

Cincinnati Pediatric Research Group
Minutes of the Meeting
June 15, 2005

IN ATTENDANCE: Lea Alae
Jeralyn Bernier, MD
Manny Doyne, MD
Elena Huang, MD
Jamie Knight
Joan Linhardt, MD
Bob Siegel, MD
Phil Walson, MD

1. ADMINISTRATIVE

- PAS Presentations – The CPRG was represented at the Pediatric Academic Societies' annual conference by Dr. Bernier who presented on "CPRG Symptom Surveillance Project" and Dr. Siegel who presented on "Obesity Management Practices of Pediatricians in a Mid-Western Community". Dr. Siegel also led an APA Special Interest Group on Practice-Based Research Networks. Dr. Doyne led an APA Special Interest Group on Community Pediatrics.
- CPRG Advisory Board – The Advisory Board has been defunct for more than a year, and we would like to renew it; however, it is important that it have interested community and parent members. If you know of either a parent or community member that might be interested in sitting on the Advisory Board, or if you are interested in participating as a physician, please contact Lea Alae at (513) 636-4183 or lea.alae@cchmc.org.

We will be developing a description of purpose for the Advisory Board and will distribute it to the CPRG membership when available.

Dr. Walson strongly suggested we contact CCHMC Corporate Communication, which has many community contacts. Dr. Krummel reiterated that it is very important to have community involvement, especially in obesity research.

Some recommendations for members put forth at the meeting include Dr. Chuck Deitchel, Dr. Kurt Bofinger, Lauren Niemes of the Nutrition Council, and someone from the YMCA.

2. STUDIES UNDERWAY

- Atkins Low-Carbohydrate Diet Study – We are currently at 68 enrolled and will be continuing enrollment until the end of August! So far, 20 providers from 14 practices and CCHMC have patients enrolled in the study. Call Whitney at 636-9466.

At 4 months, the average weight loss is 9 lbs. Three participants have gained weight, 2 have stayed the same, and the rest have lost. Most patients have shown improvement or no change in their blood work.

- Obesity Pilot Study – The first part of this study, the management survey, was completed and we have begun presenting the data. From that study, we learned that 24% of participants never calculate BMI and 10% always calculate BMI. This means there is much room for improvement to meet the AAP guidelines.

The second part of this study, the patient data survey, has recently ended and we have been analyzing the data. We are most interested in how accurate we are in determining which habitus group a patient is in (appropriate weight; mildly, moderately, or severely overweight; or underweight). We have found that accuracy to the exact group is only 65%, but if allowed to be off by one group, accuracy improves to 90%.

We have also found that the estimated rates of obesity among the participating practices is in line with national data, although about 5% higher. This may be real or reflect a selection bias of obese patients, as we did not have a strict sampling frame for the study.

- Surveillance – The Cincinnati Health Department has decided to fund the surveillance project for another two years! We continue to have excellent participation, so keep up the good work!

There were concerns raised about the selection of symptoms and complexes available vs. what is actually being seen (what is being seen is either not available as a selection or does not quite match the choices). Dr. Bernier reiterated that we can change the choices for the one-click complex selection and we can also change the menu options. You can email suggestions for future possible changes to Lea Alae (lea.alae@cchmc.org).

- ADHD Follow-Up Survey – Dr. Doyne reported that a paper on the first survey is in final development. We are now receiving surveys from the second mailing of the follow-up survey and hope to be able to analyze data soon.

The AAP is also distributing the follow-up survey Ohio-wide (minus the Cincinnati area), and he will check with Dr. Jack Pascoe to determine if they would like to use the CME intervention statewide also.

3. NEW & UPCOMING STUDIES

- Toolkit development & funding – Lauren Niemes from the Nutrition Council and Dr. Evie Joseph are working with Dr. Bernier to revise the ODH WIC Help Me Grow

age-specific nutrition cards. They are designing pictorial menu options for the back of the cards and revising some of the wording on the front of the cards. They are also creating new cards to include activity recommendations and local resources. The toolkit is not yet funded, but once funding and final approval from WIC for the changes has been secured, we will print and distribute the cards.

The toolkit will provide 1-2 cards for each health maintenance visit for you to review and provide to parents. These will cover activity and nutrition topics as appropriate for the age. We will study the effectiveness of the cards with questionnaires to the parents and the physicians.

Dr. Bernier met with Dr. Keith Mandel of the PHO, to see if they would be interested in promoting the use of BMI through distribution of BMI calculation wheels. Dr. Mandel is interested in using the PHO to assist in this practice improvement, and will support our efforts to assess the impact of this intervention. As for the toolkit, however, he suggested other funding sources which we are pursuing. We will let the group know more as we do!

The AAP is also developing an obesity toolkit to cover prevention and treatment aspects and it is due to be released in about a year. This will be a nice complement to our local resource and will likely be combined with a CME effort for providers.

- CET Project – Dr. Tom DeWitt was contacted by Lee Carter, Chair of the Board of Trustees for CCHMC, with a request to meet with some folks from CET Television about developing school curricula and a videotape aimed at preventing and combating childhood obesity. CET Television has created a number of school curricula materials and videotapes on a variety of topics. They pick certain grades to work with, integrate the materials fully with the state curriculum and have the materials assessed by an independent agent at UC.

They will develop and fund the project and are looking to CCHMC as experts, advisors, and endorsers of the materials. Development will begin this summer and end next July. We have strongly suggested to them that they create modules for pediatricians and families, so that the messages are synergistic. If we can convince them to focus on young kids and prevention, which is in line with the CPRG focus areas for obesity, then we might be able to cross-promote with our obesity toolkit.

- UC Obesity Prevention project / Dr. Debra Krummel – Dr. Krummel is from CAHS-Nutritional Sciences at UC. She is writing an RO3 grant for a pilot study (Preventing Obesity in Newborns and Toddlers) to measure environment, behavior, and change in randomized groups of children whose families have either received a set of obesity prevention messages or not. The study would be for 2 years and is expected to lead to a full RO1 study, possibly involving the entire OPRC. The grant is due October 1, 2005, and she is working on it with Dr. Bernier.
- Ross formula study – Dr. Walson is looking for someone to work on a Ross study of a new soy fiber formula that Ross believes will help alleviate colic. This might be a good

project for a resident, and will forward the protocol executive summary to Drs. Siegel and Bernier. If you know of a resident who might be interested in the project, please contact Dr. Walson at (513) 636-5311 or contact Drs. Bernier or Siegel for a copy of the executive summary.

The study will only recruit non-breast fed babies with colic who will be randomized into either a group receiving the new soy fiber formula or a group receiving a traditional soy formula. Dr. Walson would like to advertise the study in CPRG offices and will provide posters, etc. when they are available. The families would receive free formula while on the study. Those present stated support.

- Mead Johnson formula study / CPRG Resident Study – Dr. Siegel was approached to see if the CPRG would be interested in participating in a study to determine why parents switch formulas. Mead Johnson will provide a \$20,000 educational grant for the study. Dr. Siegel believes this will also be a good project for the practice residents to take on.

Approximately 30% of families change formula at least once, and the reasons are not clear. It is expected that the study will involve a survey of 1,000 infants aged 6-7 months. Dr. Siegel distributed a copy of the kinds of information that would be included in the survey, including demographic factors, reasons for a formula change, and influences on the change. The study would also look at things such as height, weight, BMI, satisfaction/symptoms before and after the change, whether parents know about and/or care about DHA/ARA in the formula, and whether cost is a factor in the change.

Dr. Siegel hypothesizes that formula switching may be a factor in weight/BMI – that infants who have their formula switched often may be heavier. The group agreed that this is a compelling question and worth investigating.

There was discussion of whether it is reliable for the study to rely on recall over the previous months, and Dr. Siegel stated that since some of the questions are very subjective anyhow, and the data that is not subjective can be gleaned from the charts (e.g. weight), that recall won't be much of an issue. It was further agreed by many in the meeting that most parents can recall the information being asked. Dr. Walson suggested that birth weight could be used as a test of recall accuracy.

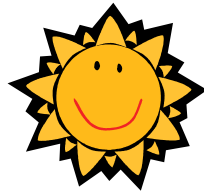
- Follow-up Atkins study – Dr. Siegel is submitting a proposal to The Atkins Foundation to follow the one-year graduating participants of the current study for an additional year. The participants would be randomized into either a group that receives “light” follow-up of monthly phone calls or a group that receives more intense follow-up including continued appointments with the dietician. Participants would receive cell phones and/or usage minutes as an incentive and to allow easy contact.
- Maternal Depression study – The OPRC, through a grant from the Ohio Department of Mental Health, is expanding a study done in Cleveland to the rest of Ohio through the pediatric PBRNs. The study is designed to improve pediatricians' recognition of maternal depression and their ability to provide information on resources to depressed mothers. They created a brochure for the Cleveland area that includes a list of resources,

and are funding the customization of this brochure to other areas, including the CPRG area. We have hired a summer intern to research local mental health resources.

The study also includes pre- and post-intervention surveys of physicians to determine if they are more aware of the symptoms and better able to identify and refer depressed mothers, and a tear-off postcard for the mothers to check off whether the information they received in the brochure is helpful or not. Cleveland staff will also come to the area to do 1-hour trainings on identifying maternal depression.

Dr. Doyne recommended that this training also be given to the residents, and Drs. Linhardt and Siegel requested that the resources include Northern Kentucky. Dr. Bernier stated that resources for the entire CPRG area, including Kentucky and Indiana would be included.

Next meeting TBA!



Have a great summer!!