



FEATURED



Practices Pilot Test a Novel Diabetes Engagement and Activation Platform

Diabetes affects 26 million Americans. Despite evidence that diabetes education programs improve health outcomes; few patients receive formal education. Additionally, sustaining behavior change and improvements in health outcomes requires ongoing support from a multi-disciplinary healthcare team.

VCU Family Medicine Researchers designed virtual diabetes education program, adapted from the American Association of Diabetes Educators to deliver to patients via the patient portal. The intervention integrates principles of health literacy and adult learning and uses videos and handouts to help patients. Within 2 weeks, we had recruited 160 patients of which 80% completed the intake and 60% at least one module. More information about the outcomes of this study are upcoming. If you are interested in participating in a future version of this platform, please contact Paulette Kashiri.

December 29, 2017



Are Our Patients Lonely?

ACORN collaborated with PBRNs based in Colorado to complete a pilot study examining the prevalence of loneliness in primary care practices. Using a study card that included the UCLA 3-item loneliness scale, the study was conducted in 7 family medicine clinics in the greater Richmond and DC area. We were able to gather over 700 responses and found a 22% prevalence of loneliness in patients that we surveyed. There was also a clinically significant, inverse correlation between loneliness and perceived health. Our team hopes to move forward with further research based on this data to explore making loneliness a routine screen performed by primary care clinicians.

Jack Marshall, a VCU 2nd year medical student, assisted with data collection and analysis.

December 29, 2017



ACORN at NAPCRG 2017

Our research team presented study results and preliminary data from multiple studies at NAPCRG in Montréal this past November. Highlighted studies included:

- NCI–funded *MyPreventiveCare*
- NIDDK–funded *Supporting Practices to Adopt Registry–based Care (SPARC)*
- AHRQ–funded *Heart of Virginia Healthcare* and AHRQ–funded *Factors Influencing Guideline Implementation*.

We were also joined by ACORN investigators from our VCU Front Royal Residency Program, VCU Riverside Residency Program and Carilion Health Systems.

December 29, 2017



How Can I Join ACORN?

If you want to make primary care better, your practice may want to join ACORN. Don't worry if you don't have experience, time, or resources to do research that is the benefit of joining a practice-based research network. You do what you do best – take care of patients. The ACORN team can do the research activities, so participation won't interfere with your workflow.

Just email or call Paulette Lail Kashiri to learn more about how your practice can become an ACORN practice.

- Email us at paulette.lailkashiri@vcuhealth.org
- Or call us at 804-827-6750