



University of Vermont

Larner College of Medicine

Office of Primary Care & AHEC

VERMONT ACADEMIC DETAILING PROGRAM

**VDH Grant 03420-09894
(UVM AWD1456, P.501410)**

FY25 Annual Program Report

July 1, 2024 – June 30, 2025

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Results-Based Accountability Snapshot: Annual Report FY25

Objective

The objective of this grant project is to provide an evidence-based prescription drug education program for prescribers, i.e., academic detailing.

Desired Outcome

The intended outcome of the grant project is to improve the quality of prescribing and care delivery among health care professionals with a long-term goal of reducing unintended negative health outcomes among patients.

Vermont Academic Detailing Program: Performance Measures

- At least 180 academic detailing sessions will be completed by June 30, 2025
- At least 75% of participants indicating post-session changes in their prescribing and/or patient care behavior (post-session surveys, online surveys)

How much did we do?	The Vermont Academic Detailing Program delivered 183 sessions.
How well did we do it?	Three hundred sixty-three (363) individual licensed prescribers attended at least one academic detailing session. The evaluation survey responses strongly support the Vermont Academic Detailing Program. Participants completed four hundred sixty-nine (469) post-session surveys. Some participants attended more than one session. Ninety-nine percent (99%) of participants indicated a willingness to attend future sessions. Ninety-nine (99%) of participants felt the program was free of commercial bias.
Who is better off?	Ninety-three percent (93%) of participants in the Vermont Academic Detailing Program indicated on the longer-term impact surveys that the presentation will impact their prescribing behavior. Ninety-five (95%) percent of participants indicated the presentation will impact their patient care.

The Vermont Academic Detailing Program continues to offer high-quality statewide services that are perceived as valuable by prescribers and is promoting evidence-based prescribing for Vermonters.

FY25 Grant Tasks and Deliverables

Task 1. Assess needs for continuing education topics.

The primary assessment of prescriber needs comes from the post-session survey, where participants are encouraged to suggest topics. Some of the suggestions by prescribers during FY25 were:

- *Tobacco use disorder*
- *Oral contraceptives*
- *Hormone replacement therapy / Menopause*
- *Osteoporosis*
- *Buprenorphine prescribing / Substance Use Disorders*
- *Asthma*
- *Migraines*
- *Immunizations*
- *Anxiety and depression*
- *Palliative care*
- *Heart Failure*
- *Hyperlipidemia*
- *Chronic kidney disease*
- *Sexually transmitted infections*
- *Ehlers Danlos Syndrome / Postural orthostatic tachycardia syndrome*
- *Thyroid disorders*

Continuing Medical and Interprofessional Education

The availability of continuing education credit has been identified as important by our participants. The process for obtaining continuing education credit involves an annual application and rigorous review by the UVM Continuing Medical and Interprofessional Education office (<http://www.med.uvm.edu/cmie>).

In support of improving patient care, The Robert Larner College of Medicine at The University of Vermont is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Each Vermont Academic Detailing Program topic was approved as a live activity for 1 AMA PRA Category 1 Credit(s)[™]. Each topic was reviewed and found acceptable for up to 1 Nursing Contact Hours. Pharmacists may claim 1 AMA PRA Category 1 Credit for Vermont licenses. Topics related to opioids have been designated for controlled substance credit. All topics meet the definition of Pharmacology content, defined as clinical application of pharmacology/pharmacokinetics, techniques of safe drug prescribing information, and drug specific information/therapy for treatment of common acute and chronic diseases across the lifespan (<https://www.aanpcert.org/resource/documents/Recertification%20Handbook.pdf>).

Task 2. Conduct regular meetings with the internal project team to plan, assess team's progress, review program evaluation, identify opportunities to enhance the program's content and operational processes.

The academic detailers maintain close contact throughout the year, including meetings and regular email contact. These meetings are used to share best practices, receive training on new topics or new evidence, discuss scheduling, and evaluate progress.

- Dates included: 8/8/24, 9/19/24, 10/3/24, 11/14/24, 12/12/24, 2/6/25, 3/20/25, 4/3/25, 5/1/25, 6/19/25

Task 3. Hold an annual meeting with stakeholders to review performance and plan for the coming year.

Representatives from the Department of Vermont Health Access (DVHA) and other stakeholders have positions as Vermont Academic Detailing Program Advisors (Table 1). These connections provide opportunities for cooperation to improve the Vermont Academic Detailing Program.

- Annual meeting: 10/3/24 (minutes available upon request)

Table 1. FY25 Academic Detailing Program Advisors

Representation	Name	Title
Vermont Department of Health	Kelly Dougherty, MSW, MPH	Deputy Commissioner
Department of Vermont Health Access	Lisa Hurteau, PharmD	Director of Pharmacy Services
Blue Cross and BlueShield of Vermont	Nancy Hogue, PharmD	Director of Pharmacy Services
Blue Cross and BlueShield of Vermont	Tom Weigel, MD	Chief Medical Officer
Blue Cross and BlueShield of Vermont	Amy Yanicak Stoll, PharmD	Clinical Consultant Pharmacist
Blueprint for Health	Monique Thompson, ND, CPHQ	Specialized Quality Improvement Facilitator
Vermont Medical Society	Jessa Barnard, Esq	Executive Director
Pharmacy	Renee Mosier, PharmD	Pharmacy Director, Porter Medical Center
Pharmacy	Michele Corriveau, RPh	Pharmacy Director, UVM Medical Center
Pharmacy	Lauren Bode, PharmD	Pharmacy Manager, UVM Health Network Population Health
Nursing	Holly Whitcomb, DNP	Professor, Nursing, Nurse Practitioner
Vermont State Senator	Virginia Lyons	Vice Chair, Senate Health & Welfare Committee
UVM Larner College of Medicine	Amanda Kennedy, PharmD	Professor and Quality Scholar
UVM Larner College of Medicine	Mark Pasanen, MD	Vice Chair of Education
UVM Office of Primary Care and AHEC	Anne Morris, MD	Associate Dean of Primary Care
UVM Office of Primary Care and AHEC	Elizabeth Cote, MHA	Director
Southern Vermont AHEC	Susan White	Health Professions Resource Coordinator
Northern Vermont AHEC	Nicole LaPointe, EdD, MSW	Executive Director

Task 4. Post on the UVM OPC/AHEC (www.vtad.org) web page relevant clinical content, including patient handouts and other office tools and links that providers may find useful.

The Vermont Academic Detailing Program website is www.vtad.org and can be accessed via the broader www.vtahec.org website, which also contains information about partner programs, such as Project ECHO.

Content includes an overview of the Vermont Academic Detailing Program, academic detailer bios, current topic offerings, and patient and provider resources and handouts on topics including alcohol use disorder, opioids, cannabinoids, COPD, diabetes, deprescribing medications, fibromyalgia, and HIV prevention.

Task 5. Promote the academic detailing program by using various media.

Promotion of the Vermont Academic Detailing Program includes email communications to prescribers, telephone calls to practice managers, information on our web page, and word of mouth. Print mailings are available that include a description of the programs, sessions offered, and contact information. We also use online scheduling for providers (<https://www.signupgenius.com/go/vtad>). We continue our efforts to engage the regional Area Health Education Centers (AHEC). We have formally included representatives from the regional AHECs as Program Advisors and regularly brainstorm ways to enhance promotion of the academic detailing program within each AHEC region. We also collaborate with the Vermont Medical

Society, including Program Advisor representation and links to our content from their website (<https://vtmd.org/cme-requirements-and-course-resources>).

Task 6. Identify and collaborate with other programs and evidence-based initiatives in order to inform development of future educational sessions.

The Vermont Academic Detailing Program continues outreach and collaboration efforts to learn and share best practices. Dr. Wood maintains close contact with leadership and academic detailers from the South Carolina Offering Prescribing Excellence (SCORxE) Academic Detailing Service based at the Medical University of South Carolina. Dr. Kennedy, program advisor, maintains contact with RxFiles, based in the College of Pharmacy and Nutrition in Saskatchewan, Canada. The Vermont Academic Detailing Program also continues to collaborate with the National Resource Center for Academic Detailing (NaRCAD).

- Dr. Frerich and Dr. Pratt (who will be joining the academic detailing team in FY26) completed the virtual NaRCAD academic detailing 101 training in May 2025.

Task 7. Develop at least one new topic/module annually. Existing topic(s) may continue on the menu of offerings.

The new topic for development is Management of Migraines. We anticipate continuing the following topics: Management of Obesity, Management of Opioids in Primary Care, Prevention and Management of Alcohol Use Disorder, Management of Type 2 Diabetes, Management of Fibromyalgia, and Updates in Infectious Disease: HIV Pre-Exposure Prophylaxis (PrEP) and Hepatitis C Treatment.

A substantial amount of effort is required to develop and maintain the wide variety of topic options for participants.

Management of Migraines

This session highlight aspects of abortive and preventative treatment of migraines in primary care, with a focus on the available evidence-base. The sessions include information about epidemiology and related statistics and discusses the risks and benefits of various medication options. The session also includes resources for patient education.

Objectives

1. Describe the clinical approach to the management of migraines (treatment and prevention)
2. Discuss non-pharmacologic approaches to management of migraines
3. Discuss pharmacologic approaches to the management of migraines
4. Provide patient education and patient evaluation tools to assist in management of migraines

Task 8. In Year 2 (see Work Products, interim report), propose grant renewal deliverables, including budget and budget justification.

The grant renewal deliverables, including the budget and budget justification were submitted as part of the interim report in January 2025.

Task 9. In Year 1, deliver at least 180 academic detailing sessions. Sessions may be delivered individually or in groups using formats preferred by prescribers (e.g., in-person, virtual).

- **Performance measure:** At least 180 academic detailing sessions will be completed by June 30, 2024.

The Vermont Academic Detailing Program delivered 181 sessions, exceeding the performance measure. The full annual report covering Year 1 was submitted in August 2024.

Task 10. In Year 2, deliver at least 180 academic detailing sessions. Sessions may be delivered individually or in groups using formats preferred by prescribers (e.g., in-person, virtual).

- **Performance measure:** At least 180 academic detailing sessions will be completed by June 30, 2025.

In FY25, 183 sessions were delivered. One hundred eighty (180) sessions were delivered to primary care professionals (e.g., prescribers, nurses, pharmacists, and others). Three (3) sessions were delivered to students (e.g., medical students, pharmacy students, and others).

Participants were given the option of in-person or virtual academic detailing formats. Most participants continued to prefer a virtual format (107 sessions were virtual or 58% of total sessions).

To complement our traditional scheduling approaches, we continue to offer a virtual, self-scheduling option for academic detailing sessions through SignUpGenius. The website has been customized so that participants have the flexibility to self-schedule topics, dates, and time preferences (<https://www.signupgenius.com/go/vtad>). Sessions are offered during multiple weekdays, with times ranging from 7am-6pm. This option is promoted during every academic detailing session as part of the post-session email that is sent to participants. In FY25, twenty (20) sessions (11% of total sessions) were completed through SignUpGenius.

Table 2. Delivered Sessions (7/1/24-6/30/25)

Session	Date	Program Topic	Site Name	Town	County
1	7/5/2024	Diabetes	University of Vermont	Burlington	Chittenden
2	7/9/2024	Obesity	University of Vermont Medical Center	Burlington	Chittenden
3	7/10/2024	Obesity	UVMMC - Family Medicine - Hinesburg	Hinesburg	Chittenden
4	7/16/2024	Obesity	University of Vermont Medical Center	Burlington	Chittenden
5	7/17/2024	Opioids	UVMMC - Adult Primary Care - Burlington	Burlington	Chittenden
6	7/17/2024	Opioids	UVMMC - Adult Primary Care - Essex	Essex Junction	Chittenden
7	7/18/2024	COPD	UVMMC - Adult Primary Care - Burlington	Burlington	Chittenden
8	7/23/2024	Obesity	University of Vermont Medical Center	Burlington	Chittenden
9	7/23/2024	Alcohol	Mt. Ascutney Physicians Practice	Windsor	Windsor
10	7/24/2024	Obesity	UVMMC - Adult Primary Care - Essex	Essex Junction	Chittenden
11	7/30/2024	Obesity	University of Vermont Medical Center	Burlington	Chittenden
12	7/31/2024	Diabetes	UVMMC - Adult Primary Care - Essex	Essex Junction	Chittenden
13	8/6/2024	Obesity	University of Vermont Medical Center	Burlington	Chittenden
14	8/9/2024	Obesity	University of Vermont Medical Center	Burlington	Chittenden
15	8/13/2024	Fibromyalgia	University of Vermont Medical Center	Burlington	Chittenden
16	8/20/2024	Fibromyalgia	University of Vermont Medical Center	Burlington	Chittenden
17	8/21/2024	Obesity	Village Health	Middlebury	Addison
18	8/21/2024	Opioids	University of Vermont Medical Center	Burlington	Chittenden
19	8/28/2024	Obesity	Brattleboro Memorial Hospital	Brattleboro	Windham
20	8/28/2024	Opioids	University of Vermont Medical Center	Burlington	Chittenden
21	8/29/2024	Diabetes	Burlington Lakeside Community Based Outpatient Clinic	Burlington	Chittenden
22	9/4/2024	Opioids	Lamoille Health Family Medicine, Cambridge	Cambridge	Lamoille
23	9/4/2024	Opioids	Lamoille Health Behavioral Health and Wellness	Morrisville	Lamoille

24	9/10/2024	Fibromyalgia	University of Vermont Medical Center	Burlington	Chittenden
25	9/10/2024	Alcohol	North Country Primary Care Newport	Newport	Orleans
26	9/13/2024	Fibromyalgia	Lakeside Pediatrics	Burlington	Chittenden
27	9/17/2024	Obesity	White River Family Practice, PC	White River Junction	Windsor
28	9/17/2024	HIV PrEP	University of Vermont Medical Center	Burlington	Chittenden
29	9/17/2024	Hep C	University of Vermont Medical Center	Burlington	Chittenden
30	9/18/2024	Diabetes	University of Vermont Medical Center	Burlington	Chittenden
31	9/24/2024	Obesity	University of Vermont Medical Center	Burlington	Chittenden
32	9/24/2024	Opioids	Mt. Ascutney Physicians Practice	Windsor	Windsor
33	9/24/2024	Opioids	UVMMC - Adult Primary Care - South Burlington	South Burlington	Chittenden
34	9/24/2024	Opioids	Corner Medical	Lyndonville	Caledonia
35	9/24/2024	HIV PrEP	University of Vermont Medical Center	Burlington	Chittenden
36	9/24/2024	Hep C	University of Vermont Medical Center	Burlington	Chittenden
37	9/25/2024	Obesity	Appletree Bay Primary Care	Burlington	Chittenden
38	10/1/2024	Opioids	University of Vermont Medical Center	Burlington	Chittenden
39	10/1/2024	HIV PrEP	University of Vermont Medical Center	Burlington	Chittenden
40	10/1/2024	Hep C	University of Vermont Medical Center	Burlington	Chittenden
41	10/2/2024	Opioids	Appletree Bay Primary Care	Burlington	Chittenden
42	10/3/2024	Fibromyalgia	Appletree Bay Primary Care	Burlington	Chittenden
43	10/8/2024	HIV PrEP	University of Vermont Medical Center	Burlington	Chittenden
44	10/8/2024	Hep C	University of Vermont Medical Center	Burlington	Chittenden
45	10/9/2024	Alcohol	University of Vermont Medical Center	Burlington	Chittenden
46	10/10/2024	Opioids	Hardwick Area Health Center	Hardwick	Caledonia
47	10/11/2024	Opioids	Lakeside Pediatrics	Burlington	Chittenden
48	10/15/2024	HIV PrEP	University of Vermont Medical Center	Burlington	Chittenden
49	10/15/2024	Hep C	University of Vermont Medical Center	Burlington	Chittenden
50	10/16/2024	Alcohol	Appletree Bay Primary Care	Burlington	Chittenden
51	10/17/2024	Diabetes	UVMMC - Family Medicine - Colchester	Colchester	Chittenden
52	10/18/2024	Hep C	Thomas Chittenden Health Center	Williston	Chittenden
53	10/22/2024	HIV PrEP	Fiddlehead Family Health Care, PLLC	Bristol	Addison
54	10/22/2024	Hep C	UVMMC - Family Medicine - Colchester	Colchester	Chittenden
55	10/30/2024	Obesity	North Star Health	Springfield	Windsor
56	10/30/2024	Alcohol	Green Mountain Primary Care	Middlebury	Addison
57	10/30/2024	HIV PrEP	Mountain Community Health	Bristol	Addison
58	10/30/2024	HIV PrEP	The Health Center	Plainfield	Washington
59	10/31/2024	COPD	Burlington Lakeside Community Based Outpatient Clinic	Burlington	Chittenden
60	10/31/2024	Obesity	State of Vermont - Department of Vermont Health Access	Waterbury	Washington
61	10/31/2024	Opioids	UVMMC - Family Medicine - South Burlington	South Burlington	Chittenden
62	10/31/2024	Diabetes	Village Health	Middlebury	Addison
63	11/1/2024	Opioids	University of Vermont Medical Center	Burlington	Chittenden
64	11/1/2024	HIV PrEP	Thomas Chittenden Health Center	Williston	Chittenden

65	11/4/2024	Opioids	UVMMC - Family Medicine - South Burlington	South Burlington	Chittenden
66	11/6/2024	HIV PrEP	Appletree Bay Primary Care	Burlington	Chittenden
67	11/6/2024	Hep C	University of Vermont Medical Center	Burlington	Chittenden
68	11/7/2024	COPD	North Star Health	Springfield	Windsor
69	11/7/2024	HIV PrEP	Community Health Centers - Champlain Islands	South Hero	Grand Isle
70	11/11/2024	Fibromyalgia	UVMMC - Family Medicine - South Burlington	South Burlington	Chittenden
71	11/12/2024	HIV PrEP	Mt. Ascutney Hospital and Health Center	Windsor	Windsor
72	11/14/2024	Opioids	Vermont Dept of Corrections (Wellpath)	Burlington	Chittenden
73	11/14/2024	HIV PrEP	Corner Medical	Lyndonville	Caledonia
74	11/15/2024	HIV PrEP	Stoweflake Mountain Resort	Stowe	Lamoille
75	11/15/2024	Hep C	Stoweflake Mountain Resort	Stowe	Lamoille
76	11/20/2024	Opioids	UVMMC - Adult Primary Care - South Burlington	South Burlington	Chittenden
77	11/20/2024	Hep C	The Health Center	Plainfield	Washington
78	11/22/2024	COPD	North Star Health	Springfield	Windsor
79	11/22/2024	Hep C	Corner Medical	Lyndonville	Caledonia
80	11/27/2024	Obesity	Associates in Primary Care, LLC	Rutland	Rutland
81	12/2/2024	Obesity	University of Vermont Medical Center	Burlington	Chittenden
82	12/4/2024	Obesity	SVMC Deerfield Valley Campus	Wilmington	Windham
83	12/4/2024	Opioids	Green Mountain Primary Care	Middlebury	Addison
84	12/4/2024	Alcohol	North Star Health	Springfield	Windsor
85	12/10/2024	Fibromyalgia	University of Vermont Medical Center	Burlington	Chittenden
86	12/12/2024	Opioids	North Star Health	Springfield	Windsor
87	12/12/2024	HIV PrEP	UVMMC - Family Medicine - Colchester	Colchester	Chittenden
88	12/12/2024	HIV PrEP	Champlain College	Burlington	Chittenden
89	12/12/2024	HIV PrEP	Blue Cross Blue Shield of Vermont	Berlin	Washington
90	12/17/2024	Fibromyalgia	University of Vermont Medical Center	Burlington	Chittenden
91	12/17/2024	HIV PrEP	Christopher J. Hebert, MD	Burlington	Chittenden
92	12/17/2024	Hep C	Mt. Ascutney Physicians Practice	Windsor	Windsor
93	12/19/2024	Fibromyalgia	SVMC Northshire Campus	Manchester Center	Bennington
94	1/8/2025	HIV PrEP	SVMC Deerfield Valley Campus	Wilmington	Windham
95	1/14/2025	Obesity	North Country Primary Care Newport	Newport	Orleans
96	1/16/2025	Opioids	SVMC Northshire Campus	Manchester Center	Bennington
97	1/16/2025	HIV PrEP	Evergreen Family Health	Williston	Chittenden
98	1/21/2025	Opioids	University of Vermont Medical Center	Burlington	Chittenden
99	1/23/2025	HIV PrEP	Middlebury Family Health Center	Middlebury	Addison
100	1/28/2025	Obesity	Mt. Ascutney Physicians Practice	Windsor	Windsor
101	1/29/2025	Opioids	University of Vermont Medical Center	Burlington	Chittenden
102	1/29/2025	Hep C	Mountain Community Health	Bristol	Addison
103	1/30/2025	HIV PrEP	Burlington Lakeside Community Based Outpatient Clinic	Burlington	Chittenden
104	1/30/2025	Hep C	Champlain College	Burlington	Chittenden

105	2/5/2025	HIV PrEP	North Star Health	Springfield	Windsor
106	2/6/2025	Opioids	University of Vermont Medical Center	Burlington	Chittenden
107	2/6/2025	Diabetes	University of Vermont Medical Center	Burlington	Chittenden
108	2/6/2025	HIV PrEP	Community Health Centers - Pearl Street	Burlington	Chittenden
109	2/6/2025	Hep C	Middlebury Family Health Center	Middlebury	Addison
110	2/11/2025	Opioids	University of Vermont Medical Center	Burlington	Chittenden
111	2/11/2025	HIV PrEP	North Star Health	Springfield	Windsor
112	2/11/2025	Hep C	University of Vermont Medical Center	Burlington	Chittenden
113	2/18/2025	Opioids	University of Vermont Medical Center	Burlington	Chittenden
114	2/20/2025	HIV PrEP	SVMC Northshire Campus	Manchester Center	Bennington
115	2/25/2025	Opioids	University of Vermont Medical Center	Burlington	Chittenden
116	2/25/2025	Hep C	Christopher J. Hebert, MD	Burlington	Chittenden
117	2/26/2025	Obesity	Green Mountain Primary Care	Middlebury	Addison
118	3/4/2025	Opioids	University of Vermont Medical Center	Burlington	Chittenden
119	3/4/2025	Hep C	North Star Health	Springfield	Windsor
120	3/5/2025	Obesity	Saint Michael's College	Colchester	Chittenden
121	3/6/2025	Opioids	UVMMC - Infectious Disease and Travel Clinic	Burlington	Chittenden
122	3/6/2025	Opioids	Battenkill Valley Health Center	Arlington	Bennington
123	3/6/2025	Hep C	Community Health Centers - Champlain Islands	South Hero	Grand Isle
124	3/11/2025	Opioids	University of Vermont Medical Center	Burlington	Chittenden
125	3/12/2025	Fibromyalgia	Enosburg Health Center	Enosburg Falls	Franklin
126	3/12/2025	Opioids	Enosburg Health Center	Enosburg Falls	Franklin
127	3/12/2025	HIV PrEP	Associates in Primary Care, LLC	Rutland	Rutland
128	3/13/2025	Fibromyalgia	St. Albans Health Center	Saint Albans	Franklin
129	3/13/2025	Obesity	True Path Wellness	Essex Junction	Chittenden
130	3/13/2025	Opioids	Grace Cottage Family Health	Townshend	Windham
131	3/13/2025	Hep C	Lamoille Health Family Medicine, Morrisville	Morrisville	Lamoille
132	3/17/2025	Opioids	UVMMC - Adult Primary Care - Williston	Williston	Chittenden
133	3/18/2025	Alcohol	University of Vermont Medical Center	Burlington	Chittenden
134	3/18/2025	Hep C	University of Vermont	Burlington	Chittenden
135	3/20/2025	Diabetes	St. Albans Primary Care	Saint Albans	Franklin
136	3/20/2025	Hep C	Evergreen Family Health	Williston	Chittenden
137	3/25/2025	Alcohol	University of Vermont Medical Center	Burlington	Chittenden
138	3/26/2025	Alcohol	Brattleboro Memorial Hospital	Brattleboro	Windham
139	3/26/2025	Hep C	Associates in Primary Care, LLC	Rutland	Rutland
140	3/27/2025	Opioids	St. Albans Health Center	Saint Albans	Franklin
141	3/27/2025	Hep C	St. Albans Primary Care	Saint Albans	Franklin
142	4/1/2025	Alcohol	University of Vermont Medical Center	Burlington	Chittenden
143	4/4/2025	Alcohol	Battenkill Valley Health Center	Arlington	Bennington
144	4/8/2025	Fibromyalgia	Associates in Primary Care, LLC	Rutland	Rutland
145	4/8/2025	Diabetes	University of Vermont Medical Center	Burlington	Chittenden
146	4/8/2025	Alcohol	University of Vermont Medical Center	Burlington	Chittenden
147	4/10/2025	COPD	True Path Wellness	Essex Junction	Chittenden

148	4/15/2025	Opioids	University of Vermont Medical Center	Burlington	Chittenden
149	4/15/2025	Alcohol	University of Vermont Medical Center	Burlington	Chittenden
150	4/17/2025	COPD	St. Albans Primary Care	Saint Albans	Franklin
151	4/17/2025	Obesity	University of Vermont Medical Center	Burlington	Chittenden
152	4/17/2025	HIV PrEP	Brattleboro Memorial Hospital	Brattleboro	Windham
153	4/17/2025	Hep C	SVMC Northshire Campus	Manchester Center	Bennington
154	4/18/2025	COPD	Danville Health Center	Danville	Caledonia
155	4/18/2025	Diabetes	Winooski Integrative Medicine, PC	Winooski	Chittenden
156	4/22/2025	Alcohol	Mt. Ascutney Hospital and Health Center	Windsor	Windsor
157	4/23/2025	Obesity	Associates in Primary Care, LLC	Rutland	Rutland
158	4/24/2025	COPD	St. Albans Health Center	Saint Albans	Franklin
159	4/24/2025	Obesity	St. Albans Primary Care	Saint Albans	Franklin
160	4/29/2025	Diabetes	University of Vermont Medical Center	Burlington	Chittenden
161	5/1/2025	Obesity	Battenkill Valley Health Center	Arlington	Bennington
162	5/6/2025	Diabetes	University of Vermont Medical Center	Burlington	Chittenden
163	5/7/2025	Hep C	UVMMC - Family Medicine - South Burlington	South Burlington	Chittenden
164	5/8/2025	Diabetes	Grace Cottage Family Health	Townshend	Windham
165	5/13/2025	Diabetes	University of Vermont Medical Center	Burlington	Chittenden
166	5/14/2025	HIV PrEP	UVMMC - Family Medicine - South Burlington	South Burlington	Chittenden
167	5/15/2025	HIV PrEP	UVMMC - Family Medicine - Hinesburg	Hinesburg	Chittenden
168	5/15/2025	HIV PrEP	UVMMC - Adult Primary Care - Burlington	Burlington	Chittenden
169	5/20/2025	Diabetes	Associates in Primary Care, LLC	Rutland	Rutland
170	5/20/2025	Diabetes	University of Vermont Medical Center	Burlington	Chittenden
171	5/22/2025	Fibromyalgia	UVMMC - Adult Primary Care - Williston	Williston	Chittenden
172	5/22/2025	HIV PrEP	St. Albans Primary Care	Saint Albans	Franklin
173	5/22/2025	HIV PrEP	St. Albans Health Center	Saint Albans	Franklin
174	5/27/2025	Obesity	Mt. Ascutney Hospital and Health Center	Windsor	Windsor
175	5/27/2025	Alcohol	Associates in Primary Care, LLC	Rutland	Rutland
176	5/29/2025	Alcohol	St. Albans Primary Care	Saint Albans	Franklin
177	5/29/2025	Hep C	Burlington Lakeside Community Based Outpatient Clinic	Burlington	Chittenden
178	6/4/2025	Alcohol	Associates in Primary Care, LLC	Rutland	Rutland
179	6/5/2025	HIV PrEP	UVMMC - Adult Primary Care - Burlington	Burlington	Chittenden
180	6/11/2025	Hep C	SVMC Deerfield Valley Campus	Wilmington	Windham
181	6/12/2025	Opioids	St. Albans Primary Care	Saint Albans	Franklin
182	6/12/2025	Alcohol	True Path Wellness	Essex Junction	Chittenden
183	6/26/2025	Obesity	St. Albans Health Center	Saint Albans	Franklin

Full Topic Names: Advanced Management of Opioids in Primary Care; Management of Type 2 Diabetes; Management of Fibromyalgia; Management of Chronic Obstructive Pulmonary Disease; Updates in Infectious Disease: HIV PrEP; Updates in Infectious Disease: Hepatitis C. Table 2 Notes: Practices may appear more than once, as different providers attended. Sessions are occasionally delivered to New York or New Hampshire practices bordering Vermont that serve a high proportion of Vermont patients.

Task 11. Provide post-session surveys to all participants to assess provider attitude, prescribing intent, satisfaction with the session and perceived impact of the program.

- **Performance measure:** At least 75% of participants will indicate post-session changes in their prescribing and/or patient care behavior.

Ninety-six percent (96%) of prescribers in the Vermont Academic Detailing Program indicated on the post-session evaluation surveys that the presentation will impact their prescribing behavior and 99% of prescribers indicated the presentation will impact their patient care. These findings exceed the performance measure.

Post-Session Evaluation Survey

In FY25, 363 individual licensed prescribers attended at least one academic detailing session (Table 3).

Table 3. Unique Prescriber Participants of Academic Detailing (7/1/24-6/30/25)

Prescriber Type	Number	% of Total
Physician (MD and DO)	193	53.1%
Naturopath (ND)	1	0.003%
Nurse Practitioner	126	34.7%
Physician Assistant	43	11.8%
Total Unique Prescribers	363	100.0%

The survey responses of participants strongly support the Vermont Academic Detailing Program (Tables 4 and 5). The participants completed four hundred sixty-nine (469) post-session surveys. Ninety-nine percent (99%) of participants indicated a willingness to attend future sessions and 99% felt the program was free of commercial bias. We note an increase in survey responses from FY24, which may be a result of increased in person attendance and detailer encouragement of survey completion for online sessions.

Table 4. Survey Responses of Participants who Attended an AD Session (7/1/24-6/30/25)

	% Yes	N
Do you feel the information presented will impact your prescribing?*	96	433
Do you feel the information presented will impact your practice/patient care?*	99	448
Would you be willing to attend a similar session in the future?	99	451
Was this program free of commercial bias?	99	447

*Both “Yes” and “Not applicable” were included in these question, as not all participants prescribe related to each topic or provide direct patient care (e.g. non-prescribing clinical staff). The N refers to the number of surveys where that specific question was answered. Some prescribers attended more than one session. Some providers did not answer all survey questions.

Table 5. Survey Responses of Participants who Attended an AD Session (7/1/24-6/30/25)

	% Agree or Strongly Agree	N
1. Program met stated objectives	97.5	455
2. Program provided unbiased, evidence-based content, where available	98.5	459
3. Program topic was appropriate for your needs	96.2	452
4. Program had practical clinical value	97.5	456
5. Program speakers were prepared	97.7	457
6. Program format was appropriate	97.4	456
7. Overall impression of the program was favorable	96.8	453
8. Time for discussion was appropriate	95.8	442

Scores ranged from: 1= Strongly Disagree to 5= Strongly Agree. The N refers to the number of surveys where that specific question was answered. Some prescribers attended more than one session.

Comments

Participants in the Vermont Academic Detailing Program have the opportunity to write in comments at the end of the post-session survey. Responses written by participants include:

- *This presentation was amazing!*
- *Terrific presenter I learned so much. It helped me develop confidence in my practice*
- *So nice to have an in-person discussion.*
- *[Academic detailer] was so knowledgeable and also so fluid with answering my questions. Such an excellent learning hour!*
- *[Academic detailer] was a great presenter and provided answers even after the session to some of our questions. I always enjoy these detailing sessions that are succinct, timely, and great for providers. Thank you for doing these!*
- *Great overview of chronic pain and how we can better manage this in the clinic, with resources to boot*
- *Great informal style and feel comfortable sharing experiences as a clinician. Thank you so much for your time and effort teaching this one to one*
- *Excellent discussion. Always amazes me at the presenters ability to adjust to the groups desired focus of the topic*
- *Appreciate the 1:1 teacher : student format, informality and friendly environment for learning. Thank you!*

The program evaluation shows the prescribers indicated that the program met its stated objectives; provided unbiased, evidence-based content; and had practical clinical value. An overwhelming majority indicated that the academic detailing session would impact their prescribing and patient care.

Task 12. Distribute online surveys to each participant three months after the academic detailing session to evaluate self-reported prescribing behavior as a result of the session.

- **Performance measure:** At least 75% of participants will indicate post-session changes in their prescribing and/or patient care behavior.

Ninety-three percent (93%) of participants in the Vermont Academic Detailing Program indicated on the longer-term impact surveys that the presentation will impact their prescribing behavior. Ninety-five percent (95%) of participants indicated the presentation will impact their patient care. These findings exceed the performance measure.

Prescribers were asked to participate in an online survey a few months after the academic detailing session. The survey is designed to take approximately five minutes or less to complete. The goal is to evaluate prescribing intentions with questions focusing on the key messages of the academic detailing session.

Analysis and Results

Surveys underwent substantial revisions at the start of FY25 to reflect updated key messages and revised content for each topic. Updates were made based on new evidence for each topic.

A total of 320 online surveys of recent topics were available for analysis. Data represent cumulative data from the date the new survey was created in FY25 (Tables 6 and 7).

Table 6. Longer-term Self-Reported Impact

	Yes*	Percent	N
Do you feel the information presented will impact your prescribing?	298	93	320
Do you feel the information presented will impact your practice/patient care?	305	95	320
Have you used any of the patient handouts or clinical tools from this topic? (resources vary by topic)	132	50	265

*Both “Yes” and “Not applicable” were included in this question, as not all participants prescribe related to each topic (e.g., non-prescribing clinical staff). Data represent cumulative data from the date the survey was created in Redcap through the current fiscal year. Question about clinical tools was not included in the Opioids survey.

Prescriber comments from the Updates in Infectious Disease topics included:

- *I still utilized an econsult for a complicated patient but feel more confident that treatment is simpler than ever.*
- *Great presentation on a topic that was very helpful for screening!*
- *Wonderful information, well presented, has changed my approach to at least asking the questions and offering PrEP*

Table 7. Prescribing Intentions and Behavior Change

Key Messages (i.e., targeted behaviors)	% reporting more likely or much more likely*	% reporting less likely or much less likely
Compared to before attending the session on <i>Managing Opioids</i>, I am now: (N=55 surveys)		
Following the Vermont rules for managing patients on opioids	50.9	0
Considering the risks and benefits before prescribing opioids	43.6	0
Tapering opioids when appropriate	40.9	0
Prescribing naloxone	47.3	0
Compared to before attending the session on prevention and management of Alcohol Use Disorder (AUD), I am now: (N= 34 surveys)		
Screening all patients for alcohol use at least annually, beginning at 11 or 12 years	82.4	0
Conducting a brief intervention for any patient who screens positive for risky alcohol use	82.4	0
Prescribing naltrexone or acamprosate for most patients who meet criteria for alcohol use disorder	61.8	0
Compared to before attending the session on <i>Management of Type 2 Diabetes</i>, I am now: (N = 21 surveys)		
Targeting a blood pressure goal of < 130/80 for patients with diabetes, if this can be safely attained	52.4	0
Educating patients on the 'Rule of 15' for managing hypoglycemia and asking patients on insulin and/or a sulfonylurea about hypoglycemia at each visit	66.7	0
Prescribing an SGLT-2 inhibitor ('flozin') or GLP-1 receptor agonist ('tide'), for patients with ASCVD, CKD, HF or at high CV risk and considering use independent of A1c.	61.9	0
Compared to before attending the session on <i>Management of COPD</i>, I am now: (N=23 surveys)		
Focusing on bronchodilators for symptom management in COPD, especially long-acting bronchodilators (LAMA / LABA) to decrease exacerbations	78.3	0
Educating patients on proper inhaler technique	87	0
Assessing inhaler technique and adherence before making therapy changes	82.6	0
Checking a Blood Eosinophil Count to support if an ICS should be started or can be safely stopped	73.9	0
Compared to before attending the session on <i>Management of Fibromyalgia</i>, I am now: (N=24 surveys)		
Making the diagnosis using the 2016 Fibromyalgia Diagnostic Criteria	75	0
Monitoring function in patients with fibromyalgia	66.7	0
Monitoring pain in patients with fibromyalgia	62.5	0
Prescribing exercise to all patients with fibromyalgia, as a first-line, evidence-based therapy	87.5	0.4
Prescribing opioids as a last resort for acute pain only	50	8.3
Compared to before attending the session on <i>Obesity</i>, I am now: (N=86 surveys)		
Helping patients select a lifestyle intervention that they will adhere to	62.8	0
Recommending dietary patterns with weight, cardiovascular, and mortality benefits	61.6	0
Considering prescribing a GLP-1 Receptor Agonist or a GLP-1/GIP Receptor Agonist in conjunction with lifestyle interventions for patients with overweight or obesity, when patients have not met weight loss goals after 3-6 months of lifestyle interventions alone	61.6	0.2

Compared to before attending the session on HIV PrEP, I am now: (N=40 surveys)		
Prescribing HIV PrEP when appropriate	80	0
Taking a sexual and substance use disorder history from all patients at least annually	77.5	0
Compared to before attending the session on Hepatitis C, I am now: (N=37 surveys)		
Screening all adult patients for hepatitis C at least once	62.2	0
For all patients with active hepatitis C infection, starting treatment or referring to specialty care	73	0

*Indicates the goal related to the suggested behavior. The goal is for participants to answer “more likely or much more likely” for all. Responses not shown were reported as neutral (indicating “as likely”) or not applicable by participants. Data represent cumulative data from the date the survey was created in Redcap through the current fiscal year.

Interpreting the data in the table: Although the percentage may not seem high in all categories, it is important to remember that prescribers vary in their baseline knowledge and behavior. For any given topic, we would expect a percentage of prescribers to already be adhering to the best practice.

Despite the overwhelmingly positive results, these data should be interpreted with caution, as the sample sizes are small and reflect perceptions rather than actual behaviors. However recent data suggest “considerable alignment between self-reported practice change intentions and actual changes” following an academic detailing topic on opioids. We believe this study supports our evaluation approach.

Saffore CD, et al. Practice change intentions after academic detailing align with subsequent opioid prescribing. J Am Pharm Assoc (2003). 2020 Sep 3:S1544-3191(20)30404-0. doi: 10.1016/j.japh.2020.08.011. PMID: 32891572

The online surveys indicate the Vermont Academic Detailing Program consistently results in self-reported improvements in prescribing intentions and behavior change.

Plans for Next Steps, including Trends, Challenges, and Responses

The Vermont Academic Detailing Program continues to offer an educational service that is perceived as valuable by prescribers and indicates benefits for Vermonters. There continues to be a trend toward prescribers preferring virtual formats although there has been an increase in participants requesting in-person sessions. We will continue to offer flexible options and schedule specific formats (in-person, virtual) at the preference of prescribers. We will continue to offer self-scheduling of sessions through SignUpGenius and will promote this through our flyers and emails to participants. We will regularly evaluate days and times that are more and less popular to assist with planning.

In the post-COVID pandemic environment of healthcare, we have noted providers beginning to request meetings in larger groups or in a hybrid meeting method with some providers attending a session in person and others attending virtually. Virtual sessions in larger groups and these hybrid sessions are less effective, as it is more difficult for the academic detailer to actively engage participants. To consistently reach our target session goal, we will continue to offer a variety of scheduling formats and provide 1-on-1 sessions for providers who are unable to attend larger sessions. The evidence base for academic detailing as an educational method to promote behavior change is based on 1-on-1 or small group sessions. We will promote in-person sessions for large groups preferentially and send multiple detailers to these sessions when possible to promote engagement. We will continue to monitor session scheduling trends.

Our post-session survey completion after virtual sessions remains lower than we would like but has improved from FY24. We will continue to emphasize the importance of completing post-session surveys,

including providing a few minutes at the end of the session to click the link to the survey (if attending virtually) and providing the survey link by follow-up email after the session.

Academic detailing is an evidence-based model for education and promoting provider behavior changes. A recent systematic review demonstrated that academic detailing interventions focused on evidence-based prescribing change resulted in significant improvements in prescribing behaviors. The findings of this systematic review support the continued use of academic detailing to promote evidence-based prescribing in various clinical settings. Rome BN, et al. Academic Detailing Interventions and Evidence-Based Prescribing: A Systematic Review. *JAMA Netw Open*. 2025 Jan 2;8(1):e2453684. PMID: 39775805.

Annual Report Summary

The Vermont Academic Detailing Program continues to offer high-quality statewide services that are perceived as valuable by prescribers and other health care professionals. This program promotes evidence-based care, including prescribing, for Vermonters. The Program also has broad stakeholder support.

The Vermont Academic Detailing Program continues to meet or exceed performance measures and deliverables. We successfully implemented a virtual model during the COVID pandemic that is equivalent to the traditional in-person model and are now able to offer whatever model is preferred by participants. We will more strongly promote in-person session scheduling for large groups to ensure we are meeting the educational needs of practices. We will continue to refine our processes for scheduling, creating, and maintaining topics, and for implementing best practices in academic detailing techniques to maximize the benefits of this program to Vermont prescribers and their patients.

In comparing the stability and effectiveness of the Vermont Academic Detailing Program across states and countries, one of the most important attributes of the Program is having a reliable and stable source of funding. The innovative use of the Manufacturer's fee and the Evidence-based Educational and Advertising Fund (§33 V.S.A. 2004; 2004a) to support the Vermont Academic Detailing Program and the strong collaboration with policymakers, DHVA, VDH, insurers, prescribers, health professionals, and others are fundamental to our continued success and ability to provide evidence-based support to Vermont's health professionals and communities.