



AMERICAN ACADEMY OF FAMILY PHYSICIANS

F O U N D A T I O N

Abstract of Study Supported by a Resident Research Grant in 2013

Smart-7 Study: A Pilot Study to Evaluate a Patient Self-monitoring Intervention to Improve Cardiovascular Health (G1304RRG)

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Abstract

There is a major gap between guidelines for management of risk factors and behaviors and the actual care delivered in primary care settings for chronic diseases. There is a growing need for behavior change instruments that can be effectively and cheaply implemented in primary care settings. The American Heart Association (AHA) has proposed a new metric, Life's Simple 7 (LS7) that emphasizes goals for seven most important modifiable health factors and behaviors in achieving ideal cardiovascular health. The effectiveness of the new AHA metric has not been formally evaluated in a clinical trial and especially in a primary care setting. We hypothesize that people with at least one heart disease risk factor who participated in an online/paper-based LS7 self-monitoring intervention, compared with usual-care control subjects would demonstrate improvements in health behaviors and factors. We propose to conduct a single center pilot randomized controlled trial in which 120 patients will be assigned to either a LS7 intervention or a usual care group. Patients will be randomized to the intervention or control groups and evaluated on improvement in LS7 score (primary outcome).

Effectiveness of both approaches will be evaluated after 6 months in a primary care clinic population in Atlanta. The pilot project will also test the feasibility of implementing such a project, identifying barriers to care among patients and providers. Our goal is to publish results from our pilot study in a manuscript and identify key strategies leading to implementation of a larger project focused on improved patient education and health goals within the Emory Healthcare system in Atlanta. The need to address multiple risk factors in primary care via effective and efficient practical approaches is increasingly urgent. Scaling-up such interventions in primary care will empower the physician-patient relationship to promote healthy behaviors and achieve the full potential of primary care.