
Hyo-Chun Yoon, MD, PhD
Misael M. Vucicic, PhD, Gregory A. Nichols, PhD

At both Kaiser Permanente Hawaii and Kaiser Permanente Northwest, fasting plasma glucose testing was significantly more common in 2009 and 2010, but testing was more common in 2012, but the characteristics of the overall population did not change. At both sites, the characteristics of youth at risk of diabetes changed substantially with a much greater proportion being female and children younger than age 10 years. The size and composition of the population of youth identified with diabetes was not affected.


Young M Choi; Asha A Naruwar, MS; Jaldine YW; MD

Internationally frequent diagnoses herpes simplex, herpes zoster, and acne, which are also common dermatologic topics published. The authors conducted an independent search of the Thomson Reuters’ Science Citation Index for common dermatologic topics, limited to the period 1970 to 2012. The five most common dermatologic topics published in high-impact general medical journals were melanoma, psoriasis, herpes simplex, herpes zoster, and acne.

32. Prevalence of Hypovitaminosis D and Its Association with Comorbidities of Childhood Obesity.

Ryan A Pedigo, Thomas E Blair, Erik Lehman, MS; Arne Beck, PhD; Melissa S Glassey; Colleen Ross, MS; Arne Beck, PhD

At both Kaiser Permanente Hawaii and Kaiser Permanente Northwest, vitamin D deficiency (< 20 ng/mL) and insufficiency (20-29 ng/mL) was present in 40% (20-29 ng/mL) and 17% of patients during 2 separate 12-month intervals. Before the implementation of an increased D-tot cholesterol and threshold and recommendation for formal clinical probability assessment, and the for hospital admissions.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.

30. Improving Appropriate Use of Pulmonary Computed Tomography Angiography in Increasing the Serum D-Unit Threshold and Assessing Clinical Probability, ‘’Hypo-Chun Yoon, MD, PhD

A retrospective review was conducted of all patients undergoing pulmonary computed tomography angiography during a 12-month interval. The implementation of an increased D-tot cholesterol threshold and recommendation for formal clinical probability assessment, and the for hospital admissions.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.


Ross, MS; Arne Beck, PhD

The authors present a retrospective, case-control study of hospitalized infants younger than age one year associated with viral bronchiolitis who underwent lumbocutaneous as part of an evaluation for meningitis. The presence of apnea, cyanosis, meningeal signs, positive urine culture results, and young age were factors found to be independently associated with the performance of a lumbocutaneous in the setting of bronchiolitis. Young age was the only significant clinical factor found after multivariable regression; no other demographic, clinical, laboratory, or radiology variables were found to be significant.
40 A Pilot Study Comparing Anatomic Failure after Sacrocolpopexy with Absorbable or Permanent Sutures for Vaginal Mesh Attachment.
Jasmine Tan-Kim, MD, MAS; Shawn A Menfee, MD; Quinn Lippman, MD, MPH; Emily S Lukacz, MD, MAS; Karl M Luber, MD; Charles W Nager, MD
The authors reviewed the medical records of 193 women who underwent sacrocolpopexy with 2 different types of sutures attaching polypropylene mesh to the vagina: delayed absorbable sutures (median follow-up, 43 weeks) and permanent sutures (median follow-up, 106 weeks). Failure rates for the 45 subjects in the delayed absorbable group and 148 subjects in the permanent suture group were similar and not statistically different in any compartment: apical, anterior, or posterior. Delayed absorbable monofilament suture appears to be a reasonable alternative to permanent suture for mesh attachment to the vagina during sacrocolpopexy.

45 Differences in Perceived Difficulty in Print and Online Patient Education Materials, Michael Famworth, MA
Patients are often intimidated by the task of reading patient education materials, perceiving the materials’ difficulty levels as prohibitive, even when they do not exceed the patients’ reading abilities. Some first-year college students perceived online patient education materials to be more difficult to read than print-based ones—even when the reading level of the patient education materials was similar. Patients’ perceptions of the difficulty of patient education materials influenced their ability to effectively learn from those materials.

Special Report

52 Behavior Medicine Specialist. Phillip Tuso, MD, FACP, FASN
A behavioral medicine specialist is a psychologist who works in the medical home with the primary care physician. The key to achieving Total Health will be to transform the current health care system from a focus on treating disease to a focus on preventing disease. This transformation will require complex behavior change interventions and services not usually provided in the medical home. The behavioral medicine specialist will bring the knowledge and experience used to treat mental illness into the medical home to help the primary care physician improve the care of all patients in the medical home.

Special Report

Jennifer Felder, MA; Sona Dimidjian, PhD; Anne Beck, PhD; Jennifer M Beggs, MSW; Zindel Segal, PhD
Residual depressive symptoms are associated with increased risk for relapse and impaired functioning. Although there is no definitive treatment, Mindfulness-Based Cognitive Therapy (MBCT) has been shown to be effective, but access is limited. Mindful Mood Balance (MMB), a Web-based adaptation of MBCT, was designed to address this care gap. The authors describe a composite case that is representative of the course of intervention with MMB and its implementation in a large integrated delivery system. MMB may be a cost-effective and scalable option in primary care for increasing access to treatments for patients with residual depressive symptoms.

Special Report

64 Thinking about Thinking and Emotion: The Metacognitive Approach to the Medical Humanities that Integrates the Humanities with the Basic and Clinical Sciences. Quentin G Eichbaum, MD, PhD, MPH, MFA, MASHC, FCAP
The explosion in medical knowledge has exceeded the capacity of the individual human brain to absorb the entirety of this knowledge. This suggests we can no longer expect medical students to continue simply memorizing facts. Instead, we must develop in students a competency as flexible thinkers and agile learners so they can adeptly deal with new knowledge, complexity, and uncertainty in a rapidly changing world. Such a competency would entail not only cognitive but also emotional skills essential for the holistic development of their professional identity. This article will argue that metacognition—“thinking about thinking (and emotion)”—offers the most viable path toward developing this competency.

REVIEW ARTICLES

76 A Business Case for Tele-Intensive Care Units. Alberto Coustasse, DrPh, MD, MBA, MPH; Stacie Deslise, MA, MS; Deanna Bailey, MS; Alesia Hairston, MS; David Paul, DDS, PhD
A tele-intensive care unit (tele-ICU) uses telemedicine, in an intensive care unit (ICU) setting, to care for critically ill patients by off-site clinical resources. This literature review examined a large number of studies of implementation in hospitals. The evidence supporting cost savings was mixed. Implementation of a tele-ICU system was associated with cost savings, shorter lengths of stay, and decreased mortality. However, two studies suggested increased hospital cost after implementation. Intensivists working these systems are able to more effectively treat ICU patients, providing better clinical outcomes for patients at lower costs compared with hospitals without a tele-ICU.

CASE STUDIES

85 Vasal Injury During Inguinal Herniorrhaphy: A Case Report and Review of the Literature. Lawrence Flechner, MD, PhD; James Smith, MD, MS; Patrick Treseler, MD, PhD; John Maa, MD
An injury to the vas deferens during inguinal herniorrhaphy from possible tethering of the vas has not, to our knowledge, previously been described in the surgical literature. We report a case of iatrogenic injury of the vas deferens that occurred during elective hernia repair in a 28-year-old man who had previously sustained blunt trauma to the abdomen and pelvis.

EDITORIAL

89 Healthy Behavior Change in Practical Settings. Scott Young, MD
The core principle of implementing healthy behavior change is making the healthy choice the easy choice. Putting this motto into practice requires removal of barriers to live a healthy lifestyle. It is important to look at the bigger picture when helping patients reach optimal health, looking closely at exercise levels and home life. Environmental factors cause strain and present challenges also. The Care Management Institute and Kaiser Permanente are changing default behaviors so optimal lifestyles become the norm, rather than the exception.

LETTERS TO THE EDITOR

93 Narratives In Medical Education: The Next Steps.

94 Plant-Based Diets in Crohn’s Disease.
CASE STUDIES
Reverse Pseudohyperkalemia in a Patient with Chronic Lymphocytic Leukemia.
Taurino Avelar, MD

A man, age 78 years, with a history of chronic lymphocytic leukemia presented to clinic for evaluation of a cough. This case report highlights the importance of distinguishing cases of true hyperkalemia from pseudohyperkalemia and reverse pseudohyperkalemia.

An Incidental Discovery of Low-Grade Appendiceal Mucinous Neoplasm.
Aaysha Kapila, MD; Jennifer Pemister, MD; Pranav Patel, MD; Chakradhar M Reddy, MD; Ravindra Murthy, MD; Mark F Young, MD

A 65-year-old man with a history of hyperplastic polyps underwent a surveillance colonoscopy, which revealed a large, smooth cystic bulge at the appendicular orifice. Subsequently, a computed tomography of the abdomen with contrast revealed an appendiceal mucocoele measuring 13.3 x 4.5 cm.

Latrodectus Envenomation in Greece.
Garyfallia Nikolaos Antoniou, MSc; Dimitrios Iliopoulos, PhD; Rania Kalkouni, MD; Sofia Iliopoulou, MSc; Giorgos Rigakos, MD; Agonitsa Baka, MD

During the summer period 2011-2012, seven widow spider bites in Greece were reported to the Hellenic Center for Disease Control and Prevention. Widow spiders (in the genus Latrodectus) are found all over the world. Antivenin was administered to four patients upon the request of their physicians. The most important goal for all of these patients is early pain relief.

IN OUR NEXT ISSUE

ORIGINAL RESEARCH & CONTRIBUTIONS
Financial Implications of the Continuity of Primary Care.
Marcus J Hollander, MA, MSc, PhD; Helena Kadlec, MA, PhD

Passive Cigarette Smoke Exposure and Other Risk Factors for Invasive Pneumococcal Disease in Children: A Case-Control Study.
Colleen S Chun, MD; Sheila Weinmann, MPH, PhD; Karen Riedlinger, MT, MPH; John P Mullooly, PhD

Plant-Based Diet, Atherogenesis, and Coronary Artery Disease Prevention.
Phillip Tuso, MD, FACP, FASN; Scott R Stoll, MD; William W Li, MD

ANNOUNCEMENT:
CME Credits Now Available for Reviewers
See inside back cover for details.

Permanente Journal
Fall 2014/Vol. 18, No. 4