

Mission: *The Permanente Journal* is published for physicians, practitioners, and nurses to create and to deliver superior health care through the principles and benefits of Permanente Medicine.

Permanente Medicine is preventive, innovative, evidence-based, population care practiced by a multispecialty group, using an electronic health and medical record, and focused on patient relationships and outcomes.

Circulation: 30,000 print readers per quarter, and accessed by 500,000 unique Web readers in 2007 from all 160 countries of the world.



On the cover: "At Angelique" (24" x 30") by Fred M Freedman, MD, is an oil on canvas of a Paris café scene. It is painted from a photo

Dr Freedman shot at Angelique, a café in Paris known for its hot chocolate and dessert pastries. The photograph was taken from a balcony overlooking the front window tables. In this painting, Dr Freedman wanted to try a loose painting style with a post-impressionistic color spectrum.

Dr Freedman is a Neurologist at the South Bay Medical Center. He enjoys painting in oil on canvas and the inspiration for many of his paintings are scenes from his travels. Dr Freedman has done artwork all his life, including painting in oil and gouache and etchings. He is retiring in September and hopes to be able to pursue more travel, photography, and art—all linked together as in this painting.

ORIGINAL ARTICLES

4 Associations of Psoriatic Arthritis and Cardiovascular Conditions in a Large Population.

CME

Svetlana Kondratiouk, DO;
Natalia Udaltsova, PhD; Arthur L Klatsky, MD

Among a multiethnic population of 76,465 men and women, none of the 99 persons with a confirmed outpatient diagnosis of psoriatic arthritis exhibited more atherothrombotic disease (coronary and cerebrovascular) or diabetes mellitus than two control groups, but all 99 persons did have an increased prevalence of systemic hypertension and heart failure, and a higher mean body mass index.

9 Augmentation of Conventional Medical Management of Moderately Severe or Severe Asthma with Acupuncture and Guided Imagery/Meditation.

Lewis Mehl-Madrona, MD, PhD

Patients with moderately severe or severe asthma who, when visiting a complementary and alternative medicine clinic, selectively chose to add a combination of acupuncture and guided imagery/meditation to their maximal medical management, experienced respiratory improvement—decreased symptoms, decreased Emergency Department visits, and decreased number of days of hospitalization, while taking less medications than before—and at a lower cost of care.

TPJ 2007 "Service Quality Awards" — Institute for Healthcare Improvement 19th Annual National Forum on Quality Improvement in Health Care

15 Early Discharge Study for Premature Infants: Singapore General Hospital.

Yeo Cheo Lian, MD; Selina Ho Kah Ying, MD; Cheong Chiu Peng, RN; Tay Yih Yann, RN

At Singapore General Hospital, premature infants had a median birth weight of 1210 g. Discharge traditionally occurred when infants were medically fit and weighed 2000 g. The length of hospital stay was reduced 59.8%, primarily by improved discharge planning, revised guidelines (mean discharge at 1915 g), and nurses' active preparation of parents psychologically and mentally for care of their babies at home.

20 Counseling and Wellness Services Integrated with Primary Care: A Delivery System That Works.

Ken Van Beek, LMSW; Steve Duchemin, PA-C; Geniene Gersh, MA, LLP; Susanne Pettigrew, PA-C; Pamela Silva; Barb Luskin

By colocating behavioral health counselors and nutritionists alongside primary care physicians, Grand Valley Health Plan established the national benchmark for patients using ambulatory services for mental health, and ranked first in Michigan on all six HEDIS "effectiveness of care" measures for behavioral health. One result was a 54% decrease in mental health hospitalization. Up to 70% of primary care visits are driven by psychosocial factors, with 25% of patients having a diagnosable mental disorder, and comorbidity occurring in up to 80% of patients.

25 Are Foot Abnormalities More Common in Adults with Diabetes? A Cross-Sectional Study in Basrah, Iraq.

Abbas Ali Mansour, MD; Samir Ghani Dahyak, MD

In a study population of 100 patients with type 2 diabetes and 100 patients without diabetes, researchers found 13 foot abnormalities—prominent metatarsal head, high medial arch, hammertoe, wasting, joint stiffness, amputation, fissures, nail changes, ulcers, blisters, dryness, sclerosis, and dermopathy—statistically more frequent in study participants with diabetes; however only wasting, ulcer, and dryness were strongly associated with diabetes.

88 ABSTRACTS OF ARTICLES AUTHORED OR COAUTHORED BY PERMANENTE PHYSICIANS, NURSES, AND INVESTIGATORS

90 ABSTRACTS FROM THE HMO RESEARCH NETWORK

93 BOOK REVIEWS

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REVIEW ARTICLES

32 **The Role of B-Type and Other Natriuretic Peptides in Health and Disease.**

Ashok Krishnaswami, MD, FACC

B-type natriuretic peptide (BNP) levels are specifically useful in differentiating the etiology of shortness of breath between left ventricular (LV) dysfunction, acute congestive heart failure (CHF), and pulmonary dysfunction without CHF. The primary responsibility of natriuretic peptides (NP) is the maintenance of sodium and water homeostasis and vasomotor tone. Both atrial NP and BNP decrease plasma volume and blood pressure in response to an increased tension of the atrium or ventricle, respectively, but reflect LV function, mass, and load more than volume status.

45 **Prognostic Factors for Long-Term Survival after Glioblastoma.**

CME

Mohammad Sami Walid, MD, PhD

Long-term survivors of glioblastoma are rare. Several variables besides tumor size and location determine a patient's survival chances: age at diagnosis, where younger patients often receive more aggressive multimodal treatment; functional status, which has a significant negative correlation with age; and histologic and genetic markers.

CASE STUDY

49 **An Unusual Case of a Cervical Mass Due to Nontuberculous Mycobacterium Fortuitum Infection.**

Hien Nguyen, MD;
Connie Le, MD; Hanh Nguyen, MD

This case of an infected submandibular mass is unique because prompt recognition of the infection and treatment with antimicrobials averted surgery. The varied presentations of nontuberculous mycobacterial disease in immunocompetent patients is a trend important to recognize in a woman, aged 60 years, with stage 1 breast cancer for which she had received radiation and chemotherapy.

NARRATIVE CASE STUDY

53 **Diagnoses are Stereotypes: Go Where They Are.**

Dustin L Larson

What if clinicians accompanied a homeless person for a day, as the author did? Would they also learn how to inquire about sensitive issues, high-risk behaviors, or lifestyle? Would they learn that individuals don't fit stereotypes?

CLINICAL MEDICINE

57 **Image Diagnosis: Pulmonary Embolism.**

Image Diagnosis: Radial Head Fracture.

Image Diagnosis: Abdominal Aortic Aneurysm.

Gus M Garmel, MD, FACEP, FAAEM

Three sets of radiographic and computed tomography images depict pulmonary embolism (and popliteal venous source), radial head fracture, and leaking abdominal aortic aneurysm.

COMMENTARIES

60 **The Changing Face of HIV Infection.**

CME

William J Towner, MD, FACP

Since the first report, in 1981, of AIDS in five men who have sex with men (MSM) in Los Angeles, the AIDS epidemic has swept the world. It now increasingly affects women, younger adults, and disproportionately affects people of color. Older age no longer predicts faster progression.

65 **Information Technology Innovation.**

CME

Yan Chow, MD, MBA, FAAP

Information technology innovations are assessed for physician and patient use. A large-scale example is Kaiser Permanente's Sidney R Garfield Center for Health Care Innovation—a care delivery simulation laboratory. On a small scale is a trial of the use of a 1-lead electrocardiogram rhythm strip transmitter in the form of a wallet placed against the chest and connected to a cell phone that tracks rhythm disturbances.

EDITORIAL STUDY

70 **Relationship of a Physician's Well-Being to Interactions with Patients: Practices of the Highest Performing Physicians on the Art of Medicine Patient Survey.** Tom Janisse, MD

In a trusting relationship, physicians who, according to patient surveys, satisfy their patients best described that as doctors they are "part of the medicine" through several empathetic activities: respect, attention and presence, listening, connection, reassurance and support, touch, knowledge, explanation and education. This medicine has a powerful therapeutic treatment effect and is responsible for physicians' sense of feeling valued, making an important contribution, making a difference, and creating personal and professional well-being.

NARRATIVE MEDICINE

77 **Labyrinths Find Their Way onto Hospital Grounds as Paths to Healing.** Jim Gersbach

Walking labyrinths, recently opened at Kaiser Permanente (KP) Sunnyside and Antioch Medical Center hospitals, are intended to let those who enter find their way along a single, clear path. Modeled on the labyrinth of Chartres Cathedral in France, the labyrinths were first tested, through a KP innovation grant, on "finger labyrinths"—boards with the paths grooved into the wood. Surveys of users' stress levels revealed that most felt more relaxed afterward.

81 **Cody.** William Lynes, MD

The story of a five-year-old boy named Cody who was cared for by Urology Intern, Dr Cody, after fracturing his kidney in a car crash that killed his parents.

84 **Colic.** William Lynes, MD

A stone comes alive and recounts its journey through the renal system to expulsion from a woman's urethra.

SOUL OF THE HEALER

Original Visual Art

19 **"Sara's Trees"**
Stephen Weiss, MD

31 **"College Avenue"**
Pamela Fox

44 **"449"**
Sal laquinta, MD

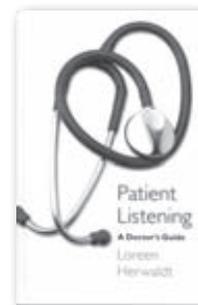
52 **"Mexican Marionette"**
Evelyn Zlomke, RN, MPH

Original Literary Art

85 **The Dance.**
Jonathon W Gietzen,
MS, PA-C

86 **True North.**
Mary Dowd, MD

87 **In the Pod.**
Mary Dowd, MD



Book Reviews
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