

Cardiovascular Risk Education and Social Support (CaRESS)

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We tested the effectiveness for cardiovascular risk reduction of an intervention to foster the involvement of a relative or friend in the management of patients with type 2 diabetes at high risk for cardiovascular complications, with an emphasis on improving adherence to prescribed treatments. All patient participants had type 2 diabetes and uncontrolled hypertension (SBP \geq 130 mmHg) and were prepared to designate a support person (SP). A subset also had uncontrolled dyslipidemia (LDL \geq 100). Eighteen KAN-member primary care practices participated, from which 199 patients were enrolled and followed for up to 1 year in a clustered randomized controlled trial.

All study visits were conducted at the practice sites. All patients completed one individualized patient education session and received quarterly newsletters aimed at improving key health behaviors. Intervention Group patients formally included their chosen SP in the education session and SPs also received special newsletters. Practice personnel took standardized BP readings and collected / shipped all blood samples. All other data were collected by research personnel who visited the practice sites regularly.

The main results of this study will be presented at the Seventh Annual Convocation of the Kentucky Ambulatory Network.

Citation:

Love MM, Pearce KA, Williamson MA, Barron MA, Shelton BJ. Patients, practices and relationships: Challenges and lessons learned from the KAN CaRESS clinical trial. *Journal of the American Board of Family Medicine*. 2006; 19: 75-84.