

*"A year from now  
you may wish you  
had started today."*

*Karen Lamb, author*

PRESCRIPTION  
FOR

# health highlights

PROMOTING HEALTHY BEHAVIORS IN PRIMARY CARE RESEARCH NETWORKS

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Linda Niebauer: Ed., Health Highlights



*Innovators' Meeting  
September 10, 2003  
Colorado Springs, CO*

Volume 1, Issue 3

## Update from the Trenches—Two Networks Report

### PSARN—Penn State Ambulatory Research Network

**Intervention:** A health coach using motivational techniques to promote increased physical activity and improved eating habits in patients with a BMI >30.

Alan Adelman and his team began data collection October 1, as planned. IRB approval went smoothly due to a meeting with the chairperson prior to protocol submission.

To date:

- 50 patients enrolled.
- Health coach training is underway and ongoing.
- Project team is learning motivational practices (interviewing, cognitive behavioral interventions, relapse prevention, solution-based therapy, self-determination theory, and stages of change).
- Dr. Rick Botelho, project consultant, is an excellent resource and teacher.
- Telephonic consultations and audio-taping patient/coach interactions are proving effective in the learning process.

### Noteworthy Observations:

- Many patients comment to coach that this is the first time they feel they've been heard by the health care system.
- Many participants appear to have co-existent depression and grief reactions.
- Nursing staff in 1 of 4 offices has not followed recruitment protocol.
- Some patients like to talk to the health coach but don't want to focus on the change process—rather, they tend to digress into complex psychosocial issues.

### GRIN—Great Lakes Research into Practice Network

**Intervention:** A trained nurse providing consultation services that assist the practice with making improvements to increase preventive service delivery to patients.

Jodi Holtrop and team report:  
**"I'm really glad we ..."**

- Incorporated two health systems to allow observation of two different modes of operation.
- Recruited our practices for participation before start date, saving time.
- Talked with IRB/HIPAA experts and sent in applications upon funding notification. At our institution, revisions are handled faster than initial applications, so it was more efficient to send the application in early and then file revisions as necessary.
- Assembled the team we did. Even as things are starting to get harried, we are a supportive team. Having a co-investigator as a health system insider has been tremendous help in keeping practices on board.
- Had consultants who had been "in the trenches" attend nurse facilitator training to give us a 'heads up' on what to expect when working with practices around this type of study.
- Replaced our practice surveys with those designed by the IEU.
- Included weekly team meetings.

**"Wish we had...."**

- More time—practices took longer to get going than anticipated.
- More money—required more than anticipated, so have requested funds from other sources.
- More expertise for conducting a chart audit on the 5As for the 4 behaviors—the lack of existing documentation makes data collection difficult.

# Update from the Evaluation Team

**Great news!** After much discussion and investigation, the incentive for the completion of the Practice Staff Questionnaire (PSQ) has been set. Unless otherwise arranged, a Blockbuster movie rental pass will be attached to each PSQ you distribute as our way of saying “thank you” to the practice staff who take the time to complete the questionnaire.

**We need your help.** We have spent the last several months preparing the PSQ. Now we are gearing up for distribution. We need your help. If you haven't already done so, please complete and mail your Practice Information Forms (PIFs) to us as soon as possible. These are the questionnaires designed to gather practice level data. We use the information from the PIF to generate the correct number of PSQs for each participating practice. We need to have the PIFs in hand to begin the process of distributing the PSQs to the practices participating in your study. Remember, you (or the person(s) you designate) will receive \$50 for each completed PIF we receive. When you return the PIFs, please be sure to let us know to whom you'd like us to make out the check(s). If you have already completed and returned your PIFs we thank you, and you will be receiving your checks and PSQs soon.

**Thank you.** We would like to thank you all for your continued cooperation in all aspects of the evaluation. As always, if there are any questions or concerns about the evaluation, please contact Michelle Gibel by email at [gibelmi@umdnj.edu](mailto:gibelmi@umdnj.edu) or by telephone at (732) 235-8032.

*Have a wonderful Thanksgiving!*



## Next Innovators' Meeting

You have expressed strong interest and support for meeting with other innovators January 24, 2004, the Saturday before the AHRQ meeting in Maryland, to share experiences and assist each other with the honing of projects.

### Tentative Agenda

|                |         |
|----------------|---------|
| 1:00-5:30 p.m. | Meeting |
| 6:30-8:00 p.m. | Dinner  |

Details and registration information will be made available on PBRNet in early December, 2003.

## P4H Timeline



### January 24, 2004

- Innovators' Meeting in Maryland

### January 25-27, 2004

- AHRQ-sponsored PBRN meeting in Maryland

### February 6, 2004

- 8-month progress report due  
[PBRNet](#)

### Sept. 29-Oct. 1, 2004

- Innovators' Meeting at Lansdowne, VA

### October 29, 2004

- Final report due

## 2004 Innovators' Meeting

The Lansdowne Resort located near historic Leesburg, Virginia, will host the September 29-October 1, 2004 Innovators' Meeting.

[www.lansdowneresort.com](http://www.lansdowneresort.com)

