

HELPDESK ANSWERS SUBMISSION TO ONLINE FIRST MONTHLY TIME TRACKING REPORT

ANNUAL SUMMARY

2024-25 Academic Year	9.43
2023-24 Academic Year	10.24
2022-23 Academic Year	9.11
2021-22 Academic Year	11.73
2020-21 Academic Year	15.35

CURRENT AY MONTHLY SUMMARY

Month	Average Timeline	# of manuscripts in process >10 months
July 2024	8.51	
August 2024	8.93	
September 2024	12.44	
October 2024	8.63	
November 2024	9.68	
December 2024	8.78	
January 2025	9.64	
February 2025	9.15	
March 2025	8.67	

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Is the EPDS or PHQ-9 more accurate in detecting postpartum depression?	IL - St Louis University (Southwest Illinois) FMRP	3/4/25	8/21/24	6.50
Does abortion access impact mental health outcomes?	GA - David Grant Medical Center Program	3/4/25	3/7/24	12.07
Does eating dates decrease duration of the first stage of labor?	CO - U of Colorado (University Hospital) Program (Founding)	3/4/25	11/21/24	3.43

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
In term pregnant patients with obesity, is early amniotomy associated with an increased risk of C-section?	OK - In His Image at St. John Medical Center	3/4/25	11/15/23	15.83
Do vaginal dilators increase vaginal volume, decrease stenosis, and improve quality of life after pelvic radiation?	MO - U of Missouri - Columbia Family Medicine (Founding)	3/4/25	4/1/24	11.23
Does topiramate therapy reduce cocaine use in cocaine use disorder?	NJ - Rutgers Robert Wood Johnson Medical School FMR	3/13/25	12/15/24	2.93
In insulin-dependent patients, do insulin pumps improve glycemic control when compared with traditional insulin administration?	MN - U of Minnesota Department of Family Medicine	3/13/25	1/23/24	13.83
Do turmeric supplements reduce blood pressure relative to placebo?	WA - St Peter Hospital (Olympia) Program (Including RTTs and Pharm Residents) (Founding)	3/13/25	10/31/23	16.63
Does medical marijuana reduce the use of benzodiazepines for the management of anxiety?	IL - Southern Illinois University Program (Springfield)	3/13/25	11/28/23	15.70
In comparison to LDL, does Apoprotein B improve cardiovascular risk prediction?	OK - U of Oklahoma School of Community Medicine, Tulsa	3/19/25	3/28/24	11.87
What is the risk of progression of monoclonal gammopathy of unknown significance to multiple myeloma?	WA - Madigan Army Medical Center Program (Founding)	3/19/25	2/9/24	13.47
Are passive or active techniques more effective in rewarming mildly hypothermic patients?	MO - U of Missouri - Columbia Family Medicine (Founding)	3/19/25	5/13/24	10.33
Does sacubitril/valsartan improve morbidity and mortality in HFREF?	IN - Indiana University School of Medicine Program (Indianapolis)	3/19/25	6/18/24	9.13
Is platelet-rich plasma injection more effective at reducing pain compared with corticosteroid injection for patients with de Quervain tenosynovitis?	NJ - Rutgers Robert Wood Johnson Medical School FMR	3/26/25	12/18/24	3.27

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In patients with elevated blood pressure, is a plant-based diet effective in lowering mean blood pressure?	NJ - Rutgers Robert Wood Johnson Medical School FMR	3/26/25	12/18/24	3.27
Does the practice of yoga lead to patient-oriented improvements in PCOS?	IL - U of Chicago (North Shore) Program (Founding)	3/26/25	5/31/24	9.97
In adults with hypertension, does basing medication management on home BP or office-based BP prevent more cardiovascular events?	IL - U of Chicago (North Shore) Program (Founding)	3/26/25	7/16/24	8.43
Does self-swabbing increase rates of screening for anal cancers compared with swabbing performed by a provider?	MA - Madigan Army Medical Center Program (Founding)	3/26/25	3/7/24	12.80
			March 2025	8.67
Do statins cause liver toxicity in patients with previously normal liver function?	MO - U of Missouri - Columbia Family Medicine (Founding)	2/18/25	1/5/24	13.67
Does OMT reduce oral pain medication use for management of low back pain?	IL - St Louis University (Southwest Illinois) FMRP	2/18/25	7/18/24	7.17
Is gabapentin safe in patients with chronic lung disease?	CO - U of Colorado (University Hospital) Program (Founding)	2/18/25	10/27/24	3.80
Is green tea useful for weight loss in overweight or obese people?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	2/11/25	4/9/24	10.27
Do runners and joggers exhibit a lower mortality risk compared with nonrunner/joggers?	WI - Medical College of Wisconsin (Department)	2/11/25	6/5/24	8.37
Does medical marijuana reduce the use of opioids to manage chronic pain in patients?	PA - Lehigh Valley Health Network (Pottsville) Program	2/7/25	12/5/23	14.33
Is as-needed treatment with a proton pump inhibitor (PPI) as effective as daily treatment for symptom control in gastroesophageal reflux disease (GERD), nonerosive reflux disease (NERD), or mild erosive reflux disease (ERD)?	AK - Providence Hospital/Alaska FMR (Founding)	2/7/25	6/11/24	8.03

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In adolescent patients with gender incongruence, does gender-affirming care (puberty blockers, hormone therapy, etc.) improve mental health outcomes?	IL - U of Chicago (North Shore) Program (Founding)	2/7/25	6/25/24	7.57
			February 2025	9.15
Does catheter ablation decrease mortality in patients with heart failure and atrial fibrillation?	Alaska Family Medicine Residency	1/24/25	7/15/24	6.43
What symptoms and signs help differentiate viral from bacterial conjunctivitis?	Northwest Washington Family Medicine Residency	1/24/25	4/3/24	9.87
Is fosfomycin as effective as other first-line antibiotics in treating uncomplicated cystitis in adult women?	MN - U of Minnesota Department of Family Medicine	1/24/25	6/5/24	7.77
Does berberine supplementation result in weight loss?	Loyola Medicine MacNeal Hospital Program	1/24/25	5/16/24	8.43
Is point-of-care ultrasound accurate in screening for abdominal aortic aneurysm?	NC - U of North Carolina FMR Program (Founding)	1/24/25	4/24/24	9.17
In obese adults, is topiramate plus phentermine more effective than GLP-1 receptor analogs (GLP-1RAs) on weight loss?	OK - U of Oklahoma School of Community Medicine, Tulsa	1/24/25	3/29/24	10.03
Is magnesium supplementation effective for migraine prophylaxis?	WV - United Hospital Center FMR	1/24/25	3/7/24	10.77
What is the optimal treatment strategy for ACL injuries in children and adolescents?	U of Kansas (Wichita)/Via Christi Hospitals Wesley Program	1/24/25	5/7/24	8.73
Are children with prenatal antibiotic exposure more likely to have neurodevelopmental disorders compared with children not exposed to antibiotics in utero?	McGaw Medical Center of Northwestern University/Erie Humboldt Park Program	1/24/25	10/27/23	15.17
Does turmeric decrease severity of premenstrual syndrome (PMS)?	Rutgers Robert Wood Johnson Medical School FMR	1/13/25	12/6/23	13.47

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In acute alcoholic hepatitis, does the combination of a corticosteroid and pentoxifylline result in better outcomes than either agent alone?	Lee Health: Lee Memorial Health System	1/10/25	4/23/24	8.73
Does surgical weight loss improve sexual function in men with obesity?	U of Missouri - Columbia Family Medicine (Founding)	1/10/25	7/9/24	6.17
Does IV hydrocortisone improve outcomes in patients with severe community-acquired pneumonia?	Southern Illinois University (Decatur) Program	1/10/25	11/7/23	14.33
Does magnesium supplementation improve sleep in patients with primary insomnia?	David Grant Medical Center Program	1/10/25	4/1/24	9.47
Is point-of-care ultrasound accurate in diagnosing a skin and soft-tissue abscess?	U of North Carolina FMR Program (Founding)	1/10/25	5/3/24	8.40
How effective is point-of-care ultrasound in diagnosing pneumonia in adult patients?	U of North Carolina FMR Program (Founding)	1/10/25	4/16/24	8.97
In adult patients with a diagnosis of depression, does adjunct folate therapy improve symptoms of depression?	U of Minnesota Department of Family Medicine	1/10/25	6/24/24	6.67
Are tricyclic medications more effective for neuropathic pain control than SNRIs?	U of Colorado (University Hospital) Program (Founding)	1/10/25	7/7/24	6.23
In patients with shoulder pain, does dextrose prolotherapy result in better pain relief compared with corticosteroid injections?	David Grant Medical Center Program	1/10/25	8/1/24	5.40
Is MDMA an effective treatment for patients with PTSD?	WI - Medical College of Wisconsin (Department)	1/8/25	3/4/24	10.33
How effective is fetal scalp stimulation in confirming fetal well-being during labor?	NV - Kirk Kerkorian School of Medicine at UNLV Program (including rural)	12/24/24	8/8/24	4.60
Does aerobic exercise reduce the risk of developing hypertensive disorders in pregnancy?	U of Missouri - Columbia Family Medicine (Founding)	12/24/24	4/30/24	7.93

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Are diets rich in unsaturated fats associated with decreased average fasting serum insulin concentrations in obese adults living in the United States?	U of Kansas (Wichita)/Via Christi Hospitals Wesley Program	12/24/24	4/28/23	20.20
In patients with a significant sun exposure history, do yearly skin checks by primary care clinicians improve skin cancer detection?	CA - David Grant Medical Center Program	12/24/24	4/23/24	8.17
Does vaginal primrose oil aid in cervical ripening?	U of Kansas (Wichita)/Via Christi Hospitals Wesley Program	12/24/24	1/16/24	11.43
How much weight gain can patients expect with Depo-Provera injections?	TX - Darnell Army Medical Center Program	12/24/24	11/10/23	13.67
			January 2025	9.64
Does the evaluation of the inferior vena cava with ultrasound reflect therapeutic success in patients with heart failure receiving decongestive therapy?	CA - David Grant Medical Center Program	12/10/24	4/2/24	8.40
In patients with patellar dislocations do surgical compared with nonsurgical treatments improve outcomes?	NV - Kirk Kerkorian School of Medicine at UNLV Program (including rural)	12/10/24	6/4/24	6.30
Do iron therapies improve symptoms in patients with restless leg syndrome (RLS)?	WA - U of Washington FMR Program (Including RTT) (Founding)	12/10/24	2/16/24	9.93
Can thermal therapy through sauna exposure improve cardiovascular outcomes in patients with heart failure?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	12/10/24	5/12/24	7.07
Do aircrew members have a higher rate of cancer when compared with the general population?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	12/10/24	3/4/24	9.37
Does OMT reduce length of hospital stay in patients admitted for pneumonia?	WI - Medical College of Wisconsin (Department)	12/6/24	2/9/24	10.03
Does a Mediterranean diet improve glycemic control in patients with type 2 diabetes mellitus?	VA - National Capital Consortium (Fort Belvoir Community Hospital) Program	12/6/24	2/9/24	10.03

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Are breast cancer screening mammograms appropriate for patients younger than 50 years with average risk?	WA - Madigan Army Medical Center Program (Founding)	12/6/24	3/6/24	9.17
In patients with knee osteoarthritis, is viscosupplementation as effective as steroid injections for pain relief?	IL - Southern Illinois University (Carbondale) Program	12/6/24	10/16/23	13.90
What are the comparative long-term (≥1-year) results of GLP-1 receptor agonist therapy and bariatric surgery for weight loss?	CA - David Grant Medical Center Program	12/6/24	3/29/24	8.40
Does tourniquet use on the extremities decrease the morbidity of venomous snakebites?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	12/6/24	3/22/24	8.63
For adult patients with depression successfully treated with SSRIs, does continuing treatment after 1 year lead to higher sustained remission rates versus tapering at 1 year?	IL - U of Chicago (North Shore) Program (Founding)	12/6/24	6/3/24	6.20
What is the most effective pharmacologic adjunct to intranasal steroids in the treatment of allergic rhinitis?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	12/6/24	5/18/24	6.73
			December 2024	8.78
Do patients with moderate-to-severe dementia experience less cognitive decline on memantine monotherapy than patients on both memantine and donepezil?	PA - UPMC St Margaret FMRP	11/15/24	12/14/23	11.23
Is altruism effective in the treatment of adults with unipolar depression?	OK - In His Image at St. John Medical Center	11/15/24	9/17/23	14.17
What is the appropriate management for iliac vein compression syndrome (IVCS)?	CO - St Anthony North FMRP	11/15/24	1/2/24	10.60
Are neurokinin 3 receptor antagonists effective in treatment of menopausal vasomotor symptoms?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	11/15/24	1/16/24	10.13
Does an anti-inflammatory diet reduce risk of breast cancer?	NJ - Rutgers Robert Wood Johnson Medical School FMR	11/6/24	12/6/23	11.20

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Are combined oral contraceptive pills effective for treatment of primary dysmenorrhea?	WA - WWAMI Network Faculty Development Fellowship (Founding)	11/6/24	3/27/24	7.47
In patients with asthma, does the addition of a LAMA to ICS/LABA therapy decrease exacerbations?	TX - Texas Tech University Health Sciences Center at Lubbock FMRP	11/6/24	1/10/24	10.03
Do postpartum home visits reduce EPDS scores compared with no home intervention?	CA - David Grant Medical Center Program	11/6/24	5/3/24	6.23
Is sumatriptan an effective treatment for cyclic vomiting syndrome (CVS)?	PA - UPMC St Margaret FMRP	11/1/24	1/8/24	9.93
Do patients indicated for lipid-lowering therapy experience CV mortality benefits with PCSK9i monotherapy when compared with statin therapy?	PA - UPMC St Margaret FMRP	11/1/24	12/15/23	10.73
Does magnesium supplementation reduce sleep onset latency in adults?	IL - Southern Illinois University (Decatur) Program	11/1/24	11/3/23	12.13
In postpartum patients, does immediate post placenta IUD placement compared with IUD placement at 6 weeks postpartum decrease short-interval pregnancies?	TX - Texas Tech University Health Sciences Center at Lubbock FMRP	11/1/24	1/10/24	9.87
Does in utero exposure to chemical hair relaxers have a negative impact on birth weight or other birth outcomes for infants compared with infants without this exposure?	IL - McGaw Medical Center of Northwestern University/Erie Humboldt Park Program	11/1/24	1/30/24	9.20
			November 2024	9.68
Do oral dentures delay mortality in edentulous community-dwelling elderly?	IL - U of Chicago (North Shore) Program (Founding)	10/29/24	06/19/23	16.60
Does exercise improve symptoms of ADHD?	WA - St Peter Hospital (Olympia) Program (Including RTTs and Pharm Residents) (Founding)	10/29/24	11/09/23	11.83
Do transgender patients who receive gender-affirming hormone therapy have a different incidence of breast cancer compared with cisgender men and cisgender women?	MI - Beaumont Hospital (Troy) FMRP	10/29/24	10/06/23	12.97

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What is the best resource available for primary care providers to screen for post-traumatic stress disorder?	GA - Northside Hospital -Gwinnett Program	10/29/24	10/30/23	12.17
For adult patients hospitalized with mild-to-moderate acute pancreatitis, does early oral feeding lead to decreased length of stay compared with delayed oral feeding?	CA - David Grant Medical Center Program	10/29/24	04/02/24	7.00
What is the most effective pharmacologic treatment to prevent drinking in patients with alcohol use disorder?	WI - WiNC Programs	10/29/24	05/29/24	5.10
Are gonadotropin-releasing hormone analogues effective for treatment of pain due to endometriosis?	WI - WiNC Programs	10/29/24	05/15/24	5.57
In patients with atrial fibrillation with rapid ventricular response, are IV nondihydropyridine calcium channel blockers more effective with heart rate control than IV beta-blockers?	WI - WiNC Programs	10/29/24	04/19/24	6.43
What are the neonatal outcomes in term pregnant patients complaining of decreased fetal movement?	CO - U of Colorado (University Hospital) Program (Founding)	10/29/24	06/22/24	4.30
Does vitamin D supplementation reduce the risk of severe asthma exacerbations or improve asthma symptoms?	WI - WiNC Programs	10/29/24	05/29/24	5.10
Does psilocybin reduce symptoms of depression in adults with major depressive disorder or life-threatening cancer?	WA - Multicare Health System Tacoma Program (Founding)	10/09/24	01/31/24	8.40
In adults with type 2 diabetes, what are the comparative benefits and risks of sodium-glucose cotransporter protein-2 (SGLT-2) inhibitors versus glucagon-like peptide-1 (GLP-1) receptor agonists?	WA - WWAMI Network Faculty Development Fellowship (Founding)	10/09/24	03/24/24	6.63

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Is one dose of Fosfomycin as effective as a five-day course of nitrofurantoin at achieving clinical cure of uncomplicated cystitis in pregnant women?	CA - David Grant Medical Center Program	10/09/24	03/20/24	6.77
Does statin therapy increase the risk of new-onset diabetes?	OK - In His Image at St. John Medical Center	10/02/24	09/15/23	12.77
Does supplementing garlic in patients with hypertension improve blood pressure?	WA - Multicare Health System Tacoma Program (Founding)	10/01/24	02/05/24	7.97
In nondiabetic patients with obesity, do injectable GLP-1 agonists result in increased muscle loss when compared with other weight loss measures?	WI - Medical College of Wisconsin (Department)	10/01/24	01/20/24	8.50
			October 2024	8.63
How much more effective is semaglutide in achieving weight loss than other glucagon-like peptide-1 receptor agonists?	WA - U of Washington FMR Program (Including RTT) (Founding)	9/18/24	2/14/24	7.23
Does delayed antibiotic prescription for uncomplicated upper respiratory infection decrease patient satisfaction?	TX - Texas Tech University Health Sciences Center at Lubbock FMRP	9/17/24	9/28/20	48.33
Is home phototherapy an effective and safe option for treatment of neonatal hyperbilirubinemia?	WA - U of Washington FMR Program (Including RTT) (Founding)	9/3/24	2/16/24	6.67
Does vaginal estrogen therapy increase risk of breast cancer in postmenopausal women?	CA - David Grant Medical Center Program	9/3/24	5/17/24	3.63
Are probiotics effective in prevention of recurrent vulvovaginal candidiasis?	NJ - Rutgers Robert Wood Johnson Medical School FMR	9/3/24	12/6/23	9.07
What are the most common side effects of menstrual cups?	NJ - Rutgers Robert Wood Johnson Medical School FMR	9/3/24	12/7/23	9.03
Are exercise video games effective for rehabilitation of geriatric patients?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	9/3/24	12/27/23	8.37
Does early thrombectomy improve functional outcomes in patients with ischemic stroke compared with medical management?	WA - Multicare Health System Tacoma Program (Founding)	9/3/24	1/31/24	7.20

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		SEPTEMBER 2024		12.44
In patients using Nexplanon for contraception, is there a different failure rate for 3-year exchange versus 5-year exchange?	PA - UPMC St Margaret FMRP	08/20/24	12/13/23	8.37
Does intravenous vitamin C reduce mortality in patients with sepsis?	IL - Southern Illinois University (Decatur) Program	08/15/24	11/22/23	8.90
Do artificial sweeteners increase cancer risk?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	08/08/24	11/17/23	8.83
Is oral magnesium supplementation effective in reducing symptoms following concussion in pediatric patients?	MI - Beaumont Hospital (Troy) FMRP	08/06/24	11/03/23	9.23
In patients with rheumatoid arthritis, does adhering to a certain diet improve outcomes?	IL - Swedish Covenant Hospital Program	08/06/24	11/10/23	9.00
In treating opioid use disorder, does buprenorphine have an increased rate of misuse and diversion compared with buprenorphine–naloxone?	MN - U of Minnesota Department of Family Medicine	08/06/24	04/24/24	3.47
Does pet exposure in early childhood decrease incidence of allergic conditions in pediatric patients?	IL - St Louis University (Southwest Illinois) FMRP	08/06/24	11/07/23	9.10
Does the use of postexposure prophylaxis (PEP) with doxycycline decrease rates of sexually transmitted infections (STI) in men who have sex with men?	PA - UPMC St Margaret FMRP	08/06/24	12/17/23	7.77
Which SSRI is the most effective for treatment of premature ejaculation?	KS - U of Kansas (Wichita)/Via Christi Hospitals Wesley Program	08/06/24	07/10/23	13.10
Does TENS (transcutaneous electrical nerve stimulation) reduce pain from primary dysmenorrhea?	NJ - Rutgers Robert Wood Johnson Medical School FMR	08/02/24	12/06/23	8.00
What are the psychological comorbidities associated with childhood obesity?	IL - Southern Illinois University (Alton) Program	08/02/24	03/18/23	16.77
In the mother who is breastfeeding, does metoclopramide increase milk supply?	TX - Darnell Army Medical Center Program	08/02/24	10/25/23	9.40

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Do children with ADHD who utilize drug holidays note more long-term benefits compared with those who undergo continuous therapy?	CA - David Grant Medical Center Program	08/02/24	04/01/24	4.10
August 2024				8.93
Do patients with chronic kidney disease have a greater risk of acute kidney injury when given intravenous contrast than patients without chronic kidney disease?	IL - Southern Illinois University (Decatur) Program	7/24/24	10/30/23	8.93
What is the best pharmacologic treatment for painful diabetic peripheral neuropathy?	WA - WWAMI Network Faculty Development Fellowship (Founding)	7/16/24	3/22/24	3.87
Among adults with tobacco use disorder, is varenicline treatment more effective than bupropion for tobacco cessation?	WA - Multicare Health System Tacoma Program (Founding)	7/12/24	1/31/24	5.43
What are the best screening tools for anxiety in children?	WA - MultiCare Good Samaritan Hospital - East Pierce FMR (Founding)	7/12/24	8/3/23	11.47
What are the most useful clinical findings for diagnosing acute sinusitis?	IA - U of Iowa Hospitals and Clinics FMRP	7/12/24	12/18/23	6.90
Is boric acid effective at treating bacterial vaginosis?	CO - U of Colorado (University Hospital) Program (Founding)	7/10/24	1/16/24	5.87
Does gender-affirming care improve the mental health of transgender people?	TX - Darnell Army Medical Center Program	7/10/24	10/13/23	9.03
In elderly patients with unilateral subsegmental pulmonary emboli, does therapeutic anticoagulation improve mortality?	MI - U P Health System-Marquette Program	7/10/24	3/23/23	15.83
Do transgender patients receiving gender-affirming hormone therapy have an increased risk of developing type 2 diabetes mellitus compared with patients not receiving gender-affirming hormone therapy?	OK - In His Image at St. John Medical Center	7/10/24	9/15/23	9.97

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In patients with atherosclerotic cardiovascular disease, is moderately intensive statin plus ezetimibe as effective as high dosed statin therapy?	IL - Swedish Covenant Hospital Program	7/1/24	11/11/23	7.77
July 2024				8.51
Does a low FODMAP diet reduce IBS symptoms compared with other diets?	WA - Multicare Health System Tacoma Program (Founding)	06/27/24	01/31/24	4.93
In a child with ADHD and a history of seizure, can stimulants safely be prescribed without significantly increasing the risk of recurrent seizure?	WI - Medical College of Wisconsin (Department)	06/27/24	09/04/23	9.90
Do patients treated with topical diclofenac gel have significantly different rates of GI bleeding compared with oral NSAIDS?	IA - U of Iowa Hospitals and Clinics FMRP	06/27/24	12/14/23	6.53
In patients with pre-eclampsia requiring magnesium sulfate, is 12 hours as effective as 24 hours postpartum treatment?	CO - U of Colorado (University Hospital) Program (Founding)	06/27/24	08/25/23	10.23
Do platelet-rich plasma lateral hip (Greater Trochanteric Pain Syndrome) injections improve patient pain scores compared to corticosteroid injections?	MI - Trinity Health Livingston FMRP	06/18/24	08/07/23	10.53
Does the use of stem-cell injection therapy benefit duration of healing in adults with large joint injuries?	TX - Texas Tech University Health Sciences Center at Lubbock FMRP	06/18/24	01/15/23	17.33
Is adjunctive treatment with blue-blocking glasses (virtual darkness) or dark therapy effective in decreasing the duration and severity of bipolar-associated manic episodes in adults?	MO - U of Missouri - Columbia Family Medicine (Founding)	06/18/24	05/29/23	12.87
Which GLP1 receptor agonist approved for weight loss is the most effective at achieving weight loss?	WA - Skagit Regional Health Program (Founding)	06/18/24	08/22/23	10.03

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Is nifedipine an effective treatment for chilblains?	MN - U of Minnesota Department of Family Medicine	06/17/24	07/29/23	10.80
In pregnant patients receiving treatment for opioid use disorder, does methadone reduce rates of neonatal opioid withdrawal syndrome compared to buprenorphine?	WA - Multicare Health System Tacoma Program (Founding)	06/17/24	01/31/24	4.60
Is early AROM (<4 cm) a safe intervention in labor inductions/augmentation?	CO - U of Colorado (University Hospital) Program (Founding)	06/13/24	02/29/24	3.50
Is brexanolone effective in treating postpartum depression?	MO - U of Missouri - Columbia Family Medicine (Founding)	06/13/24	08/27/23	9.70
Are Vivitrol injections more effective than daily naltrexone in alcohol cessation?	CO - U of Colorado (University Hospital) Program (Founding)	06/12/24	02/20/24	3.77
Are progesterone-releasing intrauterine systems effective in the management of heavy menstrual bleeding?	NC - Cone Health Program (Founding)	06/11/24	04/19/23	13.97
Does outpatient psychotherapy decrease self-harm in the adolescent population?	WI - Medical College of Wisconsin (Department)	06/11/24	06/27/23	11.67
Does an amniotomy reduce duration of labor?	MO - U of Missouri - Columbia Family Medicine (Founding)	06/11/24	11/15/23	6.97
Is hypnosis an effective intervention for weight loss?	TX - Darnell Army Medical Center Program	06/11/24	07/17/23	11.00
What medication most effectively prevents acute mountain sickness?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	06/11/24	03/21/23	14.93
Is FIT as good as colonoscopy/sigmoidoscopy in the detection of precancerous adenomas in the average-risk population?	IA - U of Iowa Hospitals and Clinics FMRP	06/07/24	12/14/23	5.87
In patients with diet-controlled gestational diabetes, does the addition of metformin decrease the risk of infant macrosomia?	MN - U of Minnesota Department of Family Medicine	06/07/24	01/25/24	4.47
For patients at high risk of leptospirosis, are available prophylaxis options preferable to no prophylaxis for preventing leptospirosis infection?	HI - Tripler Army Medical Center Program	06/04/24	04/06/22	26.33

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Are ACE inhibitors less effective as monotherapy for hypertension in Black patients?	TX - U of Texas Health Science Center at Tyler	06/04/24	11/02/21	31.50
Is saffron administration equally effective as SSRI in treating major depressive disorder in adults?	OK - In His Image at St. John Medical Center	06/04/24	10/19/23	7.63
In people with heavy menstrual bleeding, is TXA effective at reducing the amount of bleeding compared with placebo?	WA - Multicare Health System Tacoma Program (Founding)	06/04/24	01/31/24	4.17
			June 2024	10.55
Is the Epley maneuver the most effective technique for improving symptoms in benign paroxysmal peripheral vertigo?	MI - Trinity Health Livingston FMRP	5/30/24	8/7/23	9.90
In nondiabetic adults with obesity, does a ketogenic diet improve weight loss compared with a low-calorie diet?	IL - U of Chicago (North Shore) Program (Founding)	5/30/24	5/31/23	12.17
Is cannabidiol effective for decreasing pain in adults with osteoarthritis?	TX - Texas Tech University Health Sciences Center at Lubbock FMRP	5/30/24	1/28/23	16.27
In patients without known anxiety at baseline, how effectively do psychological and educational interventions prevent new-onset anxiety disorders?	CA - Valley FMR Modesto	5/9/24	10/3/22	19.47
Does inspiratory muscle strengthening reduce blood pressure?	IL - Southern Illinois University (Carbondale) Program	5/9/24	9/6/23	8.20
Can depression severity be reduced with yoga practice?	MO - U of Missouri - Columbia Family Medicine (Founding)	5/9/24	4/20/23	12.83
In patients with presumed adhesive small bowel obstruction, does management with a water-soluble contrast protocol improve outcomes compared with usual care?	MN - U of Minnesota Department of Family Medicine	5/9/24	3/7/24	2.10
Is patiromer a safe and effective treatment for hyperkalemia in patients with heart failure (HF) on goal-directed medical therapy?	WI - Madison Family Medicine Residency Program - U of Wisconsin (Founding)	5/9/24	9/23/23	7.63

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
MAY 2024				11.07
Should antenatal corticosteroids be used in the late preterm period in pregnant patients with pregestational or gestational diabetes?	NC - U of North Carolina FMR Program (Founding)	04/26/24	07/17/23	9.47
Do self-collected HPV tests improve rates of cervical cancer screening?	UT - Utah Valley FMR	04/24/24	11/16/23	5.33
Are topical NSAIDs as effective as oral NSAIDs for treatment of osteoarthritis pain in adults?	MI - Beaumont Hospital (Troy) FMRP	04/24/24	05/04/23	11.87
Is coenzyme Q10 supplementation effective for migraine prophylaxis compared with placebo?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	04/18/24	03/25/23	13.00
Does hypoglossal nerve stimulation decrease disease severity in those with obstructive sleep apnea?	MO - U of Missouri - Columbia Family Medicine (Founding)	04/18/24	04/26/23	11.93
Does long-term use of creatine for athletic performance have adverse effects in adult athletes?	IA - U of Iowa Hospitals and Clinics FMRP	04/18/24	12/16/23	4.13
In patients with high blood pressure, are ACE-I/ARB more effective than CCB in reducing systolic blood pressure?	WI - Fox Valley FMRP - Medical College of Wisconsin	04/05/24	05/23/23	10.60
How effective is the bivalent prefusion F vaccine versus the RSV pref protein vaccine in preventing RSV in older adults?	IL - Southern Illinois University (Quincy) Program	04/05/24	09/12/23	6.87
In patients with chronic low back pain, does sensory training reduce pain intensity?	NV - U of Nevada School of Medicine Las Vegas	04/05/24	08/28/23	7.37
Do opioid antagonists (naltrexone) lead to better tobacco cessation compared with placebo?	WA - Multicare Health System Tacoma Program (Founding)	04/05/24	01/03/23	15.27
In patients who endorse heavy cannabis use, is there an increased risk for lung cancer?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	04/05/24	05/19/23	10.73
Is ashwagandha effective at reducing anxiety symptoms in adults?	CA - David Grant Medical Center Program	04/05/24	10/03/23	6.17

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
In patients with advanced chronic kidney disease (stage IV or V), does the continued use of renin–angiotensin system inhibitors have a worsening effect on renal function?	IL - Swedish Covenant Hospital Program	04/05/24	11/10/23	4.90
In patients with type II diabetes mellitus, is gabapentin or an SNRI more effective at treating symptoms of diabetic neuropathy?	UT - Utah Valley FMR	04/05/24	11/16/23	4.70
Is exercise therapy effective for low back/pelvic pain in pregnant patients in the second or third trimester?	CO - U of Colorado (University Hospital) Program (Founding)	04/05/24	12/31/23	3.20
Is HbA1c an appropriate diagnostic tool for gestational diabetes?	UT - Utah Valley FMR	04/05/24	01/07/24	2.97
Is Helicobacter pylori eradication effective for prevention of peptic ulcer bleeding in adult patients using aspirin?	GA - Dwight David Eisenhower Army Medical Center Program	04/01/24	06/07/23	9.97
			APRIL 2024	8.15
How effective and safe are hyaluronic acid injections for pain and function in patients with knee osteoarthritis?	WA - WWAMI Network Faculty Development Fellowship (Founding)	3/28/24	4/4/23	11.97
Does treatment with CPAP reduce atrial fibrillation in patients with AF and obstructive sleep apnea?	MO - U of Missouri - Columbia Family Medicine (Founding)	3/28/24	12/30/22	15.13
Does buprenorphine reduce mortality in adults with opioid use disorder compared with methadone?	IL - U of Chicago (North Shore) Program (Founding)	3/28/24	5/23/23	10.33
Does turmeric supplementation reduce osteoarthritis pain?	WI - Madison Family Medicine Residency Program - U of Wisconsin (Founding)	3/28/24	2/13/23	13.63
In postmenopausal women with osteoporosis, is denosumab better at preventing axial and appendicular fractures than bisphosphonates?	MO - U of Missouri - Columbia Family Medicine (Founding)	3/28/24	5/30/23	10.10
Should pregnant patients fast before their one-hour glucose tolerance test?	CO - U of Colorado (University Hospital) Program (Founding)	3/28/24	1/8/24	2.67

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
For adult patients hospitalized with acute pancreatitis, does treatment with moderate intravenous fluids improve outcomes compared with treatment with aggressive intravenous fluids?	MN - U of Minnesota Department of Family Medicine	3/28/24	1/4/24	2.80
Do intra-articular ketorolac injections provide similar relief to corticosteroid injections in patients with knee and hip osteoarthritis?	MI - Beaumont Hospital (Troy) FMRP	3/26/24	3/3/23	12.97
At what concentration does HDL-C no longer confer mortality benefit in men and women?	NE - U of Nebraska Medical Center College of Medicine (Offutt Air Force Base FMR)	3/26/24	4/29/23	11.07
Does tai chi improve insomnia in older adults compared with no intervention?	IL - U of Chicago (North Shore) Program (Founding)	3/26/24	6/1/23	9.97
In adults with chronic migraine, is neuromodulatory therapy effective for reducing migraine frequency and severity of pain?	IL - U of Chicago (North Shore) Program (Founding)	3/26/24	7/19/23	8.37
For women with medically managed abortion, what is the relative efficacy and safety of combined mifepristone/misoprostol compared with misoprostol alone?	UT - Utah Valley FMR	3/26/24	9/5/23	6.77
In adults with fibromyalgia, does cannabis compared with placebo result in pain reduction?	OK - In His Image at St. John Medical Center	3/12/24	9/28/22	17.70
Does food insecurity increase the risk of metabolic syndrome or obesity?	WI - Medical College of Wisconsin (Department)	3/8/24	2/10/23	13.07
		MARCH 2024		10.47
Does OMT reduce symptoms of obstructive pulmonary disorders?	IN - Indiana University School of Medicine (Arnett) Program	02/28/24	03/14/23	11.70
In a resource-limited setting, what interventions most greatly decrease unplanned pregnancies?	HI - Tripler Army Medical Center Program	02/28/24	06/12/23	8.70

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
What is the risk of asthma exacerbation for pregnant patients with a history of asthma who are put on labetalol for hypertension?	NC - U of North Carolina FMR Program (Founding)	02/28/24	05/18/23	9.53
What is the best treatment for shin splints?	CA - David Grant Medical Center Program	02/21/24	07/19/23	7.23
In patients with acute respiratory distress syndrome (ARDS), does stem cell treatment versus standard of care reduce days of ventilation and mortality?	IL - Southern Illinois University (Carbondale) Program	02/20/24	05/30/23	8.87
Are children exposed to intimate partner or domestic violence at increased risk of developing childhood obesity?	IL - U of Chicago (North Shore) Program (Founding)	02/20/24	06/21/23	8.13
Are adverse childhood experiences associated with depression and is there a dose-response relationship?	AL - Cahaba UAB FMR (Highlands & Urban)	02/20/24	03/27/23	11.00
Do SGLT-2 inhibitors agents have an effect on all-cause mortality in patients with diabetes type 2?	WI - Medical College of Wisconsin (Department)	02/20/24	03/07/23	11.67
Does pelvic floor physical therapy after delivery help reduce urinary incontinence?	WA - Multicare Health System Tacoma Program (Founding)	02/14/24	02/09/23	12.33
Is vitamin D supplementation effective in improving patient-oriented outcomes in patients with PCOS?	CA - David Grant Medical Center Program	02/14/24	03/26/23	10.83
Do adverse childhood events (ACEs) increase the incidence of eating disorders in adults?	FL - Florida State University College of Medicine/Lee Memorial Health System	02/14/24	04/03/23	10.57
Are systemic steroids effective for treatment of acute low back pain in adults?	FL - Florida State University College of Medicine/Lee Memorial Health System	02/14/24	04/04/23	10.53
In patients treated medically for opioid use disorder, is there a correlation between relapse rate and socioeconomic status?	WI - Baraboo Rural Training Track - U of Wisconsin (Founding)	02/14/24	04/14/23	10.20

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Do exercise regimens in patients with heart failure decrease risk of heart failure exacerbations or cardiovascular events?	VA - National Capital Consortium (Fort Belvoir Community Hospital) Program	02/14/24	05/22/23	8.93
Is a restrictive strategy noninferior to a liberal strategy of blood transfusion in adults with acute myocardial infarction and anemia?	GA - Dwight David Eisenhower Army Medical Center Program	02/14/24	05/08/23	9.40
Do statins prevent major adverse cardiac events (MACEs) in adults with low-risk or borderline-risk ASCVD?	FL - Florida State University College of Medicine/Lee Memorial Health System	02/14/24	04/04/23	10.53
Does intermittent fasting improve markers of glucose tolerance more than caloric restriction diets or usual care in patients at risk for type 2 diabetes mellitus?	MN - U of Minnesota Department of Family Medicine	02/14/24	07/16/23	7.10
Does tai chi improve fibromyalgia symptoms more than aerobic exercise?	WA - Skagit Regional Health Program (Founding)	02/13/24	08/21/21	30.20
In patients with obstructive sleep apnea (OSA) and nasal obstruction does nasal surgery improve continuous positive airway pressure (CPAP) compliance?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	02/06/24	03/24/23	10.63
Does supplementation with probiotics affect BMI in obese adults?	OK - U of Oklahoma School of Community Medicine, Tulsa	02/06/24	03/13/23	11.00
Should direct oral anticoagulants (DOACs) be held before dental procedures?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	02/06/24	03/28/23	10.50
What is the net cost/benefit for extent of in-office discussion, measured in financial terms and patient satisfaction ratings?	NC - U of North Carolina FMR Program (Founding)	02/06/24	03/31/23	10.40
Do carbohydrate-restrictive/keto diets, compared with moderate/high carbohydrate diets, increase all-cause and cause-specific mortality?	WV - United Hospital Center FMR	02/06/24	12/13/22	14.00
Does decreased sugar consumption improve LDL levels in adults with hyperlipidemia?	CA - David Grant Medical Center Program	02/06/24	09/01/23	5.27

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does beetroot juice reduce high-altitude illness?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	02/06/24	05/04/23	9.27
Is topical testosterone less likely to cause polycythemia than IM testosterone in patients on testosterone replacement therapy?	CO - U of Colorado (University Hospital) Program (Founding)	02/06/24	10/23/23	3.53
Is quetiapine an effective treatment for generalized anxiety disorder?	IL - Southern Illinois University (Carbondale) Program	02/06/24	03/25/23	10.60
			FEBRUARY 2024	10.47
What is the optimal oral glycemic control medication for patients with diabetic kidney disease?	MI - U P Health System-Marquette Program	1/25/24	4/7/23	9.77
Is paxlovid effective for prevention of COVID-19 complications in vaccinated patients?	KS - U of Kansas (Wichita)/Via Christi Hospitals Wesley Program	1/25/24	5/2/23	8.93
Is dietary sodium restriction superior to regular diet in hospitalized patients with heart failure to decrease length of stay?	UT - Utah Valley FMR	1/25/24	8/7/23	5.70
In pregnant patients with a history of prior fetal growth restriction, does the addition of 81 mg aspirin reduce rates of fetal growth restriction compared with no prophylaxis?	IL - St Louis University (Southwest Illinois) FMRP	1/25/24	9/27/22	16.17
Does the long-term use of proton pump inhibitors increase the risk of gastric cancer among adult patients?	NJ - Rutgers Robert Wood Johnson Medical School FMR	1/25/24	1/8/23	12.73
Do symptom-triggered versus fixed, scheduled doses of benzodiazepines improve outcomes for hospitalized patients with alcohol withdrawal?	WA - U of Washington FMR Program (Including RTT) (Founding)	1/25/24	1/26/23	12.13
In patients with preoperative anxiety, is pharmacological treatment or acupuncture therapy more effective at reducing anxiety symptoms?	IA - U of Iowa Hospitals and Clinics FMRP	1/25/24	12/20/22	13.37
Does universal syphilis rescreening in the third trimester improve neonatal outcomes?	CO - U of Colorado (University Hospital) Program (Founding)	1/25/24	7/25/23	6.13

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
After placement of a newer-generation drug-eluting coronary artery stent in a patient with a high bleeding risk, does one month of dual antiplatelet therapy effectively reduce the incidence of major bleeding while also maintaining stent effectiveness?	GA - Dwight David Eisenhower Army Medical Center Program	1/25/24	4/17/23	9.43
Does melatonin improve sleep-onset insomnia and sleep duration in pediatric patients with ADHD?	NJ - Inspira Health Network-Inspira Medical Center - Mullica Hill Program	1/17/24	4/24/23	8.93
Do antipsychotics increase the risk of morbidity and mortality in adult hospitalized patients?	IL - Southern Illinois University Program (Springfield)	1/11/24	11/29/22	13.60
Are mindfulness-based interventions effective in the treatment of adult ADHD?	WA - MultiCare Good Samaritan Hospital - East Pierce FMR (Founding)	1/11/24	8/31/22	16.60
Is osteopathic manipulative treatment effective for pain relief in plantar fasciitis?	MI - St. Joseph Mercy (Livingston) Hosp Program	1/11/24	10/28/22	14.67
Is cognitive behavioral therapy an effective treatment approach for adult ADHD?	WV - United Hospital Center FMR	1/11/24	12/23/22	12.80
In adult patients with asthma, does regular aerobic exercise improve asthma symptoms as compared with patients with asthma who do not regularly exercise?	MI - U P Health System-Marquette Program	1/11/24	1/21/23	11.83
Does omega-3 fatty acid supplementation provide cardiovascular benefits?	WI - Medical College of Wisconsin (Department)	1/11/24	1/31/23	11.50
What are the most effective screening tools for adolescents at risk of suicide?	CAN- Trillium Health Care	1/11/24	3/15/23	10.07
Is wearable technology accurate at detecting atrial fibrillation?	NJ - Inspira Health Network-Inspira Medical Center - Mullica Hill Program	1/11/24	4/6/23	9.33
What is the most effective and safest treatment of depression after CABG?	WI - WiNC Programs	1/11/24	5/11/23	8.17
Does testosterone supplementation improve sexual function in postmenopausal women?	MN - U of Minnesota Department of Family Medicine	1/11/24	7/31/23	5.47
			JANUARY 2024	10.87

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does the use of procalcitonin and C-reactive protein to guide antibiotic use decrease antibiotic duration in hospitalized patients?	MO - U of Missouri - Columbia Family Medicine (Founding)	12/26/23	12/04/22	12.90
In hospitalized patients, does the use of earplugs at night decrease the incidence of hospital-acquired delirium?	TX - Texas Tech University Health Sciences Center at Lubbock FMRP	12/19/23	01/15/23	11.27
In adults with migraines, does daily topiramate reduce the number of migraine days?	IA - U of Iowa Hospitals and Clinics FMRP	12/19/23	12/03/22	12.70
Does the baby-led weaning feeding strategy decrease choking incidents in children younger than 18 months old?	OK - U of Oklahoma School of Community Medicine, Tulsa	12/05/23	03/10/23	9.00
		DECEMBER 2023		11.47
Do naloxone access laws decrease opioid-related deaths?	IN - Indiana University School of Medicine (Arnett) Program	11/28/23	6/19/23	5.40
Do higher maternal choline levels correlate with improved neonatal outcomes in pregnant women with respiratory infections?	FL - Florida State University College of Medicine/Lee Memorial Health System	11/28/23	6/26/22	17.33
Is sickle cell trait associated with exertional rhabdomyolysis in adults?	WA - Madigan Army Medical Center Program (Founding)	11/10/23	11/1/22	12.47
Is there significant cardiovascular risk associated with long-term phentermine use?	MI - St. Joseph Mercy (Livingston) Hosp Program	11/8/23	2/18/22	20.93
Are probiotics effective at improving symptoms in adults with atopic dermatitis?	OK - U of Oklahoma School of Community Medicine, Tulsa	11/7/23	3/13/23	7.97
Is cannabis use associated with greater self-harm in patients with mood disorders?	CAN- Trillium Health Care	11/7/23	4/14/22	19.07
What is the optimum target blood pressure goal for pregnant persons with chronic hypertension?	NC - U of North Carolina FMR Program (Founding)	11/7/23	3/8/23	8.13
What are the most effective strategies to reduce SIDS?	CO - U of Colorado (University Hospital) Program (Founding)	11/7/23	5/8/23	6.10
What is the most sensitive and specific imaging technique for identifying pheochromocytomas?	WA - Madigan Army Medical Center Program (Founding)	11/7/23	2/23/23	8.57

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does CPAP adherence decrease mortality in those with OSA?	CA - David Grant Medical Center Program	11/7/23	3/24/23	7.60
Is virtual screening for cognitive impairment using validated screening tools as accurate as in-person assessment in older adults?	NJ - Rutgers Robert Wood Johnson Medical School FMR	11/6/23	1/8/23	10.07
Is CBT effective for treating delayed sleep onset in adults?	WI - WiNC Programs	11/3/23	6/9/23	4.90
Do intra-articular corticosteroid injections help delay knee replacement surgery in patients with knee osteoarthritis?	CO - U of Colorado (University Hospital) Program (Founding)	11/3/23	5/24/23	5.43
In women with polycystic ovarian syndrome, does a combination of metformin and oral contraceptive pills work better than either agent alone for the symptom of hirsutism?	UT - Utah Valley FMR	11/3/23	5/25/23	5.40
Should the presence of chronic kidney disease preclude intravenous contrast administration when considering computed tomography imaging?	UT - Utah Valley FMR	11/3/23	12/16/22	10.73
Are women with a history of sexual trauma at an increased risk of developing chronic pelvic pain compared with women without this history?	TX - Darnell Army Medical Center Program	11/3/23	11/15/22	11.77
Does stress management improve outcomes in patients with heart disease?	WI - Medical College of Wisconsin (Department)	11/3/23	2/13/23	8.77
Does stopping statin therapy used for primary prevention in older persons increase the risk of fatal or nonfatal cardiovascular outcomes?	WA - WWAMI Network Faculty Development Fellowship (Founding)	11/3/23	3/25/23	7.43
Is pramipexole an effective adjunctive treatment for treatment-resistant depression?	WI - Madison Family Medicine Residency Program - U of Wisconsin (Founding)	11/3/23	12/12/22	10.87
			NOVEMBER 2023	9.94

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Is tadalafil effective in treating lower urinary tract symptoms in males with benign prostatic hyperlasia?	HI - Tripler Army Medical Center Program	10/25/23	01/11/23	9.57
Does treatment with daily antihistamines decrease the severity of interstitial cystitis symptoms?	TX - U of Texas Medical Branch FMRP	10/26/23	10/28/22	12.10
In patients with elevated blood pressure, does resistance training reduce blood pressure?	UT - Utah Valley FMR	10/19/23	06/30/23	3.70
Are corticosteroids useful in the treatment of rebound headache?	AL - Gadsden Regional Medical Center Program	10/19/23	04/20/23	6.07
Is observation a reasonable management option for toddler's fracture?	WA - U of Washington FMR Program (Including RTT) (Founding)	10/19/23	05/17/23	5.17
Is nitrous oxide an effective monotherapy for labor pain?	WI - WiNC Programs	10/19/23	05/16/23	5.20
Is acupuncture an effective treatment for diabetic gastroparesis?	AL - Cahaba UAB FMR	10/19/23	03/27/23	6.87
In adults patients with gastroesophageal reflux disease, is twice-daily proton pump inhibitor dosing more effective than once-daily dosing in relieving symptoms?	MN - U of Minnesota Department of Family Medicine	10/19/23	04/20/23	6.07
Is psilocybin effective for treatment of depression?	WA - U of Washington FMR Program (Including RTT) (Founding)	10/19/23	04/02/23	6.67
Is viscosupplementation more effective at controlling pain than steroid injections for adult patients with glenohumeral osteoarthritis?	NJ - Rutgers Robert Wood Johnson Medical School FMR	10/19/23	01/08/23	9.47

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does obesity (body mass index ≥ 30 kg/m ²) change effectiveness of hormonal contraceptives in women?	AL - Gadsden Regional Medical Center Program	10/19/23	02/21/23	8.00
Is acupuncture combined with usual medical care more effective than usual medical care alone for the treatment of knee osteoarthritis pain?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	10/19/23	03/09/23	7.47
Comparing screening for gestational diabetes mellitus, does the one-step or two-step approach lead to improved maternal and newborn outcomes?	WA - WWAMI Network Faculty Development Fellowship (Founding)	10/16/23	03/25/23	6.83
Do statins increase the risk for the development of diabetes?	TX - John Peter Smith Hospital	10/16/23	12/01/22	10.63
Does erenumab provide better prophylactic treatment than topiramate for patients with migraine headaches?	IL - SIU Springfield FMRP	10/16/23	10/31/22	11.67
Does regular ingestion of whole cranberries, cranberry juice, or products containing these as whole ingredients prevent recurrent urinary tract infections in women?	PA - UPMC St Margaret FMRP	10/13/23	01/02/23	9.47
Are primary care providers able to effectively use motivational interviewing techniques in clinic?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	10/13/23	04/07/23	6.30
How much do oral NSAIDs increase bleeding risk in patients on anticoagulation therapy?	TX - Texas Tech University Health Sciences Center at Lubbock FMRP	10/13/23	10/01/21	24.73
use disorder and elevated baseline liver transaminases cause further liver injury compared with acamprosate and gabapentin?	WI - Madison Family Medicine Residency Program - U of Wisconsin (Founding)	10/13/23	12/31/22	9.53

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Are pregnant women with opioid use disorder managed with buprenorphine, does discontinuing buprenorphine before labor	OK - In His Image at St. John Medical Center	10/13/23	10/10/22	12.27
What are effective interventions for recurrent yeast vaginitis?	WA - WWAMI Network Faculty Development Fellowship (Founding)	10/13/23	03/24/23	6.77
Is transdermal buprenorphine more effective than sustained-release tramadol for treatment of pain in adults?	PA - UPMC St Margaret FMRP	10/13/23	12/05/22	10.40
Is triptan therapy a safe option for acute migraine in pregnancy?	WI - Medical College of Wisconsin (Department)	10/13/23	02/10/23	8.17
What are the effective medication treatments of leg cramps in pregnancy?	CO - U of Colorado (University Hospital) Program (Founding)	10/13/23	02/24/23	7.70
Is ketamine effective for treatment-resistant depression?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	10/04/23	12/19/22	9.63
In pregnant women with a history of depression, does the use of a selective norepinephrine reuptake inhibitor during pregnancy increased the risk of congenital malformation compared with a selective serotonin reuptake inhibitor?	PA - UPMC St Margaret FMRP	10/04/23	12/30/22	9.27
Does smoking cessation improve mental health in adult smokers?	IL - Southern Illinois University Program (Springfield)	10/04/23	11/07/22	11.03
Does using the FIFA 11+ training program reduce the incidence of injuries in soccer players?	TX - John Peter Smith Hospital (Tarrant County Hospital District) Program	10/04/23	11/15/22	10.77
Does infection with COVID-19 in pregnant women increase the risk of developing preeclampsia?	GA - Dwight David Eisenhower Army Medical Center Program	10/04/23	09/30/22	12.30
Is evening primrose oil an effective treatment of mastalgia?	IL - Southern Illinois University (Carbondale) Program	10/04/23	04/02/22	18.33
			OCTOBER 2023	9.40

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does hair dye use increase the risk of breast cancer?	CA - Valley Consortium for Medical Education FMRP	9/25/23	8/10/22	13.70
Does psychoeducation added to standard cardiac rehabilitation reduce subsequent mortality or cardiovascular disease events?	WA - Multicare Health System Tacoma Program (Founding)	9/13/23	1/15/23	8.03
Is sports participation a protective factor in adolescent depression?	MI - Beaumont Hospital (Troy) FMRP	9/13/23	10/31/22	10.57
Does regular physical activity improve sleep duration and quality in adults?	IA - U of Iowa Hospitals and Clinics FMRP	9/13/23	1/8/23	8.27
What pharmacologic interventions are effective for preventing upper gastrointestinal bleeding in patients admitted to intensive care units?	AL - Cahaba UAB FMR	9/13/23	4/10/22	17.37
Is haloperidol alone (rapid tranquilization) an effective and safe treatment for psychosis-induced aggression or agitation?	CA - Valley Consortium for Medical Education FMRP	9/13/23	8/31/22	12.60
What are effective strategies for treating antidepressant-induced sexual dysfunction in women?	WA - Madigan Army Medical Center Program (Founding)	9/12/23	12/5/22	9.37
What are the benefits and harms of statin treatment for familial hypercholesterolemia in children/adolescents?	WV - United Hospital Center FMR	9/8/23	2/28/23	6.40
Is MRI or galactography better for diagnosing the cause of pathologic nipple discharge in women?	IL - Loyola MacNeal FMRP	9/8/23	11/18/22	9.80
Are medical abortions performed at home associated with higher rates of complications compared with those performed under supervision in the office?	WA - Multicare Health System Tacoma Program (Founding)	9/8/23	1/15/23	7.87
Do steroids help reduce symptoms of laryngitis (ie, vocal recovery)?	CO - U of Colorado (University Hospital) Program (Founding)	9/8/23	2/16/23	6.80
Have ketosis diets been shown to provide sustained weight loss?	IL - Southern Illinois University (Alton) Program	9/8/23	3/7/23	6.17

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
In patients with diabetes and periodontitis, does periodontal treatment improve glycemic control?	IL - SIU Springfield FMRP	9/8/23	11/8/22	10.13
Does chronic inhaled corticosteroid use in adult patients with COPD increase risk of pneumonia?	TX - Texas Tech University Health Sciences Center at Lubbock FMRP	9/8/23	3/11/23	6.03
What is the most effective treatment for mild-to-moderate acne vulgaris?	WA - U of Washington FMR Program (Including RTT) (Founding)	9/8/23	1/25/23	7.53
			SEPTEMBER 2023	9.38
Is oral misoprostol as safe and effective as vaginal misoprostol for cervical ripening in full-term women?	MN - U of Minnesota Department of Family Medicine	08/31/23	10/30/22	10.17
In adults with NVAf, which interventions best balance the prevention of thromboembolic events: stroke and systemic embolism with safety from bleeding complications?	TX - U of Texas Medical Branch FMRP	08/31/23	10/25/22	10.33
Do intra-articular stem cell injections improve pain and function in patients with osteoarthritis of the knee?	IL - Southern Illinois University (Decatur) Program	08/30/23	11/03/22	10.00
Are hypertonic saline nebulizer treatments effective for inpatient treatment of bronchiolitis?	WI - WinC Programs	08/30/23	06/03/22	15.10
Does supplementation with vitamin D reduce the severity of symptoms in premenopausal women with premenstrual syndrome?	OK - In His Image at St. John Medical Center	08/30/23	10/10/22	10.80
Are oral antifungals more effective than intravaginal antifungals at treating women with uncomplicated vulvovaginal candidiasis?	WA - Multicare Health System Tacoma Program (Founding)	08/30/23	01/09/23	7.77
Does vitamin B2 help with reducing migraine frequency and severity?	CA - Valley Consortium for Medical Education FMRP	08/28/23	11/16/21	21.67

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Do ketogenic diets help pediatric patients with ADHD?	AL - U of South Alabama Program	08/24/23	09/16/22	11.40
In patients with plantar fasciitis, do corticosteroid injections provide equal or greater pain relief outcomes compared with alternative treatment options?	AL - U of South Alabama Program	08/24/23	10/31/22	9.90
In patients with suspected appendicitis, what is the diagnostic accuracy of ultrasound?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	08/21/23	11/30/22	8.80
Is practicing yoga an effective alternative treatment for anxiety?	MO - U of Missouri - Columbia Family Medicine (Founding)	08/21/23	01/17/23	7.20
Does the use of curcumin increase the likelihood of remission in patients with inflammatory bowel disease?	WA - U of Washington FMR Program (Including RTT) (Founding)	08/21/23	01/18/22	19.33
In postpartum women, does any form of immediate postpartum contraception decrease pregnancy rates at 1 year compared to delayed postpartum contraception?	WA - Multicare Health System Tacoma Program (Founding)	08/18/23	02/18/22	18.20
Is CBT an effective intervention for weight loss?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	08/16/23	07/28/22	12.80
Which methods of contraceptive counseling result in the highest patient satisfaction when measured within 6 months of contraceptive counseling?	eide, ward, johnson	08/16/23	01/31/23	6.57
Do orthostatic vital signs have utility in the evaluation of syncope?	FL - US Air Force Regional Hospital Program (Eglin)	08/15/23	10/06/21	22.60
Does the 52-mg levonorgestrel intrauterine device have the same efficacy as the copper intrauterine device when used for postcoital ("emergency") contraception?	IL - Southern Illinois University (Alton) Program	08/15/23	12/01/21	20.73

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does screening for adverse childhood experiences in pediatric patients increase referrals to community services or engagement with behavioral health services compared to no screening?	WA - U of Washington FMR Program (Including RTT) (Founding)	08/15/23	10/14/22	10.17
Are there any patient-centered pre-procedural interventions to reduce pain associated with endometrial biopsy?	WV - United Hospital Center FMR	08/11/23	05/10/22	15.27
In patients with type 2 diabetes, do glucagon-like peptide-1 receptor agonists reverse non-alcoholic fatty liver disease?	IL - Southern Illinois University (Decatur) Program	08/11/23	10/17/22	9.93
In overweight adult patients with type 2 diabetes, is tirzepatide as effective for weight loss compared to existing GLP1 agonists (i.e. Ozempic)?	PA - UPMC St Margaret FMRP	08/11/23	12/19/22	7.83
Are gabapentinoid medications effective vs. placebo for pain control in adult patients with fibromyalgia?	OK - In His Image at St. John Medical Center	08/11/23	10/31/22	9.47
Does mode of delivery influence the development of postpartum depression in women of childbearing age?	OK - In His Image at St. John Medical Center	08/11/23	01/06/23	7.23
What is the best type of oral solution for adults to consume during exercise to decrease dehydration effects?	NJ - Rutgers Robert Wood Johnson Medical School FMR	08/11/23	01/08/23	7.17
Does topical NSAID use in adults increase the risk of gastrointestinal bleeding compared to oral NSAID use?	TX - Texas Tech University Health Sciences Center at Lubbock FMRP	08/11/23	01/16/23	6.90
		AUGUST 2023		11.89
Is naltrexone/bupropion an effective adjunct therapy to lifestyle modification in weight loss?	IN - Indiana University School of Medicine (Arnett) Program	7/25/23	1/27/23	5.97

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
In adult women with stress urinary incontinence, do pelvic floor muscle exercises improve incontinence severity and therefore quality of life?	WA - Multicare Health System Tacoma Program (Founding)	7/25/23	1/17/23	6.30
Is the etonogestrel implant less effective in preventing pregnancy in patients with a body mass index over 30?	MN - U of Minnesota Department of Family Medicine	7/25/23	4/20/23	3.20
Does income inequality affect pregnancy-related mortality more in Black women?	IL - Southern Illinois University Program (Springfield)	7/25/23	11/21/21	20.37
Is nitazoxanide effective for the prevention of hepatic encephalopathy?	IL - Southern Illinois University (Decatur) Program	7/25/23	11/23/22	8.13
Is pharmacogenomic-guided antidepressant treatment beneficial in the management of adults with major depressive disorder?	OH - Cleveland Clinic Foundation Program	7/25/23	1/12/23	6.47
Does prophylactic zinc supplementation decrease the incidence of pneumonia in children?	IN - Indiana University School of Medicine (Arnett) Program	7/12/23	1/18/22	18.00
What is the best nonpharmacological intervention to maintain weight loss after bariatric surgery?	IN - Indiana University School of Medicine (Arnett) Program	7/10/23	1/22/22	17.80
Is there an association between post-acute sequelae of SARS-CoV-2 Infection (PASC) and spike protein levels?	IL - Southern Illinois University (Quincy) Program	7/7/23	12/1/22	7.27
Does methylphenidate cause a false positive result on amphetamine drug screening tests in patients on maintenance methylphenidate?	PA - UPMC St Margaret FMRP	7/7/23	12/14/22	6.83
Does vitamin E help with improving non-alcoholic fatty liver disease?	CA - Valley Consortium for Medical Education FMRP	7/7/23	10/29/22	8.37
			JULY 2023	9.88

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does the King-Devick test accurately diagnose sport-related concussions in adults?	IA - U of Iowa Hospitals and Clinics FMRP	06/08/23	11/17/22	6.77
Does dietary supplementation with the turmeric derivative curcumin reduce morbidity and mortality in patients with prostate cancer?	ID - FMR of Idaho (Magic Valley) Rural Program (Founding)	06/08/23	04/19/21	26.00
Does vitamin D supplementation reduce the frequency or severity of respiratory viral infections in adults?	IL - U of Chicago (North Shore) Program (Founding)	06/08/23	07/30/21	22.60
What is the best method for diagnosing hypertension?	CA - David Grant Medical Center Program	06/07/23	09/01/22	9.30
Should breastfeeding infants have supplementation with vitamin D to avoid deficiency?	TX - U of Texas Medical Branch FMRP	06/07/23	10/05/22	8.17
Does the use of medications for opioid use disorder in adult hospitalized patients with opioid use disorder increase the likelihood of patients pursuing outpatient treatment programs after discharge?	OK - In His Image at St. John Medical Center	06/07/23	10/10/22	8.00
Does statin use reduce the risk of dementia?	WA - Multicare Health System Tacoma Program (Founding)	06/07/23	01/13/23	4.83
How effective is outpatient use of low molecular weight heparin for preventing venous thromboembolism in patients with lower extremity immobilization?	TX - Darnell Army Medical Center Program	06/07/23	10/17/22	7.77
Does moringa oleifera supplementation improve glycemic control among those with impaired glucose tolerance?	NJ - Rutgers Robert Wood Johnson Medical School FMR	06/07/23	01/08/23	5.00
Is naltrexone effective for treatment of chronic pain?	MI - St. Joseph Mercy (Livingston) Hosp Program	06/07/23	11/15/21	18.97

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
In men with prostate cancer, is androgen deprivation therapy associated with increased cardiovascular risk?	AL - U of South Alabama Program	06/07/23	09/07/22	9.10
Does perineal massage in the third trimester help to reduce perineal tearing during labor?	WA - Multicare Health System Tacoma Program (Founding)	06/07/23	01/16/23	4.73
Does the integration of behavioral health services in a primary care practice lead to improved outcomes in patients with PTSD?	WA - Skagit Regional Health Program (Founding)	06/07/23	09/15/22	8.83
In patients with opioid use disorder, is suboxone, compared with methadone, more effective in relapse prevention and medication adherence?	IL - SIU Springfield FMRP	06/07/23	07/07/22	11.17
			JUNE 2023	10.80
Do antenatal perineal massages decrease the incidence of perineal trauma in labor?	IL - Southern Illinois University (Decatur) Program	5/16/23	10/24/22	6.80
Does baby-led weaning lead to lower incidence of obesity?	MO - U of Missouri - Columbia Family Medicine (Founding)	5/16/23	3/21/22	14.03
In patients with Diabetes, is fluid replacement with balanced crystalloids more effective than normal saline when correcting electrolyte imbalances in Diabetic Ketoacidosis?	IL - Southern Illinois University (Decatur) Program	5/12/23	11/3/22	6.33
In children, does metformin result in a BMI reduction compared to placebo?	TX - Darnell Army Medical Center Program	5/12/23	1/1/22	16.53
What are the benefits and risks of aspirin as primary prophylaxis for CAD events?	MI - Beaumont Hospital (Troy) FMRP	5/12/23	7/18/22	9.93
Which medication is most effective for treatment of PTSD?	WA - Madigan Army Medical Center Program (Founding)	5/12/23	2/22/22	14.80
In adults with Alcohol use disorder, what is the comparative effectiveness of Alcoholics Anonymous or Twelve Step Facilitation versus behavioral therapy in alcohol abstinence outcomes?	WA - Multicare Health System Tacoma Program (Founding)	5/12/23	3/23/22	13.83

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
In adults with depression, does the addition of chronotherapy to standard therapy result in decreased depressive symptoms compared to standard therapy alone?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	5/12/23	11/20/22	5.77
What signs and symptoms best distinguish stasis dermatitis from cellulitis of the lower extremities?	NE - U of Nebraska Medical Center College of Medicine (Offutt Air Force Base FMR)	5/12/23	3/25/22	13.77
Do contraceptive-promoting and health education interventions among adolescents reduce the incidence of unintended pregnancies?	WI - Fox Valley FMRP - Medical College of Wisconsin	5/23/23	9/10/21	20.67
			MAY 2023	12.25
For term singleton pregnancies during second stage of labor, is ultrasound a useful tool to predict need for an operative delivery?	GA - Dwight David Eisenhower Army Medical Center Program	04/05/23	02/06/23	1.93
What are the most effective breastfeeding/chestfeeding interventions that can improve breastfeeding/chestfeeding rates in healthy lactating parents and babies?	CO - U of Colorado (University Hospital) Program (Founding)	04/05/23	09/28/22	6.30
Is there an increased risk of dementia with use of medications for overactive bladder?	WA - MultiCare Good Samaritan Hospital - East Pierce FMR (Founding)	04/05/23	08/20/22	7.60
Does exclusive breastfeeding versus cow's milk formula exposure or length of breastfeeding decrease the incidence of pediatric asthma or eczema?	MI - St. Joseph Mercy (Livingston) Hosp Program	04/05/23	10/22/22	5.50
In adults with COVID-19 infection, does home pulse oximetry reduce risk of hospitalization?	IL - U of Chicago (North Shore) Program (Founding)	04/05/23	12/12/22	3.80
In term pregnant patients, is it safe to sweep membranes in group B Streptococcus (GBS)-positive patients?	CO - U of Colorado (University Hospital) Program (Founding)	04/05/23	08/11/22	7.90

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does ginger supplementation improve knee pain and function in patients with known knee osteoarthritis?	MN - U of Minnesota Department of Family Medicine	04/05/23	05/27/22	10.43
Does immediate postpartum placement of nexplanon decrease milk supply compared to nexplanon placement at 6 weeks postpartum?	TX - Darnell Army Medical Center Program	04/19/23	11/13/22	5.23
Does having a homeless medicine consult service for hospitalized homeless patients decrease readmission rates?	MD - MedStar Health/Georgetown-Washington Hospital Center FMRP	04/19/23	05/06/22	11.58
Does motivational interviewing improve dietary habits of diabetes patients?	IN - Indiana University School of Medicine (Arnett) Program	04/19/23	01/13/22	15.37
Are exercise prescriptions an effective intervention for weight loss in adults?	College of Medicine (Offutt Air Force Base FMR)	04/19/23	01/13/22	15.37
Does immediate postpartum placement of nexplanon decrease milk supply compared to nexplanon placement at 6 weeks postpartum?	TX - Darnell Army Medical Center Program	04/19/23	11/13/22	5.23
			APRIL 2023	8.02
Should be Is transcutaneous electrical nerve stimulation (TENS) an effective treatment for low back pain?	GA - Dwight David Eisenhower Army Medical Center Program	3/22/23	6/18/22	9.23
In postpartum women, does any form of immediate postpartum contraception (Depoprovera, progestin only pills or IUD) decrease pregnancy rates at 1 year compared to delayed postpartum contraception (oral contraceptive pills or IUD)?	WA - Multicare Health System Tacoma Program (Founding)	3/13/23	2/18/22	12.93
Are steroid injections more effective in the short term compared to night splints for Carpal Tunnel Syndrome?	CO - U of Colorado (University Hospital) Program (Founding)	3/13/23	7/6/22	8.33
Do belly bands/support belts help decrease back pain in pregnant patients?	CO - U of Colorado (University Hospital) Program (Founding)	3/13/23	11/14/22	3.97
			MARCH 2023	8.62

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does head CT assist in the diagnosis of an adult with syncope?	NV - U of Nevada School of Medicine Las Vegas	02/15/23	08/31/22	5.60
Does initial therapy with a GLP-1 agonist in adults diagnosed with Type 2 diabetes lead to better outcomes than traditional monotherapy with metformin?	OK - U of Oklahoma School of Community Medicine, Tulsa	02/15/23	03/17/22	11.17
Is elagolix an effective and safe option to decrease menstrual blood loss in patients with uterine fibroids and menorrhagia?	NJ - Rutgers Robert Wood Johnson Medical School FMR	02/15/23	03/25/22	10.90
On physical exam what are the best clinical findings to diagnose hip osteoarthritis?	AL - Cahaba UAB FMR	02/15/23	03/05/22	11.57
Do structured exercise programs help improve back pain in pilots?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	02/06/23	02/21/22	11.67
Can behavioral therapies assist with cannabis use disorder?	IN - Indiana University School of Medicine (Arnett) Program	02/01/23	02/05/22	12.03
Does vitamin D supplementation improve dysmenorrhea?	NV - U of Nevada School of Medicine Las Vegas	02/01/23	08/27/22	5.27
Can behavioral therapies assist with cannabis use disorder? Which non-pharmacologic therapies are effective at decreasing cannabis use among adults with cannabis use disorder?	IN - Indiana University School of Medicine (Arnett) Program	02/01/23	02/05/22	12.03
Does switching from traditional running shoes to minimalist running shoes without a transition period decrease injury rates?	KS - U of Kansas (Wichita)/Via Christi Hospitals Wesley Program	02/01/23	03/22/22	10.53
Is loperamide safe to use in adults with dysentery?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	02/01/23	05/17/22	8.67
In adults, does cardiovascular exercise after fasting improve weight loss compared with cardiovascular exercise without fasting?	FL - Florida State University College of Medicine/Lee Memorial Health System	02/01/23	06/02/22	8.13
Which non-pharmacologic therapies are effective at decreasing cannabis use among adults with cannabis use disorder?	IN - Indiana University School of Medicine (Arnett) Program	02/01/23	02/05/22	12.03

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		FEBRUARY 2023		9.97
Is naltrexone effective for treatment of chronic pain?	MI - St. Joseph Mercy (Livingston) Hosp Program	1/16/23	11/15/21	14.23
In children and adolescents, what is the prevalence of ED visits for mental health diagnosis during COVID-19 pandemic compared to prior to the pandemic?	WA - Multicare Health System Tacoma Program (Founding)	1/16/23	1/21/22	12.00
Is manual therapy effective for pain relief in carpal tunnel syndrome?	MI - St. Joseph Mercy (Livingston) Hosp Program	1/16/23	8/11/22	5.27
Does calcium supplementation increase cardiovascular disease risk in postmenopausal women?	IL - U of Chicago (North Shore) Program (Founding)	1/16/23	9/2/22	4.53
Which SNRI is most effective for the treatment of vasomotor symptoms of menopause?	TX - John Peter Smith Hospital (Tarrant County Hospital District) Program	1/16/23	11/15/21	14.23
In children and adolescents, what is the prevalence of ED visits for mental health diagnosis during the COVID-19 pandemic compared with before the pandemic?	WA - Multicare Health System Tacoma Program (Founding)	1/16/23	1/21/22	12.00
Is manual therapy effective for pain relief in carpal tunnel syndrome	MI - St. Joseph Mercy (Livingston) Hosp Program	1/16/23	8/11/22	5.27
In patients with bulimia, is CBT with nutritional counseling recommended over CBT alone?	MO - U of Missouri - Columbia Family Medicine (Founding)	1/16/23	11/17/21	14.17
Is gabapentin effective in the treatment of uremic pruritis?	MN - U of Minnesota Department of Family Medicine	1/16/23	4/21/22	9.00
Does the use of NSAIDs for analgesia in fracture care contribute to delayed fracture healing?	TX - U of Texas Medical Branch FMRP	1/2/23	5/14/21	19.93
		JANUARY 2023		11.06
Does point-of-care ultrasonography help determine the cause of acute dyspnea in adults?	WI - WiNC Programs	12/29/22	04/19/22	8.47

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does vitamin b12 supplementation in elderly patients with low or normal vitamin b12 improve cognition?	CA - Valley Consortium for Medical Education FMRP	12/29/22	10/04/21	15.03
Do weighing/measuring techniques vs. estimation of blood loss in patients with postpartum hemorrhage improve maternal outcomes?	UT - Utah Valley FMR	12/29/22	01/03/22	12.00
In pregnant women without history of HTN and without Calcium deficiency, does Calcium supplementation help with the prevention of hypertensive disorders of pregnancy?	WA - Multicare Health System Tacoma Program (Founding)	12/29/22	01/23/22	11.33
Is acetaminophen or ibuprofen better for treating fever and pain in children younger than two years old?	WA - U of Washington FMR Program (Founding)	12/29/22	02/21/22	10.37
Is therapeutic massage an effective treatment for anxiety in critically ill patients?	AL - Cahaba UAB FMR	12/29/22	02/23/22	10.30
Does Iron supplementation improve performance of high endurance athletes with iron depletion?	NJ - Rutgers Robert Wood Johnson Medical School FMR	12/29/22	03/25/22	9.30
Should magnesium sulfate be given for neuroprotection for preterm labor between 32-34 weeks gestation?	KS - U of Kansas (Wichita)/Via Christi Hospitals Wesley Program	12/29/22	05/20/22	7.43
In women with bulimia, does CBT alone or CBT plus nutrition counseling more effectively reduce episodes of bingeing and purging?	MO - U of Missouri - Columbia Family Medicine (Founding)	12/20/22	11/17/21	13.27
Which non-pharmacologic therapies are effective at decreasing cannabis use among adults with cannabis use disorder?	IN - Indiana University School of Medicine (Arnett) Program	12/20/22	02/05/22	10.60
Do produce prescription programs improve outcomes in adults with type two diabetes mellitus?	MD - MedStar Health/Georgetown-Washington Hospital Center FMRP	12/20/22	03/17/22	9.27
Is loperamide safe to use in adults with dysentery?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	12/20/22	05/17/22	7.23

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Is Ibuprofen as effective as Acetazolamide at preventing acute mountain sickness?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	12/20/22	05/18/22	7.20
When should bone mineral density testing be repeated in patients with osteopenia not on bisphosphonate therapy?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	12/20/22	06/08/22	6.50
In term pregnant patients, is it safe to sweep membranes in GBS positive patients?	CO - U of Colorado (University Hospital) Program (Founding)	12/20/22	08/11/22	4.37
Does vitamin D supplementation improve dysmenorrhea?	NV - U of Nevada School of Medicine Las Vegas	12/20/22	08/27/22	3.83
Does head CT assist in the diagnosis of an adult with syncope?	NV - U of Nevada School of Medicine Las Vegas	12/20/22	08/31/22	3.70
What duration of permissive hypertension leads to best outcomes after an ischemic stroke?	IL - Southern Illinois University (Carbondale) Program	12/13/22	04/12/22	8.17
Does COVID-19 infection provide significant post-infection immunity to COVID-19 in adults?	OK - U of Oklahoma School of Community Medicine, Tulsa	12/06/22	03/17/22	8.80
Is combination Nicotine Replacement Therapy more effective than single Nicotine Replacement Therapy for smoking cessation?	NJ - Rutgers Robert Wood Johnson Medical School FMR	12/06/22	03/25/22	8.53
Does adding OMT to standard of care help in managing anxiety?	IL - SIU Springfield FMRP	12/06/22	05/26/22	6.47
For term singleton pregnancies during second stage of labor is ultrasound a useful tool to predict need for an operative delivery?	GA - Dwight David Eisenhower Army Medical Center Program	12/06/22	06/10/22	5.97
Does exercise delay the need for total knee arthroplasty in adults with osteoarthritis?	IL - Southern Illinois University (Alton) Program	12/06/22	12/14/21	11.90
What is the optimal length of antibiotic treatment for acute bacterial prostatitis?	PA - UPMC St Margaret FMRP	12/06/22	02/21/22	9.60
What is the best pharmacotherapy for combative behavior in end stage Parkinson's disease?	WA - U of Washington FMR Program (Founding)	12/06/22	01/15/22	10.83

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
After coronary drug-eluting stent placement, does a longer course of dual antiplatelet therapy lead to decreased thrombotic events?	FL - Florida State University College of Medicine/Lee Memorial Health System	12/06/22	05/18/22	6.73
Which assessment tools are most useful for identifying hospitalized patients at risk of developing severe alcohol withdrawal syndrome?	MI - Beaumont Hospital (Troy) FMRP	12/06/22	06/10/22	5.97
			DECEMBER 2022	8.64
Does vitamin A improve mortality and morbidity in children with measles?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	11/25/22	5/3/22	6.87
In uncomplicated pregnancies at term what is the effectiveness of outpatient versus inpatient cervical ripening?	OK - In His Image at St. John Medical Center	11/25/22	10/16/21	13.50
Are benzodiazepines effective in treating acute delirium?	CA - Valley FMR of Modesto	11/25/22	7/21/21	16.40
Is Tranexamic Acid (TXA) a safe and effective treatment for acute GI bleed?	FL - US Air Force Regional Hospital Program (Eglin)	11/25/22	10/17/21	13.47
Do GLP-1 receptor agonists lead to longterm weight loss?	IL - Southern Illinois University (Decatur) Program	11/25/22	10/15/21	13.53
How much do oral NSAIDs increase bleeding risk in patients on anticoagulation therapy?	TX - Texas Tech University Health Sciences Center at Lubbock FMRP	11/25/22	10/1/21	14.00
Does Cognitive Behavioral Therapy without Pharmacotherapy Improve Eating Disorders Remission Rates?	NC - Cone Health Program (Founding)	11/25/22	4/29/22	7.00
In type 2 diabetics, does insulin use increase all-cause mortality?	TX - U of Texas Health Science Center at Tyler	11/25/22	11/3/21	12.90
Is a five-tier classification of fetal heart tracing preferable to a three tier system?	WI - Madison Family Medicine Residency Program - U of Wisconsin (Founding)	11/25/22	4/18/22	7.37
In patients with non-neuropathic cancer-related pain, does gabapentin provide additional palliative pain control as an adjunct to opioid therapy?	MN - U of Minnesota Department of Family Medicine	11/23/22	3/4/22	8.80

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
How effective are PPIs at reducing risk of GI bleeds in patients on anti-coagulation therapy versus patients not taking PPIs?	HI - Tripler Army Medical Center Program	11/9/22	4/8/22	7.17
What is the average time to reach azoospermia post-vasectomy?	CO - U of Colorado (University Hospital) Program (Founding)	11/9/22	8/26/22	2.50
Is conservative therapy or platelet rich plasma therapy more effective for the treatment of Achilles tendinosis?	WV - United Hospital Center FMR	11/9/22	4/5/22	7.27
Among elderly people with squamous cell carcinoma, is cryotherapy an effective treatment alternative to standard wide excision?	MI - U P Health System-Marquette Program	11/2/22	5/19/22	5.57
			NOVEMBER 2022	9.74
In patients with hypertension, does doubling the dose of a single agent achieve better blood pressure control than combination therapy using two agents at lower doses?	PA - UPMC St Margaret FMRP	10/27/22	01/21/22	9.30
Is there an ideal time of year to receive the flu vaccine?	TX - Darnell Army Medical Center Program	10/27/22	03/29/22	7.07
Is vitamin D an effective treatment for adults with depression?	CO - HealthOne FMR	10/27/22	12/03/21	10.93
In patients with opioid use disorder receiving medication assisted treatment, does short term use of opioids for pain control during hospitalizations increase the risk of relapse or significantly change subsequent maintenance doses?	MN - U of Minnesota Department of Family Medicine	10/27/22	06/10/22	4.63
What is the best treatment for epistaxis in adults?	WI - WiNC Programs	10/14/22	07/06/22	3.33
Is there sustained weight loss after discontinuation of GLP1 treatment for obesity?	HI - Tripler Army Medical Center Program	10/14/22	04/12/22	6.17
Do SGLT2 inhibitors slow progression of chronic kidney disease?	MN - U of Minnesota Department of Family Medicine	10/14/22	03/24/22	6.80

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Is buprenorphine microinduction a safe and effective method of medication initiation for opioid use disorder?	WI - Madison Family Medicine Residency Program - U of Wisconsin (Founding)	10/14/22	06/13/22	4.10
What is the most effective way to pharmacologically manage breakthrough bleeding in women with etonorgestel implants (Nexplanon)?	TX - Texas Tech University Health Sciences Center at Lubbock FMRP	10/14/22	10/21/21	11.93
Does regular exercise help significantly reduce blood pressure in adults diagnosed with hypertension within the general population?	IL - Southern Illinois University (Decatur) Program	10/14/22	10/18/21	12.03
What is the comparative efficacy of injected NSAIDs versus glucocorticoid for the treatment of trigger finger?	KS - U of Kansas (Wichita)/Via Christi Hospitals Wesley Program	10/14/22	05/13/22	5.13
			OCTOBER 2022	7.40
In adolescent soccer players, is the use of protective headgear more effective in preventing concussions than no head gear?	OK - U of Oklahoma School of Community Medicine, Tulsa	9/30/22	3/16/22	6.60
What is the risk of extrapyramidal symptoms in patients taking aripiprazole (Abilify)?	MN - U of Minnesota Department of Family Medicine	9/30/22	2/9/22	7.77
What topical agent is most effective in assisting with cerumen disimpaction?	FL - US Air Force Regional Hospital Program (Eglin)	9/30/22	10/4/21	12.03
Does behavioral parent training improve ADHD symptoms in pediatric patients?	MO - St. Louis University School of Medicine RP	9/29/22	2/3/22	7.93
Following cesarean section, is chemoprophylaxis more effective than early ambulation at reducing the incidence of VTE?	KS - U of Kansas (Wichita)/Via Christi Hospitals Wesley Program	9/27/22	2/15/22	7.47
Does remote follow-up (via telehealth) after early medication abortion result in more adverse outcomes compared to in-person follow-up?	IL - McGaw Medical Center of Northwestern University/Erie Humboldt Park Program	9/27/22	10/14/21	11.60

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
In patients with acute decompensated heart failure, does BNP or NT-proBNP guided therapy during hospitalization improve outcomes compared to usual care?	MN - U of Minnesota Department of Family Medicine	9/14/22	6/9/22	3.23
Is there a difference in treatment outcomes between short (seven days or less) and long (greater than seven days) courses of systemic corticosteroids in patients with an acute exacerbation of chronic obstructive pulmonary disease?	HI - Tripler Army Medical Center Program	9/8/22	3/21/22	5.70
Does eating eggs increase the risk of heart disease?	WI - WiNC Programs	9/8/22	5/2/22	4.30
In postmenopausal women diagnosed with breast cancer, is an aromatase inhibitor or estrogen receptor modulator associated with better outcomes?	PA - Lehigh Valley Health Network Program	9/8/22	3/2/22	6.33
What treatment is best for symptom relief from pityriasis rosea?	WA - Skagit Regional Health Program (Founding)	9/6/22	9/19/21	11.73
Can antagonizing orexin receptors in hospitalized patients prevent delirium?	UT - Utah Valley FMR	9/6/22	4/29/22	4.33
Does behavioral parent training improve ADHD symptoms in pediatric patients?	MO – St. Louis University School of Medicine Residency Program	9/6/22	2/3/22	7.17
			SEPTEMBER 2022	7.40
Does IV oxytocin compared to IM oxytocin decrease the incidence of postpartum hemorrhage during the 3rd stage of labor?	WA - Multicare Health System Tacoma Program (Founding)	08/29/22	12/30/21	8.07
In patients at risk for developing C diff, does the use of prophylactic vancomycin decrease the rate of C diff infection?	PA - UPMC St Margaret FMRP	08/19/22	01/26/22	6.83
Does inpatient access to lactation specialists during the peripartum period improve exclusive breastfeeding rates in the first year of life?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	08/19/22	03/18/22	5.13

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Do lifestyle interventions like weight loss reduce androgenic symptoms in patients with PCOS?	UT - Utah Valley FMR	08/19/22	01/03/22	7.60
To what extent does opioid substitution therapy reduce Hepatitis C transmission in adults with intravenous opioid use disorder?	WA - MultiCare Good Samaritan Hospital - East Pierce FMR (Founding)	08/19/22	08/25/21	11.97
What are the potential side effects and long-term risks of tenofovir disoproxil fumarate / emtricitabine compared with placebo for HIV pre-exposure prophylaxis?	NJ - Rutgers Robert Wood Johnson Medical School FMR	08/17/22	03/15/22	5.17
In patients with tinnitus, does cognitive-behavioral therapy result in improvement in quality of life?	OK - In His Image at St. John Medical Center	08/17/22	09/25/21	10.87
What are the harms of using antipsychotics in the treatment of acute delirium?	TX - John Peter Smith Hospital (Tarrant County Hospital District) Program	08/17/22	10/09/21	10.40
In adults with asymptomatic primary hyperparathyroidism, does surgery vs. yearly monitoring lead to higher morbidity at 10 years?	PA - UPMC St Margaret FMRP	08/17/22	02/04/22	6.47
Does a "wait and see" approach to antibiotic prescribing lessen inappropriate antibiotic use and improve patient satisfaction?	PA - Geisinger Health System Program-Lewistown	08/17/22	10/07/21	10.47
Does skin to skin contact reduce risk of postpartum depression?	MN - U of Minnesota Department of Family Medicine	08/17/22	03/18/22	5.07
In patients with atrial fibrillation, are rhythm control medications superior to rate control medications in decreasing mortality?	WI - WiNC Programs	08/17/22	03/28/22	4.73
For patient with diagnosed anxiety and/or depression, does smoking cessation improve their mental health?	NV - Mike O'Callaghan Federal Medical Center/Nellis AFB FMR	08/17/22	11/27/21	8.77
Does treatment of insomnia in hospitalized elderly patients decrease incidence of hospital-induced delirium?	OK - In His Image at St. John Medical Center	08/17/22	09/21/21	11.00

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Is there any utility of using manual blood pressure cuffs in the clinical setting compared with modern oscillatory blood pressure monitors?	MI - St. Joseph Mercy (Livingston) Hosp Program	08/17/22	10/22/21	9.97
Does clamping the umbilical cord >30 seconds after birth decrease Interventricular Hemorrhage in infants born <37 weeks?	WA - Multicare Health System Tacoma Program (Founding)	08/17/22	12/30/21	7.67
			AUGUST 2022	8.14
Does continuous glucose monitoring in Type 2 Diabetics lead to less hypoglycemic events while hospitalized?	OK - In His Image FMR	7/28/22	9/24/21	10.23
Can intrauterine devices help prevent ovarian cancer in women?	CO - HealthOne FMR	7/18/22	11/11/21	8.30
Do intra-articular steroid injections affect blood glucose levels in diabetic patients?	MI - Beaumont Hospital Troy FMRP	7/18/22	9/7/21	10.47
Do nasal saline rinses shorten the length of acute sinus congestion in adults with seasonal allergies?	MN - U of Minnesota Department of FM	7/18/22	1/30/22	5.63
Does adherence to a diet with a low dietary inflammatory index decrease the incidence of depression?	OK - In His Image at St. John Medical Center	7/18/22	9/10/21	10.37
What is the most accurate screening tool for prenatal opioid use disorder?	IL - U of Chicago NorthShore FMRP (Founding)	7/18/22	8/26/21	10.87
Can intrauterine devices help prevent ovarian cancer in women?	CO - Sky Ridge FMR	7/18/22	11/11/21	8.30
Does SSRI use increase bleeding risk in patients taking anticoagulants?	TX - Darnell Army Medical Center Program	7/13/22	11/19/21	7.87
Does routine in-office fluoride varnish or gel application improve rates of dental caries in children?	FL - USAF Eglin FMR	7/7/22	9/30/21	9.33
What is the optimal duration of uninterrupted skin to skin after delivery to improve breastfeeding outcomes ?	CO - U of Colorado FMR Denver (Founding)	7/7/22	1/26/22	5.40

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Does prediabetes increase the risk of all-cause mortality and cardiovascular disease?	WA - WWAMI Network Faculty Development Fellowship	7/7/22	1/17/22	5.70
Is there evidence to start colorectal cancer screening in African Americans before 50 years of age?	MD - MedStar Health/Georgetown-Washington Hospital Center FMRP	7/7/22	3/29/21	15.50
Is intralesional candida therapy more effective than cryotherapy in treatment of warts?	MN - U of Minnesota Department of FM	7/7/22	2/3/22	5.13
Do epidural corticosteroid injections provide any benefit in patients with lumbar radiculopathy?	WA - WWAMI Network Faculty Development Fellowship	7/6/22	1/16/22	5.70
			JULY 2022	8.49
In neonates, is a history of maternal tetrahydrocannabinol use compared to no maternal tetrahydrocannabinol use associated with increased incidence of NICU admission?	OK - In His Image FMR	06/30/22	09/19/21	9.47
Should patients taking novel oral anticoagulants be routinely monitored with coagulation studies?	AL - Cahaba Family Medicine Residency	06/20/22	08/12/21	10.40
Are there effective interventions for decreasing suicidality in a Primary Care setting?	CA - Valley FMR of Modesto	06/20/22	09/16/21	9.23
In infants with feeding difficulties/latch difficulties, does frenulectomy improve outcomes?	NE - Offutt Air Force Base FMR	06/17/22	01/16/21	17.23
Is elagolix safe and effective in the treatment of endometriosis pain?	OK - University of Oklahoma School of Community Medicine, Family and Community Medicine	06/17/22	03/11/21	15.43
Does telemedicine/telestroke decrease the mortality rate in patients with strokes?	TX - U of Texas Medical Branch	06/17/22	09/23/21	8.90
Is consumption of artificially sweetened beverages associated with obesity in adults?	WA - U of Washington FMRP (Founding)	06/17/22	03/18/21	15.20
Is there a relationship between socioeconomic status and quality of sleep in children and adolescents?	CO - Sky Ridge FMR	06/17/22	11/07/21	7.40

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Does goal-specific urate-lowering therapy improve outcomes vs a symptoms based approach to therapy in patients with tophus gout?	NV - Nellis AFB	06/17/22	07/09/21	11.43
Do birth plans influence caesarean section rates?	CA - David Grant USAF Medical Center FMR Travis AFB	06/17/22	03/22/21	15.07
Do proton pump inhibitors increase risk of recurrence in patients with frequent Clostridium difficile colitis?	MO - St. Louis University School of Medicine RP	06/17/22	04/03/21	14.67
What is the best treatment for opioid withdrawal in newborn infants?	WA - WWAMI Network Faculty Development Fellowship	06/17/22	01/24/22	4.80
In adult females with symptoms of an uncomplicated urinary tract infection, does treatment via virtual visit improve patient-oriented outcomes compared with standard treatment?	MN - U of Minnesota Department of FM	06/17/22	01/30/22	4.60
Among patients who have had a stroke, are pharmacological interventions effective for preventing depression?	FL - Florida State University COM FMRP at Lee Memorial Health System	06/14/22	04/21/21	13.97
Do hospitals that have implemented the WHO's "Baby Friendly Hospital" initiative achieve increased rates of exclusive breastfeeding at 6 months old?	MO - U of Missouri FP Columbia (Founding)	06/13/22	02/09/22	4.13
In obese adults, does a plant-based diet improve weight loss compared to a non-plant-based diet?	IN - Indiana University School of Medicine Program (Arnett)	06/10/22	12/17/21	5.83
In overweight and obese patients, is there an Intermittent Fasting strategy which results in the greatest weight reduction?	GA - Dwight D Eisenhower Army MC FMR (Fort Gordon)	06/10/22	08/25/21	9.63
Can DOACs be safely used in patients with end stage renal disease?	PA - UPMC St Margaret FMRP	06/10/22	12/13/20	18.13
Is intuitive eating an effective approach for eating disorders?	OR - OPTI West Roseburg FMR	06/10/22	09/09/21	9.13

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Is topical green tea extract an effective treatment for acne vulgaris?	IL - SIU Decatur FMR	06/10/22	10/18/21	7.83
What is the most effective dose and route of misoprostol for labor induction?	WA - East Pierce FM (Founding)	06/10/22	01/17/22	4.80
Is a shave biopsy inferior to excisional biopsy in the initial diagnosis of suspected melanoma?	TX - U of Texas Health Science Center at Tyler	06/07/22	11/19/21	6.67
Is the combination of pharmacotherapy and non-pharmacotherapy more effective than non-pharmacotherapy alone at improving sleep onset insomnia?	CA - Valley FMR of Modesto	06/07/22	08/02/21	10.30
For pregnant women, does increased probiotic intake decrease the incidence of gestational diabetes?	OK - In His Image FMR	06/07/22	09/14/21	8.87
		JUNE 2022		10.13
Does peppermint essential oil relieve headache pain in adults with tension headaches?	TX - U of Texas Medical Branch	5/31/22	9/28/20	20.33
In normotensive adults with diabetes, does adding an ACE- inhibitor reduce cardiovascular events?	MN - U of Minnesota Department of FM	5/31/22	2/5/22	3.83
In non-smoking pregnant people is maternal caffeine consumption associated with fetal growth restriction?	MO - U of Missouri FP Columbia (Founding)	5/31/22	2/17/22	3.43
Does an outpatient follow-up appointment within 14 days of discharge from the hospital reduce readmission rates?	WV - United Hospital Center Program	5/31/22	12/23/20	17.47
Does the direct renin inhibitor aleskrinen have any evidence of beneficial patient oriented outcomes?	CA - Valley FMR of Modesto	5/31/22	9/13/21	8.67
In adults with non-specific acute or chronic low back pain, do NSAIDS offer pain reduction over placebo?	OH - Cleveland Clinic Foundation Program	5/31/22	4/20/21	13.53
Is buprenorphine safe for treatment of chronic pain in adults?	WA - FMR at Fort Lewis Madigan Army (Founding)	5/31/22	10/16/21	7.57

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
In patients with dementia which pharmaceutical intervention is best at reducing agitated behaviors?	IL - St. Louis University (Southwest Illinois) FMRP	5/30/22	9/17/21	8.50
In nursing home patients which intervention is most effective in decreasing falls?	KS - Via Christi FMRP	5/30/22	10/22/21	7.33
Does fish oil supplementation improve patient-oriented cardiovascular outcomes in adults with hyperlipidemia?	IL - U of Chicago NorthShore FMRP (Founding)	5/17/22	8/8/21	9.40
In adults, does apple cider vinegar consumption increase intentional weight loss?	OH - Cleveland Clinic Foundation Program	5/17/22	10/10/21	7.30
Is massage effective therapy for tension headaches?	WA - U of Washington FMRP (Founding)	5/12/22	2/19/21	14.90
Is medical management noninferior to surgical management in adults with uncomplicated appendicitis?	GA - Dwight D Eisenhower Army MC FMR (Fort Gordon)	5/12/22	6/16/21	11.00
Does alcohol increase the risk of melanoma?	IL - SIU Carbondale FPC	5/12/22	3/22/21	13.87
In adolescents who receive the first dose HPV vaccination between ages 9 and 14, is a two-dose series as effective as a three-dose series?	MO - U of MO-columbia	5/12/22	4/9/21	13.27
Does prophylactic use of Tranexamic Acid (TXA) prevent postpartum hemorrhage in vaginal deliveries?	CO - U of Colorado FMR Denver (Founding)	5/12/22	12/2/21	5.37
Do racial disparities exist in the prescribing of opioid medications for chronic non-cancer pain?	MO - St. Louis University School of Medicine RP	5/11/22	2/27/21	14.60
Have rates of advanced prostate cancer in African-American men changed since the 2012 USPSTF screening recommendations?	KS - Via Christi FMRP	5/11/22	2/24/21	14.70
Does Elderberry reduce acute viral respiratory symptoms?	NJ - Rutgers RWJMS FMR at RWJUH	5/11/22	3/19/21	13.93

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
What are the most effective pharmacologic treatments for anxiety disorders in children and adolescents?	TX - Carl Darnall AMC FMRP	5/10/22	11/4/20	18.40
Does asymptomatic cervical adenopathy in children benefit from antibiotic treatment?	MO - U of Missouri FP Columbia (Founding)	5/10/22	10/10/21	7.07
			MAY 2022	11.17
How effective is wrist splinting for lateral epicondylitis?	WI - Fox Valley FMRP - Medical College of Wisconsin	04/05/22	08/19/21	7.63
How effective is bariatric surgery for long term weight loss?	KS - Via Christi FMRP	04/05/22	08/02/21	8.20
In adults with borderline personality disorder what are the most effective forms of psychotherapy?	CO - St. Anthony North FMRP	04/05/22	10/25/21	5.40
Is virtual psychotherapy as effective as face to face psychotherapy for patients with anxiety disorder?	NV - Nellis AFB	04/05/22	08/11/21	7.90
Is topical fluorouracil or combination fluorouracil and cryotherapy more effective than cryotherapy alone for treatment of actinic keratoses?	MN - U of Minnesota Department of FM	04/05/22	07/21/21	8.60
Does adding an alpha-1 blocker to finasteride improve lower urinary tract symptoms in elderly men with benign prostatic hypertrophy?	PA - PSU Hershey Department of Family & Community Medicine	04/06/22	09/28/20	18.50
Are direct oral anticoagulants safe and effective in patients with atrial fibrillation and BMIs greater or equal to 40?	PA - UPMC St Margaret FMRP	04/06/22	12/12/20	16.00
In geriatric patients with behavioral and psychological symptoms of dementia (BPSD), is valproic acid more effective than placebo or no treatment in improving symptoms of BPSD?	PA - UPMC St Margaret FMRP	04/06/22	12/16/20	15.87
In hypertensive children with microalbuminuria, are ACEs/ARBs a beneficial therapy?	OK - University of Oklahoma School of Community Medicine, Family and Community Medicine	04/06/22	03/25/21	12.57

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does vitamin D supplementation reduce the risk of stress fractures in athletes?	NC - Womack FMR Clinic	04/13/22	04/26/21	11.73
In pregnant women, does long-chain polyunsaturated fatty acid (LCPUFA) supplementation reduce the risk of preterm or early preterm birth?	MO - U of Missouri FP Columbia (Founding)	04/13/22	05/10/21	11.27
Does vitamin D supplementation improve symptoms in patients with atopic dermatitis?	NJ - Rutgers RWJMS FMR at RWJUH	04/13/22	03/19/21	13.00
What is the most effective pharmacotherapy treatment for cannabis use disorder?	WA - U of Washington FMRP (Founding)	04/13/22	01/30/21	14.60
How effective is counseling for perinatal depression?	WA - FM Spokane (Founding)	04/13/22	03/03/21	13.53
Are cannabinoids effective for treatment of non-cancer musculoskeletal pain?	MI - Beaumont Hospital Troy FMRP	04/13/22	03/12/21	13.23
How does electronic medical record (EMR) implementation impact provider efficiency?	WV - United Hospital Center Program	04/13/22	03/05/21	13.47
In patients with atrial fibrillation requiring oral anticoagulation who undergo cardiac stenting, what key outcome differences are noted with triple anti-thrombotic therapy compared to dual-anti-thrombotic therapy?	OK - In His Image FMR	04/13/22	02/27/21	13.67
What is the best treatment for children with attention deficit hyperactivity disorder?	WA - FMR at Fort Lewis Madigan Army (Founding)	04/15/22	04/26/21	11.80
Does a history of acute kidney injury (AKI) increase the risk of developing AKI in the future during strenuous activity?	NV - Nellis AFB	04/18/22	06/11/21	10.37
Do Omega-3 fatty acids slow memory loss in patients with cognitive impairment or dementia?	MN - U of Minnesota Department of FM	04/18/22	01/28/21	14.83
In adults with depression, does couples therapy	OR - OPTI West Roseburg FMR	04/19/22	07/07/21	9.53
Is there an increased risk of cancer in adult patients taking ARB medications compared to adults who take ACEi medications or placebo?	ID - FMR of Idaho (Founding)	04/19/22	02/25/21	13.93

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does gabapentin decrease alcohol use in patients with alcohol use disorder?	IL - St. Louis University (Southwest Illinois) FMRP	04/19/22	01/08/21	15.53
For healthy full term neonates, does bed sharing vs no bed sharing decrease the incidence of SIDS?	OK - In His Image FMR	04/22/22	09/19/21	7.17
Are there effective nonsurgical treatments of bunions?	KS - Via Christi FMRP	04/02/22	08/24/21	7.37
What are the long term effects of melatonin on mood and behavior in dementia patients?	AK - Alaska FMR (Founding)	04/28/22	08/09/21	8.73
Are GLP-1 agonists effective for weight loss in obese non-diabetic pediatric patients?	IL - U of Chicago NorthShore FMRP (Founding)	04/28/22	06/09/21	10.77
Is thrombocytopenia a predictor for severe alcohol withdrawal in patients being admitted for alcohol detoxification?	OK - In His Image FMR	04/28/22	09/16/21	7.47
			APRIL 2022	11.52
What interventions delay functional decline in people with dementia?	WA - U of Washington FMRP (Founding)	3/23/22	4/24/21	11.10
Is treatment of Hepatitis C by non-specialists as effective as treatment by specialists?	OR - OPTI West Roseburg FMR	3/23/22	7/7/21	8.63
Is buprenorphine an effective analgesic for treatment of chronic pain in adults?	NJ - Rutgers RWJMS FMR at RWJUH	3/23/22	3/19/21	12.30
What is the optimal Mean Arterial Pressure (MAP) goal in the treatment of septic shock to improve patient oriented outcomes?	IL - U of Chicago NorthShore FMRP (Founding)	3/29/22	8/1/21	8.00
Do ultrasound guided myofascial trigger point injections lead to better outcomes and fewer complications when compared to trigger point injections without ultrasound guidance?	PA - Geisinger Health System Program-Lewistown	3/29/22	4/3/21	12.00
Does metformin cause weight loss in children and adolescents without diabetes mellitus?	NY - Phelps-Northwell FM Residency Program	3/29/22	3/5/21	12.97
Does cognitive behavioral therapy reduce the recurrence of depression?	WI - Fox Valley FMRP - Medical College of Wisconsin	3/29/22	3/26/21	12.27
			MARCH 2022	11.04

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Do parent training programs reduce crying time in infants with and without colic?	WA - Tacoma FM (Founding)	02/03/22	02/01/21	12.23
Does parental education on screen time recommendations lead to reduced screen time in pediatric patients?	IL - U of Chicago (Founding)	02/03/22	07/16/21	6.73
Does a course of cognitive behavioral therapy reduce the recurrence of depression in patients on antidepressants?	PA - Lehigh Valley Hospital FMR	02/03/22	01/25/21	12.47
Does circumcision decrease rates of HPV infection in males?	FL - Florida State University COM FMRP at Lee Memorial Health System	02/03/22	04/10/21	9.97
Is screening for vitamin D deficiency indicated in asymptomatic adults living at high latitudes?	IL - SIU Carbondale FPC	02/03/22	03/06/21	11.13
Does sunscreen effectively reduce the risk of skin cancer?	NV - Nellis AFB	02/03/22	05/14/21	8.83
Does prenatal exercise decrease the incidence of gestational hypertension?	OH - Cleveland Clinic Foundation Program	02/03/22	05/12/21	8.90
Are PCSK9 inhibitors alternatives for the treatment of hyperlipidemia in high risk patients who are statin intolerant?	TX - Carl Darnall AMC FMRP	02/03/22	02/17/21	11.70
Among adults who are overweight or obese, is fluoxetine effective in decreasing weight?	FL - Florida State University COM FMRP at Lee Memorial Health System	02/03/22	03/25/21	10.50
What methods increase the completion of advance directives before hospitalization?	MN - U of Minnesota Department of FM	02/03/22	01/29/21	12.33
Does routine administration of prophylactic antibiotics to newborns delivered through meconium stained fluid improve neonatal outcomes?	ID - FMR of Idaho (Founding)	02/03/22	02/03/21	12.17
Does surgery improve outcomes with chronic tennis elbow?	MN - U of Minnesota Department of FM	02/03/22	01/29/21	12.33
Is spironolactone an effective acne treatment in adult women with acne?	NJ - Rutgers RWJMS FMR at RWJUH	02/03/22	03/22/21	10.60

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Is ginkgo biloba supplementation effective at improving cognitive function and memory in patients with dementia?	TX - U of Texas Health Science Center at Tyler	02/03/22	10/21/20	15.67
In pregnant women with inherited thrombophilias, does prophylactic anticoagulation with low molecular weight heparin improve the chance of live birth?	WA - Tacoma FM (Founding)	02/03/22	01/31/21	12.27
Is a low serum 25-hydroxy vitamin D level (25OH-D) associated with worse disease severity in patients with rheumatoid arthritis?	NC - Moses H. Cone Memorial Hospital FPR (Founding)	02/03/22	10/31/20	15.33
Is chamomile effective to treat cyclic menstrual pain?	NJ - Rutgers RWJMS FMR at RWJUH	02/08/22	03/19/21	10.87
Does PSA screening decrease overall mortality in men over 45 years of age?	PA - UPMC St Margaret FMRP	02/08/22	12/14/20	14.03
Is hydrotherapy an effective treatment for fibromyalgia?	TX - Carl Darnall AMC FMRP	02/08/22	12/05/20	14.33
Does the use of albumin in adults with septic shock in the intensive care unit decrease mortality?	CA - Valley FMR of Modesto	02/08/22	11/05/20	15.33
			FEBRUARY 2022	11.89
What is the validity of nasal MRSA swab-screening in predicting culture-positive MRSA?	CA - Valley FMR of Modesto	1/10/22	9/13/20	16.13
Is optimism associated with increased quality of life, life-expectancy, and fewer hospitalizations in adults?	OK - In His Image FMR	1/10/22	9/21/20	15.87
In euthyroid women of childbearing age with thyroid peroxidase antibodies, does levothyroxine treatment increase live birth rates compared with placebo?	CA - Valley FMR of Modesto	1/10/22	10/10/20	15.23

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Are antivirals safe and effective in reducing the duration or severity of symptoms in herpes zoster infection?	PA - UPMC St Margaret FMRP	1/10/22	12/9/20	13.23
Are corticosteroid injections better than conservative treatment in patients with trigger finger?	MN - U of Minnesota Department of FM	1/10/22	12/15/20	13.03
In women with chronic anticoagulation, are the DOACs better than warfarin in decreasing the incidence of anticoagulation-associated heavy menstrual bleeding (HMB)?	PA - UPMC St Margaret FMRP	1/10/22	12/17/20	12.97
Is cannabidiol (CBD) an effective treatment for insomnia in adults?	MI - Beaumont	1/10/22	1/1/21	12.47
Is cervical cancer screening with high-risk human papillomavirus (HPV) testing superior (or at least as accurate) at detecting CIN3+ compared to screening with cytology?	WA - WWAMI Network Faculty Development Fellowship	1/10/22	1/18/21	11.90
Do energy drinks increase blood pressure in adults without the diagnosis of hypertension?	IL - St. Louis University (Southwest Illinois) FMRP	1/10/22	2/9/21	11.17
Is melatonin safe to take long-term?	WI - U of Wisconsin - Wausau FMR (Founding)	1/10/22	6/30/21	6.47
Does increased screen time contribute to adverse dietary choices in children?	OK - In His Image FMR	1/3/22	9/14/20	15.87
Does early initiation of progestin-only contraception after delivery influence breastmilk production and duration of breastfeeding?	TX - Texas Tech Family Practice at Lubbock	1/3/22	10/18/20	14.73
When placing internal jugular central venous catheters in adults and children, does the use of ultrasound guidance decrease placement related complications compared to placement using only anatomical landmarks?	WA - Tacoma FM (Founding)	1/3/22	1/30/21	11.27

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Does providing autonomy for older adults through shared decision making improve quality of life?	OK - University of Oklahoma School of Community Medicine, Family and Community Medicine	1/3/22	3/12/21	9.90
		JANUARY 2022		12.87
Does a daily mouthwash with green tea effectively prevent the development of dental caries versus chlorhexidine mouthwash?	TX - Carl Darnall AMC FMRP	12/31/21	11/20/20	13.53
Does marijuana use in adolescence increase the risk of developing psychotic disorder as an adult?	NC - U of North Carolina FPRP (Founding)	12/31/21	02/17/21	10.57
Is there a role for anticoagulation following ACL reconstruction to prevent VTE?	WI - U of Wisconsin - Madison FMR (Founding)	12/31/21	03/25/21	9.37
Do individuals with MSK soft tissue injuries who undergo PRP injection have better outcomes and improved recovery rates compared to placebo, dry needling, PT and whole blood therapies?	UT - Utah Valley FMR	12/31/21	05/04/21	8.03
In women who experience intimate partner violence what is the effectiveness of cognitive behavioral therapy on depression and anxiety symptoms?	WA - Tacoma	12/24/21	01/05/21	11.77
Is prophylactic anticoagulation effective in preventing venous thromboembolic events in outpatients with cancer receiving active chemotherapy?	WA - Tacoma FM (Founding)	12/24/21	01/29/21	10.97
Do uric acid lowering agents decrease cardiovascular events?	CA - Valley FMR of Modesto	12/22/21	09/28/20	15.00
In geriatric patients, is mirtazapine safe and effective for the treatment of insomnia?	TX - U of Texas Health Science Center at Tyler	12/22/21	10/16/20	14.40
Among patients with Parkinson's Disease, are GLP-1 receptor agonists effective in improving motor symptoms compared with usual care?	PA - UPMC St Margaret FMRP	12/22/21	12/14/20	12.43

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does the ketogenic diet decrease frequency of seizures in drug resistant epilepsy?	OH - Cleveland Clinic Foundation Program	12/22/21	12/20/20	12.23
Are patients older than 50 years of age who received a shingles vaccine, at lower risk of developing postherpetic neuralgia compared to those who did not receive shingles vaccine?	PA - UPMC St Margaret FMRP	12/22/21	01/09/21	11.57
What are the effective non-pharmacologic strategies to prevent high altitude pulmonary edema?	NC - Camp Lejeune FMR	12/22/21	02/11/21	10.47
Which SSRI is most effective for migraine prevention?	WV - United Hospital Center Program	12/22/21	02/17/21	10.27
What is the incidence of behavioral adverse events in adult patients who are treated with Levetiracetam?	WA - Providence St. Peter Hospital FMRP (Founding)	12/22/21	02/19/21	10.20
Do prescription doses of ibuprofen (600 or 800 mg per dose) provide greater analgesic effect for acute pain than over-the-counter doses (200 or 400 mg per dose)?	ID - FMR of Idaho (Founding)	12/22/21	02/26/21	9.97
What is the role of adding antibiotics to surgical incision and drainage for treatment of uncomplicated skin abscesses?	WA - FM Spokane (Founding)	12/22/21	03/03/21	9.80
What is the diagnostic accuracy of ultrasound versus x-ray for closed metatarsal fractures?	KS - Via Christi FMRP	12/22/21	06/16/21	6.30
		DECEMBER 2021		10.99
Is metoclopramide effective and safe to treat acute migraines in pregnant patients?	PA - Lehigh Valley Hospital FMR	11/22/21	1/28/21	9.93
		NOVEMBER 2021		9.93
Is acupuncture effective for the treatment of hypertension in adult patients?	NY - Phelps-Northwell FM Residency Program	10/25/21	02/16/21	8.37
Do peer support lactation interventions increase adherence to breastfeeding in African American women?	WA - Tacoma FM (Founding)	10/25/21	01/29/21	8.97

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In adults with type 2 diabetes mellitus, does the addition of a health coach to the primary care team improve outcomes compared to usual care without a health coach?	TX - Texas Tech Family Practice at Lubbock	10/25/21	10/18/20	12.40
Does pet ownership in adults reduce the risk of cardiovascular disease?	CA - Emanate Health Program	10/25/21	12/14/20	10.50
Are antibiotics effective in treating children with chronic productive cough?	KS - Via Christi FMRP	10/25/21	10/19/20	12.37
What are the health risks and benefits in adults adhering to a vegan versus lacto-vegetarian diet?	CA - Valley FMR of Modesto	10/25/21	07/26/20	15.20
In premenopausal women with abnormal uterine bleeding, do combination oral contraceptives improve symptom control or decrease bleeding more than progesterone monotherapy?	KS - Via Christi FMRP	10/25/21	11/05/20	11.80
In adults above the age of 30, can intake of daily oral collagen peptide supplements decrease wrinkles?	IL - SIU Carbondale FPC	10/25/21	06/12/20	16.67
Do coffee drinkers have a lower risk of cancer?	TX - John Peter Smith FMR Program	10/25/21	10/17/20	12.43
Does torsemide improve dyspnea and increase diuresis more than furosemide in patients with acute heart failure with reduced ejection fraction (HRrEF)?	FL - U of Central Florida Ocala	10/25/21	12/17/20	10.40
Do alpha-blockers reduce pain in adults with symptomatic nephrolithiasis?	TX - U of Texas Health Science Center at Tyler	10/25/21	10/13/20	12.57
In adults with opioid use disorder, does sustained-release naltrexone prevent relapse more effectively than oral naltrexone or no treatment?	MN - U of Minnesota Department of FM	10/05/21	01/21/21	8.57

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Are the effectiveness of gabapentin and pregabalin comparable in symptom relief in adult patients with post-herpetic neuralgia?	TX - John Peter Smith FMR Program	10/05/21	10/25/20	11.50
Does asymptomatic bacteriuria treatment in pregnant women improve pregnancy outcomes?	WA - Tacoma FM (Founding)	10/05/21	01/29/21	8.30
Is mindfulness based stress reduction effective at managing chronic pain?	NC - U of North Carolina FPRP (Founding)	10/05/21	10/26/20	11.47
What factors are associated with spontaneous resolution of hepatitis C?	TX - John Peter Smith FMR Program	10/05/21	10/08/20	12.07
Is Korean red ginseng an effective treatment for diabetes in adult patients?	NY - Phelps-Northwell FM Residency Program	10/05/21	02/24/21	7.43
Is a 20-minute fetal heart rate monitoring strip upon admission to labor and delivery predictive for fetal outcomes?	CA - Valley FMR of Modesto	10/05/21	07/25/20	14.57
			OCTOBER 2021	11.42
Do direct oral anticoagulants (DOACs) effectively prevent venous thromboembolism in patients with active malignancy?	TX - Carl Darnall AMC FMRP	9/30/21	10/23/20	11.40
In pregnant women with abnormal 1 hour glucose tolerance tests but negative confirmatory testing, does dietary counseling and glucose monitoring versus usual care reduce adverse maternal/fetal outcome?	OK - In His Image FMR	9/15/21	10/2/20	11.60
Are 5-HT1 receptor agonists ("triptans") more effective than ibuprofen in the treatment of migraine in children and adolescents?	FL - Florida State University COM FMRP at Lee Memorial Health System	9/15/21	5/7/20	16.53
Do progesterone-only contraceptive methods increase venous thromboembolic risk compared to non-hormonal methods?	WA - East Pierce FM (Founding)	9/15/21	8/13/20	13.27
Does probiotic supplementation improve athletic performance in adult athletes?	NC - Moses H. Cone Memorial Hospital FPR (Founding)	9/15/21	8/19/20	13.07

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Is light therapy effective in improving quality/quantity of sleep in patients with both dementia and sleep disturbance?	WA - Tacoma FM (Founding)	9/15/21	1/21/21	7.90
Is domperidone, when used as a pharmacologic galactagogue, effective at increasing milk supply in breastfeeding mothers?	TX - Texas Tech Family Practice at Lubbock	9/15/21	10/26/20	10.80
Do antiepileptics reduce symptoms of diabetic neuropathy more than tricyclic antidepressants?	CA - David Grant USAF Medical Center FMR Travis AFB	9/15/21	11/17/20	10.07
In men with BPH, is procedural intervention superior to combination medical therapy for reduction of symptoms?	TX - U of Texas Health Science Center at Tyler	9/15/21	10/26/20	10.80
In adults with de Quervain's tendinopathy, do glucocorticoid injections improve symptoms more than placebo?	KS - Via Christi FMRP	9/15/21	10/15/20	11.17
Does ibuprofen exposure impede fracture healing in children?	MN - U of Minnesota Department of FM	9/15/21	11/11/20	10.27
Does chronic use of H2 blockers in adults cause loss of bone density?	LA - Tulane University DFCM	9/15/21	10/26/20	10.80
Do probiotics prevent otitis media in children who are prone to recurrent infections?	MO - U of Missouri FP Columbia (Founding)	9/15/21	2/22/21	6.83
Does a concussion in adolescents increase the likelihood of developing insomnia?	TX - John Peter Smith FMR Program	9/6/21	10/15/20	10.87
Are antipsychotics effective in treating acute delirium?	CO - Sky Ridge FMR	9/1/21	11/24/20	9.37
What are the risks and benefits to breastfeeding infants when mothers are on medication assisted therapy with methadone or buprenorphine?	CO - Sky Ridge FMR	9/1/21	11/22/20	9.43
Is tinnitus retraining therapy more effective than standard of care treatment for tinnitus?	MI - St. Joseph Mercy Livingston	9/1/21	9/28/20	11.27

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Is pre-exposure prophylaxis (PrEP) effective and feasible for preventing HIV transmission in adolescent males?	ON - Trillium Health Care	9/1/21	4/6/20	17.10
Does prenatal pelvic floor muscle training help to prevent stress urinary incontinence in late pregnancy, postpartum, and interpregnancy period?	OK - In His Image FMR	9/1/21	9/28/20	11.27
Does melatonin prevent procedure related anxiety in adults and children?	CO - Sky Ridge FMR	9/1/21	12/11/20	8.80
Are antipsychotics effective in treating acute delirium?	CO - Sky Ridge FMR	9/1/21	11/24/20	9.37
In patients with acute mania, which anti-manic medication regimen is the most effective treatment?	MN - U of Minnesota Department of FM	9/1/21	5/26/20	15.43
Does dexamethasone prevent symptoms of altitude sickness in adults traveling to high altitude regions?	IL - SIU Carbondale FPC	9/1/21	4/16/20	16.77
Are custom orthotics more effective than prefabricated orthotics for the treatment of plantar fasciitis?	WI - U of Wisconsin - Madison FMR (Founding)	9/1/21	8/17/20	12.67
Do calcium channel blockers affect male fertility factors?	TX - U of Texas Medical Branch	9/1/21	10/1/20	11.17
Does omega 3 supplementation improve dry eye symptoms?	LA - Tulane University DFCM	9/1/21	6/21/20	14.57
Which treatments are effective at achieving weight loss among overweight or obese reproductive age women with PCOS?	WA - East Pierce FM (Founding)	9/1/21	8/15/20	12.73
Does the consumption of a high flavonoid diet improve cognitive function in adults?	WA - FMR at Fort Lewis Madigan Army (Founding)	9/1/21	10/9/20	10.90
Can a negative procalcitonin be used to stop antibiotics in patients admitted to the hospital with moderate to severe COPD exacerbation but no signs of pneumonia?	WA - FMR at Fort Lewis Madigan Army (Founding)	9/1/21	8/5/20	13.07

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Does OMT work for suck dysfunction and breastfeeding issues in newborns?	MI - St. Joseph Mercy Livingston	9/1/21	8/16/20	12.70
Does CoQ 10 enzyme improve symptoms in patients with heart failure?	WA - FMR at Fort Lewis Madigan Army (Founding)	9/1/21	11/27/20	9.27
Is sleep duration associated with symptom improvement in athletes with sports related concussion?	NJ - Rutgers RWJMS FMR at RWJUH	9/1/21	7/14/20	13.80
			SEPTEMBER 2021	11.72
Does face-to-face parental counseling and patient education increase vaccination rates in children and adolescents?	FL - Florida State University COM FMRP at Lee Memorial Health System	08/15/21	05/18/20	15.13
Is metformin effective for treating infertility associated with polycystic ovary syndrome (PCOS)?	WA - WWAMI Network Faculty Development Fellowship	08/15/21	01/18/21	6.97
Does vaccinating children with the varicella vaccine increase the incidence of shingles in the adult population?	TX - Texas Tech Family Practice at Lubbock	08/15/21	06/26/20	13.83
What are the most effective measures to manage diabetic foot ulcers?	MN - U of Minnesota Department of FM	08/15/21	02/23/20	17.97
In children with ADHD, does use of stimulant medications increase risk of sudden cardiac death?	MN - U of Minnesota Department of FM	08/15/21	01/31/20	18.73
What are the most effective oral medications for ovulation induction in women with PCOS?	GA - Martin Army FMRP, Fort Benning	08/15/21	05/07/20	15.50
What is the risk of hypoglycemia in infants born to mothers on beta blocker therapy?	NC - U of North Carolina FPRP (Founding)	08/15/21	07/09/20	13.40
Does nicotine replacement therapy in pregnancy improve smoking cessation rates and maternal and neonatal outcomes?	WA - Tacoma FM (Founding)	08/15/21	02/20/20	18.07
Is the levonorgestrel intrauterine device effective in decreasing menorrhagia due to uterine fibroids?	NE - Offutt Air Force Base FMR	08/15/21	11/28/20	8.67

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Does early physical therapy result in cost savings for patients with acute low back pain?	MI - St. Joseph Mercy Livingston	08/15/21	08/17/20	12.10
Is cognitive-behavioral therapy more effective than other psychotherapies in patients with schizophrenia?	WA - U of Washington FMRP (Founding)	08/15/21	02/16/20	18.20
Is a plant-based diet safe for pediatric population?	OK - In His Image FMR	08/17/21	10/01/20	10.67
			AUGUST 2021	10.21
How does food insecurity and maternal depression impact childhood behavior?	NY - Phelps-Northwell FM Residency Program	7/30/21	9/4/20	10.97
Do serial electrocardiograms improve the evaluation of acute coronary syndrome?	WI - U of Wisconsin - Madison FMR (Founding)	7/30/21	6/22/20	13.43
Does implicit racial bias training for healthcare providers increase awareness of racial bias in medicine?	WA - Kaiser Permanente Washington FMR (Founding)	7/30/21	8/13/20	11.70
Does outpatient monitoring of opioid dependent patients following release from an in-patient rehabilitation help prevent relapses/overdoses?	MO - St. Louis University School of Medicine RP	7/30/21	4/20/20	15.53
What are the positive effects of resistance training in frail elderly patients with dementia?	CO - Sky Ridge FMR	7/26/21	4/2/20	16.00
Is vaginal Vitamin E effective in reducing the symptoms of genitourinary syndrome of menopause?	TX - U of Texas Medical Branch	7/26/21	9/23/20	10.20
In communities that offer a needle exchange program, does intravenous drug use increase?	IL - McGaw Medical Center of Northwestern University Program	7/26/21	8/15/20	11.50
In pediatric patients, what role does palatal petechiae have in the diagnosis of group A streptococcal pharyngitis?	MN - U of Minnesota Department of FM	7/26/21	7/12/20	12.63
Is buprenorphine as effective as morphine in treating patients with acute pain?	NJ - Rutgers RWJMS FMR at RWJUH	7/26/21	8/11/20	11.63

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Is calcium supplementation effective for prevention of hypertension in an otherwise healthy pregnancy?	OK - In His Image FMR	7/26/21	9/17/20	10.40
What are effective mass treatment strategies for prevention of S. mansonii infections?	NY - Phelps-Northwell FM Residency Program	7/26/21	2/23/20	17.30
Does cranberry extract taken daily by mouth prevent recurrent urinary tract infections in adult women?	AR - U of Arkansas for Medical Sciences Northwest FMR	7/16/21	12/23/19	19.03
Does rifaximin decrease small intestinal bacterial overgrowth in patients with irritable bowel syndrome?	AR - U of Arkansas for Medical Sciences Northwest FMR	7/16/21	1/16/20	18.23
In pregnant nulliparous women age 35 and older, does induction of labor at full term (39wks) or later reduce early neonatal mortality and stillbirth compared to expectant management?	WA - Kaiser Permanente Washington FMR (Founding)	7/16/21	8/15/20	11.17
Does the use of external ankle bracing reduce performance in athletes?	WA - U of Washington FMRP (Founding)	7/7/21	2/22/20	16.70
Does the risk of ACE-1-induced angioedema differ between Black and non-Black patients?	PA - PSU State College Department of Family & Community Medicine	7/7/21	10/20/20	8.67
Does advanced care planning increase the use of palliative care?	WA - Northwest Washington FMR (Founding)	7/7/21	8/7/20	11.13
In patients with dementia which pharmaceutical intervention is best at reducing agitated behaviors?	MN - U of Minnesota Department of FM	7/7/21	7/8/20	12.13
In hospitalized patients without history of venous thromboembolism, does prophylactic low molecular weight heparin reduce incidence of VTE more effectively than mechanoprophylaxis?	OK - In His Image FMR	7/5/21	8/22/20	10.57

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In adults with vitamin B12 deficiency who do not have known risk factors is oral vitamin B12 as effective as intramuscular vitamin B12 for normalizing serum vitamin B12 levels?	GA - Dwight D Eisenhower Army MC FMR (Fort Gordon)	7/5/21	9/21/20	9.57
In adult patients with onychomycosis, does continuous therapy with oral terbinafine result in increased rates of cure compared to pulsed therapy?	OK - In His Image FMR	7/5/21	8/18/20	10.70
Among people with anxiety, which is the effective duration of SSRI therapy to prevent relapse?	WA - East Pierce FM (Founding)	7/5/21	8/13/20	10.87
How effective is imaging for abdominal pain?	NY - Phelps-Northwell FM Residency Program	7/5/21	2/14/20	16.90
Does fish oil supplementation improve cognition in adults?	IL - St. Louis University (Southwest Illinois) FMRP	7/5/21	12/15/19	18.93
			JULY 2021	13.16
In patients with type II diabetes, is a vegan diet associated with better glycemic control compared with a conventional diabetes diet?	AL - Cahaba Family Medicine Residency	06/15/21	04/25/20	13.87
Is tea consumption associated with a decreased risk of cardiovascular disease?	IL - U of Chicago NorthShore FMRP (Founding)	06/15/21	07/19/20	11.03
What is the best treatment of methamphetamine use disorder?	WA - FMR at Fort Lewis Madigan Army (Founding)	06/15/21	01/21/20	17.03
Is simple reaction time a good sideline test for diagnosing concussions?	MI - Beaumont Hospital Troy	06/15/21	03/25/20	14.90
Do antacids before cesarean delivery reduce the risk of aspiration pneumonitis?	WA - Tacoma FM (Founding)	06/15/21	01/31/20	16.70
Should women with a history of HPV infection be administered an HPV vaccine?	MO - St. Louis University School of Medicine RP	06/15/21	08/16/20	10.10

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Does a three-dose oral vitamin K regimen at birth, one week old of age, and one month old of age prevent late-onset bleeding from vitamin K deficiency?	MN - U of Minnesota Department of FM	06/15/21	02/02/20	16.63
For medication management of early pregnancy loss, what are the advantages of misoprostol with mifepristone compared with misoprostol alone?	NC - Mountain AHEC Asheville FPRP (Founding)	06/15/21	04/21/20	14.00
Do statins have a role in the treatment of Alzheimer's's disease?	MN - U of Minnesota Department of FM	06/15/21	01/31/20	16.70
Does the utilization of medical scribes reduce physician burnout in primary care settings?	IL - U of Chicago NorthShore FMRP (Founding)	06/15/21	06/26/20	11.80
Does surgery improve outcomes in chronic lateral epicondylitis?	MN - U of Minnesota Department of FM	06/15/21	01/27/20	16.83
In children with suspected asthma, what is the best confirmatory test?	WV - United Hospital Center Program	06/15/21	03/13/20	15.30
Is a clinical breast examination useful for screening for breast cancer?	MN - U of Minnesota Department of FM	06/15/21	01/29/20	16.77
In patients receiving androgens for gender dysphoria, is subcutaneous testosterone administration equivalent to IM administration?	MN - U of Minnesota Department of FM	06/15/21	01/27/20	16.83
Does the use of e-cigarettes improve tobacco cessation rates in adults compared with pharmaceutical nicotine replacement systems?	IL - U of Chicago NorthShore FMRP (Founding)	06/22/21	06/30/20	11.90
Is the introduction of allergenic foods, such as egg and peanut, to infants at 4 to 6 months of age associated with an increased risk of allergic disease later in life?	AL - Cahaba Family Medicine Residency	06/22/21	04/25/20	14.10

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For patients with heart failure, does remote monitoring of vital signs prevent hospital admissions?	IL - U of Chicago NorthShore FMRP (Founding)	06/22/21	07/02/20	11.83
Do lesbian, gay, bisexual, transgender, and questioning individuals have a higher prevalence of tobacco use than their cisgender or heterosexual counterparts?	MO - St. Louis University School of Medicine RP	06/22/21	07/12/20	11.50
Does the addition of exercise to caloric restriction increase weight loss in adults compared with caloric restriction alone?	IL - U of Chicago NorthShore FMRP (Founding)	06/22/21	06/30/20	11.90
Does routine iron supplementation improve anemia or health outcomes in menstruating women?	WA - Tacoma FM (Founding)	06/25/21	01/31/20	17.03
In women with dense breasts, does whole-breast ultrasound improve cancer detection compared with mammogram alone?	ID - FMR of Idaho (Founding)	06/25/21	02/20/20	16.37
Does marijuana usage have impacts on motor and executive functioning?	IL - SIU Decatur FMR	06/04/21	03/30/20	14.37
In adults with obesity-related comorbidities which behavior change techniques decrease weight?	MN - U of Minnesota Department of FM	06/10/21	12/02/19	18.53
In patients with moderate or severe COPD, what are the benefits and risks of adding ICDs to combined LABA and LAMA therapy?	WA - U of Washington FMRP (Founding)	06/10/21	02/23/20	15.77
Does providing opiate maintenance therapy during incarceration increase participation in community treatment programs after release?	IL - McGaw Medical Center of Northwestern University Program	06/10/21	12/19/19	17.97
Does OMT improve pelvic pain in pregnancy?	WA - Providence St. Peter Hospital FMRP (Founding)	06/10/21	12/21/19	17.90

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Do community health worker interventions embedded in primary care improve chronic disease health outcomes in medically underserved patient populations?	PA - Lehigh Valley Hospital FMR	06/10/21	09/12/19	21.23
Is there an association between football-related head injuries and the development of depression?	IL - SIU Springfield FMR	06/10/21	08/27/19	21.77
Does anticipatory prescribing of emergency contraception reduce the rate of unintended pregnancy?	WA - Tacoma FM (Founding)	06/10/21	01/31/20	16.53
Does daily supplementation with fish oil decrease atherosclerotic cardiovascular disease risk?	TX - Texas Tech Family Practice at Lubbock	06/10/21	11/29/19	18.63
Do ICD's in patients with non-ischemic congestive heart failure with EF <35% improve mortality?	TX - Texas Tech Family Practice at Lubbock	06/10/21	12/09/19	18.30
Does coenzyme Q10 lower blood pressure in patients with hypertension?	ID - Rural FMR of Idaho (Founding)	06/11/21	03/11/20	15.23
Is there a mortality benefit in patients with COPD who take statins compared with those who do not?	PA - UPMC St Margaret FMRP	06/11/21	11/26/19	18.77
In patients with stable COPD, is a short-acting beta agonist alone as effective for controlling symptoms as a SABA plus a short-acting muscarinic antagonist?	TX - John Peter Smith FMR Program	06/14/21	10/22/19	20.03
What is the preferred thiamine treatment for suspected Wernicke encephalopathy?	WA - FMR at Fort Lewis Madigan Army (Founding)	06/14/21	04/18/20	14.07
In healthy women at low risk of complications, does water immersion in first stage of labor decrease the number of women receiving epidural anesthesia?	MN - U of Minnesota Department of FM	06/14/21	01/27/20	16.80
			JUNE 2021	15.81

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
In patients with COPD, does SMT improve lung function compared with no SMT?	PA - UPMC St Margaret FMRP	5/4/21	12/2/19	17.30
Does supervised moderate-intensity aerobic exercise relieve pain symptoms in patients with fibromyalgia?	WA - Tacoma FM (Founding)	5/6/21	1/31/20	15.37
In adults with mild persistent asthma, is as-needed use of a combined inhaled corticosteroid plus long-acting beta-agonist as effective as scheduled use of an inhaled corticosteroid alone in preventing asthma exacerbations?	VA - LewisGale Medical Center Program	5/3/21	5/9/19	24.17
In sepsis, is the use of balanced crystalloids better than unbalance crystalloids in decreasing mortality?	IL - SIU Decatur FMR	5/3/21	5/22/20	11.53
Does access to an interpreter or language-concordant provider improve HbA1c levels in Spanish-speaking patients with diabetes?	OK - University of Oklahoma School of Community Medicine, Family and Community Medicine	5/3/21	3/6/20	14.10
Is vitamin K2 supplementation effective in reducing fractures in adults?	OK - University of Oklahoma School of Community Medicine, Family and Community Medicine	5/3/21	3/4/20	14.17
What are the benefits and risks of hormone replacement therapy for primary prevention of chornic conditions in postmenopausal women?	WA - Kadlec Regional Medical Center Program (Founding)	5/3/21	9/23/19	19.60
What is the best therapy for PCS?	MI - St. Joseph Mercy Livingston	5/3/21	8/15/19	20.90
Does ginger relieve symptoms of dyspepsia?	IL - SIU Decatur FMR	5/3/21	4/9/20	12.97
Does starting a beta-blocker in the preoperative period decrease preoperative mortality and morbidity?	WA - Kadlec Regional Medical Center Program (Founding)	5/3/21	9/27/19	19.47
		MAY 2021		16.96
In patients with chronic atrial fibrillation currently on warfarin, can INR surveillance be safely extended beyond four weeks?	TN - U of TN College of Medicine at Murfreesboro Program	04/30/21	08/08/19	21.03

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does breastfeeding for six months or more after birth decrease the risk of childhood obesity?	OK - University of Oklahoma School of Community Medicine, Family and Community Medicine	04/30/21	03/11/20	13.83
Does vitamin D deficiency in pregnancy increase the risk of postpartum depression?	TN - U of TN College of Medicine at Murfreesboro Program	04/22/21	08/19/19	20.40
Does social media use adversely affect sleep duration in adults?	IL - SIU Springfield FMR	04/22/21	11/03/19	17.87
Are multimedia educational interventions more effective than conventional education at reducing HbA1c in adults with type 2 diabetes?	IL - St. Louis University (Southwest Illinois) FMRP	04/23/21	12/05/19	16.83
In patients with hypoalbuminemia and volume overload, does furosemide plus albumin improve outcomes?	IL - St. Louis University (Southwest Illinois) FMRP	04/23/21	09/17/20	7.27
Do CBT-based interventions reduce occupational stress and burnout among physicians in developed countries?	PA - PSU Hershey Department of Family & Community Medicine	04/23/21	04/20/20	12.27
Does vitamin D supplementation help with weight loss and BMI?	TX - U of Texas Health Science Center at Tyler	04/23/21	11/01/19	17.97
Do thiazides increase the risk of falls in the elderly?	MI - St. Joseph Mercy Livingston	04/23/21	08/09/19	20.77
What are effective treatments for advanced castration-resistant prostate cancer marked by rapidly rising PSA?	NY - Phelps-Northwell FM Residency Program	04/23/21	02/24/20	14.13
Does the addition of OMT in the antepartum or intrapartum period decrease the duration of labor compared with standard obstetrical management alone?	IL - UIC Illinois Masonic FPR	04/23/21	08/15/19	20.57
In patients with uncontrolled diabetes, does self-titration of insulin lead to faster glucose control compared with clinician-led instruction?	WV - United Hospital Center Program	04/23/21	12/26/19	16.13

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Are continuous insulin pumps more effective than multiple daily insulin injections in the management of poorly controlled type 2 diabetes?	NJ - Inspira Health Network Graduate Medical Education FM Woodbury	04/23/21	01/31/20	14.93
Is fenugreek effective at increasing breast milk production?	MT - Montana FMR (Founding)	04/23/21	12/13/19	16.57
In adults with AWS does phenobarbital reduce hospital length of stay more than benzodiazepines?	NJ - Inspira Health Network Graduate Medical Education FM Woodbury	04/24/21	11/07/19	17.80
Is exercise in pregnancy associated with negative neonatal outcomes?	WV - United Hospital Center Program	04/24/21	11/25/19	17.20
What is the relationship between lipoprotein(a) and CVD?	IL - SIU Springfield FMR	04/24/21	11/27/19	17.13
Do probiotics provide symptom relief in patients with SIBO compared with placebo or no treatment?	PA - UPMC St Margaret FMRP	04/24/21	11/27/19	17.13
Does podophyllin provide any benefit over cryotherapy for adult patients with genital warts?	AR - AHEC Southwest FPR	04/24/21	12/28/19	16.10
Is there an effective way to adjust statin type, dosing, and/or frequency to maximize cardiovascular risk benefit and simultaneously eliminate muscle aches in patients who experience that side-effect?	PA - UPMC St Margaret FMRP	04/14/21	11/27/19	16.80
Is topical diclofenac safe in adult patients with contraindications to oral NSAID therapy?	NJ - Inspira Health Network Graduate Medical Education FM Woodbury	04/13/21	11/13/19	17.23
		APRIL 2021		16.58
Is increased social media use associated with depression in teenagers?	IL - SIU Springfield FMR	3/16/21	11/21/19	16.03
In patients with cancer-related pain, does use of cannabis reduce opioid requirements for pain control?	WA - U of Washington FMRP (Founding)	3/16/21	2/14/20	13.20

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Do group prenatal visits increase the likelihood of breastfeeding versus individual prenatal visits?	IL - U of Chicago NorthShore FMRP (Founding)	3/16/21	5/9/20	10.37
In adults with POTS, are salt tablets and oral hydration more effective for reducing symptoms than oral hydration alone?	IL - SIU Decatur FMR	3/16/21	3/9/20	12.40
Is capsaicin an effective treatment for cannabinoid hyperemesis syndrome?	IL - SIU Decatur FMR	3/16/21	3/22/20	11.97
Do topical vaginal estrogens help prevent rUTI in postmenopausal women?	AR - U of Arkansas for Medical Sciences Northwest FMR	3/16/21	12/18/19	15.13
Does physician access to prescription monitoring databases reduce opioid overdose deaths?	IL - U of Chicago NorthShore FMRP (Founding)	3/16/21	5/15/20	10.17
Is a figure of eight bandage better than a simple sling for midshaft clavicle fractures in adults?	NC - Cabarrus FMRP (Founding)	3/1/21	11/14/19	15.77
Does an asthma action plan help reduce severity of asthma exacerbations?	TX - U of Texas Health Science Center at Tyler	3/1/21	10/2/19	17.20
Does supplementation with myo-inositol reduce the risk of developing GDM?	OK - In His Image FMR	3/1/21	9/5/19	18.10
Does breastfeeding for at least three months decrease the risk of childhood asthma?	NJ - Inspira Health Network Graduate Medical Education FM Woodbury	3/1/21	11/8/19	15.97
Is montelukast effective for treating patients with chronic urticaria?	CA - Valley FMR of Modesto	3/1/21	9/5/19	18.10
In patients with hyperlipidemia and cardiovascular disease, does the addition of a PCSK9 inhibitor decrease the incidence of subsequent cardiovascular events?	TN - U of TN College of Medicine at Murfreesboro Program	3/1/21	8/30/19	18.30
In patients with iron deficiency without anemia, does iron treatment improve outcomes?	NC - Cabarrus FMRP (Founding)	3/1/21	12/30/19	14.23

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Is surgical versus conservative management more effective for displaced midshaft clavicle fractures?	NC - Cabarrus FMRP (Founding)	3/1/21	11/14/19	15.77
Does routine episiotomy reduce severe perineal trauma?	TX - Carl Darnall AMC FMRP	3/1/21	2/27/20	12.27
How effective is metformin in reducing cardiovascular risk in adults with T2DM?	IN - Indiana University School of Medicine Program (Arnett)	3/1/21	10/25/19	16.43
Is osteopathic manipulative treatment effective in reducing primary dysmenorrhea?	IL - Advocate Christ FMR	3/1/21	4/5/19	23.20
			MARCH 2021	10.90
In patients with Clostridium difficile infection, is fecal microbiota transplant better than vancomycin for resolving diarrhea?	TX - John Peter Smith FMR Program	02/17/21	10/26/19	16.00
What are the risks and benefits of discontinuing oxytocin after reaching the active phase of labor in patients undergoing labor induction or augmentation?	WA - Skagit Regional Health (Founding)	02/17/21	11/01/19	15.80
In adult patients with stroke, does treatment with a statin reduce morbidity and mortality compared to placebo or no treatment?	MN - U of Minnesota Department of FM	02/17/21	11/11/19	15.47
In patients with cirrhosis, which beta-blockers are most effective for decreasing risk of bleeding from esophageal varices?	PA - UPMC St Margaret FMRP	02/17/21	11/24/19	15.03
Are oral steroids effective in the management of chronic rhinosinusitis in adults?	TX - Carl Darnall AMC FMRP	02/17/21	10/01/19	16.83
Do probiotics reduce the frequency of urinary tract infections in women?	IN - Indiana University School of Medicine Program (Arnett)	02/16/21	09/16/19	17.30
For patients hospitalized with bone/joint infections, are oral antibiotics an effective alternative to continued IV therapy after hospital discharge?	MO - U of Missouri FP Columbia (Founding)	02/16/21	11/15/19	15.30

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does potassium supplementation improve hypertension control?	TX - U of Texas Health Science Center at Tyler	02/16/21	10/02/19	16.77
Do financial incentives increase smoking cessation rates among pregnant women?	WI - Fox Valley FMRP - Medical College of Wisconsin	02/16/21	11/21/19	15.10
Is intra-articular saline injection effective for the treatment of osteoarthritis?	TX - Texas Tech Family Practice at Lubbock	02/16/21	11/04/19	15.67
In pregnant women with gestational diabetes mellitus, does insulin improve glycemic control versus the oral agents metformin and glyburide?	IL - SIU Quincy FMR	02/01/21	10/07/19	16.10
Is immediate placement of intrauterine device more cost-effective than delayed placement?	TX - Carl Darnall AMC FMRP	02/01/21	04/02/20	10.17
			FEBRUARY 2021	15.46
In adults with COPD, does the addition of mucolytic agents decrease the likelihood of having an exacerbation?	OK - In His Image FMR	1/26/21	9/5/19	16.97
Do patients with latent tuberculosis who receive direct observation treatment have higher treatment completion rates than patients who receive self-administered treatment?	PA - UPMC St Margaret FMRP	1/26/21	11/26/19	14.23
What types of exercise improve outcomes in adolescents with depression?	MA - UMass Fitchburg FMR	1/26/21	9/6/19	16.93
Does the addition of misoprostol to the active management of the third stage of labor result in fewer postpartum hemorrhages?	OK - In His Image FMR	1/26/21	9/5/19	16.97
How safe are statins for treating children with familial hypercholesterolemia?	WA - Skagit Regional Health (Founding)	1/26/21	11/20/19	14.43
How effective is progestin-only emergency contraception in obese women?	PA - PSU Hershey Department of Family & Community Medicine	1/18/21	2/28/20	10.83

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Do long-acting inhaled anticholinergics provide any benefit to an asymptomatic patient with COPD?	AR - AHEC Southwest FPR	1/18/21	3/17/19	22.43
Does CBT decrease physical symptoms in somatic symptom disorder in adults?	OK - In His Image FMR	1/18/21	9/26/19	16.00
for depression in adolescents?	Washington Hospital Center FMRP	1/18/21	7/28/19	18.00
Is venlafaxine an effective prophylactic medication for migraine headaches?	IN - Indiana University School of Medicine Program (Arnett)	1/18/21	10/27/19	14.97
receptor agonist results in the greatest weight reduction?	NC - Cabarrus FMRP (Founding)	1/18/21	11/7/19	14.60
In adults with type 2 diabetes mellitus, does a plant-based diet improve outcomes compared to usual diet?	MN - U of Minnesota Department of FM	1/18/21	10/7/19	15.63
Does azithromycin increase likelihood of potentially lethal dysrhythmia?	ID - FMR of Idaho (Founding)	1/13/21	2/21/20	10.90
In community dwelling adults, does diet enrichment with fruit, vegetables, fish and whole grains reduce the risk of new onset depression?	CA - Valley FMR of Modesto	1/13/21	11/20/19	14.00
How effective is vaccination for preventing influenza in healthy children?	WA - East Pierce FM (Founding)	1/13/21	8/27/19	16.83
Does screening asymptomatic adults for CVD using ECG improve health outcomes?	WA - East Pierce FM (Founding)	1/13/21	8/2/19	17.67
Does outpatient management of acute pulmonary embolus have similar outcomes as inpatient management?	MN - U of Minnesota Department of FM	1/13/21	5/12/20	8.20
Does an elevated serum eosinophil level predict a positive response to inhaled corticosteroids in patients with chronic COPD?	ID - FMR of Idaho (Founding)	1/13/21	2/26/20	10.73
ureteral stones 1 cm or smaller compared with standard therapy?	WA - Kadlec Regional Medical Center Program (Founding)	1/13/21	9/13/19	16.27

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Is there a difference between aerobic exercise and resistance training for improved glucose control in patients with type 2 diabetes?	IL - St. Louis University (Southwest Illinois) FMRP	1/6/21	10/27/19	14.57
			JANUARY 2021	15.06
Is parental weight loss during a family-oriented, pediatric weight loss program correlated with pediatric weight change in that program?	WI - U of Wisconsin - Madison FMR (Founding)	12/30/20	08/09/19	16.97
Is there a difference in the incidence of surgical site infections in women who have planned versus unplanned cesarean delivery?	TX - Carl Darnall AMC FMRP	12/28/20	09/28/19	15.23
Do appetite stimulants improve outcomes in frail older adults?	TX - Carl Darnall AMC FMRP	12/28/20	09/12/19	15.77
What are effective treatments for hyperhidrosis that is refractory to nonprescription treatments?	IL - SIU Carbondale FPC	12/22/20	06/23/19	18.27
When used as the initial induction agent, does oral misoprostol compared with oxytocin shorten the time to vaginal delivery in rupture of membranes before labor at term?	WA - Providence St. Peter Hospital FMRP (Founding)	12/22/20	06/07/19	18.80
In adults with adhesive capsulitis, are surgical interventions effective at relieving pain and improving function?	IL - St. Louis University (Southwest Illinois) FMRP	12/09/20	09/19/19	14.90
Do serial measurements of natriuretic peptides (BNP or NT-proBNP) help guide therapy in patients with chronic heart failure and improve outcomes?	WY - U of Wyoming FPRP - Casper (Founding)	12/08/20	06/24/19	17.77
Are progesterone-only contraceptives safe in women with tobacco use or venous thromboembolic disease?	CO - Swedish FMRP (Founding)	12/08/20	06/08/19	18.30
How do outcomes compare for planned vaginal birth versus planned cesarean delivery for term breech presentation?	OK - In His Image FMR	12/08/20	09/08/19	15.23

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
In patients with subclinical hypothyroidism, does treatment with levothyroxine improve quality of life?	OR - OPTI West Roseburg FMR	12/01/20	09/30/19	14.27
statins in primary and secondary prevention of cardiovascular events in patients who cannot	NC - Camp Lejeune FMR	12/01/20	12/06/19	12.03
Does the MMRV vaccine increase the risk of seizure?	OK - In His Image FMR	12/01/20	08/05/19	16.13
What is the most effective tapering method for weaning chronic opioid therapy in noncancer pain patients?	AL - Cahaba FMR	12/01/20	05/08/19	19.10
remission than outpatient treatment of anorexia nervosa?	OK - In His Image FMR	12/01/20	09/05/19	15.10
Compared with immediate antibiotic prescribing, does delayed antibiotic prescribing decrease patient satisfaction?	MT - Montana FMR (Founding)	12/01/20	10/17/19	13.70
filters better than no IVC filters in preventing recurrent pulmonary embolism?	ID - FMR of Idaho (Founding)	12/01/20	02/16/20	9.63
Is behavioral therapy a more effective treatment for primary insomnia than pharmacotherapy?	CA - Valley FMR of Modesto	12/01/20	12/03/19	12.13
In patients who have multidrug-resistant, gram-negative bacterial infections, does polymyxin B have less renal toxicity than colistimethate?	MI - CMU College of Medicine	12/01/20	08/30/19	15.30
			DECEMBER 2020	15.48
What is the appropriate treatment of measles in immunocompetent pediatric patients?	WA - Kaiser Permanente Washington FMR (Founding)	11/17/20	8/14/19	15.37
Do any treatments for hyperlipidemia in children improve cardiovascular disease markers or risk factors?	IL - SIU Springfield FMRP	11/17/20	5/6/19	18.70
Does treatment of iron deficiency anemia in asymptomatic pregnant women improve maternal pregnancy outcomes?	WA - Kaiser Permanente Washington FMR (Founding)	11/17/20	9/16/19	14.27

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Do scribes improve patient satisfaction in primary care settings?	IL - SIU Springfield FMRP	11/17/20	8/20/19	15.17
Does cell phone use increase the risk of cancer?	TX - Carl Darnall AMC FMRP	11/17/20	6/13/19	17.43
Does procalcitonin improve the accuracy of the diagnosis of CAP in the emergency department?	TX - U of Texas Medical Branch	11/17/20	8/9/19	15.53
Is binge drinking in adults associated with increased mortality compared with moderate consumption of alcohol?	IL - U of Chicago NorthShore FMRP (Founding)	11/17/20	6/25/19	17.03
In elderly patients with advanced dementia, does donepezil improve overall function?	TX - Carl Darnall AMC FMRP	11/17/20	5/1/19	18.87
Does azithromycin use increase mortality in adults with underlying cardiovascular disease?	MN - U of Minnesota Department of FM	11/3/20	5/8/19	18.17
Do cognitive activities reduce the risk of developing mild cognitive impairment or dementia?	NC - Womack FMR Clinic	11/3/20	12/4/19	11.17
Is L-theanine effective in decreasing subjective stress levels and improving physiological markers of the stress response?	IL - SIU Carbondale FPC	11/3/20	5/27/19	17.53
What is the optimal pharmacologic VTE prophylaxis in the hospitalized dialysis patient?	CA - Valley FMR of Modesto	11/3/20	9/18/19	13.73
What are the most effective office-based strategies to increase vaccine uptake among vaccine-hesitant parents?	MI - CMU College of Medicine	11/3/20	8/22/19	14.63
In patients undergoing ambulatory, medically supervised alcohol withdrawal, is gabapentin or a benzodiazepine more effective in alleviating symptoms of withdrawal and preventing worsening symptoms?	MN - U of Minnesota Department of FM	11/3/20	5/24/19	17.63

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		NOVEMBER 2020		16.09
What examination findings are best for differentiating central causes of vertigo from peripheral causes of vertigo?	TX - U of Texas Medical Branch	10/06/20	08/26/19	13.57
		OCTOBER 2020		13.57
written and pictorial nutritional informational material reduce obesity, compared to verbal	GA - Dwight D Eisenhower Army MC FMR (Fort Gordon)	9/30/20	10/24/19	11.40
Are antidepressants effective treatment for insomnia in adults?	WA - Kadlec Regional Medical Center Program (Founding)	9/30/20	7/26/19	14.40
effective as antidepressants in patients with major depressive disorder?	IN - Indiana University School of Medicine Program (Arnett)	9/25/20	8/1/19	14.03
Is naltrexone as effective treatment for adults with alcohol use disorder?	WA - Tacoma FM (Founding)	9/18/20	4/10/19	17.57
Is maternal caffeine intake associated with behavioral disorders in offspring?	OK - In His Image FMR	9/9/20	8/26/19	12.67
Is bright light therapy an effective treatment of depression in pregnancy?	TX - Carl Darnall AMC FMRP	9/1/20	4/26/19	16.47
Are elderly adults with vitamin D deficiency at increased risk of developing dementia?	TX - U of Texas Medical Branch	9/1/20	9/10/19	11.90
		SEPTEMBER 2020		14.06
What are the evidence-based medications for the treatment of panic attacks?	MO - St. Louis University School of Medicine RP	08/24/20	07/09/19	13.73
What is the chance of developing symptomatic nephrolithiasis from small asymptomatic incidentally found nonobstructive renal stones?	NC - Camp Lejeune FMR	08/21/20	07/19/19	13.30
Are ACE inhibitors more effective than ARBs in reducing cardiovascular events in hypertensive patients with diabetes?	OK - In His Image FMR	08/19/20	08/21/19	12.13
Does electrolyte supplementation improve athletic performance in endurance athletes?	IL - U of Chicago NorthShore FMRP (Founding)	08/19/20	07/16/19	13.33

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Does low-dose aspirin use decrease the risk for pre-eclampsia in multifetal gestations?	GA - Martin Army FMRP, Fort Benning	08/17/20	05/29/19	14.87
What is the accuracy of retinal imaging devices at detecting diabetic retinopathy?	IL - SIU Springfield FMRP	08/17/20	04/15/19	16.33
What is the most accurate noninvasive test for diagnosis of H pylori infection?	WA - U of Washington FMRP (Founding)	08/03/20	01/23/20	6.43
mifepristone to vaginal misoprostol more effective than medication management with	WA - WWAMI Network Faculty Development Fellowship	08/03/20	01/28/20	6.27
		AUGUST 2020		12.05
What is the most effective treatment for rectal chlamydia?	MO - St. Louis University School of Medicine RP	7/30/20	6/14/19	13.73
Is BRCA-positive women, does oral contraceptive pill use reduce the risk of ovarian cancer?	NC - Cabarrus FMRP (Founding)	7/30/20	7/30/19	12.20
Is acupuncture effective for treating infertility due to polycystic ovarian syndrome?	MI - Beaumont Hospital Troy FMRP	7/23/20	5/23/19	14.23
Water immersion during labor and use of regional anesthesia: Does laboring in water reduce the number of patients requiring epidural anesthesia?	IL - McGaw Medical Center of Northwestern University Program	7/15/20	3/29/19	15.80
In athletes with a history of low-grade ankle sprains, does long-term bracing prevent future ankle sprains?	IL - U of Chicago NorthShore FMRP (Founding)	7/15/20	1/28/19	17.80
How does the efficacy and safety of saw palmetto compare to alpha-1 blockers for the treatment of BPH?	IL - UIC Illinois Masonic FPR	7/15/20	5/14/19	14.27
What are the predictors of success or failure of balloon tamponade in the treatment of postpartum hemorrhage?	MD - MedStar Health/Georgetown Washington Hospital Center FMRP	7/15/20	3/19/19	16.13

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How effective are topical agents for the treatment of cold sores?	MT - Montana FMR (Founding)	7/15/20	11/1/18	20.73
What is the most prudent approach for a patient with an unsatisfactory Pap cytology who is high-risk HPV negative on the same specimen?	NY - Phelps-Northwell FM Residency Program	7/15/20	4/25/19	14.90
treatments for depression in elderly patients with dementia?	IL - SIU Carbondale FPC	7/9/20	5/10/19	14.20
Do beta-blockers prevent osteoporotic fractures?	MO - St. Louis University School of Medicine RP	7/9/20	7/24/19	11.70
Does red yeast rice significantly decrease LDL cholesterol when compared with placebo?	WA - Kaiser Permanente Washington FMR (Founding)	7/9/20	8/27/19	10.57
Does beginning low-dose aspirin before 16 weeks of gestation decrease the incidence of preeclampsia in women at risk for preeclampsia?	WV - United Hospital Center Program	7/9/20	3/29/19	15.60
In hospitalized adults, is Kayexalate effective and safe in the treatment of acute hyperkalemia?	FL - Florida State University COM FMRP at Lee Memorial Health System	7/2/20	4/18/19	14.70
Do SGLT-2 inhibitors reduce albuminuria in people with diabetes?	IN - Indiana University School of Medicine Program (Arnett)	7/2/20	8/30/19	10.23
In patients with osteoarthritis of the knee previously treated with a series of hyaluronic acid injections, do additional courses of hyaluronic acid injections improve pain and function?	MN - U of Minnesota Department of FM	7/2/20	11/25/19	7.33
Does lifestyle counseling improve cardiovascular risk factors in patients with type 2 diabetes?	MO - St. Louis University School of Medicine RP	7/2/20	6/10/19	12.93
Is it safe to use cephalosporins in patients who are allergic to penicillin?	MT - Montana FMR (Founding)	7/2/20	4/18/19	14.70

HELP DESK ANSWER QUESTION	Program Name	ONLINE FIRST DISSEMINATION DATE	ORIGINAL EMS SUBMISSION DATE	AMOUNT OF TIME IN MONTHS - SUBMISSION TO ONLINE FIRST
Does magnesium supplementation decrease anxiety in adults?	NC - Cabarrus FMRP (Founding)	7/2/20	2/11/19	16.90
Does the use of lavender before bedtime affect sleep quality in adults?	OK - In His Image FMR	7/2/20	2/5/19	17.10
Is gabapentin more effective than tricyclic antidepressants in controlling neuropathic pain?	OK - In His Image FMR	7/2/20	12/7/18	19.10
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