

# The PPRG Newsletter

The Mary Ann and J. Milburn Smith  
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## Special Interest Articles

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Food Allergy Study.

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## Recent PPRG Publications



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To receive this newsletter and other  
PPRG communications, please  
send your email address to Pat  
McGuire. You may also fill out the  
included **FAX BACK FORM**.

<http://www.childrensmrc.org/pprg/>



## [Project EAT!](#)

Project Eating And Teaching is a research study to examine how parents influence the eating habits of young children. Practice guidelines recommend counseling with parents about child feeding and healthy eating. Conflicting data about how parents influence child eating can make it difficult to deliver effective counseling messages. Project EAT will help determine which child and parent behaviors are associated with child food intake and how those interactions influence child weight.

Project EAT is currently enrolling children between 22 and 48 months and their biological parent. The study involves a one-time home visit and families will receive \$50.

**If you are interested in placing study flyers/posters in your office, please contact Kelly Walker Lowry, PhD at [klowry@childrensmemorial.org](mailto:klowry@childrensmemorial.org) or call 773-880-4113.**

## [Tool for Assessing Disruptive Behavior in Children](#)

Mapping the Diversity of Young Children (MAPS) Study will help develop tools for assisting pediatricians and mental health professionals in identifying clinically concerning disruptive behavior in children. This 5-year NIH-funded study is lead by Lauren Wakschlag, PhD, at Northwestern University. The first phase of the project involves recruiting 1500 parents/guardians of preschool children ages 3-5 year from their doctor's office to complete a questionnaire about their child's behavior. 15 PPRG practices have already agreed to participate! The second phase - starting early 2011- involves having 2200 parents complete a revised version of the questionnaire and more extensive behavior evaluations on a sample of 350 children. We'll keep you updated on this over the next several years.

## [Help with Implementing and Using EHR](#)

Northwestern University has partnered with the Alliance of Chicago Community Health Services and a number of local and national collaborators to establish the *Chicago Health Information Technology Regional Extension Center*, or CHITREC. The consortium received \$7.6 million in through the Health Information Technology Extension Program. CHITREC will work with primary care physicians who practice in Chicago to help them **implement and use electronic health records** in a meaningful way. Northern Illinois University was funded to work with physicians throughout the rest of the state of Illinois.

Physicians interested in learning more about CHITREC, including how they can receive the technology and benefit from support, should visit the CHITREC web site at [www.chitrec.org](http://www.chitrec.org) or if you have questions, contact Pat McGuire at the PPRG.



## [Fit 4 Kids: Family, Food, Fun & Fitness](#)

The J.R. Albert Foundation has awarded Linda Van Horn, PhD RD, Northwestern University a grant for "Fit 4 Kids: Family, Food, Fun & Fitness." This study will assess the 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 obese 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. If your practice is interested in learning more about how you can refer families to the Fit 4 Kids pilot study, please contact, Niki Gernhofer ([n-gernhofer@northwestern.edu](mailto:n-gernhofer@northwestern.edu)) at Northwestern University.

## [CMH Food Allergy Study](#)

The Children's Memorial Food Allergy Study is researching the environmental and genetic influences on food allergies. This study aims to find answers to some fundamental questions: What are the causes of food allergy? How can food allergy be predicted and prevented? And what are better treatments for food allergy?

This is a family-based study, which will include at least 1,000 food allergy affected families. It will screen over a million genetic markers for FA and examine hundreds of variables that can reflect prenatal and postnatal environmental exposures. So far, 700 families have participated.

The study team is currently enrolling **families with at least one food allergic child under 21 years with both biological parents willing to participate**. It consists of two parts: 1) a questionnaire; and 2) a clinical evaluation that involves a blood sample, an allergy skin test and a breathing test. The commitment for families is a one-time visit.

Benefits for participants include Target gift cards, free testing and results. If you are interested in receiving more information or would like to advertise the study in your office(s) by using recruitment brochures and flyers, please contact Leslie Lesner at 1.888.573.1833 or [allergystudy@childrensmemorial.org](mailto:allergystudy@childrensmemorial.org). Visit the study website at [www.childrensmrc.org/allergy](http://www.childrensmrc.org/allergy)

## [Grant Proposal Partnership: Neonatal Hyperbilirubinemia](#)

Washington University Pediatric and Adolescent Ambulatory Research Consortium (WU PAARC) is the practice-based research network at Washington University, St. Louis, Missouri. WU PAARC has asked the PPRG to partner on a grant application for on a project called, "Optimizing management of neonatal hyperbilirubinemia." The project involves **online survey of providers** to learn how pediatricians around the country care for neonates with this common problem. If funded, we will get back to you with next steps.

## [New Study: Understanding Practice Strategies to Enhance Vaccination Rates](#)

Illinois and Chicago vaccination rates fall short of the Healthy People 2010 goal of 90% compliance. This new study partners with the Chicago Department of Public Health (CDPH) to **examine factors influencing clinic-wide vaccination rates**. Office managers or clinicians at ~250 practice sites in Chicago will be interviewed to assess staff responsibilities, reminder-recall, medical record prompts, and quality improvement activities.

This project is led by Rachael Zweigorn-Sabbagh, MD, fellow in General Academic Pediatrics at CMH.

## [Getting to know you...](#)

Soon we will be contacting you to ask you to complete a survey on demographics, problems or concerns you have identified that can be addressed through research and your plans to move to the Electronic Health Record (EHR). This information will help us in planning our future work with you. We look forward to hearing from you.

## [Recent PPRG Publications](#)

[Health supervision visits of very young children: time addressing 3 topics](#). Manning KM, Ariza AJ, Massimino TK, Binns HJ, Pediatric Practice Research Group. *Clinical Pediatrics*. 2009; 48(9):931-938 --- Growth, diet, and safety are frequently, but briefly, discussed at HS visits of young children.  
(<http://cpj.sagepub.com/cgi/reprint/48/9/931>)



## PPRG Studies

### What we're up to now...

#### **Parent Influences on Eating Behaviors in Early Childhood**

To determine the relationship between parenting and weight gain in early childhood.

#### **Clinician-driven optimization of an Electronic Medical Record (EMR) to promote adherence to guidelines for the identification and care of overweight and obese children**

To design an electronic clinical support system to aid in caring for obese children

#### **Promoting Health: Strengthening Practices and Links to Community Resources**

To improve pediatric practices' ability to manage overweight.

#### **Understanding Practice Strategies to Enhance Vaccination Rates**

To examine factors influencing clinic-wide vaccination rates in Chicago.

### What's wrapping up...

#### **Small Steps Clinics Evaluations**

To improve the understanding of how existing obesity care programs were created, clinic challenges and patient-level outcomes.

#### **Monitoring Prevention**

Extension of a previous PPRG study that suggested that weight for age greater than the 75<sup>th</sup> percentile predicted obesity in preschool years to a larger number of practices.

#### **Safe and Healthy Homes**

A collaborative community effort to provide education and resources on the dangers and abatement of lead contaminated dwellings.

#### **Improving Medication Use for ADHD in Primary Care**

To improve the use of stimulants in primary care pediatric settings.

#### **ODD/Depression in Young Children: Developmental Aspects *Parents and Children Together: Studying the Origins of Healthy, Happy Children***

To examine family and child factors that contribute to the maintenance of a healthy behavioral development among preschool and early school-age children.

### Opportunities to Participate...

#### **Project E.A.T.**

Will examine how parents influence eating habits of young children.

#### **Neonatal Hyperbilirubinemia**

Online survey to learn how pediatricians care for neonates with hyperbilirubinemia.

#### **Fit 4 Kids: Family, Food, Fun & Fitness**

Pilot study to assess the efficacy of a family-based lifestyle intervention.

#### **Food Allergy Study**

Will study the causes, treatments and possible prevention and prediction of food allergies in children.

*To find out more about these studies please go to :*

<http://www.childrensmrc.org/pprg/projects/>

### Upcoming Events...

#### **Motivational Interviewing Training**

Drs. Binns and Ariza at the PPRG are sponsoring training for clinicians on health behavior change including motivational interviewing (MI) techniques. The training consists of 2 workshops (dates below) that include both lectures and role-play activities. The first session will provide a basic introduction to motivational interviewing, common uses, and basic skill building. The second session will introduce more advanced techniques with additional use role-play.

*\*\*We strongly encourage you to plan to attend both sessions.\*\**

The workshop sessions will be held on:

Part I: Friday, June 11<sup>th</sup> 8am – 10am

Part II: Friday, July 9<sup>th</sup>, 8am – 10am

The sessions will be held at 1731 N. Marcey Street, Chicago, IL 60614, 4<sup>th</sup> floor, Conference Rooms A/B. Please let us know ASAP if you are interested in attending.

To register contact Chantal Moore at 312-573-7778 or via e-mail at [chmoore@childrensmemorial.org](mailto:chmoore@childrensmemorial.org).

