

Northwestern University Practice Based Research Program (PBRP) Seed Grants

The NU-Clinical and Translational Sciences Institute (NU-CATS) the PBRP Seed Grant Program sponsors and facilitates community-academic partnerships and the gathering of pilot data needed for larger, externally-funded projects.

In 2008, Seed Grant Program awards went to Drs. Barbara Bayldon and Mariana Glusman, CMH-Uptown and Dr. Miguel Saps, CMH-Gastroenterology. The awards were for projects on health literacy and functional abdominal pain, respectively.

Two seed grants were awarded in 2009 to PPRG members. David Dobkin MD, North Arlington Pediatrics and Kelly Lowry, PhD, CMH are examining "Parent Influences on Eating Behaviors in Early Childhood." This project will assess parent feeding strategies and other contributors to child weight status to determine the relationship between parenting and weight gain in early childhood. The second award was to Sara Naureckas MD, Erie Superior Family Health Center and Adolfo Ariza MD, CMH to develop the project, "Clinician-driven optimization of an Electronic Medical Record (EMR) to promote adherence to guidelines for the identification and care of overweight and obese children." This project will bring together Erie pediatricians to design a clinical support system to be implemented in their electronic health record.

The PBRP is currently receiving two-page letters of intent for seed grants. Awards are for an 18-month period. Previously funded projects have had a budget ranging from \$13,000 to \$40,000. If you have an idea for a project, staff from the Practice Based Research Program will be glad to provide assistance.

Find out about Seed Grant Letter of Intent (due Nov. 13, 2009):
<http://www.nucats.northwestern.edu/centers/cerc/PBR/pbr-seed-grants.html>.

Mono and Chronic Fatigue Syndrome in Adolescents

This study examined the occurrence of fatigue symptoms and chronic fatigue syndrome following infectious mononucleosis (IM) in teenagers. 301 adolescents aged 12-17 with IM were identified at practices and hospitals throughout the Chicago area. Six months after IM, 13% met criteria for chronic fatigue syndrome. A first paper from this project suggests that IM may be a risk factor for CFS in adolescents (See *Pediatrics*. <http://pediatrics.aappublications.org/cgi/content/abstract/124/1/189>.)

Renee Taylor, PhD, University of Illinois at Chicago, lead this NIH-funded study.

Parents and Children Together: Studying the Origins of Healthy, Happy Children

Oppositional defiant disorder (ODD) is the most common psychiatric problem among young children. A diagnosis of depression that meets DSM IV diagnostic criteria is uncommon in preschoolers, but depressive symptoms are not. This study is examining a series of variables including family (conflict, stressors), maternal (depression), child (temperament, school academic competence, social skills problems, attentional problems), and interactions (mother-child interaction, temperament) that may be precursors to the development of ODD and depression.

This study, led by John Lavigne PhD, enrolled 827 children at 21 PPRG practices and 15 schools. A recent publication presents prevalence of mental health conditions in the baseline sample. (<http://www.ncbi.nlm.nih.gov/pubmed/19437293>)

Improving Medication Use for ADHD in Primary Care

Data collection is finished for this 5-year NIH-funded study, led by John Lavigne, PhD, that is examining whether the use of stimulant medication by community pediatricians can be improved through an intervention to approximate that recommended in treatment guidelines. Intervention group clinicians were trained to apply specific algorithms to ADHD management and maintain patient evaluations in a computerized tracking system.

Twenty-four pediatric practices participated. Analyses are underway.

Confronting Childhood Obesity

The CMH-led, nationally-recognized Consortium to Lower Obesity in Chicago Children (CLOCC) brings together hundreds of organizations and individuals to confront childhood obesity in Chicago. It fosters and facilitates connections between researchers; public health advocates and practitioners; corporations; policymakers; and children, families, and communities.

Among its projects, CLOCC is working with City of Chicago departments to promote its 5-4-3-2-1 Go! daily recommendations – 5 servings of fruits and vegetables, 4 servings of water, 3 servings of low-fat dairy, 2 or less hours of screen time, and 1 or more hours of physical activity. For more information, and downloadable handouts go to: <http://www.clocc.net/partners/54321Go/index.html>.

Clinician Outreach and Communication

The Illinois Chapter of the American Academy of Pediatrics (ICAAP) and the PPRG have joined forces on a two-year project to improve pediatric practices' ability to manage overweight children both within the practice through screening, counseling and appropriate clinical services, as well as outside the practice through successful referrals to community resources. The two-year project

entitled *Promoting Health: Strengthening Practices and Links to Community Resources* is funded by a grant from the Otho S.A. Sprague Memorial Institute. The project will investigate effective ways to help pediatric practices facilitate positive change in the health of their overweight patients.

During the first year of the project, the partners will pilot the project at 3 pediatric practices in Chicago. These sites will: 1) receive training on clinical topics and patient management strategies, including counseling, nutrition, behavioral influences and weight-related health problems, 2) identify a practice staff member to serve as a community coordinator to work with patients and their families to access community resources, and 3) initiate quality improvement processes with the support and ongoing facilitation of ICAAP. Also in year one, up to 3 additional practices will receive educational portions of the program.

In year two, the organizations hope to involve pediatricians from approximately 20 additional practices to receive the educational portion of the program. If your practice is interested in educational materials please e-mail Dr. Ariza.

Safe and Healthy Homes

This Lead Education Outreach project is a partnership of the PPRG, the Illinois Chapter American Academy of Pediatrics [ICAAP] and the Metropolitan Tenants Organization (MTO). It provides an opportunity for families to learn about lead and consider getting their Chicago home inspected before their child is exposed to lead. Parents who complete a fax form when at their pediatric practice will later receive specific information on their home (home age, past lead inspection) and lead prevention education from MTO. So far we have reached about 2,000 families referred from practices. The project is on-going, so if your practice is interested in participating, please contact Dr. Binns.

Fit 4 Kids: Family, Food, Fun & Fitness Study

The J.R. Albert Foundation has awarded Linda Van Horn, PhD RD, Northwestern University) a grant to begin the pilot study "Fit 4 Kids: Family, Food, Fun & Fitness." This pilot study will assess the potential efficacy, safety, feasibility and acceptability of a family-based lifestyle intervention program intended to assist practitioners. The pilot study is for families with children between 4 and 10 years of age who are overweight and English speaking.

The intervention is led by a registered dietitian, who will serve as a Lifestyle Coach (LC). The LC is trained and skilled in Motivational Interviewing (MI). The LC will use group and individual sessions to counsel parents over a twelve-month intervention about diet, physical activity, and related behaviors. The study will use individually tailored group, telephone, and web-based intervention and follow-up. The effectiveness of age-appropriate traditional and web-based educational materials and self-monitoring tools will be evaluated.

If your practice is interested in learning more about how you can refer families to the Fit 4 Kids: Family, Food, Fun & Fitness Pilot Study, please contact, Dr. Binns or Dr. Ariza.

Recent PPRG Publications

Predictor and moderator effects in the treatment of oppositional defiant disorder in pediatric primary care. Lavigne JV, LeBailly SA, Gouze K, Cicchetti C, Jessup B, Arend R, Pochly J, Binns HJ. *J Pediatr Psychol* 2008;33:462-72 --- Various family and child factors predict which families benefit from particular treatment options. (www.ncbi.nlm.nih.gov/pubmed/17956931)

Seconds for care: evaluation of five health supervision visit topics using a new method. Martin LA, Ariza AJ, Thomson JS, Binns HJ; for the Pediatric Practice Research Group. *J Pediatrics* 2008;153:706-711, e2. --- New software (Pediatric Health Supervision Timer Software, PHSTS) run in handheld computers was developed to record time and content while observing health supervision visits.

Influences on parents' decisions for home and automobile smoking bans in households with smokers. Binns HJ, O'Neil J, Benuck I, Ariza AJ; for the Pediatric Practice Research Group *Patient Educ Couns* 2008;74:272-276 --- Clinician influence on use of home and automobile smoking bans in homes of children living with a smoker. (www.ncbi.nlm.nih.gov/pubmed/18938054)

Primary care identification of infants at high risk for overweight and obesity. Trapp LW, Ryan AA, Ariza AJ, Garcia CM, Binns HJ; for the Pediatric Practice Research Group. *Clin Pediatr* 2008;48:313-316 --- monitoring practices of primary care pediatricians on infant nutritional status and to determine whether key risks for obesity were recorded in medical records.

Family history and parent's beliefs about consequences of overweight in children and their ability to influence their children's health behaviors. Nsiah-Kumi PA, Ariza AJ, Mikhail LM, Feinglass J, Binns HJ; for the Pediatric Practice Research Group. *Academic Pediatrics* 2009;9:53-59. --- Family history of diabetes and cardiovascular disease and other factors are associated with parents' perceptions of health risks for overweight children.

Promoting growth interpretation and lifestyle counseling in primary care. Ariza AJ, Laslo KM, Thomson JS, Seshadri R, Binns HJ; for the Pediatric Practice Research Group. *J Pediatr* 2009;154:596-601,e1 --- Preintervention and postintervention evaluations used were clinician interviews, in-office surveys of parents, 1-month post-visit telephone survey, visit observations, and medical record reviews.

Chronic Fatigue Syndrome After Infectious Mononucleosis in Adolescents. Katz BZ, Shirashi Y, Mears CJ, Binns HJ, Taylor R. *Pediatrics* 2009;124:189-193) --- Infectious mononucleosis may be a risk factor for chronic fatigue syndrome in adolescents.

The prevalence of ADHD, ODD, depression and anxiety in a community sample of 4-year-olds. Lavigne JV, LeBailly SA, Hopkins J, Gouze KR, Binns HJ. *J Clin Child Adolesc Psychol* 2009;38:315-328 --- This study included 796 4-year-old children recruited from schools and pediatric practices in a diverse, urban area and studied the epidemiology of preschoolers' psychopathology.