

# Dartmouth COOP

## Project News

Spring/Summer 2010



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## 2010 Dartmouth COOP Project/CECH Annual Meeting

The 2010 Dartmouth COOP Project/CECH Annual Meeting in Hanover, NH was a great success. In a very short time many subject matters were covered through a mix of presentations, workgroups, linkage to colleagues, and new opportunities for involvement in research.

Friday evening began with two concurrent primary care sessions: "Identifying and Managing Dementia and Alzheimer's Disease in a Primary Care Practice" with Dr. Robert Santulli and Dr. Stephen Bartels, and "Where Are All These Children with Autism Coming From?" with Dr. Stephen Mott.

Everyone (or most everyone) was up bright and early Saturday AM to review seven well displayed poster sessions. (Congratulations to our two Rural Health Scholars, Matthew Crowson and Neil Young voted "Best Poster.") Following the poster session, breakfast, and welcome/introductions, we were privileged to have a panel with Doctors Paul Frame, Harold Sox, and Allen Dietrich discussing the role of practice guidelines. COOP Research Updates followed with Dr. Ardis Olson reporting on the pediatric/adolescent projects from the Clinicians Enhancing Child Health (CECH) Network. Dr. Melanie Lawrence updated the group on the pilot project results of "An Elementary School Intervention for Improved

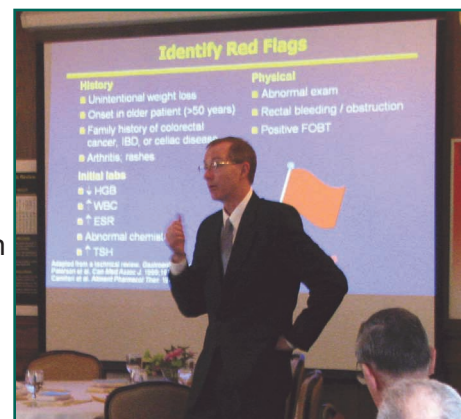


Dental Screening and Oral Health Practices: Brushy Beavers and Toothy Tigers." (See p. 2.) Dr. William Nelson reported on his work in rural health issues and concerns. (See p 4.) Maureen Boardman updated everyone on her HPV projects, and Dr. Allen Dietrich reported on the cancer prevention project.

A new forum was added to this year's meeting where six subspecialists provided "hot topic" updates and answered questions on issues across the age and illness spectrum. The following "Ask the Expert" sessions were held: "Geriatrics" with Dr. Lisa Leinaw; "Gastroenterology" with Dr. Brian Lacy; Child Development with Dr. Stephen Mott; Pediatric Endocrinology with Dr. Molly Harrington; "Sports Injury-Achilles Tendinopathy" with Dr. Kristine Karlson; and "Family History in the Era of Electronic Health Records with Dr. W. Gregory Ferro.

New COOP Project Work Groups convened twice during the meeting to further explore interest and potential work in the areas of adolescent mental health; adult obesity and depression, colorectal cancer, and falls prevention/safety. Further work to develop these areas of interest will continue.

Over lunch, attendees had a chance to "Tell Their Story," in three minutes, by sharing with the group the delights and challenges in primary care and their latest passion. This forum stimulated very interesting conversations.

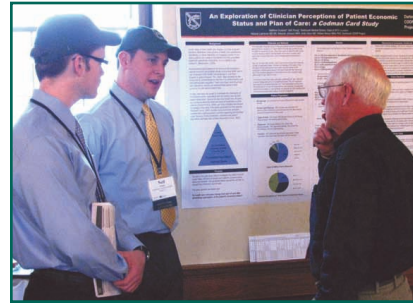


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# 2010 Dartmouth COOP Project/CECH Annual Meeting

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We were very pleased and honored to have the meeting Keynote Address given by Dr. Paul S. Frame – “Reflections of a Practice Warrior.” Dr. Frame practiced as a rural family physician for 35 years and has had a career-long interest in evidence-based preventive medicine and the implementation of preventive services in practice. Dr. Frame is currently working with the Greater Rochester Practice-Based Research Network.



*Congratulations to our two Rural Health Scholars, Matthew Crowson and Neil Young voted “Best Poster.”*

## An Elementary School Intervention for Improved Dental Screening and Oral Health Practice: Brushy Beavers and Toothy Tigers - Pilot Report

A prospective controlled study was conducted in 3 rural schools. Fourth graders (Brushy Beavers) were trained to be oral health coaches to kindergarteners (Toothy Tigers). Brushy Beavers received two educational training sessions with health professionals and a dental hygienist to develop dental assessment skills and communication skills. After being trained, in two 45-



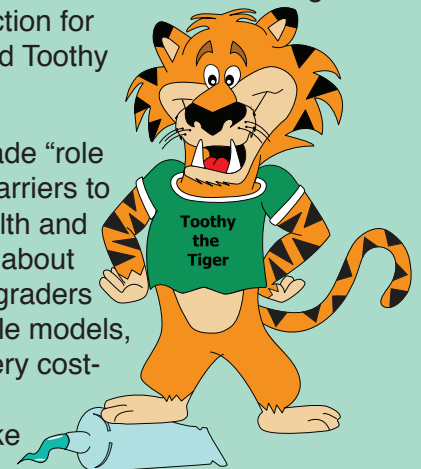
minute sessions Brushy Beavers provided Toothy Tigers an interactive learning and skills session, and screened whether teeth were healthy. Students utilized visual and written educational materials, anatomical aids, mirrors, and plaque coloring dye. Fourth grade and

kindergarten students’ dental knowledge about six dental health behaviors were assessed at baseline and three months

Results: Ninety-two students participated in the study. There was a significant change in knowledge about

healthy dental behaviors in the intervention classes three months after baseline. Five of six dental health behaviors improved (22-50%, all p-values <.01) Control classes did not change significantly over the three months. Fourth graders were able to screen for healthy teeth 100% of the time compared to examination by a dental hygienist. Program evaluation showed high levels of student satisfaction for both Brushy Beavers and Toothy Tigers.

Conclusions: Fourth grade “role models” can eliminate barriers to screening for dental health and provide basic education about dental hygiene. Fourth graders serving as screeners, role models, and “educators” are a very cost-effective method for empowering youth to take responsibility for their own health.



## A Tribute to Dr. Wasson

On Saturday AM at the COOP Annual Meeting, on behalf of the COOP Governing Board and the COOP membership, a special tribute by Dr. Melanie Lawrence was made to Dr. John Wasson for his 25 years of meritorious leadership, teaching and support of The Dartmouth COOP Primary Care Research Network.

### Mark Your Calendars:

**3<sup>rd</sup> Annual Primary Care & Education Conference**

**Thursday, October 7, 2010**

**at Dartmouth-Hitchcock Medical Center**

# Received State Funding for Alzheimer's Disease & Related Dementias

Dartmouth Centers for Health and Aging Receive State Funding for:

*Education, Training, and Primary Care Redesign for Early Identification, Assessment, and Care Management of Alzheimer's Disease and Related Dementias.*

The project will provide an evidence-based practice change intervention specifically aimed at enhancing the competency and capacity of primary care practices to provide early identification, evaluation, and comprehensive care management for Alzheimer's disease and related dementias. This initiative will consist of three elements including: (1) Educational grand rounds and regional educational conferences, and (2) Follow-up implementation technical assistance sessions in primary care practices, and (3) Dissemination of a Dementia Care Quality Improvement Toolkit for Primary Care.

The purpose of the educational sessions will be to introduce primary care physicians, nurse practitioners, physician assistants, registered nurses and other health care professionals to evidence-based practices in

screening, ensuring early diagnosis, and managing of Alzheimer's and related dementias. A specific focus will be on implementing practice changes necessary to integrate evidence-based protocols for comprehensive assessment and management of Alzheimer's disease during an office encounter. Interested primary care practices will be recruited to participate in follow-up technical assistance implementation site visits. This component of the program will support clinicians to integrate evidence-based dementia screening, evaluation, and comprehensive, collaborative care within a specific practice setting.

Efforts of this pilot project will be focused in three of the counties in New Hampshire currently engaged in the Nursing Home Diversion Project (Grafton, Cheshire, Belknap, Merrimack, and/or Rockingham counties). COOP Project practices are encouraged to participate. If you are interested, please contact Debbie Johnson at 603/653.3458 or e-mail – Deborah.J.Johnson@Dartmouth.EDU.

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## Adolescent Mental Health Group

At the COOP Annual Meeting, the Adolescent Mental Health group convened and discussed issues involved in providing mental health services to adolescents and young adults who often lack insurance and where limited rural services are available. In addition issues involved in the recent US Preventive Services Task Force recommendations to screen all adolescents annually for depression were discussed. Screening at health checks is appropriate but teens who only come for ED visits or sick visits in some studies have higher rates of depression.

About 5-6% of teens screen positive to a 2 question depression screen at health visits but the little is known about primary care screening in other visits. The group was interested in determining if screening was productive in teens coming for other visits like sick visits, injuries and follow-up visits - Is it feasible to screen and triage for late help in these visits? A proposed 2 week trial of screening with the PHQ2/PHQ9 in COOP/CECH practices was proposed. A follow-up planning call will occur in May and others who are interested should contact Debbie Johnson.

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## Pending Research Funding

**Responded to:** RFA-HS-10-014  
*The Teen Mental Health Project*

**Responded to:**  
The Dartmouth Center for Clinical and Translational Science - Pilot Grant Application  
*Child Well-Being Project*

**Responded to:** AAFP PBRN Stimulation Grant Application  
*A Comparison of Cesarean Section Outcomes for Rural Obstetricians and Family Physicians*

## Falls Prevention and Safety

Falls send more than 2 million seniors to emergency departments. Falls are the leading cause of fatal and nonfatal injuries among Americans aged 65 and older. Drs. Peter Mason and Lisa Leinau will lead an interest work group to discuss this important topic area and will reviewing the literature and looking at practice-based interventions to improve care for falls. If you are interested in participating in this work group, please e-mail, Deborah.J.Johnson@Dartmouth.EDU.



Dartmouth COOP Project,  
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## Dietrich is named to DMS's Carroll Chair



Dr. Allen Dietrich, current Research Director of the COOP Project, nationally known researcher in cancer and primary care, associate director of population sciences at Dartmouth's Norris Cotton Cancer Center, past president of the North American Primary Care Research Group, a member of the Institute of Medicine-and, as of last October, was Named DMS's James J. Carroll Professor of Oncology. Congratulations, Allen!

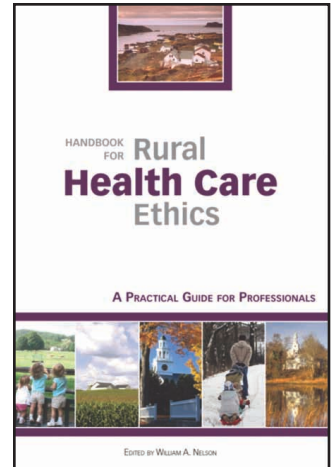
## Leinau named Leading Physician in NH



Dr. Lisa Leinau, Geriatrician, at Dartmouth-Hitchcock Keene/Cheshire Medical Center, was recently named to New Hampshire Magazine's list of the leading physicians in New Hampshire, in the magazine's April edition. In January 2010, New Hampshire Magazine distributed surveys to every physician licensed to practice in New Hampshire, asking them to nominate specialists in 45 different categories that they would recommend to friends and family for treatment.

The surveys were then compiled and the top vote getters named as the top doctors and leading physicians in their respective specialties.

The *Handbook for Rural Health Care Ethics* is designed to fulfill that purpose, and contains a case-based approach to analyzing, solving and anticipating health care ethics dilemmas. *The Handbook*, edited by William A. Nelson, is authorized by physicians, nurses, ethicists, and hospital administrators who all have scholarship or experience in rural ethics, and was funded by a grant from the National Institutes of Health (NH) National Library of Medicine.  
<http://dms.dartmouth.edu/cfm/resources/ethics>



### "New on the Bookshelf"

#### ***The Common Symptom Guide***

By John H. Wasson, MD, B. Timothy Walsh, MD, Harold Sox, MD Robert Pantell, MD, and Mary LaBrecque, BSN. McGraw Hill, 2009 (sixth edition).