The MSA

My Project:
Reconsidering Low Dose Aspirin for Primary CVD Prevention
AND (More Importantly)
How to Make it Bearable
The WHAT and WHY

- Current studies **do not** show an adequate risk-benefit ratio for use of low-dose aspirin in primary cardiovascular disease prevention.
- New UCH guidelines **do not** recommend low-dose aspirin for primary prevention, even in high risk groups.
- We are trying to get physicians to **stop** prescribing aspirin for patients without known coronary artery disease or history of thrombotic stroke/TIA.
The WHO, WHEN, and HOW

• We chose 6 UCH primary care practices (6800 patients) and randomized them into 3 groups.

• We used different interventional methods to distribute the new guideline information to physicians and patients.
  • Academic detailing presentations
  • Physician messages
  • Patient forms

• We will be collecting EMR data over the next 12 months to determine which, if any, of our interventions were effective.
Phase I

- Met with mentor and developed project design*
- Met with associate director*
- Completed DFM work study materials
- Completed literature review of ASA and physician behavior change studies*
- Completed IRB application
- Completed COMIRB and HIPAA online training*
- Collected preliminary data from EMR
- Submitted Phase I MSA Plan Form*

*MSA requirement
Summer

- Received IRB approval
- Created intervention materials
- Met with mentor weekly
- Met with librarian*
- Kept notes of process and began first draft of final paper
- Completed Comprehensive MSA Plan Form*
- Presented project and progress to DFM‡

*MSA requirement
‡DFM requirement
Phase II

- Implemented interventions
- Met with mentor to follow up*
- Begin collecting data from EMR
- Meet with associate director*
- Submit Phase II MSA Plan Form*
- Participate in student presentations*

*MSA requirement
Phases III & IV

- Meet with mentor*
- Meet with associate director*
- Collect and analyze final data
- Draft final paper*
- Prepare and deliver capstone presentation*
- Attempt to publish
- Complete final MSA Plan Forms*

*MSA requirement
10 Tips for Actually Enjoying Your MSA

- **Get a good mentor!** I can’t stress this enough.
- Start preparing early. Your Phase I MSA Plan Form will be due in the spring.
- Try to find a way to get paid. Why not?
- Do something over the summer if possible. Save your fourth year for the good stuff.
- Consult the librarians. They do this all day and they have access to some great resources.
- Have a plan and document everything. It will make your life a lot easier.
- Don’t stress if your project is not necessarily your dream MSA. It’s more about the process.
- Speak up about your experience.
- Build a network.
- Keep a positive attitude because you will learn something.
10 Ways that the DFM Can Help You

- Aspects of primary care extend to every specialty.
- You get paid, the paperwork is easy, and it is not very competitive at the moment.
- It will look good on your residency application.
- There are lots of opportunities to publish, among other things.
- The DFM does not require much of you later.
- There are lots of mentors with lots of projects. And they actually want to work with you.
- The DFM knows what you need to meet your MSA requirements.
- They understand that you are busy and work with your schedule.
- The DFM has an entire staff of people (and students who are further along) that can help you with just about anything.
- They value your input and suggestions.
Questions?

• Ask now

• Ask later
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