

# Knowledge and Evaluation Research Unit: A year in review



2015 will go in the books as a year of transition. Our KS team matured as an Evidence-Practice Center. Our agenda on SDM gained recognition in quality metrics, national programs, and the media. Minimally disruptive medicine, unpronounceable, has increasingly entered the language of patient-centered care. We have grown, professionally and personally, in the spirit of patient-centeredness, integrity and generosity. As time passes, it is becoming harder to make the next year bigger than the one before it, so we are trying for better. I hope 2016 consolidates our good fortune of working with great people from everywhere, with each other, with our colleagues, with patients and the public to advance a patient revolution for healthcare that is careful and kind for everyone. – Victor Montori



## Shrikant Tamhane – Endocrine Fellow

Shrikant is from Pune, India and is interested in both clinical medicine and healthcare administration. He completed medical school in India and received an MBA in the US with Healthcare specialization at Duke University. He worked as Associate Hospital Administrator in Georgia in healthcare IT implementation, marketing, operations and strategy. He completed residency in Internal Medicine in Baltimore, MD. He is interested in Quality Improvement and Patient Safety and completed fellowship at the Institute of Healthcare Improvement (IHI).



## Gabriela Spencer Bonilla – Master’s Student

Gabriela is a 4th year medical student from the University of Puerto Rico, Medical Sciences campus. Research interests include gender differences in the experience of chronic disease and the effects of social support on chronic disease management.

## What is best for me and my family?

# The People



## Maria Kyriacou - Trainee

Maria Kyriacou was born and raised in Cyprus and speaks three languages: Greek, Spanish and English. She received her M.D degree from Mercer University School of Medicine in 2015 and is currently interviewing for Pediatric Residency. Maria wants to advance her research skills and pursue her strong interest in shared decision making with adolescents living with diabetes.



## Laura Larrea Mantilla - Trainee



Laura is a physician from Lima, Peru. She worked one year as a primary care physician in a small community in the Andes called Acopampa. She was exposed to the rural population of Peru and was the only physician in charge of seven communities. She was involved in “Operacion San Andres” missions in Collique where campaigns were held twice a year to provide education.

## René Rodriguez-Gutierrez - Trainee

René is from Monterrey, México. He recently finished his endocrinology fellowship and Master’s program in Clinical Research at Drexel University, PA. He has been involved in research for a few years and has a passion for shared decision making, evidence based medicine as well as in diabetes and thyroid disease. He is excited to learn how to conduct a meta-analysis and a systematic review from conception to publication.



## Valentina Serrano - Trainee



Valentina is from Chile. She is a Medical Doctor in Nutrition and Diabetes area and works at Pontificia Universidad Catolica in Santiago, Chile. She comes to the KER unit to learn more evidence-based medicine and how to apply this to her patient with diabetes and nutritional diseases such as obesity and dyslipidemias.



Massimo Lepore



Carolyn Thomas



Geke Soulier



Amarilli Lopez



Gretchen Schwarze



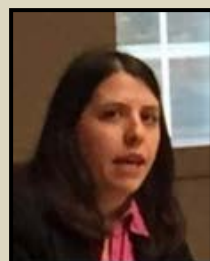
Bibian vanLeeuwen



Steven Rush



Brian Mittman



Ellen Lipstein



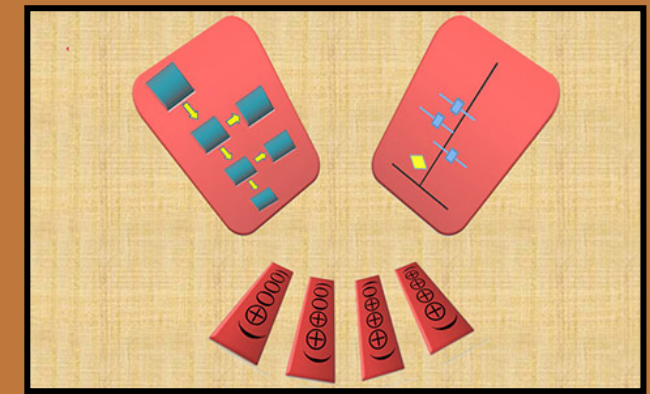
Claudia Dobler



Kathrina Dankl

# Our Guests

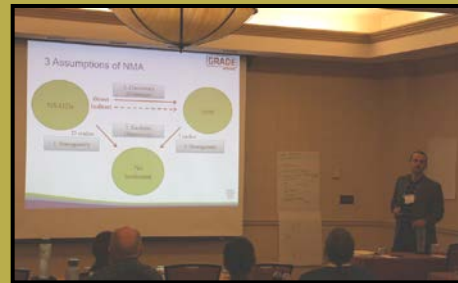
# Mayo Clinic Evidence-based Practice Center



## Shalak Gunjal



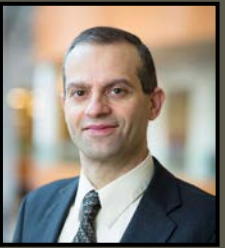
Shalak Gunjal is EPC's Health Services Analyst and a registered pharmacist from India. He obtained a master's degree in pharmaceutical health outcomes and policy from the University of Houston. He has worked on various health services research projects in the past with the Center for the Evaluation of Value and Risk in Health at Tufts Medical Center, Precision Health Economics and more recently with the Bureau of Epidemiology at Houston Department of Health and Human Services.



The US-GRADE Network has successfully provided 2 freestanding GRADE workshops that sold out this year (Portland, Orlando).

*"Studying studies to find the real answer"*

Major accomplishments 2015: Mayo EPC supported the development of 11 national guidelines on the management of diabetic foot, adrenal insufficiency, chronic hepatitis B infection, menopausal hormone therapy, prostate cancer, Cushing syndrome, hyperbaric oxygen therapy, pediatric hypoglycemia, intermittent claudication, psychogenic cough and pheochromocytoma. – Hassan Murad



## Mouaz Alsawas

2014: Mouaz Alsawas is a Syrian doctor who graduated from the University of Damascus. His ultimate career goal is to become a successful physician scientist. He has been attending a clinical research training certificate program at Harvard Medical School since December 2014, and he joined the EPC in January 2015. His interest is both clinical research and clinical informatics.



## Fares Zaiem



Feras Zaiem MD, attended medical school at Damascus University, Syria. He had a year lab experience at Wayne State University. He joined the EPC early in 2015 and is interested in both clinical and information research. He is now working on several projects, most of them are systematic reviews and meta-analyses. His long term goals are to improve patient's health and to contribute to clinical practice through research.

## Academic Promotions

Noor Asi – Assistant Professor of Medicine, College of Medicine

Khalid Mohammed – Assistant Professor of Medicine, College of Medicine

Fares Alahdab – Assistant Professor of Medicine, College of Medicine

## Grand Rounds

Hassan Murad:  
Medical Grand Rounds

Zhen Wang:  
Health Sciences Research Grand Rounds

## Awards



Wigdan Ferah received the 2015 Sally Trippel Award for Research in Public Health.

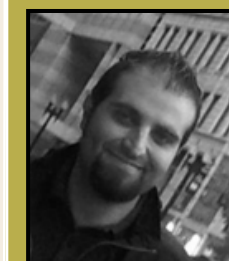


Fares Alahdab received Mayo Clinic 2015 Outstanding Research Fellow Award.

In conjunction with AASLD, we used the GRADE approach to develop the new clinical practice guideline for management of chronic Hepatitis B virus. The new AASLD guideline for management of chronic hepatitis B infection was based on our 3 systematic reviews and will evolve into a very important tool to support clinical decision making for health care providers who care for individuals infected with hepatitis B patients in USA and internationally.



*Khaled Mohammed*



Khalid Benkhadra et al conducted a systematic review and meta-analysis about the effect of menopausal hormone therapy on mortality in post-menopausal women. The 43 randomized controlled trials compared menopausal hormone therapy with either placebo or no treatment and reported an effect size for outcomes. Analysis showed that hormone therapy does not increase the risk of death for post-menopausal women. The study had a major impact and was cited in hormone therapy guidelines. Khalid was invited to a live news conference at the Endocrine conference in San Diego, CA. Reporters from several channels attended the conference, and were asking questions before, during and after the conference. As a result, he appeared on the Endocrine Society website, Medscape, US News and World Report, as well as many on-line medical journals.

*Khalid Benkhadra*

# Our Partnerships

## Cardiovascular Diseases

Working with Drs. Tom Gerber, Rick Nishimura, Jane Linderbaum, and David Snipelisky, the KER UNIT is looking to contribute to the next generation of cardiology practice, one that involves patients in addressing their situation in ways that are based on evidence and reflect what is most important to each one of them. The first project is in line to get funded through an R01 grant to test the value of an anticoagulation decision aid for patients with atrial fibrillation.



## Regenerative Medicine

Working with Dr. Atta Behfar, Jillian Foxen, and Andre Terzic, KER UNIT investigators led by Ian Hargraves are redefining the scope of regeneration from cells and tissues to people and communities. Their first project is going to focus on transforming participation in clinical trials into one of the options to manage the patient situation using state-of-the-art shared decision making techniques.

# Patient Advisory Group



*The patient advisory group completed its 11<sup>th</sup> year of helping researchers refine their studies to meet the needs of the patients.*

# Our Projects

## ICAN

A project to develop and evaluate a communication tool for the clinical encounter that allows patients and clinicians to create treatment plans that are appropriate for the patients' capacity to enact self-care. This tool will seek to identify barriers that patients face when trying to access and use healthcare and enact self-care.

## Chronic Disease Self-MANagement

A project to quantitatively and qualitatively assess, via a pilot study in a workplace wellness center, whether key, modifiable barriers exist that limit the appeal and/or applicability of the CDSMP to men.

## Lung Screening

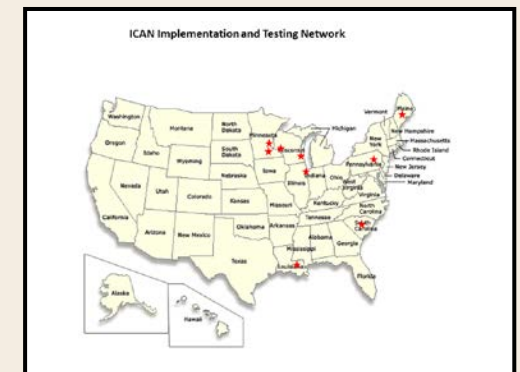
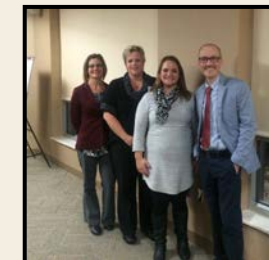
A project to devise a communication tool to help patients decide whether to enroll into a program that will annual assist by CT scans

## SCIP – Phase I

The Statin Choice Implementation Project is the largest implementation research study conducted by the KER Unit and the first within the Mayo Clinic Care Network. In February of 2015, the first phase was started. We visited three health systems (in North Dakota, Missouri, and Idaho) to facilitate system-wide implementation. We are collecting surveys, interview, and usage data that can inform and enhance future implementation efforts.

## R24

The aim of the study is to disseminate evidence-based information through the use of decision aids during encounters. The overall purpose is to understand why decision aids were used in certain practices.



Abd Moain Abu Dabrh, a research associate, was promoted to Assistant Professor of Medicine.

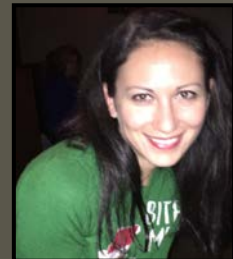


Kasey Boehmer MS won runner up student paper prize at the 19th Annual Minnesota Health Services Research conference.

Dr. J. P. Brito received one of the Patient Centered Care Initiative Grants from the Sloan Kettering Memorial Hospital to develop a Decision Aid for Patients with Low Risk Thyroid Cancers. This decision aid will be developed in collaboration with the KER unit at Mayo Clinic Research Conference.



Dr. Spyridoula Maraka was awarded one of two national Do Not Harm Project awards for a clinical vignette on subclinical Hypothyroidism treatment during pregnancy. The award includes an invitation to speak at the 2015 Lown Institute Conference and publication in JAMA Internal Medicine Teachable Moments series.



Victor Montori was recognized by DOM and Internal Medicine Residency Programs as the highest-rated educator. He also had over 500 papers accepted along with being recognized as Thomson Reuters 2015 Highly Cited Researchers.



**KER Unit had over 90 papers accepted for publication in 2015**

## New Citizen

Ian Hargraves became a US Citizen in June 2015. Ian is originally from New Zealand.



“Increased detection of low-risk tumors are driving up thyroid cancer rates” Mayo Clinic News Center (9/15)

“Decision aids help patients with depression and their doctors feel better about medication choices” Mayo Clinic News Center (10/15)

## Teaching to be careful and kind to start a patient revolution

# Achievements

**Rochester Post Bulletin**  
*Patient Revolution was featured in the Post Bulletin.*



**Rochester Magazine**  
*Victor was featured in the September 2015 edition of the Rochester Magazine.*



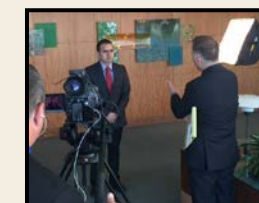
**BMJs Editor's Choice**  
*In August, Victor was named by the BMJ as having one of the most highly cited articles in the past 20 years.*

**8 ways patients can play an active role in their health care**  
*Washington Post interviewed Victor in December for their article.*



**18 must follow Twitter accounts**  
*Victor was voted "the patient's friend in their 18 must follow Twitter accounts." Statnews.com (December 2015)*

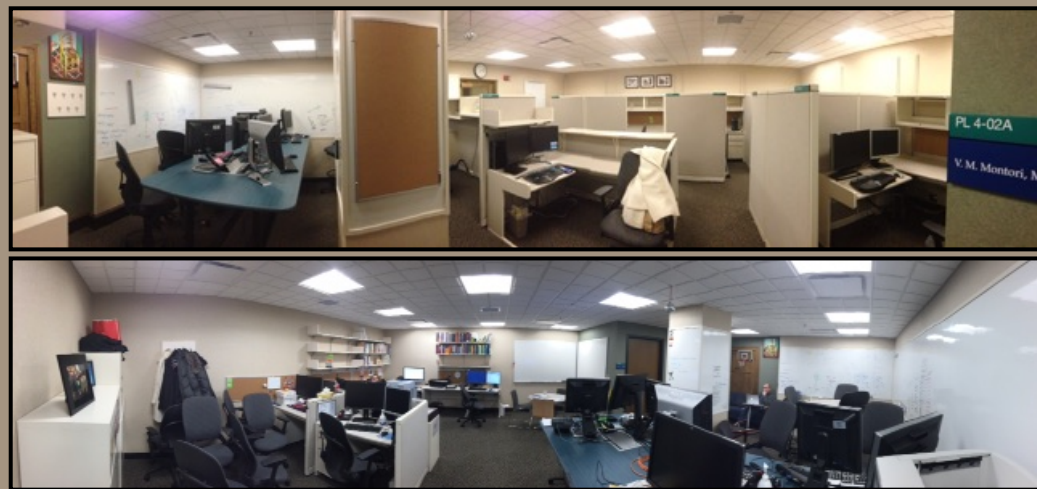
**Quoted by Dr. Sanjay Gupta**  
*Michael Gionfriddo quoted by Dr. Sanjay Gupta in "When a patient becomes a partner in her care."*



**Top 5 health events in 2015**  
*Mayo Clinic's Health Care Delivery Research Program, helped organize a workshop held this year in Rochester dubbed the Patient Revolution effort. It's a Mayo Clinic initiative funded by an Ohio donor in collaboration with Yale University. Post Bulletin (2015)*

**GLP- Receptor Agonist**  
*An editorial on GLP receptor agonists by Rene Rodriguez-Gutierrez and Victor Montori made national news.*

## New Space




The 4<sup>th</sup> floor office was remodeled and the proud owners of a couch.

## Social Media Presence

*Making a good impression counts!*

 Started April 2015 - 305 followers - Potential reach: 241,118

 Started October 2015 - 106 followers - Potential reach: 8200

 [shareddecisions.mayoclinic.org](http://shareddecisions.mayoclinic.org) -- 62,468 views from 121 different countries with only 20 posts  
[minimallydisruptivemedicine.org](http://minimallydisruptivemedicine.org) – 15,150 views from 108 different countries with only 23 posts

### 2015 Decision Aid Usage

Mailed Decision aids: 1830  
Electronic Diabetes Access: 7501  
Electronic Osteoporosis Access: 6447  
Electronic Statin Choice Access: 117,373

## 2015 Boys & Girls Club Chili Challenge

Awards: *Spicy Spirit & Best Vegetarian Chili*



## KER Blood Donor Challenge

The Knowledge and Evaluation Research (KER) Unit won a blood donor challenge by donating 18 units of blood which could potentially benefit up to 54 patients. The team far surpassed their original goal of at least 50 percent staff participation with a 94 percent participation rate, which included 8 new donors.



## Mayo Quality Fellows (MQF) Program - Silver

KER Unit earns Mayo Clinic's Silver Quality certification thanks to the efforts of Pavithra Bora. The title of the project was "Developing a resource to improve the efficiency and value of orienting new team members in a health services research unit."



## The Start of a Revolution

*Victor pitched the Patient Revolution at the TEDx ZumbroRiver in November and won the honor of presenting at the next round in May 2016.*



**TEDx ZumbroRiver**  
x = independently organized TED event