

The Permanente Journal

Mission: *The Permanente Journal* advances knowledge in scientific research, clinical medicine, and innovative health care delivery.

Circulation: 25,000 print readers per quarter, and accessed by 700,000 unique Web readers in the last 12 months from 164 countries.



ON THE COVER "Pigeon Point Light"

by Steve Henry, MD, is a photograph of the lighthouse in San Mateo County on the California coast. The lighthouse is lit with its original lens annually near the date of its first lighting, giving the opportunity to see

it the way it must have originally appeared. The lighthouse itself is rapidly decaying.

Dr Henry is retired from The Permanente Medical Group. He was Chief of Urology at the San Jose Medical Center. He has been a photographer for over 30 years, with his work in local galleries, published on a book cover and in a national advertising campaign. More images may be found at: www.henryimages.net and www.photo.net/photos/SteveH.

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ORIGINAL RESEARCH & CONTRIBUTIONS

4 Survey Respondents Planning to Have Screening Colonoscopy Report Unique Barriers. Jennifer Vincent, DO; Angela K Hochhalter, PhD; Kristine Broglio, MS; Andrejs E Avots-Avotins, MD, PhD

Scott & White Health Plan, a health maintenance organization, surveyed 4000 members; men and women of all ages reported similar barriers to colonoscopy, except those planning one within six months. The most commonly identified barrier across groups was lack of physician recommendation.

12 Multiple Health Behaviors in an Ethnically Diverse Sample of Adults with Risk Factors for Cardiovascular Disease. Katie M Heinrich, PhD; Jay Maddock, PhD

Results of a 3607-person, random-digit-dial telephone survey (6% diabetes, 16% hypertension, 16% high cholesterol, 19% obesity) demonstrated that different eating-and-activity behaviors predicted each of the four medical conditions. Ethnic differences existed.

19 The Relationship of Unemployment and Depression with History of Spine Surgery. M Sami Walid, MD, PhD; Nadezhda Zaytseva, PhD

A retrospective chart review of 629 persons who underwent inpatient spine surgery between the ages of 25-65 showed 29% unemployed and 32% with a history of depression. A history of prior spine surgery was most prevalent in unemployed women with a history of depression.

23 Behaviorally Supported Exercise Predicts Weight Loss in Obese Adults Through Improvements in Mood, Self-Efficacy, and Self-Regulation, Rather Than by Caloric Expenditure. James J Annesi, PhD

Adults with severe obesity entered a 26-week exercise-support and nutrition-education treatment based on social cognitive theory. Measures included: mood, self-regulation, and self-efficacy. Only 12% of weight change was from caloric expenditure. Exercise may support weight loss primarily through psychological rather than physiological pathways.

28 Practice Leaders Programme: Entrusting and Enabling General Practitioners to Lead Change to Improve Patient Experience. Marion Lynch, PDHSc, MSc, PgCMed Ed, PgCStComm RGN RMN; Nigel McFetridge, MB, BCh, MRCP, DFPHM

In a region of social deprivation and quality underperformance in the UK, 19 new and experienced general practitioners entered a yearlong narrative and complex systems program. Statistically significant increases occurred in leadership competencies, services and care, confidence, and changed culture.

Implementation Study

36 Vohs National Quality Award Community Implementation and Translation of Kaiser Permanente's Cardiovascular Disease Risk-Reduction Strategy. Winston Wong, MD, MS; Marc Jaffe, MD; Michelle Wong, MPH, MPP; R James Dudl, MD

Clinics at community health centers and in public hospital/health systems in California initiated Kaiser Permanente's cardiovascular disease, risk-reduction program. Success of this transferable program included: 2245 patients received at least 1 of the 3 cardiovascular medications within 18 months.

Implementation Study

43 Implementation and Methodology of a Multidisciplinary Disease-State-Management Program for Comprehensive Diabetes Care. Catherine Antoline, PharmD; Amy Kramer, PharmD; Mark Roth, MD

Within one year, this regional intervention resulted in improvements in blood pressure (BP), lipid levels, and glycemic control (2009 HEDIS scores), through: a licensed practical nurse-run BP service, dedicated panel management time, and concurrent management of glucose, BP, and lipids.

SPECIAL REPORTS

49 Making the Hospital Safer for Older Adult Patients: A Focus on the Indwelling Urinary Catheter. Eric A Lee, MD; Camille Malatt

The insertion of an indwelling urinary catheter (IUC) can cause iatrogenic complications: urosepsis, delirium, functional impairment. Thoughtful and judicious use of the IUC, such as minimizing catheterization either by not inserting it or by removing it as soon as not needed, will most likely reduce inpatient morbidity and improve the health of the hospitalized older adult.

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- 53 Sustaining Primary Care Practice: A Model to Calculate Disease Burden and Adjust Panel Size.**
Belinda Potts; Ronald Adams, MD; Mark Spadin

Facing severe staffing shortages in a primary care physician group with very large patient panels, resulting in physician burnout, the group identified six chronic diseases in a new Permanente Online Interactive Network Tool, to determine the disease burden of each physician's panel. In a new delivery structure two physicians partner on a team with a nurse practitioner who successfully supports them.

REVIEW ARTICLE

- 57 Surgical Care in Jamaica in the Laparoscopic Era: Challenges and Future Prospects for Developing Nations.**
Joseph Martin Plummer, DM; Patrick Oral Roberts, DM; Pierre Anthony Leake, DM; Derek Ian Mitchell, DM, FACS

Challenges developing countries face in an era of technology-dependent surgery are being addressed at the University of the West Indies where a combination of fellowship-trained team leaders and partnerships with resource-rich institutions promises to meet their health care needs.

CASE STUDY

- 62 Candida Mastitis: A Case Report.**
Louisa Hanna, MD; Stacie A Cruz, MD

Nipple pain is the second most common cause of breastfeeding discontinuation in the first six months. This case report addresses the characteristics of, risk factors for, and treatment of mastitis.

CLINICAL MEDICINE

- 65 ECG Diagnosis: Monomorphic Ventricular Tachycardia.**
Joel T Levis, MD, PhD, FACEP, FAAEM

The most common predictors of Ventricular Tachycardia (VT) are ischemic heart disease, especially acute myocardial infarction, and prior VT. The characteristics and differential diagnosis are explored.

- 66 Image Diagnosis: Shoulder Dislocations.**
Shoreh Kooshesh, MD; Gus M Garmel, MD, FACEP, FAAEM

Anterior, posterior, and inferior shoulder dislocations are imaged in multiple planes with mini-summaries of signs and treatments.

COMMENTARY

- 68 Confessions of a Wilderness Fellow: I Can't Live Without My Smartphone, Can You?**
Anil Menon, MD

Recent experiences in Haiti revealed the indispensable nature of a smartphone: core medical programs, difficulty of contacting physicians and transferring patients without text messaging, pdf reference storage, and organizing capabilities.

- 71 Social Media and the Health System.** Ted Eytan, MD, MS, MPH; Jeffrey Benabio, MD; Vince Golla; Rahul Parikh, MD; Sara Stein, MD

Social media—content created and exchanged within virtual communities—transform broadcast media monologues into social media dialogues. In today's world of democratized influence in which consumers generate news, physicians have an opportunity to create "a bank of good will."

EDITORIAL

- 75 Innovation in Our Nation's Public Hospitals: Three-Year Follow-Up Interview with Five CEOs and Medical Directors—Part 1.**
Tom Janisse, MD

Revisiting leaders from four hospital systems, this interview includes comments on community interventions; the relationship between community clinics and the hospital; system integration (a nurse practitioner-staffed "bridge clinic"); and integration of people in the system (primary care and specialty care referrals, and multidisciplinary teams).

CME

CME credits are available online at www.permanentejournal.org. The mail-in CME form can be found on page 95.

PLEASE NOTE: Article 4 is available online only at <http://bit.ly/hwko20>.

SOUL OF THE HEALER

Original Visual Art

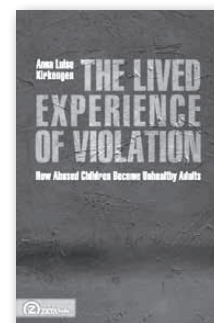
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NARRATIVE MEDICINE

HAITI: The Kaiser Permanente Experience—Part 2: Personal Stories
Edited by Sarah Beekley, MD

This is a collection of stories of medical volunteers whose lives were forever changed.

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