

Latest Findings from the AAP Pediatric Research in Office Settings (PROS) Network

Featuring AAP PROS/PCC Research Collaborations to Advance Child Health

Alexander G. Fiks, MD, MSCE, FAAP

PROS Director, American Academy of Pediatrics

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American Academy of Pediatrics

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Objectives



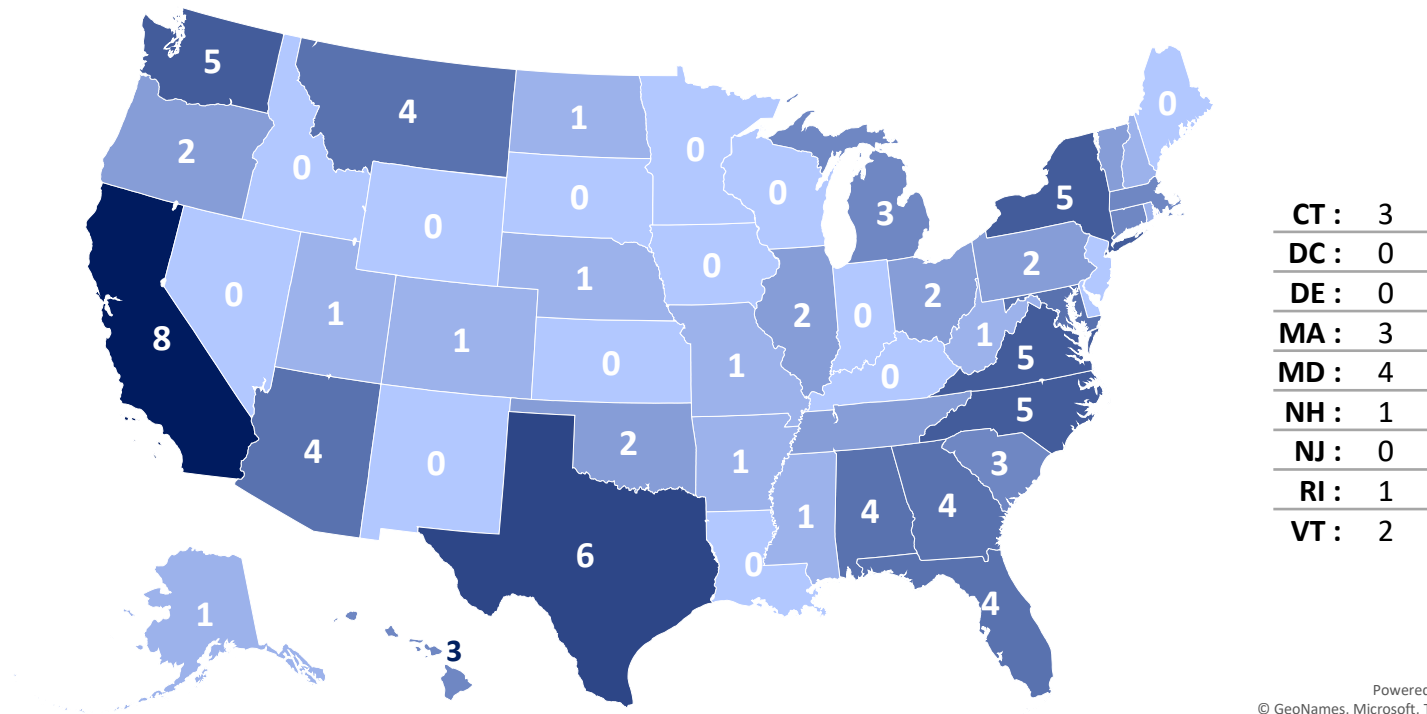
You will learn about:

- How PCC and AAP PROS are partnering on current studies.
- Why PROS participation is valuable - Dr Hiral Lavania.
- Opportunities to participate in PROS research.

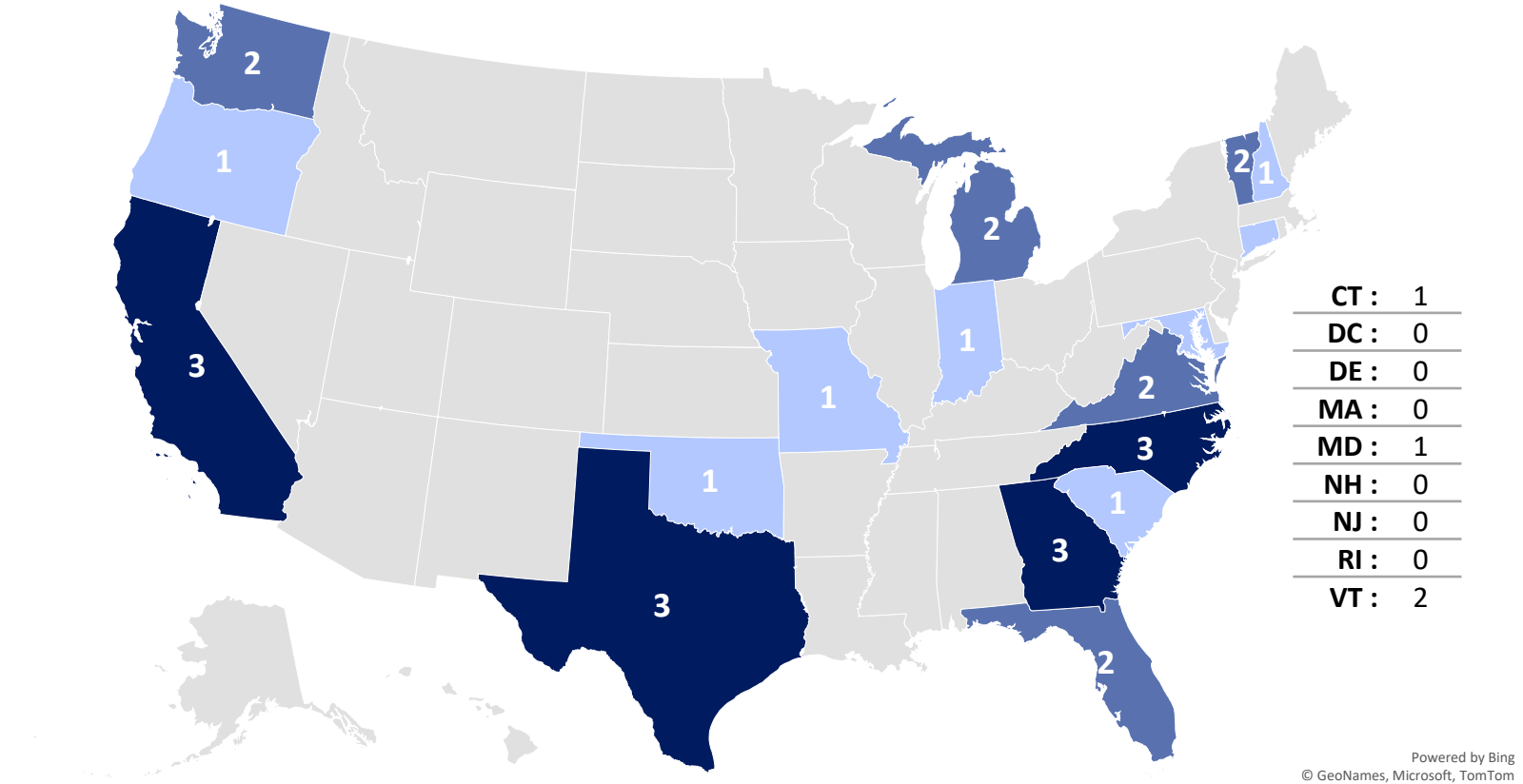


1986
Groundbreaking Origins

Practices in current PROS studies (N=98, 5 studies)



30 PCC practices in current PROS studies



Telemedicine Integrated into Pediatric Primary Care (TIPP-C)

How can telemedicine
best be used to
improve child health?



Key Findings: Evolving Clinical Use of Telemedicine (TM) Visits in Primary Care for Children

Objective: Describe the evolving patterns of TM use for problem-based visits in primary care for children, across six clinical domains and on a national scale.



Sample: 13,903,723 problem-based visits during the study period (2019-2023).

Key Findings: Evolving Clinical Use of Telemedicine (TM) Visits in Primary Care for Children

TM usage by domain 2020 vs. 2024

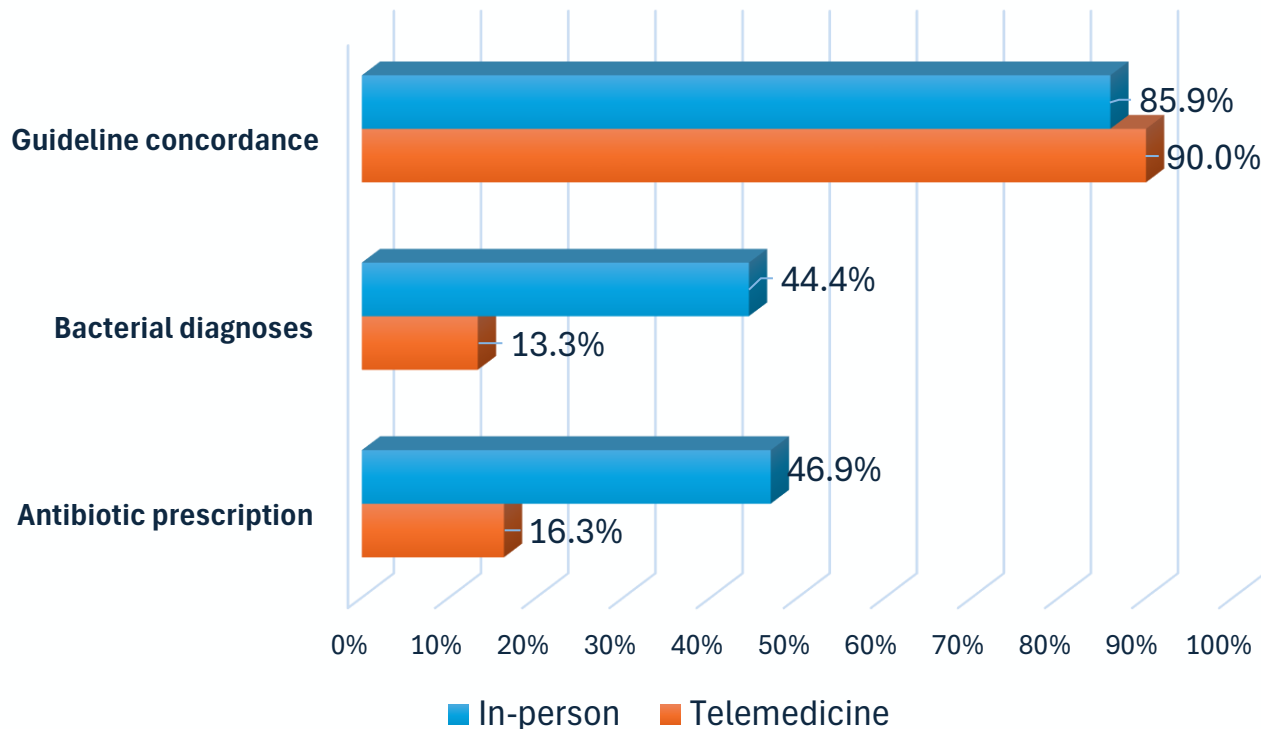
	April 2020		2024	
#1	Behavioral Health	80%	Endocrine	20%
#2	Dermatology	66%	Behavioral Health	15%
#3	Endocrine	56%	Digestive Health	6%
#4	Infectious Disease	56%	Infectious Disease	4%
#5	Digestive Health	53%	Dermatology	4%
#6	Respiratory	51%	Respiratory	3%

Take away:

In 2024, 1 out of every 16 problem-based visits in our sample was TM.

Key Findings: Antibiotic Management

Acute Respiratory Tract Infections (ARTIs)



Take away:
We found evidence of judicious antibiotic prescribing for children during TM integrated within primary care practices.



**Can tailored text messages increase
influenza and COVID-19
vaccination uptake?**



Text4Vax: Understanding the Effectiveness and Implementation of Text Message Reminders for Pediatric COVID-19 and Influenza Vaccines

Text message reminders were refined based on parent feedback:

- Messages were developed based on behavioral science principles.
- 4 PROS practices/18 parents took part in interviews (English/Spanish).
- Parents were asked to assign letter grades (A-F) based on how motivating the messages were.
- Messages were iteratively refined and messages with lower grades discarded.
- An abstract about this process was presented at PAS in April 2025.

Overview of Parent Feedback on Text Message Reminder Content

Elements to include

- Practice's name and phone number.
- A link to schedule appt.
- Child's name (unless >1 child then combine into one text).



Preferred themes

- Planning prompts.
- Not “missing out.”
- How vaccines help get a body ready to challenge a virus.
- Being “healthier” when everyone is vaccinated.



Themes that did NOT resonate

- Protecting the community.
- Low vaccine supply.
- Metaphors related to software updates.



REsearching COVID to Enhance Recovery (RECOVER)



What is long COVID in children?



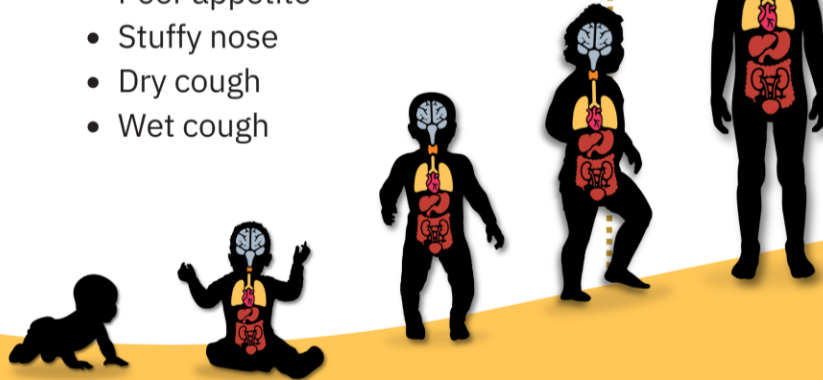
Most common prolonged symptoms associated with a history of COVID in young children

Infants and Toddlers (0-2 years old)

- Trouble sleeping
- Fussiness
- Poor appetite
- Stuffy nose
- Dry cough
- Wet cough

Preschool-Age Children (3-5 years old)

- Dry cough
- Daytime tiredness/sleepiness or low energy



Most common prolonged symptoms associated with a history of COVID in children

Common Symptoms in School-Age Children (6 to 11 years)

Feelings and behavior

- Fear about specific things
- Refusing to go to school

Heart and lungs

- Palpitations during exercise

Skin, hair, and nails

- Itchy skin or skin rash



Common Symptoms In Both School-Age Children and Adolescents

General symptoms

- Trouble sleeping
- Tired after walking
- Poor appetite
- Daytime tiredness/sleepiness or low energy

Feelings and behavior

- Feeling depressed
- Feeling anxious
- Fear of crowds or enclosed spaces

Nerves and brain

- Headache
- Trouble with memory or focusing

Heart and lungs

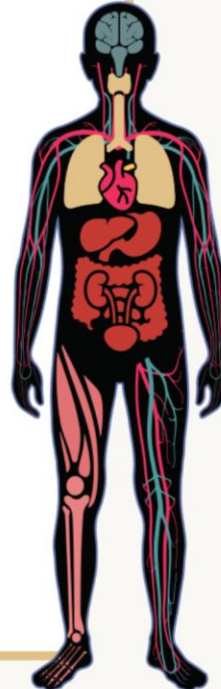
- Feeling lightheaded or dizzy

Stomach and intestines

- Stomach pain
- Nausea or vomiting

Muscles and bones

- Body, muscle, or joint pain
- Back or neck pain



Common Symptoms in Adolescents (12 to 17 years)

Feelings and behavior

- Panic attacks

Ears, eyes, nose, and throat

- Change or loss of smell or taste
- Stuffy nose



The STOP-HPV Trial 2018-2024

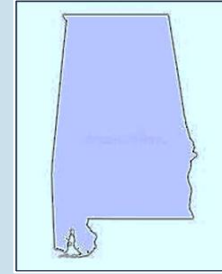
How can we best prevent cancer?



	Communication Period					
	Percent of Office Visits with a Missed Opportunity (MO) for HPV vaccination					
Visit Type	Initial HPV Dose			Subsequent HPV Dose		
	Baseline Period	Intervention Period	Change in MOs (95% CI)	Baseline Period	Intervention Period	Change in MOs (95% CI)
Well-Child Care						
Intervention Group	57.5%	48.7%	-8.8%	13.8%	10.0%	-3.8%
Control Group	55.0%	53.0%	-2.0%	10.3%	8.9%	-1.3%
Interv. vs Control			-6.8% (-9.7%, -3.9%)			-2.5% (-5.5%, 0.5%)
Acute/Chronic						
Intervention Group	98.3%	97.9%	-0.3%	86.0%	88.7%	+2.7%
Control Group	98.4%	98.1%	-0.3%	88.6%	90.1%	+1.6%
Interv. vs Control			0 (-0.6%, 0.7%)			+1.1% (-1.5%, 3.7%)



AAP PROS Working with State Title V Programs



A new type of project in AAP PROS:

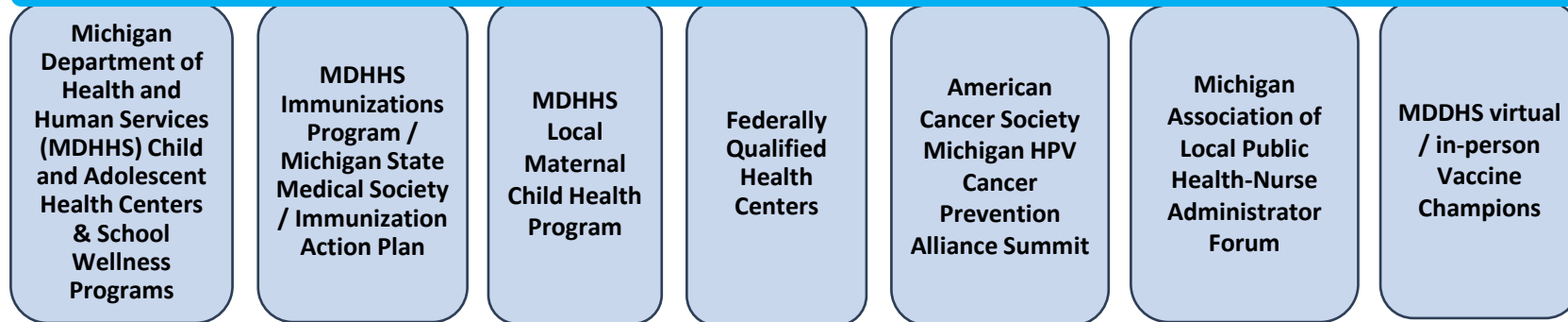
- We partnered with Michigan and Alabama Title V programs to disseminate the successful STOP-HPV communication skills training modules.
- Trainings originally developed for pediatric clinicians were adapted and shared with a broad range of health professionals.



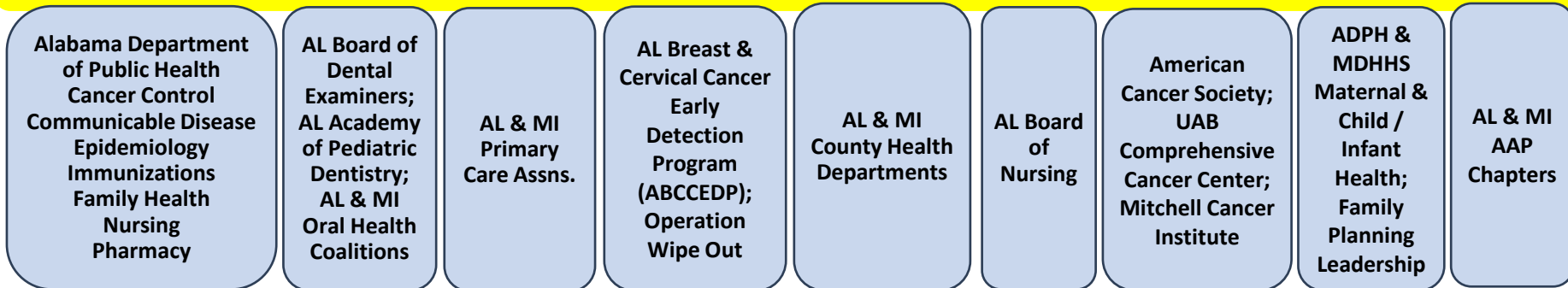
2018-2024 STOP-HPV Study: HPV Clinician Communication Skills Training designed for pediatricians



Year 1 (2023-2024) Michigan Title V: Tailored training for all health professionals



**Year 2 (2024-2025) Michigan and Alabama Title V: Added dental professional module
Shared training with oral health, pharmacist and perinatal groups**





Building on the successes of the STOP-HPV study: a new study proposal

New proposal aims to increase influenza vaccine uptake by:

- Adapting the effective STOP HPV communication skills training for use with the influenza vaccine.
- Testing 4 best practice office system changes.



The Comparative Effectiveness Research *through* Collaborative Electronic Reporting Program



CER² uses an EHR database with >3 million children to explore patterns and trends in child health.

The Allergic March Study 2022-23

How do allergic
conditions unfold
in childhood?



Confirming Allergic Disease Patterns: The Allergic March

Question: When are children across the US being diagnosed with common allergies?

Findings:

- Confirmed the progression of onset for five common childhood allergies for children 0-18 years of age.

Allergic Disease	Peak Age of Incidence	Cumulative Incidence
Atopic Dermatitis	4 months	10.3%
IgE Mediated Food Allergy	13 months	4.0%
Asthma	13 months	20.1%
Allergic Rhinitis	26 months	19.7%
Eosinophilic Esophagitis	35 months	0.1%

Dr. Hiral Lavania



One Family Pediatrics
Cumming, GA

Joined PROS in 2018

Became Georgia PROS Coordinator 2025

Participated in 5 studies:

- STOP-HPV (Cancer prevention)
- RECOVER (Long COVID)
- TIPP-C (Telemedicine use)
- Text4Vax (Influenza and COVID vaccine uptake)
- HEART+ (Teen suicide prevention)

Multiple studies are in the pipeline



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Can pediatrician-delivered guidance around nighttime device use help improve adolescent sleep?

Developing Routines for Early
Adolescent Media and Sleep (DREAMS)

Secure firearm storage

Can pediatrician-delivered anticipatory guidance improve secure firearm storage behaviors of parents?



Addressing decreasing rates of early childhood vaccination



Proposal will focus on receipt of:

Hep B	Rota
DTaP	Hib
MMR	IPV
Pneumococcal	Varicella

The proposal will take a two-tiered approach to communication with parents:

- Begin with presumptive approach
- For hesitant parents, engage in Motivational Interviewing-based conversation to address their concerns and build trust



Obesity and Injury Prevention

AAP PROS is developing new study separate proposals about obesity and injury prevention.

Questions?



YOU can be part of PROS.
What questions do *you* want answered?



PROSops@aap.org

www.aap.org/PROS

**PROS is made possible with
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AAP, and volunteers in
pediatric practices.**



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