



Fall 2010 Report

Did you know that private practice physicians just like you are participating in policy-changing research? Did you know you could be one of them? PROS, or Pediatric Research in the Office Settings, is a subgroup of private practice pediatricians participating in office-based research that has, and will continue, to change the best practice policies of the AAP. With minimal time out of your busy day, you can help further improve the care we give to our patients in a real way. Take time to find out about and join us today at <http://www.aap.org/pros/>

The PROS group continues to be actively involved in practice research and is currently participating in the following studies:

Secondary Sexual Characteristics in Boys (SSCIB)

This study will address the timing of the emergence of puberty in young boys, and will parallel the study on the emergence of puberty in young girls conducted by PROS in the early 1990s. The previous study resulted in a landmark article published in 1997 in *Pediatrics* ([see Secondary Sexual Characteristics and Menses in Young Girls Seen in Office Practice: A Study from the Pediatric Research in Office Settings Network](#)).

Recognition of the need for current population-appropriate data on the pubertal stages of children has increased since the publication of the PROS study on girls. In addition, a recent analysis of data from the National Health and Nutrition Examination Survey (NHANES) has brought into question the earlier maturity of young boys. Consequently, the medical and public health community, as well as the public, have been calling for examining trends in boys as well.

The objective of this study is to determine the current prevalence and mean ages of onset of pubertal characteristics by Tanner stage and testicular size in young boys seen pediatric practices in the United States by using standardized training materials and a curriculum prepared by the study team that trains clinicians how to effectively assess secondary sexual characteristics in boys to assure consistent results.

After standardized training, approximately 225 PROS practitioners will rate the level of sexual maturation on a cross-sectional sample of nearly 7,000 boys 6 through 16 years of age being seen for complete physical examinations. Each participating practitioner will enroll 30 consecutive boys (15 boys ages 6-12 and 15 boys ages 13-16). Estimates for mean ages of entry into a stage will be calculated by probit analysis, a technique that allows such estimates from cross-sectional data.

-Still a critical challenge is the recruitment of minority boys. To address this, the AAP team is collaborating with CORNET (the American Pediatric Association continuity clinic research network) and the practice-based research network of the National Medical Association (NMA) - NMAPedsNet, both of which have a large population of minority boys.

-No Louisiana Practices are participating in this study

Clinical Effort Against Secondhand Smoke Exposure Study (CEASE)

The purpose of this study is to test the effectiveness of a previously developed pilot tested, and theoretically-based tobacco control strategy - the CEASE (Clinical Effort Against Secondhand Smoke Exposure) Intervention.

Specific Study Aims:

- 1) To test the effectiveness of the intervention for increasing clinicians' delivery of evidence-based parental smoking cessation assistance;
- 2) To test the effectiveness of the intervention on parental smoking behaviors

- Recruitment of Louisiana Practices has been unsuccessful to date. We are a target state due to our high smoking population. *Help/Ideas in spreading recruitment information would be helpful.*

Brief Motivational Interviewing to Reduce Body Mass Index Study (BMI²)

Enroll 20 children, 2-8 years with a BMI between the 85th and 97th percentiles. The practices will collect diet and activity surveys from all parents and collect the children's heights/weights annually. Practitioners in the mid and high-level intervention arms will deliver 6 Motivational Interview-based counseling sessions over the two years and complete encounter forms about those visits. Dietitians will conduct 6 sessions over the 2 years with families in the high-level arm.

-One Louisiana practice has been recruited. Recruitment is now closed.

Training Practitioners in Adolescent Preventive Services Study (Pilot 1) Adolescent Smoking Cessation in Pediatric Primary Care (Pilot 2) (SMOKEBUSTERS)

Pilot 1:

The goal of this project was to conduct and evaluate an Internet-based training method for clinicians in the areas of adolescent smoking prevention and cessation, and the assessment of the Body Mass Index (BMI) of adolescents. Our long-term goal is to improve the quality of clinical preventive services targeting adolescents in these areas by developing more effective training methods for clinicians in anticipation of developing future randomized clinical trials designed to increase the effectiveness of primary care pediatric adolescent smoking cessation interventions and adolescent BMI assessment in preventive care. PROS conducted the work with principal investigator Jonathan Klein, MD, from the University of Rochester and the Center for Child Health Research Tobacco Consortium.

Pilot 2:

Adolescent Smoking Cessation in Pediatric Primary Care is a pilot study essential to developing a future clinical trial of the effectiveness of adolescent smoking cessation interventions in pediatric primary care settings.

-Recruitment is closed and data collection is nearly finalized. No Louisiana practices are participating in this study.

Summary

Recruitment of Louisiana practices has been difficult. Recruiting NEW PROS practices would be my goal for 2010. Any suggestions or recommendations would be helpful.

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