



Building a Practice-Based Research Network to Improve Primary Care Practice Across the State

Karen Lutrick, PhD

*Associate Professor and Vice Chair of
Research, Family and Community Medicine
College of Medicine-Tucson
University of Arizona*

klutrick@arizona.edu

Practice-Based Research Networks (PBRNs)

Groups of primary care clinics and researchers working together to answer questions that translate research findings into practice

Focus on studies that evaluate the effectiveness of interventions across settings to accelerate evidence-based innovations into practice

Started in the 1970s as a counter to new innovations and practice guidelines being created in homogenous academic setting

PBRN Structure



A group of >15 practices united by a shared commitment to expand the science of clinical care



Focus on critical questions relevant to participating clinics



Draw on expertise and priorities of practicing clinicians

Examples of PBRN Studies

Colorectal Cancer Screening¹

- 1685 patients in 16 practices completed a survey about Colorectal Cancer (CRC) Screening
- Younger patients with family members without CRC were less screened
- Local EHRs did not have CRC eligibility screening reports/data

Melanoma Education²

- Dermatology deserts/shortages reduces overall melanoma screening
- Free training and resources for primary care providers provided by dermatology
- Study is ongoing

Pap-HPV Co-Testing³

- EHR evaluation of 25 clinics examining rates of individual and co-testing
- Pap-only screenings decreased and co-testing screenings increased between 2012-2017

Examples of PBRN Studies

Postpartum Depression¹

- 28 Practices randomized 1:1 into a provider education intervention
- 2,343 women enrolled in the 28 practices
- Patients with providers that received the intervention were more likely to be diagnosed and receive therapy for postpartum depression

Managing Type-2 Diabetes²

- Cross-sectional survey of 95 providers and 822 patients
- Only 7% of patients surveyed met diabetes control targets
- Patient demographics, type of clinic, type of clinician were correlated with control targets

Vaccine Hesitancy

- Pilot card-study evaluating vaccination conversations at 2 Tucson clinics
- Measured 62 clinic visits and 40 respiratory virus vaccine conversations
- Of the 19 VX hesitant patients, 10 were vaccinated during the appt and 4 made plans for future vaccination



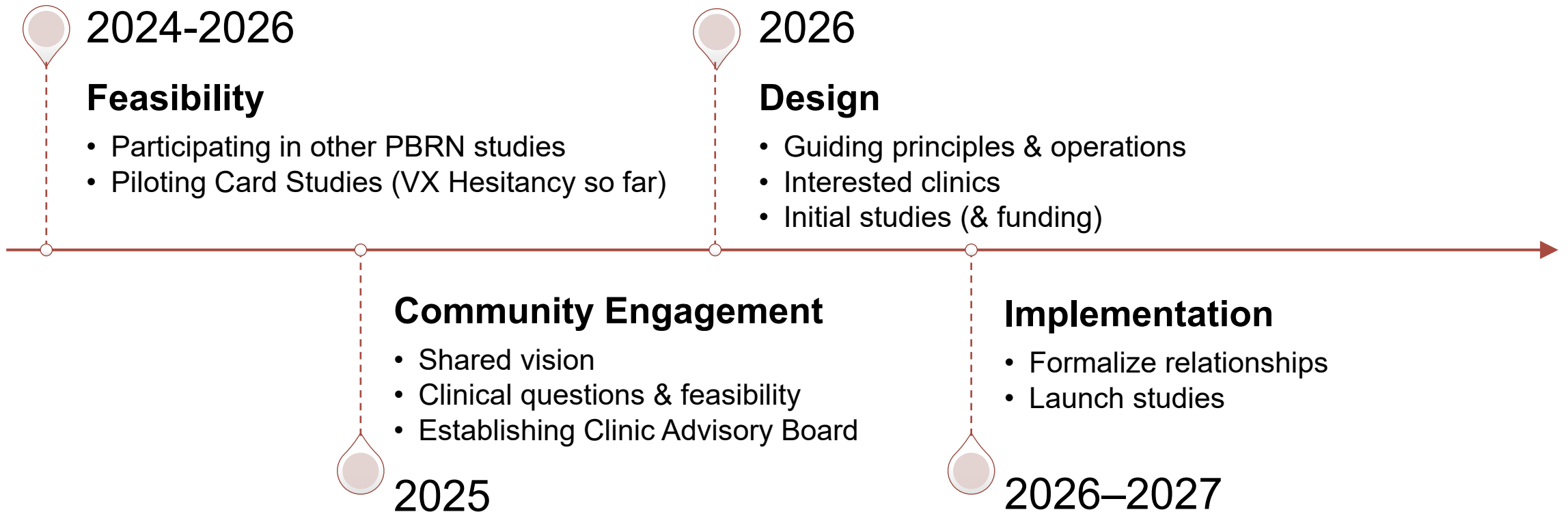
DESERT

Practice-Based Research Network

*Developing Excellence in the Southwest for Evidence,
Research, and Translation in Primary Care*

- A collaboration between the Family Medicine departments from the Tucson and Phoenix Colleges of Medicine
- Developing a Southwest-based PBRN that includes:
 - Academic and community practices
 - Rural and urban practices

Desert PBRN Development Process



Identifying DESERT PBRN Priorities

In your opinion (as a clinician or patient), what is the most important primary care disease/condition that needs more research?



Identifying DESERT PBRN Priorities: Results

In your opinion (as a clinician or patient), what is the most important primary care disease/condition that needs more research?



DESERT PBRN Priorities

Our top 5 (as a group)

1. Diabetes
2. Mental Health
3. Obesity
4. Women's Health
5. Alzheimer's

DESERT PBRN Priorities

Our top 5 (as a group)

1. Diabetes
2. Mental Health
3. Obesity
4. Women's Health
5. Social Drivers of Health

Previously identified top 5

1. Depression/Anxiety
2. Diabetes
3. Hypertension
4. Social Drivers of Health
5. Substance Use

DESERT PBRN Priorities

Of these most-commonly identified disease/conditions,
how would you rank them?



DESERT PBRN Priorities: Results

Of these most-commonly identified disease/conditions, how would you rank them?

1. Mental Health



2. Social Diver's of Health



3. Women's health (reproductive/menopause)



4. Diabetes



5. Obesity



NIH Care for Health Initiative Overview

Communities Advancing Research Equity for Health (**CARE for Health™**)

Integrate **research** into the clinical care environment

Engender trust in science by addressing community needs

Achieve **longitudinal collection of clinical data** to address health across the lifespan

Conduct research addressing **issues important to diverse communities**, particularly those underrepresented in biomedical research

Reduce burden on providers using innovative data collection methods

Increase adherence to **evidence-based care**

Improve **efficiency of care delivery**



Community-based primary care practices

NIH Care for Health Initiative Activities

- Ongoing Clinical Trial: SUPERA at **Payson Christian Clinic**
- **Community Engagement Studio** with Payson & Nogales Clinics
- Establishment of **rural clinical champions** for ongoing engagement
 - Complete the Qualtrics survey or email me if you're interested!
- Development of **new trials**
 - Current areas of interest: Maternal, cardiovascular, metabolic, mental health

Wrap-Up & Questions

If you're interested in joining,
participating in upcoming
community engagement activities,
or learning more, let us know!



Or you can email me at
klutrick@arizona.edu

