

Rethink the Strip COVID-19 Enhancement Study.

Katrina Donahue, MD, MPH, and Laura Young, MD, PhD, of the UNC School of Medicine are co-primary investigators of a study that will investigate the impact of COVID-19 on glucose monitoring in primary care patients with diabetes.



Re-Think the Strip

The funding was received as an enhancement to the team's current PCORI-funded project titled Re-think the Strip, which promotes the de-adoption of self-monitoring of blood glucose among patients with type 2 diabetes who are not on insulin, and encouraging these patients to rely on regular A1c tests for their glycemic control.

With the onset of COVID-19, the researchers found that patients are unsure of how to balance the need for usual in-clinic A1c testing against the need to protect themselves from COVID-19 infection, especially given their high-risk status for infection-related complications. With this additional funding, the researchers will work with 20 primary care practices to examine the impact of COVID-19 on how providers assess glycemic control of patients with type 2 diabetes.

"The enhancement to this study has the potential to improve outcomes for patients living with non-insulin treated type 2 diabetes despite difficulties imposed by the pandemic," said Young.

ECU and Vidant to Clinically Integrate.

East Carolina University will move toward full clinical integration with Vidant Health and the creation of a distinctive health system brand – ECU Health or similar branding – to serve the 1.4 million residents of eastern

North Carolina, Chancellor Philip Rogers announced today.



"This is an exciting day for our university and for the people of eastern North Carolina," Rogers said. "By aligning the leadership of the Brody School of Medicine and Vidant Health, we will be able to more effectively train future physicians, provide enhanced research opportunities, advance technological solutions and better coordinate the delivery of health care to the people of our region."

This is the first step toward a shared goal of increasing collaboration and integrating Vidant Health and the Brody School of Medicine. The two organizations will work together with academic and clinical leadership to transform together, to build on combined strengths, and to create a regional health care, research and educational enterprise.

UNC System President Peter Hans said of today's announcement: "This begins to place ECU and Vidant into closer organizational alignment, so the mission remains the priority – serving the health care needs of eastern North Carolina, rural areas of our state, and beyond. Chancellor Rogers' selection of Dr. Waldrum and Dr. Higginson demonstrates that they all realize the most strategic and productive way forward is working more closely together."

Chancellor Rogers said much work will be needed in the future to make today's announcement a reality. "Boldly, we will move forward together with a shared vision and set of values. We believe this is the most innovative, long-term and strategic solution to serve our region, and if we keep our joint mission at the center of this work, then we will look back on today's announcement as a milestone in our university's history," he said.

PREVENTABLE study

PREVENTABLE will be the largest pragmatic trials in older adults (20,000 participants) with placebo-controlled drug assignment to date, and is also the first statin trial with a non-cardiovascular primary outcome.

Investigators will study whether statins help prevent dementia or physical disability—the most important outcome for older adults looking to maintain independence.



The Duke Clinical Research Institute is serving as the Coordinating Center, Atrium Health and UNC are two of the sites for this study. This study includes 100 sites run by the Veterans Administration (VA) as well as non-VA Healthcare system. [Link to Map of Sites.](#)

Statin have been shown to effectively reduce the risk of cardiovascular events for both primary prevention populations and patients with known coronary artery disease, or secondary prevention. However, few statin studies in primary prevention populations have included individuals aged 75 or older, leaving many unanswered questions for older adults.

Eligible participants will be 75 years or older, not taking a statin, and without existing heart disease or dementia. They will be randomized to Atorvastatin (brand name Lipitor®) or placebo and be followed over the course of five years.

This study is currently enrolling patients. The PCRC study email address is Duke PREVENTABLE@duke.edu. For more information, visit the main [PREVENTABLE website.](#)

Atrium Health Receives Nearly \$3.5 Million in Grant Funding to Expand First-of-its-Kind Pediatric Asthma Tool

Atrium Health has been awarded a nearly \$3.5 million grant from the National Institute of Health's (NIH) National Heart, Lung, and Blood Institute to

implement Coach McLungsSM, a web-based asthma platform, across all Atrium Health Levine Children's pediatric primary care and family medicine practices. Developed and piloted at Atrium Health, Coach McLungs (formerly Carolinas Asthma Coach) is designed to provide a unique, patient-centered experience to help patients and providers work together to create an action plan to manage asthma symptoms and allow patients to lead healthy, active lives. Hazel Tapp, the principal investigator of the study, was awarded the Research Project Grant (R01) to implement and evaluate the platform across the Atrium Health enterprise.

At Atrium Health, we strive to provide high-quality, innovative care to our patients and our communities," said Dr. Rasu Shrestha, executive vice president and chief strategy and transformation officer at Atrium Health. "Coach McLungs represents Atrium Health's investment in novel approaches that leverage digital to enhance care delivery at scale."

Coach McLungs provides asthma education and clinical decision support in just three simple steps:

1. Before a visit with their doctor, a pediatric patient and their caregiver engage with Coach McLungs and receive personalized education about asthma, triggers and treatments.
2. Coach McLungs gathers information about the patient's goals, adherence and symptoms, then generates clinical decision support summary pages to guide the asthma visit.
3. The patient, caregiver and provider then meet to create a personalized treatment plan at the point of care.

For more information about Coach McLungs, visit the [Atrium Health blog, Daily Dose.](#)

Acknowledging our supporters:

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