ON THE COVER:  Rocky Perspective  
by David L. Sherman, MD

This photograph was taken at Ruby Beach, on the Olympic Peninsula in Washington. The contrast in depth of field creates an interesting perspective of these stones ground smooth by the elements and the passage of time.

Dr Sherman is an Internist at the Mt Scott Medical Office in Clackamas, OR. More information about David L. Sherman, MD can be found at www.davidlsherman.com

ORIGINAL RESEARCH & CONTRIBUTIONS

4 Characteristics of Newly Enrolled Members of an Integrated Delivery System after the Affordable Care Act.

Elizabeth A Bylow, MD, MPH; Jennifer L Elia, MPH; Mary Jo Strobel, RN, MBA; Deonna B McQuillan, MA; Irene B Pochle, PhD; Jennifer C Barnes, MSPh; Anne Beck, PhD

Of 99,399 newly enrolled non-Medicare members, 23.5% completed the Brief Health Questionnaires between 1/1/2014 and 8/31/2014. Of these, 3888 respondents were insured through Medicaid, 9434 through the individual health exchange, and 5621 through primary commercial plans. Of Medicaid, exchange, and commercial members, 19.5%, 7.1%, and 5.3%, respectively, self-reported fair or poor health. 12.0%, 2.9%, and 3.3% of each group self-reported 2 or more Emergency Department visits during the previous year and 8.9%, 4.3%, and 4.4% self-reported an inpatient admission during the previous year.

Michael Kaul, MD, MS; Alexandre Gerace

An action-oriented alerts taxonomy according to structure, actions, and implicit intended process outcomes using a set of 333 rule-based alerts at Kaiser Permanente Northwest (KPNW) was developed. The authors identified 9 major and 17 overall classes of alerts and developed a specific metric approach for 5 of these classes, including the most numerous ones in KPNW, accounting for 22.4% of the alerts.

21 “Getting out the Bus Closer to Your Destination”: Patients’ Views about Pharmaco genetic Testing.

Susan Brown Trinidad, MA; Tara B Cut- fer, MEd; Stephanie M Fullenhead, DPH; James Kallou, MD, MPH; Cal P Lin, PhD; Erin B Larson, MD, MPH

The authors conducted focus groups with patients prescribed antidepresants in a 45-min/day physical activity segment of the Revised “Youth Fit For Life” protocol on time in moderate-vigorous physical activity (MVPA) during comparison condition, on time in moderate-vigorous physical activity (MVPA) during comparison condition, on time in moderate-vigorous physical activity (MVPA) during comparison condition, on time in moderate-vigorous physical activity (MVPA) during comparison condition, on time in moderate-vigorous physical activity (MVPA) during comparison condition.

29 A Community-Based Hip Fracture Registry: Population, Methods, and Outcomes.

Maria C Harris, PhD; Jennifer M Wise, MD; Alice Mirz, MD; Jessica J Hart, MD; Gary L Zolman, MD; Elizabeth W Porter, MD

Cases of hip fracture recorded from 1/2009 to 12/2011 were ascertained using the Kaiser Permanente Hip Fracture Registry. The registry collects information on patient, procedure, surgeon, facility, and surgical outcomes. The population (N = 12,562) was predominantly white, women, and older (75 years), and 32% were at least ≥75 years. The average length of follow-up was 1.1 years. The mortality rate was 11.7%.

37 Utility of the Multinational Association for Supportive Care in Cancer (MASCC) Risk Index Score as a Criterion for Nonadmission in Infebo Neutropenic Patients with Solid Tumors.  
Roger A Birol, MD, MPH

Fatigue neuropathy episodes in patients with solid tumors were identified electronically from 1/2009 to 11/2010. Inclusion criteria were met in 186 episodes. Sensitivity, specificity, and positive and negative predictive values of the MASCC risk index score vs complications were, respectively, 84%, 29.6%, 57.7%, and 82%, and the MASCC risk index score of ≥21 or ≥21 could not be used as a criterion for “no complication” or “no admission.” Sensitivity to eat should be an admission criterion.

48 Evidence-Based Referral: Effects of the Revised “Youth Fit 4 Life” Protocol on Physical Activity Outputs.  
James J Ivenis, MD, PhD, FAAFP; James H Gerace, PhD, FAAFP; Linda L Vaughn, MS, MBA

The authors contrasted 2 physical activity/nutrition interventions on the basis of social cognitive and self-efficacy theory, and a comparison condition, on time in moderate-vigorous physical activity (MVPA) during the Revised physical activity protocol against the Original Youth Fit For Life treatment on patient, procedure, surgeon, facility, and surgical outcomes. The population (N = 12,562) was predominantly white, women, and older (75 years), and 32% were at least ≥75 years. The average length of follow-up was 1.1 years. The mortality rate was 11.7%.

NOW AVAILABLE!  
The new Web mobile CME application from The Permanente Journal.

- Read articles.
- Take quizzes.
- Earn credit.
- Get your CME certificate immediately.

www.tpjcme.org

CME EVALUATION FORM

Visit www.cmxtravel.com for registration and information on these unique events. Or call 1-877-843-8500.

For information and/or rates for placing an announcement here, please contact amy.r.eakin@kp.org.

Events Managed by CMX Travel & Meetings  
cmxtravel@com | www.cmxtravel.com | 1-877-843-8500

JOIN US FOR THESE MEETINGS

2015 Ironman® Sports Medicine Conference
October 4-8, 2015  
Royal Kona Resort, Kailua-Kona, HI

2016 Primary Care Hawaii—  
Caring for the Active and Athletic Patient
May 2-5, 2016  
Grand Hyatt Resort & Spa, Poipu Beach, Kauai, HI

2016 Update in Orthopaedic Surgery Conference
July 24-29, 2016  
Grand Hyatt Resort & Spa, Poipu Beach, Kauai, HI

Discounts for Kaiser Permanente Physicians
Visit www.cmxtravel.com for registration and information on these unique events. Or call 1-877-843-8500.
54 Relationship between Participation in Patient- and Family-Centered Care Training and Communication Adaptable among Medical Students: Changing Hearts, Changing Minds.
Lisa Kissignol, MA
A census of 43 third-year medical students at the University of New Mexico School of Medicine participated in Parents Reaching Out: Familial as Faculty program during their pediatric rotation. Analysis of variance revealed statistical significance for the factor “appropriate disclosure” (meaning students have become more sensitive to the level of intimacy that the other person is seeking and the student is willing to offer more information). There was a positive correlation between pretest and posttests in social experience, wit, and social confirmation.

59 A Ten-Year Case-Control Study of Passive Smoke Exposure as a Risk Factor for Pertussis in Children.
Mark A Schmidt, PhD, MPH; Samantha K Kurosky, MS; John P Mullooly, PhD; Colleen Chun, MD; Sheila Weinmann, PhD
The authors conducted a matched case-control study of laboratory-confirmed pertussis cases, occurring from 1/1/1996 to 12/31/2005, in children up to 12 years of age who were members of a large managed care organization. Sixty-five laboratory-confirmed cases of pertussis were identified. Using multivariable conditional logistic regression analysis, the authors did not detect a statistically significant association between pertussis and household passive exposure to cigarette smoking.

CASE REPORTS
74 Beer Potomania—An Unusual Cause of Hyponatremia. Dean A Kujubu, MD; Ardeshr Khosraviani, MD
The first case of severe hyponatremia, since referred to as beer potomania, in a heavy beer drinker patient was reported in 1972. Excessive consumption of beer in particular, which has a low solute content, may result in severe hyponatremia. We report a case of severe hyponatremia that occurred in a patient who, owing to his underlying colon cancer, was drinking beer and ingesting little food.

CLINICAL MEDICINE
77 Dermatologic Diagnosis: Leukocytoclastic Vasculitis. Joseph Einhorn, MD; Joel T Levis, MD, PhD, FACEP, FAAEM
Leukocytoclastic vasculitis (LCV), also termed hypersensitivity vasculitis, is a small-vessel vasculitis. The skin is the organ most commonly involved in LCV. Typical presentation is a painful, burning rash predominantly in the lower extremities. The most common skin manifestation is palpable purpura. Other skin manifestations include maculopapular rash, bullae, papules, plaques, nodules, ulcers, and livedo reticularis.

79 ECG Diagnosis: Hyperacute T Waves. Joel T Levis, MD, PhD, FACEP, FAAEM
After QT prolongation, hyperacute T waves are the earliest-described electrocardiographic sign of acute ischemia, preceding ST-segment elevation. The principle entity to exclude is hyperkalemia—this T-wave morphology may be confused with the hyperacute T wave of early transmural myocardial infarction.

COMMENTARY
81 Does Consuming Sugar and Artificial Sweeteners Change Taste Preferences? Carole Bartolotto, MA, RD
Americans consume 22.3 teaspoons of added caloric sweeteners a day. Sweeteners range from 180 to 13,000 times sweeter than sugar. In summer 2014, 20 people from Kaiser Permanente California facilities cut out all added sugars and artificial sweeteners for 2 weeks: 95% of participants found that sweet foods and drinks tasted sweeter or too sweet, 75% found that other foods tasted sweeter, and 95% said moving forward they would use less or even no sugar. Additionally, 86.6% of participants stopped craving sugar after 6 days.

Special Report
85 New Kid on the Block Turns Ten! The Brief, Remarkable History of the National Physicians Alliance. Jean Silver-Izenstadt, MD, PhD
Founded in 2005 by General Surgeon Lydia J Vaias, MD, MPH, the National Physicians Alliance is a 501(c)3 public charity with a mission to create research and education programs that promote health and foster active engagement of physicians with their communities to achieve high-quality, affordable health care for all. The National Physicians Alliance offers a professional home to physicians across medical specialties who share a commitment to professional integrity and health justice. As the organization celebrates its tenth birthday, the history and scope of this mission-aligned group is described.

NARRATIVE MEDICINE
90 Suicide is a Baobab Tree: A Narrative Medicine Case Study. Adriano Machado Faccioli, PhD; Fábio Ferreira Amorim, MD, PhD; Karlo Jozefo Quadros de Almeida, MD; Eliana Mendonça Vilar Trindade, PhD
Like the baobab, when suicide or a suicide attempt occurs, suicidal ideas are well cultivated and have often already been repeatedly planted. Consequently, suicide is often difficult to prevent: once the death seed is planted; it is difficult to recreate life. Every year, more than 800,000 people die by suicide worldwide.

95 Why a Hanging Man Dances. Gurpreet Kaur Padam, MD
“Do you know why a hanging man dances?” asked Mr B. He was once an intensely independent man, now 80 years old and afflicted with end-stage lung disease. He appeared tired, resting himself with great effort to sitting at the edge of the bed, tightly holding onto the bed sheets as if clinging to a life that was slowly escaping him. “No. I don’t want anything that will make me live longer.”

SOUL OF THE HEALER
20 Pinnacle
Brad Christian McDowell, MD
28 Seville
Samuel H Glassner, MD
73 Dorothy’s View
Bridge Bourgon, PA-C
80 So Much Sky
Sharon Lee Hostler, MD
CASE REPORTS


Hilary FH Beason, MD; Joshua E Markowitz, MD, RDMS, FACEP

An emergency ultrasound performed at bedside helped to confirm and to expedite the diagnosis of esophageal perforation in a 23-year-old man. To our knowledge, this is the first published report of using ultrasound as an aid in the diagnosis of Boerhaave syndrome by diagnosing pneumomediastinum in an adult male.

Case Report: Pulmonary Papillomatosis in a Patient Presenting with Cough and Hemoptysis.

Zhou Zhang, MD; Melisa Chang, MD; Luis M Moreta-Sainz, MD

A previously healthy patient was seen in the Emergency Department for evaluation of a one-month history of cough and one-day history of hemoptysis. This case report, from a pulmonologist’s perspective, includes a comprehensive review of the patient’s clinical presentation and outcome, as well as a discussion of recurrent respiratory papillomatosis.

CLINICAL MEDICINE

Image Diagnosis: Inferior Mesenteric Vein Thrombosis.

Avin Aggarwal, MBBS; Shashank Garg, MBBS

A 59-year-old man presented to the gastroenterology clinic with 2 weeks of worsening lower back pain. There was associated poor appetite, fatigue, night sweats, and chills. The patient’s medical history was significant for well-controlled hypertension and sigmoid diverticulosis. The thrombosis probably resulted from inflammation in the adjacent diverticulum.

BOOK REVIEW

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma.

Review by Albert Ray, MD

This book explores the ways that patients and healers can develop the skills to appropriately evaluate historic traumatic events and how to successfully begin treating them. From the scientifically oriented physician, the biochemical, physiologic, and anatomic effects of trauma on the body are well explored in this detailed exposé. What is more important though is the invisible mark that is embedded permanently on the mind and body by past traumatic events.