

# RIOS Net News

*The New Mexico Practice-Based Research Network*

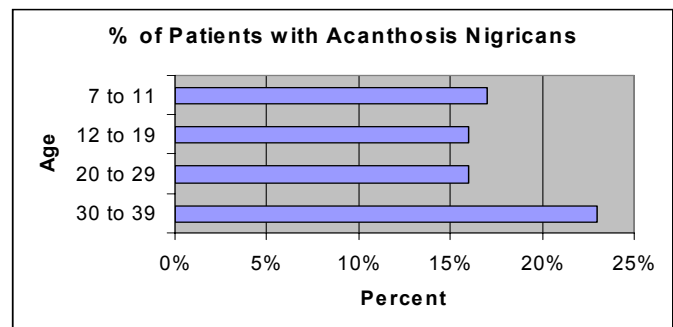
## Diabetes Prevention Project: Phase I Andrew Sussman, PhD

We are entering the final stage of the Diabetes Prevention Project: Phase I. This phase is intended to describe the prevalence of overweight, obesity, type 2 diabetes, acanthosis nigricans (AN), hypertension and dyslipidemia among persons 7-39 years old in our practices. Participating clinicians have completed a short health survey on all patients between 7-39 years of age who are seen during a two-week period. Some participating clinicians used personal digital assistants (PDAs) for data collection and others completed paper versions of the survey.

A total of 63 clinicians, distributed throughout UNM, Community Health Center, and Indian Health Service clinics, have thus far completed the project giving information on 1,069 patients. Analysis is currently under way and we expect to have final results by the end of the summer. Once all data collection is complete, we will begin the process of presenting findings back to our membership and other community-based groups.

Although the final results are still pending, an earlier summary of the data based on the reports on of the first

400 patients showed that an average of 18% of patients have acanthosis nigricans with a fairly equal distribution between the four age groups. If this rate is seen in the final data, it would appear to support the view that future rates of diabetes will be increasing dramatically. (Based on evidence that most persons with acanthosis have hyperinsulinemia.)



We look forward to providing you with a more detailed summary of the findings from this study soon. Study results will be posted on our website and we will send out notification on the listserv prior to releasing the information.

## Diabetes Prevention Project Phase II (DPP II) Robert Leverence, MD

We have just concluded data collection for phase II of our Diabetes Prevention Project, and we thank all of you who participated through individual interviews, focus group discussions or by completing the recent mail survey. As we had expected, clinicians had many insightful and helpful thoughts on this most difficult topic of obesity and diabetes prevention.

Preliminary analysis shows that by and large, we feel obesity and diabetes are important topics and we have an important role to play in their prevention. On

the other hand, frustration is common and only 60% of us report routinely discussing exercise and weight loss during well child checks or annual exams, perhaps a result of a general feeling that obesity is most influenced by factors outside of our control, such as lack of patient motivation, lack of community resources, and societal and cultural forces. (Interestingly, these very factors receive little if any attention by current national obesity prevention guidelines.) Despite the difficulties, members persist largely because they believe the non-obese have a better quality of life.

We hope to provide a complete summary of what we heard from you by the early fall. We have been invited to present our preliminary results to the Agency for Healthcare Research and Quality meeting in Washington D.C. as well as the North American Primary Care Research Group Annual meeting. Through these presentations, feedback, and further analysis we hope to develop a rational plan for an intervention as the final phase of this project. We will keep you posted! And once again thank you for your continued participation!

## Tobacco Usage Among Primary Care Patients in RIOS Net

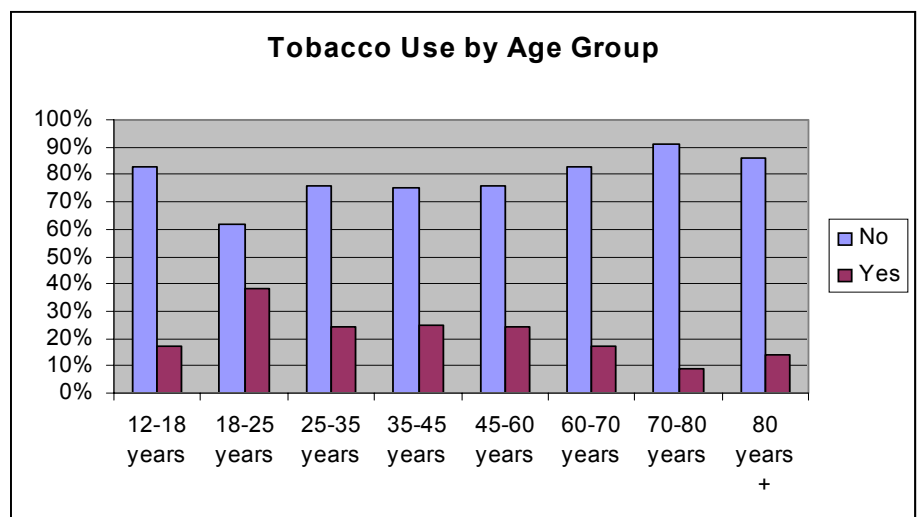
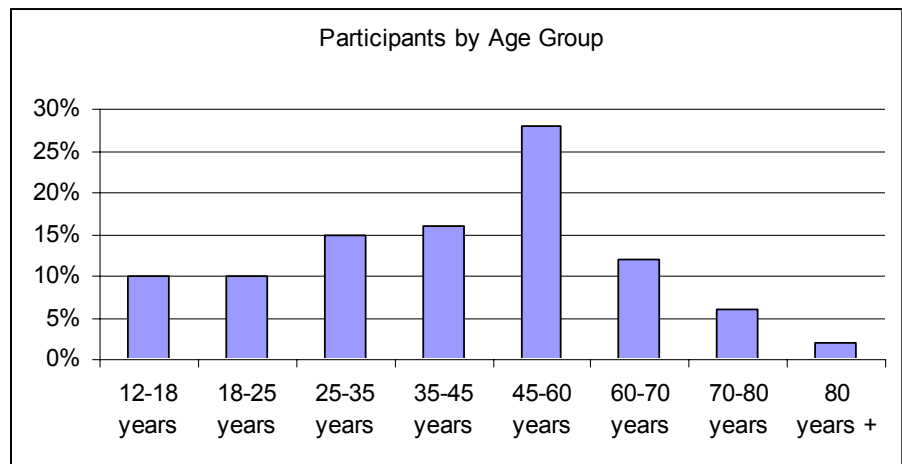
### Nicole Kellett, MA

As discussed in the previous newsletter, RIOS Network members identified tobacco use as a primary concern. Consequently, a planning group designed a project to examine tobacco use, and RIOS Net is currently wrapping up the first phase of the project. Subsequent projects will look at innovative ways to help patients quit tobacco. To review, the first phase of the tobacco project is designed to assess prevalence of tobacco use to gain baseline information on the situation regarding tobacco use throughout the network communities. The project involves a 14 question survey which can be conducted on a personal digital assistant (PDA) or on paper form. The survey addresses rates, duration, types of tobacco use, views regarding cessation, prevalence of certain diseases, and demographic information for all patients willing to participate ages 12 and over. The results from the first phase of the project will be used to inform the second and third phases of the tobacco study, which will address tobacco prevention and cessation.

The project's goal is for a total of 90 clinicians to conduct the survey divided roughly by thirds between those who practice at Community Health Centers, Indian Health Services, and the University of New Mexico to reflect the current membership of RIOS Net. Presently, 77 clinicians have conducted the project gathering information on 2191 patients. Once we have finished gathering data, we hope to complete the analysis by

the fall. We will then present the findings to the RIOS Net membership and to the communities who have participated in the project.

The following graphs represent information gathered from 2050 patients. As expected, the preliminary data suggest tobacco use among the young adult groups is highest. This would be consistent with the view that use of tobacco is increasing in the communities we serve. These results are limited and preliminary. Once we have finished



gathering data, we will analyze the data by gender, age, ethnicity, rates of tobacco use, reasons for using tobacco, percentage of smokers who want to quit, percentage of tobacco users with diabetes, hyperlipidimia, COPD, asthma, and hypertension, as well as a cross analysis of the various factors examined in the tobacco survey. Please refer to our website for more information on the tobacco project and contact us with any suggestions/concerns you may have regarding the project and data analysis.

## Complementary and Alternative Medicine

### Andrew Sussman, PhD

In response to one of the network priorities set by the members, RIOS Net will soon begin a project aimed at improving communication between patients and clinicians regarding use of complementary, alternative and traditional health care. The central premise of the project is that complementary and alternative medicine play important roles in the lives of New Mexicans, and primary care clinicians need to better understand the patterns of CAM use by their patients in order to improve the integration of CAM and allopathic care.

The specific aims of the first phase are twofold: 1) to understand better

when and under what circumstances patients choose to use CAM modalities, allopathic/osteopathic care or both, and 2) to identify barriers to integration and communication about CAM between primary care providers, patients and CAM providers. In this phase, to begin later this summer, both patients and clinicians will be interviewed regarding how they approach talking to one another about this. Interviews will be conducted with 160 primary care patients of RIOS Net members followed by interviews and focus groups with RIOS Net clinicians. Findings from this 30 month phase will culminate in the design of sub-

sequent phases to explore the frequency of CAM use in RIOS Net patients and to develop a model for integration of CAM and allopathic/osteopathic care.

This first phase is being supported by the NIH's National Center for Complementary and Alternative Medicine. Please contact Brian Shelley, MD (bshelley@salud.unm.edu), who will be leading this project, if you have any questions.



## Current work in Family Violence Group

### Andy Hsi, MD, MPH

Responding to another network member priority (to address the problem of violence in our communities), the RIOS Net Family Violence group has arrived at a project design aimed at ultimately identifying ways we can mitigate the impacts of violence on our patients. In the first phase, now being planned, patients who have experienced family violence in the past would be interviewed. The goal would be to identify elements of their experiences after violence exposure that distinguishes patients who do or do not develop long term mental or physical health consequences (e.g., depression, obesity, etc.) of that exposure. Preliminary plans call for first conducting interviews in 2 RIOS Net settings before moving on to other practices.

As currently being discussed, a RIOS Net staff person present in the clini-

cal setting waiting rooms would screen patients willing to participate using a family violence screening questionnaire. Each patient who scores positively on the family violence screener would receive information about project participation. If the patient has a positive score on the screener and agrees to participate, the RIOS Net staff person will then conduct an interview regarding experiences of violence and health status. The guide is being designed to elicit information on how patients have responded to family violence in their lives to identify factors contributing to positive health outcomes that primary care clinicians can promote and support with their patients.

The group will continue to meet during the summer and welcomes input from the RIOS Net participants. Tune in for further updates.

## RIOS Net facts

- 197 voluntary primary care clinician members as of 5/04
- 53% Family Physicians; 21% Pediatricians; 14% Internists; 6% Nurse Practitioners; 6% Physician Assistants
- 35% Indian Health clinicians; 28% Community Health Center clinicians; 35% UNM clinicians; 2% private practitioners
- Nine clinical topic priorities:
  - Diabetes/obesity in young persons
  - Cancer prevention
  - Tobacco use
  - Problem alcohol use
  - Hepatitis C
  - Working more effectively with complementary, alternative and traditional providers
  - Depression
  - Chronic pain
  - Family violence
- Support provided by UNM Vice-President for Health Sciences, Dean of the Medical School, Departments of Family and Community Medicine, Pediatrics, and Internal Medicine, Cancer Research and Treatment Center; U.S. Agency for Healthcare Research and Quality; U.S. Health Resources and Services Administration; American Diabetes Association; National Institutes of Health; U.S. Indian Health Services, Albuquerque Service Unit and Headquarters



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WE'RE ON THE WEB  
[HTTP://HSC.UNM.EDU/RIOS](http://hsc.unm.edu/rios)

## Primary Care Network Survey

The PRINS project is RIOS Net's introductory project for new members that helps to define our network as a whole as well as the patients RIOS Net members serve. Not only does the PRINS project offer a satellite view of our network, but also for individual clinicians in the network it allows for an opportunity to compare one's own patient panel to others in RIOS Net.

We are about to complete our final round of PRINS data collection. We estimate with the last round of data collection there will be over 120 clinicians who participated in the project with over 3500 individual patient records collected! Congratulations to everyone who has participated. Preliminary results of the PRINS project are available on the RIOS Net website

## ANNUAL MEMBER MEETING

The fourth annual RIOS Net member meeting will be held in Albuquerque on **September 10**. We will discuss the results of the five network projects completed so far, and talk about coming and possible future projects. Arrangements are underway for a national known speaker to join us, and CME credit will be applied for.

Details will be coming on the listserv shortly, but **save the date now!**

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