Established 1992

South Texas Ambulatory Research Network
“Generating new knowledge to improve the health of south Texas”
MISSION:
• To create and disseminate new knowledge for community primary care clinicians that will improve the health of our patients here in South Texas

OBJECTIVES:
• Conduct studies and projects in the clinics and communities of STARNet members
• Link community primary care clinicians to resources
• Create a community of learning among STARNet members and their communities in South Texas

A Practice-Based Research Network (PBRN) is an organization comprised of community clinicians and researchers united by a shared commitment to expand the science base of clinical care through systematic inquiry to better understand the health and health care events that unfold daily in their community practice settings.
**Membership Benefits**

- Opportunity to give back to the profession
- University adjunct faculty appointments
- Free CME credits
- Design research projects in the primary care setting
- Conduct research in your practice
- Professional growth and development
- Improve overall patient clinical outcomes
- Interaction with colleagues
- Contribute to evidence based medicine

**Membership Requirements:**

- Complete application with information describing you and your clinic
- Conduct one card study annually
- Complete the human subjects protection training every two years
- Contribute to the development of research questions and protocols
- Attend at least one of the two STARNet membership meetings each year (Spring/Fall)
Examples of STARNet Studies:

- The Use of Health Information Technology to Support Self Care Management during a Pandemic Influenza Event
- Utilizing Customized Websites to Enhance Patient Education and Self-Management during a Pandemic Influenza Event in Ten Primary Care Practices
- Beta-testing of the Medical Office Survey on Patient Safety
- Expansion of the PBRN Stay at Home Influenza Tool Kit
- Exercise in the Elderly
- Panic Disorder in Patients Presenting with Chest Pain
- Patient Preference for Discussion of Family Conflict/Violence
- Quality and Outcomes of Diabetes Care in Primary Care Settings
- Improving Risk Factors for Complications of Type 2 Diabetes in Primary Care
- History and Physical Findings of Patients with MRSA Skin Infections in South Texas
- Using interactive multimedia to promote patient safety
- Aspirin in reducing events in the elderly
What STARNet Members Say:

"I have only had positive comments from patients who are usually excited and pleased to be able to be a part of the studies."

"The projects are interesting and designed to be an asset to the daily practice of function."
STARNet is a part of my practice where everyone wins...the patient, the practice, and the specialty of Family Practice.

Many of our patients are impressed that their doctors' office is involved in medical research and that they can share in that.
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For more information, visit our website at

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