



Physicians' Institute Collaborative Past Projects Digest* **Project Summaries**

Cease Smoking Today – Phase 1 (Supported by Pfizer)

As a partner in a nine partner national collaborative, Cease Smoking Today, the Physicians' Institute formed its own ten-state collaborative to support and manage tobacco cessation projects at the local level. The 32 grantees reported 2526 participants in the activities, 52% of whom were physicians. The grantees provided 106 activities and issued a total of 3913 AMA PRA Category 1 Credits™ to the physician participants.

Diabetes Performance Improvement (Supported by Merck)

A three-state collaborative with 14 grantees and 792 participants supported Performance Improvement Continuing Medical Education (PI-CME) activities focusing on improvements in the diagnosis and treatment of adult diabetes. 219 physician practices abstracted 3580 patient charts before and after a process improvement activity. Many organizations also included CME activities during Phase B, which focused on the analysis of problems and adoption of process improvement changes. A total of 3204 AMA PRA Category 1 Credits™ were awarded through PI and project activities.

Depression and Anxiety – Phase 2 (Supported by Wyeth)

The Physicians' Institute formed a two-state collaborative to continue a previous program focusing on improving the diagnosis and treatment of Depression and Anxiety. The six grantees provided 14 activities with 700 participants, 168 (24%) of whom were physicians. The grantees issued a total of 1015 AMA PRA Category 1 Credits™ to the physician participants.

Cardiac Risk Factors (Supported by Pfizer)

The Physicians' Institute formed a six-state collaborative focusing on improvements in the diagnosis and treatment of cardiac risk factors. Thirty-two local projects in six states offered over 70 CME activities supported with funding from this grant. Nearly 1400 physicians and nearly 1200 other health care professionals participated in these CME activities for a total of 2584 participants. A total of 5,212 AMA PRA Category 1 Credits™ were awarded in the activities provided.

Depression and Anxiety – Phase 1 (Supported by Wyeth)

A five state Collaborative Grants Project supported 21 grantees with a total of 998 participants and focused on improving the diagnosis and treatment of depression and anxiety for primary care providers.

Introduction to Performance Improvement CME: The Basics (Supported by Pfizer and Wyeth)

The Physicians' Institute conducted a pilot training program for Performance Improvement CME in three states. The pilot initiative incorporated varied activities resulting in a blended, interactive education program, with experts, group learning and follow-up skills training.

E-Technology Academy (Supported by the Physicians' Foundation for Health Systems Excellence)

A three year program supported by the Physicians' Foundation for Health Systems Excellence developed and implemented educational activities, program opportunities, and demonstrations that focused on the clinical improvement of independent physician practices through e-technology. Components included: 1) e-Technology Lecture Series; 2) EMR Decision Time conferences; 3) e-Technology Awards to 9 physician practices; and 4) a CME Outcomes initiative, which launched the Physicians' Institute's Collaborative Grants Program.

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Selected Project Outcomes

From CS2day Phase 1 initiative:

- Aggregate data from all projects produced significantly positive results:
 - > 81% indicated that information from the activity would lead them to make changes in their practice
 - > 91% indicated that the information from the activity helped them diagnosis/treat their last ten patients with this condition
- Selected outcomes from individual projects:
 - > In comparing referrals before the project to post-project, provider referrals to the Tobacco Treatment Specialist almost tripled
 - > 25 practices reported that 821 total tobacco users were offered information and resources to help them quit following the educational activities
 - > In follow-up, 75% of participants had used new materials and strategies with patients.

From Diabetes Performance Improvement initiative:

- Selected outcomes from individual projects:
 - > Foot exams increased by 156%
 - > Initial chart audit of 180.71 mg/dl for Triglycerides improved to 108.33mg/dl
 - > 33% of patients experienced a decrease of Systolic BP
 - > Improved documentation of performance measures and use of the recommended diabetes flow sheet
 - > In seven months, the 3 medical offices increased the number of retinal eye exams by 517%
 - > Foot exams improved from 30% of patients to 93% of patients
 - > Aspirin prescribed increased from 33% of patients to 72% of patients

From Depression and Anxiety – Phase 2 initiative:

- Aggregate data from all projects produced significantly positive results:
 - > 88% indicated that the information from the activity would have helped them diagnose and treat the last ten patients with that condition
 - > After eight weeks, 33% indicated they had changed their protocol for depression screening; 26% were using new diagnostic tools, and 11% increased prescribing of available medications
- Selected outcomes from individual projects:
 - > Administration of the PHQ-2 screening tool increased was adopted by 100% of the physician practices
 - > As a result of the screening tool, 50% number of patients already treated for depression were identified as still having significant symptoms on the PHQ-9, needing modification of their management plan
 - > 37% of the physicians changed their protocol for depression screening, with a 13% increase in prescribing medication
 - > In follow-up, 55% said they had changed their depression screening protocols
 - > As a result of this project, five kiosks were provided for students (University Health Center) to complete online screening tools and other wellness screenings

2010 Projects include:

- Association of Hospital Medical Education - Performance Improvement Collaborative Grants (Supported by Pfizer)
- Questions in Clinical Practice – UGA (Supported by Institute for Gerontology and Pfizer)
- Alzheimers and Neurodegenerative Diseases (Supported by Forest and Pfizer)
- COPD - Asthma/COPD Educational Solutions initiative (Supported by GSK and Pfizer)
- Cease Smoking Today – Phase II (Supported by Pfizer)
- Chronic Pain