



IRENE Newsletter

IOWA RESEARCH NETWORK

Volume 6 No. 2 • FALL • WINTER 2012

OUR MISSION AND PURPOSE

IRENE's mission is to improve the health and well-being of Iowans through collaboration in practice-based research on questions important to primary care physicians and their patients. IRENE's purpose is to create and foster a network of research collaboration between the academic medical center and primary care physicians throughout the state of Iowa with a particular focus on improving rural health.

DIRECTOR OF IRENE



Barcey Levy, PhD, MD
Professor
Department of Family Medicine
University of Iowa
barcey-levy@uiowa.edu
(319) 384-7622

INFORMATION ABOUT...

Use of Fecal Immunochemical Tests in the Iowa Research Network

Although the fecal immunochemical test (FIT) has recently emerged as an effective and affordable colorectal cancer screening option, many family physician offices continue to use guaiac-based tests. The purpose of this study was to assess the use of FITs in the Iowa Research Network and to assess physicians' knowledge about FITs. A cover letter and questionnaire were faxed twice to the 291 physician members followed up by a mailing. One hundred and seven (37%) questionnaires were returned. Fifty-two (49%) of the physician's offices were in a non-metro area.

Participants' mean age was 55 years with 78 male responders. Fifty-one (49%) reported using guaiac-based tests and 39 (39%) reported using FITs. Seventy-one (68%) of the physicians correctly stated that dietary restriction is not necessary in preparation for collecting a FIT stool sample. Sixty-five (63%) of the physicians realized FIT has higher sensitivity and specificity for detecting colorectal cancer than guaiac. Sixty-three (60%) of the physicians correctly stated that medication restriction is not necessary in preparation for collecting a FIT stool sample.

Many physicians were unsure of the answers for the FIT knowledge questions. FIT use is not widespread in Iowa Research Network physician offices, and not all physicians are aware of the type of fecal occult blood test being used in their office.

Funding Acknowledgement: The University of Iowa Carver College of Medicine, Department of Family Medicine.

Funding Award for Radon Testing in Plymouth and Surrounding Communities

Barcey T. Levy, PhD, MD and Cynthia K. Wolff, MD were awarded funding from the Iowa Cancer Consortium for a study to test 625 homes for radon in Northwest Iowa. They will also provide three community forums regarding the dangers of radon, evaluate these sessions, and write a report for publication. Outcomes of the project include making the public more aware of the dangers of radon and providing resources for households to have their home checked for radon. The project starts November 15, 2012 and continues through June 1, 2013. The award is for \$3,725.

Radon is a colorless gas that naturally occurs from radioactive decay of uranium. Because of the way many houses and other buildings are built, radon can collect indoors at higher concentrations than outside. When breathed in, radon can damage lung tissue. This damage can result in lung cancer forming. According to the EPA, radon is the second leading cause of lung cancer overall. Radon is the leading cause of lung cancer among non-smokers. About 400 lung cancer deaths in Iowa are estimated to occur annually due to radon. There is no safe level of radon and about 7 in 10 Iowa homes have high levels of radon. The average indoor level of radon in Iowa is more than six times the national average. All of Iowa is "Zone 1" as determined by the Environmental Protection Agency, which means that Iowans have a very high potential for elevated levels of radon gas.

Funding Acknowledgement: The Iowa Cancer Consortium and the Iowa Department of Public Health; ICC Mini Grant FY 2013.

Iowa Primary Care Infrastructure Training (2012)

Funded by NIH National Cancer Institute Grant

DECEMBER 12, 2012 — BEST WESTERN STARLITE VILLAGE, 1518 3RD AVENUE NW, FORT DODGE, IA

Please join the Iowa Community-Based Cancer Prevention Project for a **FREE** infrastructure building session for all Iowa Family Medicine and Iowa Research Network (IRENE) Clinics. Participants will learn how their clinic may participate in current and future research projects. **NURSES, MEDICAL ASSISTANTS, OTHER OFFICE STAFF, AND HEALTHCARE PROVIDERS ARE WELCOME.**

- **3.25 AMA PRA Category 1 Credits™** awarded to physicians at no charge.
- Nurses: Full time attendance will award **7.2 contact hours**.
- Each participating IRENE clinic will receive an **i-Pad or COMPUTER & PRINTER** for patient education and research in the clinic.
- **Travel costs will be reimbursed** (mileage, meals and hotel, *if needed*).
- Attendees will be trained in Human Subjects Protection (**\$200/person** or up to **\$400 incentive** for each office completing the training).
- Participating clinics will be eligible for **travel support for future meetings**.

8:00 a.m.	REGISTRATION & CHECK-IN (<i>Coffee, Juice and light breakfast available</i>)
8:15	WELCOME/INTRODUCTIONS OVERVIEW: BUILDING INFRASTRUCTURE FOR CANCER CONTROL IN IOWA AND THE IOWA RESEARCH NETWORK (IRENE) Barcey Levy, PhD, MD, <i>Professor, University of Iowa Department of Family Medicine</i>
9:00	HUMAN SUBJECTS PROTECTIONS CERTIFICATION TRAINING Patricia Gillette, <i>Application Administrator, Human Subjects Office, University of Iowa</i>
10:00	BREAK
10:15	I-PAD TRAINING Barcey Levy, PhD, MD, <i>Professor, University of Iowa Department of Family Medicine</i>
10:45	A RANDOMIZED CLINICAL TRIAL TO IMPROVE COLORECTAL CANCER SCREENING IN IOWA FAMILY PHYSICIAN PRACTICES Barcey Levy, PhD, MD, <i>Professor, University of Iowa Department of Family Medicine</i>
11:15	USE OF THE FECAL IMMUNOHISTOCHEMICAL TEST Barcey Levy, PhD, MD, <i>Professor, University of Iowa Department of Family Medicine</i>
11:45	LUNCH (<i>Provided</i>)
12:15 p.m.	IOWA CANCER CONSORTIUM (ICC) RESOURCES Tina Devery, <i>Executive Director, Iowa Cancer Consortium</i>
12:45	CLOSING & EVALUATIONS Barcey Levy, PhD, MD

CREDIT

Physicians

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Iowa Roy J. and Lucille A. Carver College of Medicine and The Iowa Cancer Consortium and the Department of Family Medicine. The UI Carver College of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

The University of Iowa Carver College of Medicine designates this live activity for a maximum of **3.25 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DISCLOSURE POLICY

Everyone in a position to control the content of this educational activity will disclose to the CME provider (University of Iowa Carver College of Medicine) and to attendees all relevant financial relationships with any commercial interests. They will also disclose if any pharmaceuticals or medical procedures and devices discussed are investigational or unapproved for use by the U.S. Food and Drug Administration (FDA).

Nurses

This program is offered in cooperation with the University of Iowa College of Nursing, an Iowa Board of Nursing approved provider, number 1. Full time attendance will award **7.2 contact hours**. Program number 12 347 93 has been assigned for the December 12, 2012 session in Fort Dodge.

RECENT IRENE PUBLICATIONS

1. Daly J. Fecal immunochemical tests for colorectal cancer screening. *American Journal of Nursing*. 2012;112(10):67–69.
2. Daly JM, Xu Y, Levy BT. Patient and physician management of self-monitoring of blood glucose: An Iowa research network study. *Journal of Diabetes Science and Technology*. 2012;6(3):718–720.
3. Carter BL, Bosworth HB, Green BB. The hypertension team: The role of the pharmacist, nurse, and teamwork in hypertension therapy. *The Journal of Clinical Hypertension*. 2012;14(1):51–65.
4. Kulchaitanaroaj P, Brooks JM, Ardery G, Newman D, Carter BL. Incremental costs associated with physician and pharmacist collaboration to improve blood pressure control. *Pharmacotherapy: The Journal of Human Pharmacology and Drug Therapy*. 2012;32(8):772–780.
5. Levy BT, Daly JM, Schmidt EJ, Xu Y. The need for office systems to improve colorectal cancer screening. *Journal of Primary Care & Community Health*. 2012;3(3):180–186.



If you are interested in receiving a copy of any of the above publications, please e-mail the request to IRENE@uiowa.edu.

40th Annual Refresher Course for the Family Physician

April 2–5, 2013

Marriott Hotel & Conference Center • Coralville, IA

IRENE Dinner Meeting

Wednesday, April 3, 2013 • 5:30 pm–7:30 pm

Department of Family Medicine Large Conference Room

Enhancing Cancer Control in Iowa

Presenters: Barcey Levy, PhD, MD and Jeanette Daly, RN, PhD

► To sign up for the dinner meeting, contact Jo Bowers:
(319) 384-8994 or josephine-bowers@uiowa.edu.

iPads for attendees meeting requirements, details to follow.

INSIDE THIS ISSUE:

Information About...	1
Iowa Primary Care Infrastructure Training (2012)	2
Iowa Primary Care Infrastructure Training Registration form	3
Recent IRENE Publications	4

EDITOR

Jeanette M. Daly, RN, PhD
Associate Research Scientist

Fax: (319) 384-7647

E-mail: jeanette-daly@uiowa.edu

EDITORIAL ASSISTANT

Julie Mock, BS, MA
Research Secretary

CONTACT INFORMATION:

Toll free phone: (866) 890-5963

E-mail: irene@uiowa.edu

We're on the web!

<http://www.uihealthcare.com/depts/med/familymedicine/research/irene/index.html>

Iowa Primary Care Infrastructure Training (2012) Registration Form (complete one for each attendee)

Attendee Name:
Role in Office:
Contact Name: <i>(if different than attendee)</i>
Phone:
E-mail:
Please check the session for which you are registering: <input type="checkbox"/> Fort Dodge, IA – 12/12/12
Attendees will be trained in Human Subjects Protection (\$200/person or up to \$400 incentive for each office completing the training). Please indicate to whom the check should be made payable: Name: _____ <input type="checkbox"/> Same address as listed above <input type="checkbox"/> Different mailing address Street address: _____ City, State, Zip: _____
Each IRENE clinic which sends a staff member to the training is eligible for a computer and printer or an iPad for clinic use. Please check which option your clinic chooses: <input type="checkbox"/> Desktop computer and printer <input type="checkbox"/> iPad
Travel: Mileage, food and hotel (if requested) are provided to all attendees. Indicate if you will be requesting travel reimbursement: <input type="checkbox"/> Yes <input type="checkbox"/> No
Dietary restrictions or other needs:

Please register by December 7th, 2012

Fax registration forms to **Kelly Rollins at (319) 335-4072** (no cover sheet needed)

Iowa Cancer Consortium, 100 MTP4, Room 162, Iowa City, IA 52242

E-mail: kelly-rollins@uiowa.edu / Phone: (319) 384-1741

