2016 Primary Care Hawaii—Caring for the Active and Athletic Patient May 2-4, 2016
Grand Hyatt Resort & Spa, Poipu Beach, Kauai, HI

2016 Update in Orthopaedic Surgery Conference May 4-8, 2016
Grand Hyatt Resort & Spa, Poipu Beach, Kauai, HI

2016 Ironman® Sports Medicine Conference October 2-6, 2016
Royal Kona Resort, Kailua-Kona, HI
47 Early Hospital Readmission and Mortality Risk after Surgical Treatment of Proximal Humerus Fractures in a Community-Based Health Care Organization. Edward Yian, MD; Hui Zhou, MS, PhD; Aryan Schreiber; Jeff Sodl, MD; Ron Navarro, MD; Anshuman Singh, MD; Nikita Bezrukov, MD

In a retrospective cohort analysis from the Kaiser Permanente Southern California Region database, of 1387 patients with surgical repair of a proximal humerus fracture, the 30-day all-cause readmission rate was 5.9%. Surgical complications accounted for 40% of readmissions. Severe liver disease and LACE score (length of stay, acuity of admission, comorbidities, and number of Emergency Department visits in the previous 6 months) correlated best with postoperative 30-day readmission risk.

53 Population Care Management and Team-Based Approach to Reduce Racial Disparities among African Americans/Blacks with Hypertension. Rowena E Bartolome, RN, PHN, MHA; Agnes Chen, DO; Joel Handler, ME; Sharon Takeda Platt, PhD; Bernice Gould, RN, MNA

A sustainable program to collect self-reported race, ethnicity, and language preference data integrated with successful population care management programs provided the foundation for addressing health disparities. Cultural tailoring of a multilevel team-based approach closed the gap for blacks with hypertension. At a physician practice level where 65% of patients with hypertension were black, blood pressure control rates from 11% improved to 76.6% to 81.4%, and control rates for whites increased from 82.9% to 84.2%. The racial gap narrowed from 6.3% to 2.8%.

60 Are Men at High Risk for Osteoporosis Underscreened? A Quality Improvement Project. Samanta Jain, MD; Biliori Billor, MD; Amit Gupta, MD; Pete Spanos; Mamta Singh, MD

The mortality rate in men within 1 year of hip fracture is 37.5%, which is 51% higher than in women. Screening does not appear to be standard practice, but it was determined in high-risk male veterans more than 50 years of age at a Veterans Affairs Medical Center in Cleveland, OH. High-risk factors included: prolonged use of steroids, hypogonadism, and autoimmune diseases. Creating more awareness among health professionals, trainees and nurses about the impact of osteoporosis through phased surveys and awareness building led to improved screening rates of 20% (from 11%).

65 E-mails in a Psychiatric Practice: Why Patients Send Them and How Psychiatrists Respond. Richard J Moldawsky, MD; Pranav V Shah, MD

One hundred patient-initiated e-mails to 1 of 2 psychiatrists in a group practice were studied retrospectively. Age, sex, and diagnoses of the e-mailers were similar to our overall panels. The most common reasons for e-mailing were refill requests (19.5%), questions about prescribed medication (16.5%), and worsening of symptoms (11.5%). The psychiatrists’ most common responses were authorizing a refill (25%) and reassurance (22%). Both psychiatrists found e-mail to be an efficient enhancement of their practice. Potential risks to patients without face-to-face or telephone contact appear to be minimal.

REVIEW ARTICLES

71 Gingival Metastasis: A Case Report and Literature Review. Brian A Nuyen; Christopher G Tang, MD

Primary lung cancer among men is one of the most common cancers to metastasize to the oral cavity, although secondary oral-cavity neoplasms are rare. Renal and cutaneous neoplasms are the next most common neoplasms to metastasize to the oral cavity. The gingiva, a tissue prone to inflammation, is noted to be a common site for secondary oral cavity neoplasms.

74 Cutaneous Metastasis of Rectal Cancer: A Case Report and Literature Review. Ahmed Dehal, MD; Sunal Patel, MD; Sean Kim, MD; Emanuel Shapera, MD; Farabi Hussain, MD

Cutaneous metastasis of rectal cancer is rare. A 47-year-old man presented with stage IV unresectable adenocarcinoma of the rectum and received palliative chemoradiation for local pain control. A year later he developed extensive skin lesions involving the genital area, bilateral groin, and perineum. Biopsy specimen showed mucinous adenocarcinoma compatible with rectal origin. After palliative treatment with radiation therapy, the patient responded well to treatment and is alive more than a year after diagnosis.

CASE REPORTS

80 Onset of Ulcerative Colitis during a Low-Carbohydrate Weight-Loss Diet and Treatment with a Plant-Based Diet: A Case Report. Mitsuhiro Chiba, MD, PhD; Satoko Tsuda, MD; Masatumi Komatsu, MD, PhD; Hanahiko Toyaza, MD; Yuko Takayama, RD

The authors encountered a case in which ulcerative colitis developed while the patient was following the Atkins diet. He was age 36 years, 172 cm in height, weighed 72 kg, and noticed bloody stool. Colonoscopy revealed diffuse inflammation limited to the rectum, and he was diagnosed with ulcerative colitis. A plant-based/semi-vegetarian diet was provided during hospitalization. Bloody stool disappeared and he achieved remission without medication for inflammatory bowel disease. This case demonstrates that an onset of ulcerative colitis can be an adverse event to a low-carbohydrate weight-loss diet.

NARRATIVE MEDICINE

85 The Stories Clinicians Tell: Achieving High Reliability and Improving Patient Safety. Daniel L Cohen, MD, FRCPCH, FAAP; Kevin O Stewart, MD, BCh, MPH, FRC; FRCP

Although patients’ stories tell us much, less commonly heard are the stories of clinicians, and how their personal observations regarding the environments they work in and the circumstances and pressures under which they work, may degrade patient safety and lead to harm. Leaders and managers must seek and value input from those on the front lines—both clinicians and patients. Stories from clinicians provided in this article address themes that include incident identification, disclosure and transparency, just culture, the impact of clinical workload pressures, human factors liabilities, clinicians as secondary victims, the impact of disruptive and punitive behaviors, factors affecting professional morale, and personal failings.

Contents continued on next page.
NARRATIVE MEDICINE

91 Relationships Heal.
Robert C. Whitaker, MD, MPH

91 The Shared Context: Kaiser Permanente and the Columbia-Bassett Program.
Henry FC Weil, MD

A quiet concern of graduating medical students may be that you are not ready to be a physician. In many ways you were well prepared to be a physician before you came to medical school. That is because you already had the capacity and desire to form relationships, and even if you could not say it, you probably felt called to heal others through your relationships with them. Relationships can heal people, and you have the ability to make healing relationships. Included commentary provides context for this commencement address.

BOOK REVIEW

95 The Gut Balance Revolution.
Review by David Riley, MD

CASE REPORTS

Pregnancy-Associated “Cutaneous Type” Pemphigus Vulgaris. Javier Rangel, MD

Pemphigus vulgaris (PV) during pregnancy is rare and manifests with mucosal and/or cutaneous erosions. Pemphigus foliaceus manifests with cutaneous-only involvement. High-dose systemic corticosteroids are first-line agents in management of PV, yet their use raises complex management issues associated with pregnancy and fetal risk.

CLINICAL MEDICINE

Image Diagnosis: Immune Thrombocytopenia Secondary to Abdominal Koch Disease.
Laxmikant Ramkumarsingh Tomar, MD, MBBS; Nikhil Gupta, MD, MBBS; Sarthak Malik, MD, MBBS; Paritosh Garg, MD, MBBS; Puneet Chhabra, MD, MBBS, DM

The hematologic manifestations of tuberculosis (TB) include anemia, leukocytosis, and pancytopenia. Immune thrombocytopenia is an uncommon extremity injury, typically occurring in the setting of high-energy mechanisms such as motor vehicle collisions, falls from heights, and certain sports. However, up to 46% of dislocations are in the setting of low-energy mechanisms, particularly with overweight individuals and amateur athletes. Less frequent, but of primary concern upon presentation, is concomitant vascular injury following knee dislocations.

BOOK REVIEW

Review by Anna Luise Kirkengen, MD, PhD

Image Diagnosis: Dental and Skeletal Fluorosis.
Nishta Gupta, MDS; Nikhil Gupta, MD, MBBS; Puneet Chhabra, DM

Sixty million people are estimated to have health problems, such as skeletal fluorosis (SF), caused by of consumption of fluoride-contaminated water. In a US survey, 23% of the population aged 6 to 49 years had some form of SF, higher in adolescents than adults. The generally accepted average serum fluoride level is 0.15 ppm.

Image Diagnosis: Knee Dislocation.
Adam Gordon; Minh Van Le, MD; Clifford Swap, MD

Femorotibial dislocation is an uncommon injury, typically occurring in the setting of high-energy mechanisms such as motor vehicle collisions, falls from heights, and certain sports. However, up to 46% of dislocations are in the setting of low-energy mechanisms, particularly with overweight individuals and amateur athletes. Less frequent, but of primary concern upon presentation, is concomitant vascular injury following knee dislocations.

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