PBRN Practices was presented.

NCNC Acknowledgements

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

