

## **SAMPLE**

### Independent Study

**Title:** Pilot Study to Assess Physician Counseling on Modifiable Risk Factors Such as Physical Activity.

**Credits:** 3

**Goals:** There has been an abundance of literature assessing the beneficial effects of physician behavioral counseling on modifiable risk factors. On the other hand, some barriers to physician behavioral counseling have been identified, such as the limited amount of time during a physician/patient session, lack of reimbursement of counseling services, and lack of confidence and knowledge on behavioral counseling. Despite the knowledge about physician behavioral counseling, behavioral counseling is not regularly practiced in the primary care settings. The goals of this independent study are to further understand the effects of physician behavioral counseling on modifiable risk factor behaviors. Furthermore, to assess the burden of chronic diseases due to these modifiable risk factors in the WNY area to plan a future intervention study in this area.

### **Objectives:**

- To perform an extended literature review on the role of physician behavioral counseling, the effects of physician behavioral counseling, and the barriers to physician behavioral counseling.
- To perform an extended literature review understanding the effects of modifiable risk factors on cancer, cardiovascular diseases, diabetes, cerebrovascular diseases, and obesity.
- To perform a secondary data analysis of the Public Health Priorities Health Risk Assessment Survey. The survey was conceived by Western New York Public Health Coalition, which consists of the eight county health departments in Western New York (Allegany, Cattaraugus, Chautauqua, Erie, Genesee, Niagara, Orleans, and Wyoming). The Public Health Priorities Health Risk Assessment was conducted by the SUNY at Buffalo, Department of Family Medicine from April to December 1998. The survey focused on the following topics: access to the regular source of care, health picture of the uninsured, health risk behavior, disease prevalence, and secondary prevention and multiple health risk factors.

### **Syllabus:**

- Do an extended literature review on the topics stated above.
- Determine the incidence and prevalence rates of cancer, cardiovascular diseases, diabetes, cerebrovascular diseases, and obesity in the Western New York area.
- Determine the incidence and prevalence rates of modifiable risk behaviors, such as tobacco use, alcohol use, physical activity, diet/weight control, in Western New York.
- Project the reduction in the incidence and prevalence rates of the chronic diseases in Western New York due to physician behavioral counseling.

**Supervision:** Dr. \_\_\_\_\_ will supervise this research. Weekly meetings will be held in order to discuss the study progress and ensure completion of the deliverable state below.

### **End Product:**

A term paper outlining the performed literature review and report the findings of the secondary data analysis.