

The CleAR-eN Cable



NEWSLETTER OF THE CLEVELAND CLINIC AMBULATORY RESEARCH NETWORK

Volume 1, Issue 1

Spring 2008

Did You Know...?



Members of CIAReN from Left, Carl Tyler, MD, MS, Steve Zyzanski, PhD, Sandra Snyder, DO, Brenda Powell, MD, Jessica Conway, MD, and Chris Young, MD. Not pictured: Donald Ford, MD and Michael Smolak, MD

Cleveland Clinic's Department of Family Medicine has developed a Practice-Based Research Network (PBRN) made up of area family physicians operating in six Family Health Centers. Inspired by Vance Brown, former Chair of the Department of Family Medicine, the Cleveland Clinic Ambulatory Research Network (CleAR-eN) was established two years ago under grant funding from the Health Resources and Services Administration (HRSA). It all happened rather serendipitously as clinicians came together to develop a research infrastructure within the Clinic's Department of Family Medicine. Led by Stephen Zyzanski, PhD of Case

Western Reserve University the research facilitators met once a month to discuss research methods and concepts. The intent was to conduct multiple projects at one time which were to be chosen by the group. Soon, as the infrastructure began to take shape, so did a Practice-Based Research Network guided by CWRU researchers and Carl Tyler, MD, MS of Fairview's Center for Family Medicine Residency Program.

At monthly meetings the research facilitators were introduced to network concepts such as, research methods, aggregate data, generalizability, and data analysis and interpretation. Research Facilitators also attended a PBRN seminar offered by the mentors at CWRU who presented current literature, a panel of highly acclaimed PBRN researchers from various parts of the country, as well as opportunity for discussion and feedback. Once a knowledge base in PBRN methods had been established, the group participated in a study for asthmatic patients. Soon after, the group collaborated on the importance of calcium intake and wanted to determine if their patients were meeting guidelines. In doing so, the CleAR-eN network was established and their work continues to flourish as they evolve as individual as well as team PBRN researchers.

What is a Practice-Based Research Network?

Practice-Based Research Networks (PBRNs) are a group of ambulatory practices devoted principally to the primary care of patients, and affiliated in their mission to investigate questions related to community-based practice and to improve the quality of primary care (AHRQ). This definition includes a sense of ongoing commitment to network activities and an organizational structure that transcends a single research project. PBRNs often link practicing clinicians with investigators

experienced in clinical and health services research, while at the same time enhancing the research skills of the network members. PBRNs are widely valued for their access to the full range of patient populations needed for clinical and translational research studies, and for their ability to bring the community practice and patient voice to the clinical research enterprise.

No one clinician is responsible for the entire study; practice-based research inspires a

group effort where clinicians are paired with one another and experienced researchers to carry out specific projects.

In practice-based research, the clinician's practice serves as the laboratory and research questions are developed by providers in order to ensure successful collaboration. Partnerships develop thereby paving the way for enhanced practice outcomes and continuous quality improvement.

Evolution of a PBRN

- SHARED INTEREST IN RESEARCH TOPICS
- TEAM APPROACH TO DEVELOPMENT AND IMPLEMENTATION
- MEASURABLE OUTCOMES
- TRAINING IN PBRN RESEARCH METHODS
- MANUSCRIPT DEVELOPMENT AND SUBMISSION

Inside this issue:

DID YOU KNOW?	1
WHAT IS A PBRN?	1
WHO IS CLEAR-EN?	2
WHAT ARE WE UP TO?	2
GET INVOLVED!	2

The CleAR-eN Cable

Who is CleAR-eN?

The family medicine physicians who make up CleAR-eN are motivated, hard-working clinicians who recognize the importance of clinical research in a practice-based setting.

Carl Tyler, MD, MS is director of the network and Coordinator of Geriatric Education and Research at Fairview/ Cleveland Clinic Family Medicine Residency. His expertise is relied upon when developing and implementing research protocols into everyday practice.

Other members of CleAR-eN include, Brenda Powell, MD, Donald Ford, MD, Sandra Snyder, DO, Chris Young, MD, Jessica Conway, MD, and Mike Smolak, MD.

Each month this group of clinicians meet to discuss study development and progress as well as share anecdotal experiences based on their unique practice settings.

dotol experiences based on their unique practice settings.

Apart from manuscript submission, each member had the opportunity to present their work at national and regional family medicine meetings.

WOULD YOU LIKE TO PARTICIPATE? DO YOU HAVE A RESEARCH IDEA YOU WOULD LIKE TO SHARE? WE WELCOME ALL WHO ARE INTERESTED AND LOOK FORWARD TO HEARING FROM YOU. CONTACT: CARL TYLER:

DENA FISHER
DM876@CASE.EDU

What are we doing?

The majority of adult women in the United States fail to meet daily calcium intake recommendations. This led to a survey study conducted in six Cleveland Clinic community-based family medicine practices belonging to the CleAR-eN network. Network physicians wanted to identify predictors for calcium use and non-use, understand barriers to calcium supplementation, and determine the potential impact of physician recommendation on supplemental calcium use. Surveys were self-administered to 185 women aged 19-64

Key Points of the Study:

- Multi-vitamin use, self-perceived risk of osteoporosis, and age were independent predictors of calcium use.

Leading barriers for never-users were:

- lack of knowledge about the need/importance of increasing calcium intake,
- lack of motivation to start supplements
- the belief that they were obtaining sufficient amounts of calcium through diet.

Interestingly, 96% of never-users reported they would consider taking a calcium supplement if recommended by their physician.

The results of this study have been presented by the CleAR-eN research facilitators at regional and national conferences. A paper has also been accepted in the *Journal of the American Board of Family Physicians* and will be published late spring.

Survey results have successfully informed an office-based intervention that is now underway in six Cleveland Clinic Family Medicine Centers.

Would you like to get involved?

As an emerging network, CleAR-eN is interested in learning about your research ideas. We encourage anyone who is excited about practice-based research to please consider these questions when brainstorming your research idea:

1. What is my research question?

2. What is already known in the literature about this question?
3. Who would be the participants in the study (e.g., patients in my practice)?
4. What is/are the main outcome(s) of the study? How would they be measured?

5. How feasible is the study in terms of money, time, effort, and skills?
6. Why is the study worth doing?

Please contact Carl Tyler, MD, MS or Dena Fisher, Research Coordinator for the Case Western Reserve University Practice-Based Research Network with your ideas.



The Family Health Center at Beachwood