

ADAM GOODE — CoHSTAR'S NEW FACULTY FELLOW:



Dr. Adam Goode, an epidemiologist, physical therapist and Associate Professor at Duke University, is CoHSTAR's first Faculty Fellow. This fellowship provides a unique opportunity for Dr. Goode to gain advanced skills in health services research. During his tenure as CoHSTAR's Faculty Fellow, Dr. Goode will work with Drs. Delitto and Fitzgerald at the University of Pittsburgh.

"I appreciate the mentorship and hands on experience with senior health services researchers at CoHSTAR," states Goode. "This Faculty Fellowship has led to collaborative grant submissions, networking and publication opportunities."

GREETINGS FROM CoHSTAR!

CoHSTAR is off to a great start and we are working hard to increase physical therapy health services research capacity! CoHSTAR's four pilot studies are underway and show great potential to to change physical therapy practice and policy. Our visiting scientists, Katherine Berg and Kristin Archer, are expanding their skills and research activities and making important contributions to physical therapy. We recently welcomed our first Faculty Fellow, Adam Goode, PT, PhD, an epidemiologist, physical therapist, and Associate Professor at Duke University. CoHSTAR's First Annual Summer Institute on Health Services Research on June 28-29 features an exciting



agenda and we have assembled an impressive group of health services researchers. We look forward to welcoming colleagues to Boston University for this landmark event. We are grateful for CoHSTAR's support from the Foundation for Physical Therapy. If you are attending the Combined Sections Meeting in Anaheim February 17-20, stop by the CoHSTAR booth to learn more about CoHSTAR and see how you can get involved in CoHSTAR activities. The newsletter stories that follow highlight CoHSTAR's accomplishments.

LINDA RESNIK, PHD, PT
COHSTAR PRINCIPAL INVESTIGATOR, BROWN UNIVERSITY
RESEARCH CAREER SCIENTIST, DEPARTMENT OF VETERANS AFFAIRS



VISIT OUR WEBSITE TO LEARN MORE!
BU.EDU/COHSTAR/TRAINING

CoHSTAR FELLOWSHIP OPPORTUNITIES

PART-TIME FACULTY FELLOWSHIP (1-2 YEARS)
APPLICATION DEADLINE: APRIL 1, 2016
FULL-TIME POSTDOCTORAL FELLOWSHIP (1-2 YEARS)
ROLLING APPLICATION



INTERESTED IN PURSUING A CAREER IN HEALTH SERVICES RESEARCH?

CoHSTAR newsletters feature interviews with prominent health services researchers describing their career paths. Our first interview is with Dr. Katherine Berg, CoHSTAR's Visiting Scientist.



Most physical therapists are familiar with Dr. Katherine Berg's **Berg Balance Scale**, which is widely used in geriatric and rehabilitation populations. In addition to developing this landmark measure, Dr. Berg is a distinguished health services researcher who has made many important contributions to physical therapy in the areas of quality of care outcomes and fall prevention. Dr. Berg first became involved in health services research when she completed her doctoral studies in epidemiology and biostatistics and pursued a Postdoctoral Fellowship at Brown University. During her fellowship, she investigated activities of daily living (ADL) and functional status of nursing home residents before and after the implementation of Medicare payment based on Diagnosis Related Groups (DRGs). Dr. Berg noticed a decline in functional status and lamented the fact that we didn't have better data systems to monitor the impact of health policy on patient outcomes.

According to Dr. Berg, "health services research give us a real world look at what's happening with our patients and allows us to identify prognostic groups that need more treatment. We are able to look at the differences in care and begin to look at the value to the health system and to policymakers." Dr. Berg believes that health services research will improve physical therapy practice by providing a big-picture analysis of the health care system. She recommends that physical therapists interested in a health services research career find a program that promotes skill development in statistical methodology. Berg is excited about CoHSTAR's fellowship and pilot study opportunities and recommends that physical therapists interested in health services research look into these options.

"We do need therapists who are working as clinicians," Berg states, "but we also need researchers who have a better sense of how to use accurate data. We have to be better at looking at data and seeing how we can be the most effective practitioners."

HIGHLIGHTS IN THIS ISSUE:

- Learn about our pilot studies
- Meet our Visiting Scientists
- Join us for our first Summer Institute on Health Services Research
- Introducing our new Faculty Fellow
- Pursue a health services research career



CoHSTAR AT CSM!

Attending CSM? Stop by booth #636 in the exhibit hall on Thursday or Friday during unopposed hours! Take this opportunity to meet with CoHSTAR core directors and learn more about our fellowship and pilot study opportunities.

CoHSTAR is comprised of three cores: Research Career Training Program Core at Brown University, Pilot Studies Core at the University of Pittsburgh and the Dissemination and Evaluation core at Boston University.



BROWN



Foundation for Physical Therapy

Funding Research to Optimize Movement and Health

CoHSTAR is funded by:

INFORMING PHYSICAL THERAPY PRACTICE THROUGH CoHSTAR-FUNDED PILOT STUDIES

CoHSTAR supports four innovative health services research projects that address important issues facing physical therapy practice. Read about each project, to learn how CoHSTAR funding is making a difference.

ENABLING PHYSICAL THERAPY HEALTH SERVICES RESEARCH: THE DEVELOPMENT OF A CROSSWALK FOR FUNCTIONAL MEASURES IN POST-ACUTE MEDICARE CLAIMS

Currently, physical therapy health services researchers are limited in their ability to analyze Medicare administrative datasets because these data sets include functional assessments that use different measures. This CoHSTAR-funded pilot project aims to create cross-walks for the various functional measures used in Medicare post-acute assessment in settings. This project will enable physical therapy researchers to address quality, comparative effectiveness, cost-effectiveness, and service delivery models across post-acute care in large representative samples of Medicare beneficiaries.

McDonough maintains, "this project will allow researchers to incorporate functional status into research using the full range of data available in Medicare post-acute datasets."

DEVELOPMENT AND PRELIMINARY IMPLEMENTATION OF A REGISTRY FOR PHYSICAL THERAPISTS' MANAGEMENT OF KNEE PAIN

Data registries provide the infrastructure needed to examine physical therapy practice patterns and clinical outcomes. CoHSTAR funding supports a pilot study to develop and implement a national registry for patients with knee pain. Key demographic, examination, classification, intervention, and outcome variables will be considered for inclusion in the registry. These variables will be collected during care provided at physical therapy sites throughout the United States. Pilot tests will examine use of the registry to collect process of care and clinical outcomes data during standard care and will determine the feasibility of the data collection process and quality of data obtained. Results of the pilot test will be used to revise and finalize the registry for implementation on a national scale.

"This registry will provide a tool that can be used for individual and organizational quality improvement efforts," states Irrgang. "This project will enable determination of adherence to clinical practice guidelines to determine if interventions matched to the patient's classification lead to improved outcomes and value."

ASSOCIATIONS BETWEEN CONTINUITY OF CARE AND FUTURE LOW BACK PAIN-RELATED UTILIZATION AND COSTS IN PATIENTS WITH LOW BACK PAIN

The enormous costs associated with low back pain (LBP) require novel approaches to examine factors that influence utilization and cost. In patients who receive physical therapy for musculoskeletal conditions, little is known about the associations between continuity of care and patient outcomes. This pilot study will examine associations between receiving physical therapy for LBP inside vs. outside the primary care healthcare delivery system and future LBP-related healthcare utilization. Improvements in physical therapy continuity of care are important for achieving the healthcare Triple Aim (improve care and health and reduce cost). This pilot study has the potential to affect management decisions, improve patient care and reduce societal costs related to LBP.

"CoHSTAR funding allows us to carry out this important project in which we expect to identify important opportunities to improve the quality of care for patients with low back pain," notes Magle.

THE IMPACT OF PHYSICAL THERAPY ON IMPROVING FUNCTION AND REDUCING HOSPITALIZATIONS IN MEDICARE HOME HEALTH (HH) POPULATIONS

This CoHSTAR-funded pilot study aims to determine if there is a dose-dependent relationship between physical therapy visits and meaningful improvements in physical function and reductions in hospitalizations for Medicare beneficiaries who receive home care services. This is the first study to assess the impact of home health therapy on functional recovery and hospitalizations among Medicare beneficiaries in a large secondary database. The study will determine if the number of therapy visits delivered predict functional recovery and reduce odds for hospitalization during a home health episode of care. The findings from this study will improve understanding of how therapy services are associated with home health outcomes, and could provide evidence to protect reimbursement for therapy services in home settings.

Stevens-Lapsley observes, "CoHSTAR pilot study funding allows us to access two large secondary Medicare databases, and evaluate how patients referred to home health benefit from physical therapy services."



CHRISTINE MCDONOUGH
PT, PHD
BOSTON UNIVERSITY



JAMES ("JAY") IRRGANG
PT, PHD, ATC, FAPTA,
UNIVERSITY OF PITTSBURGH



JOHN ("JAKE") MAGEL
PT, PHD, DSC, OCS, FAAOMPT



JENNIFER STEVENS-LAPSELEY
PT, PHD



MEET OUR VISITING SCIENTISTS:

Katherine Berg, PhD, PT (2015-2016)

Dr. Berg is an Associate Professor in the Department of Physical Therapy at the University of Toronto. She is a fellow of interRAI, an international team of academics, clinicians and health policy



professionals committed to developing and using standardized assessments to improve the quality of care to disabled populations. Within inter-Rai, she is a member of the Instrument and System Development (ISD) committee. Her primary responsibility within ISD is the

acute and post-acute network, where she is a member of the steering committee and leads the post-acute working group. During her tenure as CoHSTAR's Visiting Scientist, Dr. Berg is working with Dr. Vince Mor at Brown University to develop and validate quality indicators for skilled nursing facilities that focus on early improvement of function and mobility.

Kristin Archer, PhD, DPT (2015-2016)

Dr. Kristin Archer is an Associate Professor and Vice Chair of Orthopaedic Research in the Departments of Orthopaedic Surgery and Physical Medicine & Rehabilitation at Vanderbilt University. As



CoHSTAR's Visiting Scientist, Dr. Archer is working with Drs. Delitto, Fitzgerald and Smith at the University of Pittsburgh where she is learning methods of cost-effectiveness analysis and pragmatic clinical trial design. These new areas of expertise will complement Dr. Archer's research on psychosocial factors that influence patient outcomes, particularly in surgical populations.

"As a CoHSTAR Visiting Scientist, I have gained practical experience in comparative effectiveness research and pragmatic trial design," notes Archer.



CoHSTAR announces its first Summer Institute on Health Services Research! CoHSTAR will host this groundbreaking event at Boston University on June 28-29, 2016. The Summer Institute begins with an evening reception, poster session and keynote address by Dr. Pamela Duncan on June 28th. On June 29th, 15 leading researchers will present successful models for conducting physical therapy health services research and describe specific research projects. Summer Institute attendees are invited to submit an abstract for the poster session (complementary registration for accepted abstracts). Attendees can also apply for the post-Institute Intensive Health Services Research Workshop on June 30th from 8:30-12:30 (free-of-charge for accepted attendees). Join us for this exciting event – network, discuss and learn the latest breakthroughs in physical therapy health services research. Registration is \$250. Visit www.bu.edu/cohstar/training/summer-institute for more information.

"Learning and collaboration build the core of any strong profession and help to secure our place as leaders in the evolution of health policy and delivery," notes APTA President, Sharon Dunn, PT, PhD, OC. "CoHSTAR's first-ever Summer Institute on Health Services Research presents a perfect opportunity to gather with your peers to learn about and discuss the latest in breakthrough research and how it is transforming health services."