BACKGROUND AND A QUICK START GUIDE TO USING FPIN’S READY MADE JOURNAL CLUBS FOR FAMILY MEDICINE RESIDENCY PROGRAMS

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Journal club in a box???
Overview

• Background – What are PURLs?
• Why PURLS journal Club?
• What you need – the nitty gritty
• Our experience with the UW faculty development fellows
• Conclusion
Background – What are PURLs?

- **Priority Updates of the Research Literature**
- “knowledge translation system” that targets newly published research which is expected to a change primary care practice
- An in depth review and analysis of a recently published research article deemed to change some aspect of current practice
Background – What are PURLs?

- **PURLs**
  - Are relevant to family medicine and primary care
  - Are scientifically valid, and include integration of prior research
  - Lead to a change from the current prevailing practice
  - Describe a new practice approach which is immediately applicable in a medical care setting
  - Expected benefits outweigh the expected harms

- Published monthly in *The Journal of Family Practice*
PURLS*
Skip this step when checking lipid levels
PAGE 113

PURLS*
Debunking a common Tx for a childhood deformity
PAGE 44

CLINICAL INQUIRIES
What's the best beta-blocker for systolic heart failure?
PAGE 122

Does topical diclofenac relieve osteoarthritis pain?
PAGE 124

VERDICTS
Failure to biopsy mole: $750K
PAGE 57

PHOTO ROUNDS
PAGE 47
Background – What are PURLs?

- Recent PURLs
  - Skip this step when checking lipid levels
    - Although most guidelines recommend that patients fast before lipid testing, this study found no difference between fasting and nonfasting testing for predicting mortality.
  - Helmets for positional skull deformities: A good idea, or not?
    - Probably not. Helmets appear to be no more effective than waiting for natural skull growth to correct the shape of an infant’s head.
  - Prescribing statins for patients with ACS? No need to wait
    - The best time to start a statin in patients with acute coronary syndrome is before they undergo percutaneous coronary intervention.
  - Probiotics for colic? A PURL update (unclear)
Why PURLS Journal Club?

- Problems with current journal club format:
  - It is a challenge to find articles that are clinically relevant and scientifically sound
  - Even when an appropriate article is located, many journal clubs lack the structure to teach residents how to analyze the article
  - Journal club facilitators may not feel comfortable explaining some of the principles of EBM-based analysis.
  - Often it is difficult to know at the end of a journal club what to do with the information learned. How do we use this in clinical practice?
Why PURLS journal Club?

- **PURLs Journal Club solutions:**
  - PURLs provides a clinically relevant and scientifically sound article to review.
  - PURLs Journal Club provides relevant worksheets that are specifically tailored to the PURLs article.
  - PURLs Journal Club provides speaker’s notes for facilitators to help explain principles of EBM analysis highlighted by reading the article.
  - PURLs Journal Club provides the PURLs article for participants to read and discuss at the end of the journal club.
What you need – the nitty gritty

• PURLS Journal Clubs are part of the FPIN Institute (the “training arm” of FPIN)
• As of Jan 1, 2015 the “old” FPIN Institute is no more! (this is good!)
• “New” FPIN Institute no longer requires users to register, and has a single common password
• “New” FPIN Institute works on multiple “platforms” (e.g. iPhones, iPads, Android, as well as Windows and Mac)
What you need – the nitty gritty

- Next I will walk you through getting to the PURLs Journal club, first in text only, then screen shots, then (dare I???) live...
Steps (see screenshots)

1. Go to the FPIN.org web site (http://www.fpin.org/)
2. Click on FPIN Institute link (or navigate from PURLs dropdown menu)
3. Enter **scholarship1415** as the password (password can be saved). This will take you to the FPIN Institute home page
4. Under EBM learning Paths, click on “PURLs Journal Club,” then on Enter Learning Path button
Steps (see screenshots)

5. Click the plus sign next to the PURLs Journal Club Toolkits
6. Click the “View the PURLs Journal Club Toolkits” link
7. PURLs Journal Club Toolkits are sorted by month. Select a Toolkit by clicking the plus sign next to the month (topic) you want to view
8. Download the documents. Follow the instructions on the “instructions” sheet
9. Have fun!!
Screenshots of Steps
HOT News at FPIN

Happy New Year!

As we ring in the new year, we are excited to launch our second technology change for our members. The new FPIN Institute trial version helps make changes, improves user experience while visiting our site, and uses a separate username and password for the FPIN Institute. It is now hosted on our own servers! To access the Institute, you only need the universal member password. You should have already received this information. If you need assistance with the universal member password, contact us.

New Institute Features:

- Improved interface
- One universal password
- Comprehensive quizzes to better assess learning
- Completion certificates emailed directly to you
- Mobile-friendly platform

To view some of the new changes, we invite you to watch our short getting started videos.

Have questions or feedback regarding the new changes? Let us know!

Cheers!

Family Physicians Inquiries Network

FPIN WRITING WORKSHOPS

Sign Up for a Writing Workshop

Onsite writing workshops bring FPIN to your program for a 4-hour guided session; an optimal solution for expediting the implementation of your activity writing projects.

Access the FPIN Institute

An expanding catalog of EBM courses designed to help faculty, residents, and students succeed. Available resources include structured EBM teaching tools and step-by-step tutorials for searching and appraising literature and comparing FPIN writing projects. Don't miss the PURLs journal Club Toolkit.

Sign Up for a Question or Topic

Completed the FPIN Institute modules and looking to get started on your question or topic? This page is your home for signing up for your next research project or clinical inquiry.
PURLs Journal Club

Priority Updates from the Research Literature (PURLs) articles can be used in a formal journal club. The PURLs Journal Club Toolkit is an FPIN teaching tool that provides a structured method for helping faculty, even those who may not feel comfortable with biostatistics or evidence-based medicine concepts, prepare for journal club.

A new journal club is released each month and includes:
1. Journal Club instructions
2. Speaker notes including detailed teaching points
3. Journal Club worksheets for participants
4. The published PURL
5. Potential PURL review form

Thus, the Toolkit provides faculty development, journal club, and the opportunity to keep up with the medical literature.

Find the monthly PURLs Journal Club toolkit at the FPIN Institute.
Password= scholarship1415
What is the FPIN Institute?

An expanding catalog of EBM courses designed to help faculty, residents, and students succeed!

Available resources include structured EBM teaching tools and step-by-step tutorials for searching and appraising literature and completing FPIN writing projects.

Includes the PURLs Journal Club, a monthly plug and play toolkit used to expedite journal club preparation, including instructions, speaker notes, journal club worksheet, published PURL, and potential PURL review form.

That was a SUPER helpful well organized journal club. I feel like we often have good discussions about articles, but don’t go through them methodically as we did today.

University of Washington Resident/ Harvard Medical Student

EBM Learning Paths

- Getting Started
- eMedRef
- HelpDesk Answers
- Clinical Inquiries
- PURLs Journal Club
- Physician Numeracy

Getting Started Learning Path

FPIN is a membership organization offering publication projects as a means for teaching evidence-based medicine concepts. The courses in this learning track will provide you with the necessary tools and resources to gain a better understanding of FPIN, to identify the benefits of membership and to successfully implement FPIN and the projects at your program. Also, the course “Quick Start to the FPIN Institute” will show you how to navigate the online learning environment, and how to utilize the Institute at your program. By the end, you will have an expanded knowledge of FPIN, and the resources that are available as you create and enhance your own scholarly activity curricula.
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University of Washington Resident/ Harvard Medical Student
PURLs are the newest evidenced-based research project through FPIN. PURLs (Priority Updates from the Research Literature) distill the literature to those few articles that are relevant, practice-changing, and immediately implementable. FPIN offers contributing members a unique opportunity to spearhead the promotion and dissemination of transformative research that will change practice for family physicians everywhere. The PURLs information planned for the FPIN Institute will share information, processes, and philosophies for evaluating the literature in the same fashion as our PURLs teams. Priority Updates from the Research Literature (PURLs) articles can be used in a formal journal club.

Course Catalog

1 - click plus sign (+) to expand

2 - click link to view toolkits
Course: PURUL Journal Clubs

Monthly Plug & Play Toolkit!

PURULs Journal Club

Priority Updates from the Research Literature (PURULs) articles can be used in a formal journal club. The PURULs Journal Club Toolkit is an FPIN teaching tool that provides a structured method for helping faculty, even those who may not feel comfortable with biostatistics or evidence-based medicine concepts, prepare for journal club. A new journal club is released each month and includes instructions, speaker notes, journal club worksheet, published PURUL, and potential PURUL review form. Thus, the Toolkit provides faculty development, journal club, and the opportunity to keep up with the medical literature.

Find the monthly PURUL Journal Club toolkit below!

1 – click plus sign (+) to expand

- January 2015: Surgery for Persistent Knee Pain Not so Fast
- December 2014: An Antiemetic For Irritable Bowel Syndrome?

- November 2014: Efficacy of Antibiotic Therapy for Acute Exacerbations of Mild to Moderate Chronic Obstructive Pulmonary Disease

  Study Type: Randomized Controlled Trial
  Teaching Point: Calculating the NNT

  1. PowerPoint Slides
  2. Instructions
  3. Speaker Notes
  4. Worksheet
  5. PURUL Publication
  6. PURUL Review Form

- October 2014: Suctioning Neonates at Birth: Time to Change Our Approach

2 – click each link to download document
Documents Included in the PURs Journal Club Toolkits

- Instructions
- Speaker Notes
  - Including Citation to Original Article
- Journal Club Worksheet
- Published PURL
- Potential PURL Review form
  - Detailed review of original article
- An example of each is included (from March 2015)
Experience with faculty development fellows

- For the past 2 years we have held “mock” journal clubs with the faculty development fellows
- Fellows are split into 2 groups of 6, one fellow volunteers to be the leader/facilitator
- I select 2 different PURLs JC to review (1 for each group) and I introduce PURLs JC concept to fellows
- Each fellow receives original article and worksheet
- Fellows get 1 hour to read and critique article
- Leaders also get the speaker’s notes
- Leaders spend time on own preparing
Experience with faculty development fellows

- A day or 2 later we have groups go to 2 different rooms and conduct their journal club (45 min).
- We meet together as a large group (15 min) to debrief and discuss what went well and what didn’t.
- We role play 2 precepting scenarios so the fellows can practice teaching what they learned (5 min).
- I distribute copies of the PURLs article from the JFP so they can compare their thoughts with those of the PURLs authors.
- We ask fellows to fill our written evaluations of both the introduction and “mock” sessions.
Feedback from 2014-15 Fellows

- PURLS is structured and organized facilitating interactive learning
- very useful
- I really like having the availability of the PURLs site because of the ready-made list of pertinent articles and the idea for a worksheet format to use with the residents. Teaching notes did not add a lot.
- I will plan to use this at my residency to appraise journal articles in a more structured fashion
- Useful
Feedback from 2014-15 Fellows

- A tool I can use in our program-- very helpful, and time saving for busy faculty in a new program.
- I think it was useful. I do think that the speaker notes are helpful, but we need to add our teacher pizzazz to keep journal club from being too dry.
- I was not very impressed by the PURLs from a teaching perspective.
- Good.
Conclusions

- FPIN’s PURLs Journal Club ("journal cub in a box") can be a useful tool to help programs meet the scholarly requirement of regularly scheduled journal clubs.
- Structured worksheets and notes may assist faculty who do not feel comfortable teaching some of the principles of EBM.
- Having clinically relevant “preselected” articles may improve journal club attendance.
Questions?

- If you have any questions about the documents included in the PURLs Journal Club toolkit, please contact the PURL Project Manager at purls@fpin.org
- I welcome questions regarding how to implement the PURLs Journal Club in your residency!