



“Our mission is to improve patient care and advance clinical knowledge through practice-based research.”



South Texas Psychiatric Practice-Based Research Network

Cervnado Martinez, MD

What is a Practice-Based Research Network?



An organization of community clinicians who work together with researchers to answer meaningful questions that will improve patient care.



South Texas PBRNs

- **PRIMARY CARE PBRNS**

- STARNet
- RRNet
- PRENSA
- Lower Rio Grande Valley
- VA Outpatient Primary Care



- **MENTAL HEALTH PBRNS**

- South Texas Psychiatry
- VA Mental Health



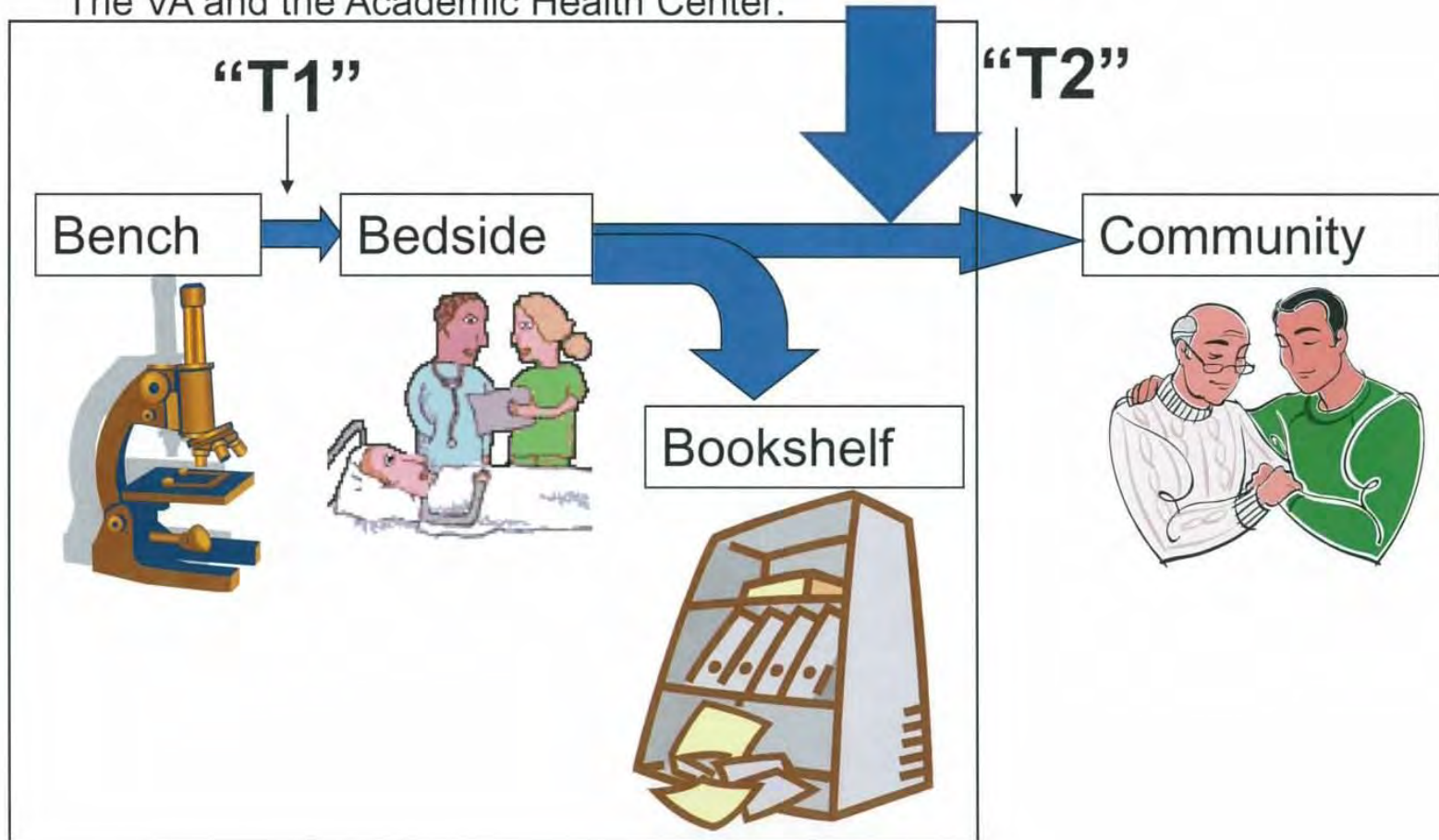
- **ORAL HEALTH NETWORK**



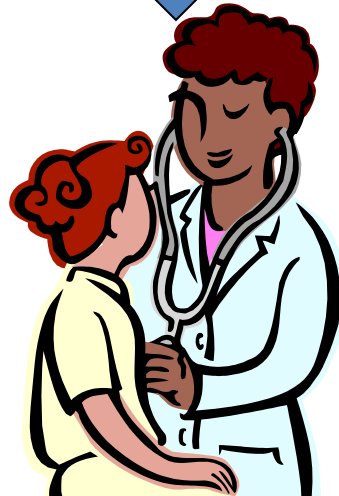
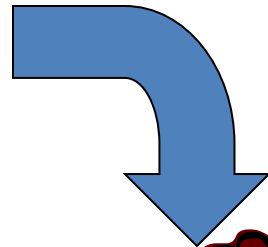
- **IMPROVEMENT SCIENCE RESEARCH NETWORK**

Where are PBRNs in the Research “Pipeline?”

The VA and the Academic Health Center:



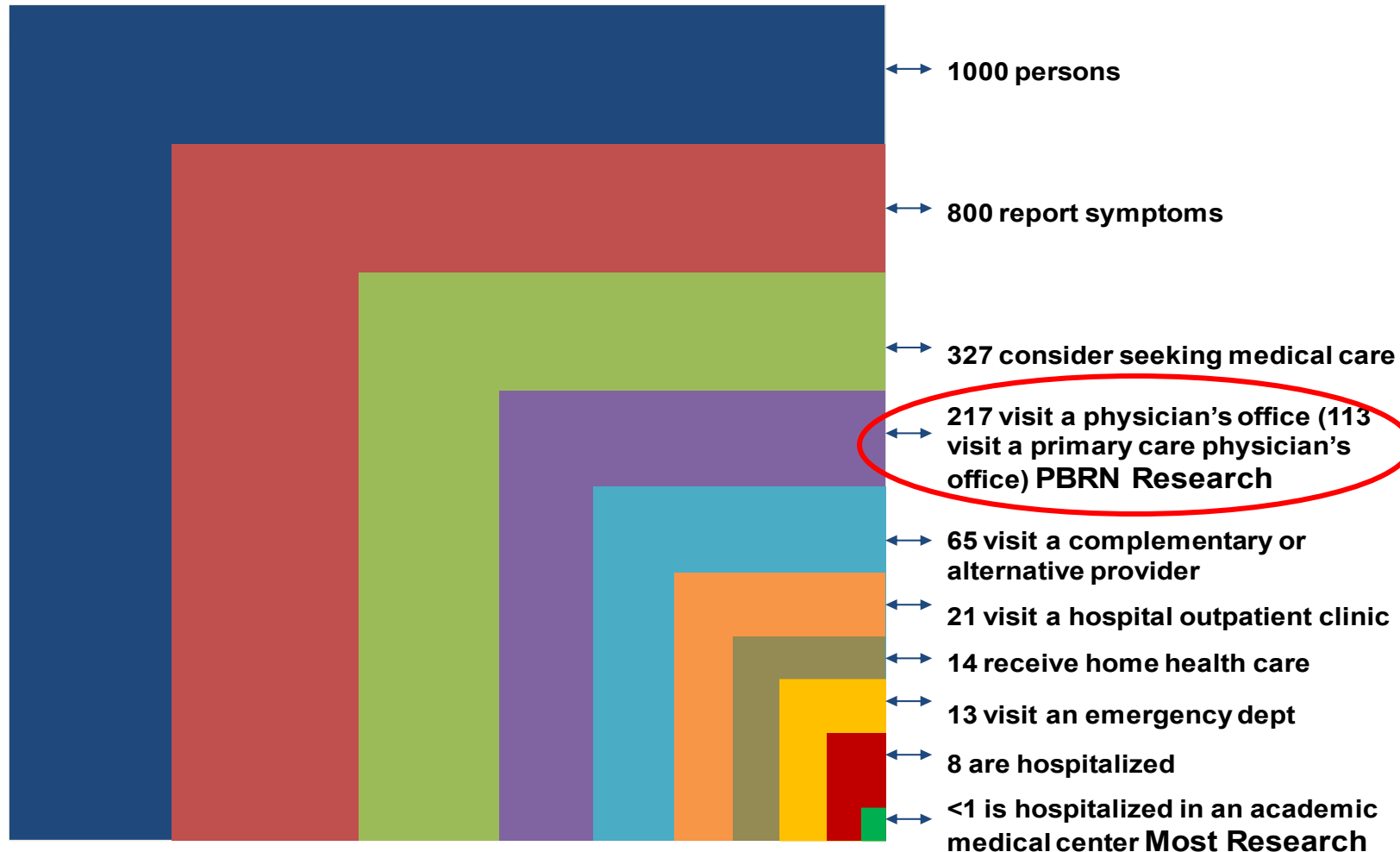
Why should community clinicians and community members work together?



- It takes an average of 17 years for 14% of new discoveries to be implemented.

(Balas and Boren. *Yearbook of Medical Informatics* 2000:65-70)

Why is Practice-Based Research needed?



Results of a reanalysis of the monthly prevalence of illness in the community and the roles of various sources of health care. Green LA et al., *N Engl J Med* 2001, 344:2021-2024.



“If we want more evidence-based practice, we need more practice-based evidence.”

(Green LW and R. Glasgow, 2006)

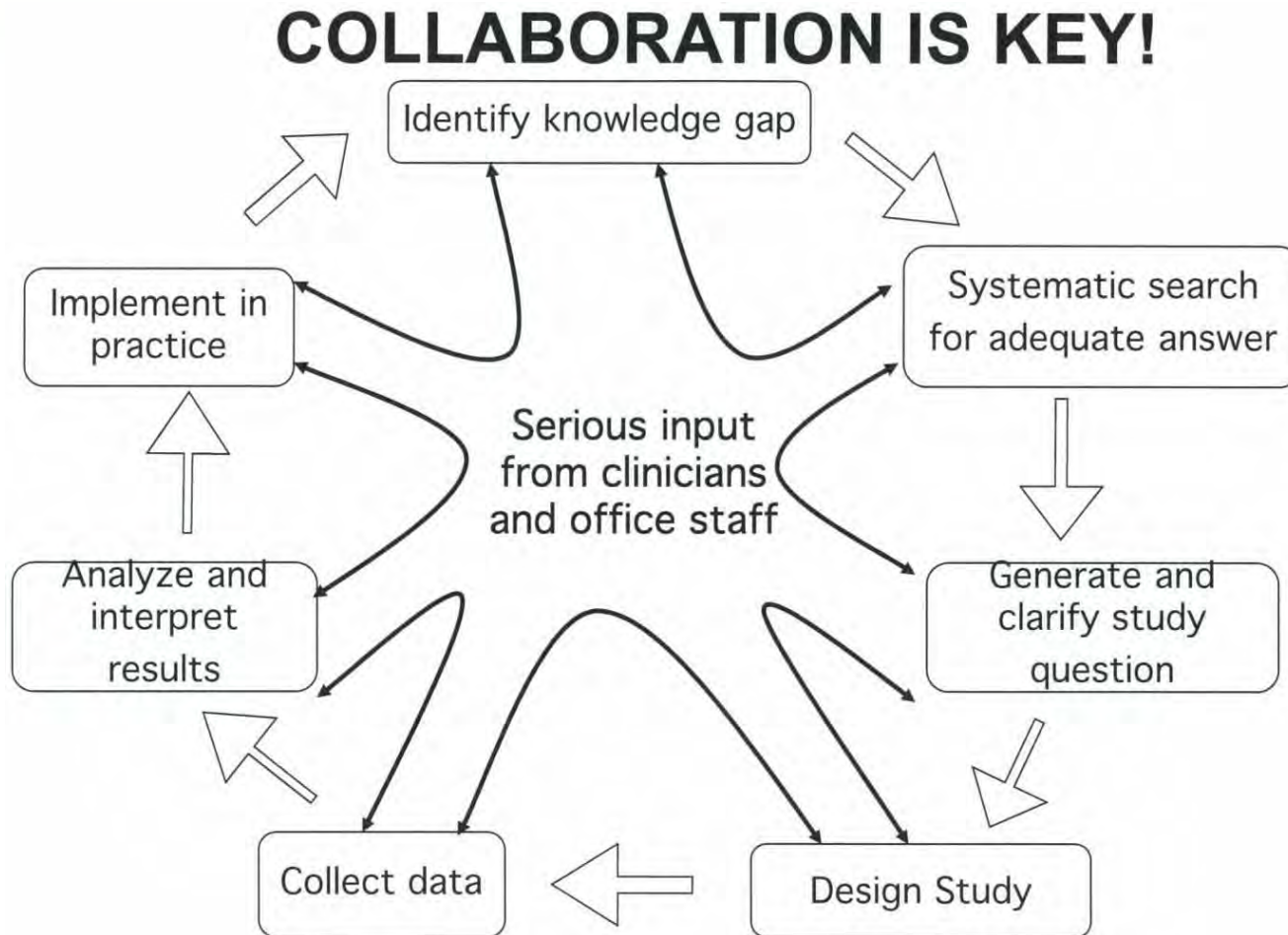




What are the benefits of participation with a PBRN?

- **Gaining a better understanding of your patient population**
- **Making a professional contribution to the community**
- **Increasing personal contact and networking with colleagues**
- **Personalized Meetings**
- **Participation recognition through plaques, certificates etc.**
- **Participation contributes toward UTHSCSA clinical faculty hours as well earning of CME credits**
- **Increased professional encouragement and support**
- **Contribution to scientific knowledge and patient care**

COLLABORATION IS KEY!





What kinds of studies take place in PBRNs?

- **Descriptive and observational studies**
 - Use the “Card” to record data within short time frame
 - Surveys
- **Intervention studies**
 - Use Delayed Intervention group
- **Qualitative and Mixed Methods studies**
 - Focus groups or in-depth interviews



Mission Statement and Top Research Priorities

“Our mission is to improve patient care and advance clinical knowledge through practice-based research.”

Top Research Priorities:

- Poly-Pharmacy
- Treatment of Bipolar Depression
- Suicide: Prevalence, Incidence and Management
- Field site for the DSM V
- Incidence of serotonin syndrome
- Use of low preference drugs due to restrictions



Member Quotes



"I participate in the PBRN because it gives me an opportunity to apply skills (critical, rigorous thinking and writing) that are different from the day in day out skills of clinical care. We can develop studies which can answer clinically relevant questions and at the same time enhance our clinical care. It is a win-win situation." – Randal Sellers, M.D. San Antonio, TX

"To all my fellow Psychiatrists I say join the network! I found it a great opportunity to stay in touch and be a part of our own independent research as well as an opportunity to meet and work together with other Psychiatrist in the community." – John Enriquez M.D. San Antonio TX





STP PBRN First Card Study

- At the first meeting in August 2009 it was decided that the group would do a study to answer the question “Is it feasible to gather data as a Network?”
- To answer this question a simple card study was created that documented setting, diagnosis and whether the psychiatrist had a negative reaction to their patient or not.



The STP PBRN's FIRST Study

- For four consecutive weeks 11 Psychiatrists chose one day a week to fill out a study card on each patient they saw that day.
- Cards were filled out immediately following the visit and cards were filled out regardless of negative reaction to the patient.
- Over 500 study cards were completed over those four weeks.



Study Instrument

Clinic ID: _____

PSYCHIATRY CARD STUDY #1

All answers to this questionnaire are strictly confidential.

Setting:

- Office/Out-Patient In-patient
 Other (i.e. phone)

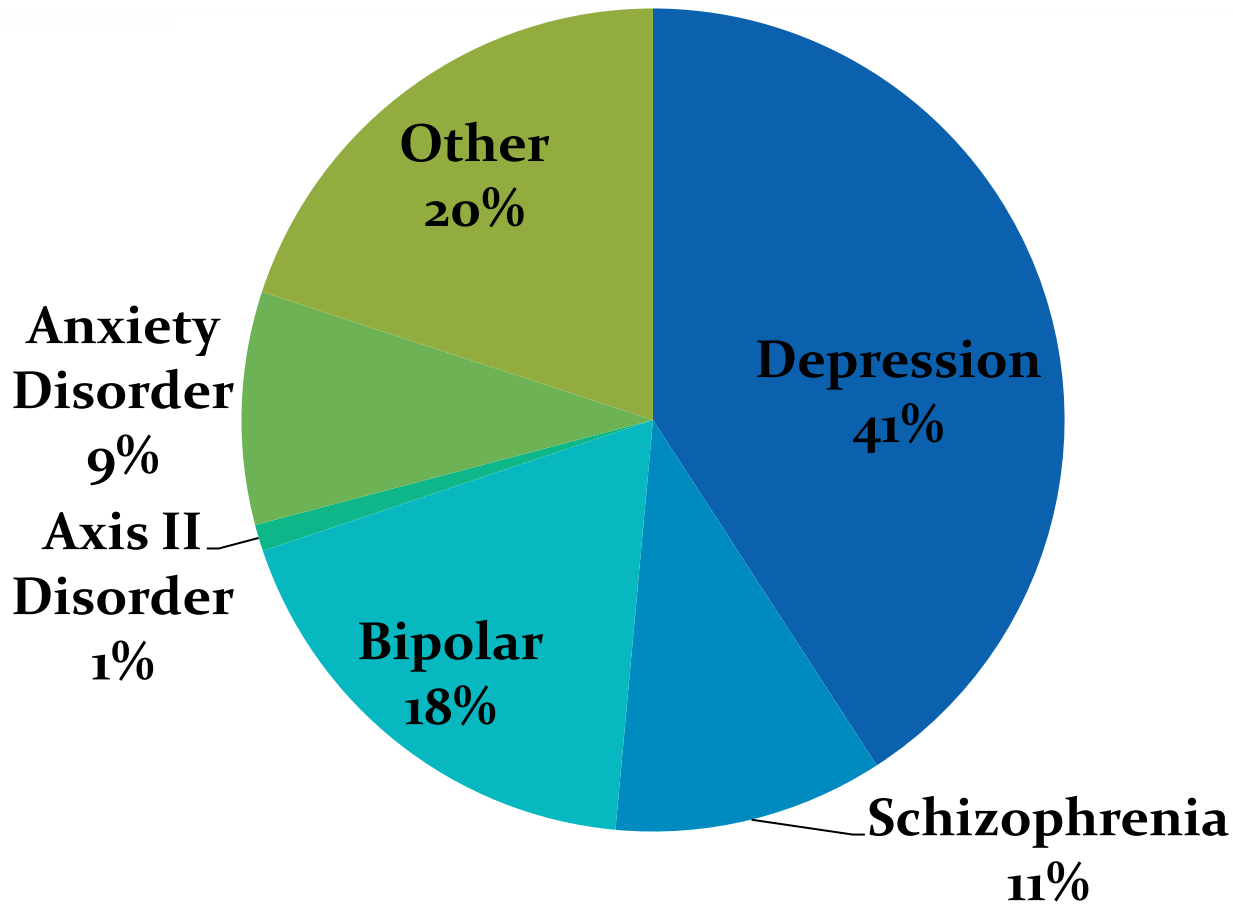
What is the primary diagnosis of this patient?

- Depression Schizophrenia
 Bi-Polar Disorder Axis II Disorder
 Anxiety Disorder Other (specify: _____)

Did you have a negative reaction to this patient?

- Yes No

Primary Diagnosis N=501





Negative Reaction to Patient

Negative Reaction?	Number	Percent
Yes	48	10%
No	448	90%
Total	496	100%



Negative Reaction by Diagnosis

Diagnosis	Number	Percent
Depression	11	22.9%
Bipolar	17	35.4%
Schizophrenia	3	6.3%
Axis II Disorder	4	8.3%
Anxiety Disorder	3	6.3%
Other	10	20.8%
Total	48	100%



What are my next steps?

- Complete short membership profile
- Participate in the next meeting – bring your research ideas with you
- Complete the human subjects protection training to be a part of our next project

Attend Annual PBRN Convocation!

- October 15-16th 2010
- La Quinta Inn Horizon Hill Conference Center
- “Discovering Patient-Oriented Evidence that Matters
- Over 100 attendees last year





Where do I go for more information?



UT Health Science Center

Bluff Creek Towers, 4201 Medical Drive

210-567-7871

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