

NORTHWESTERN UNIVERSITY

CHICAGO, ILLINOIS

URBAN, ACADEMIC, RESEARCH-ACTIVE HOSPITAL

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Main recruitment method =

Electronic medical record

- Report pulls patients with recent lab values
 - FPG 90-140mg/dL and/or HbA1c 5.2-6.5%
- Send letters and emails inviting patients to participate – approximately 350 patients/month
- Allows us option of combination v1/2

- Other methods:
 - Utilizing local ADA (via email, social media)
 - Email blasts through local radio station's database (50,000 emails/blast x 2 blasts)
 - Ad in local newspaper
 - Craigslist ads
 - ResearchMatch
 - Ad on Northwestern's research website

- Planned future recruitment methods:
 - Gestational letter blast (letters sent to patients diagnosed with gestational DM 2002-2012)
 - Possible mass mailings

Main challenge =

Baseline fails

- Recently, many screening patients failing at baseline (versus v1)
 - Often due to elevated 2-hour glucose (but with HbA1c and FPG values that meet inclusion criteria)
- **September** = 7 patients completed baseline visits, 2 qualifying patients
- **October** = 12 patients completed baseline visits, 2 qualifying patients
- **November** = 2 repeat baseline visits completed, 3 more scheduled, 4 qualifying patients

Total randomized = 27

(+1 scheduled randomization on 11/24/2014)

Total screened = 109

Upcoming baselines = 5