

Introduction to Patient Care in an Interprofessional Educational Model: My First Patient

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- HSC InterProfessional Education (IPE) Speaker Series



Objectives

- Describe the theory behind the “My First Patient” program
- Discuss the evolution of “My First Patient” into the IPE format.
- Describe successes from the “My First Patient” expansion.
- Describe the IPE introduction to patient care utilizing the My First Patient model.



My First Patient Educational Goals

Practice What You Preach

Will understanding the process of behavioral change firsthand enable you to be a more empathetic provider?



My First Patient History

- Started with the School of Pharmacy in 2008
- Involved two groups of students
 - First Year pharmacy students: Served as “patients”
 - Third Year pharmacy students: Served as “providers”
- Spanned two semesters
 - Fall Semester: Initial health screening, creation of health goal
 - Spring Semester: Repeat health screening, evaluation of goal progress



Evolution of My First Patient

- Trialed expansion into other disciplines during summer Health Careers Opportunity Program (HCOP)
 - Small group of pre-professional students from Dentistry, Medicine, and Pharmacy
 - Received health screening and dental examination
 - Faculty from each school explained the results to the students
 - Presented a case that utilized expertise from each discipline



First Year Expansion

- Expanded MFP program to all Dentistry, Medicine, and Pharmacy students in August 2013
 - Increased from 10 HCOP students to 270 first year professional students
 - Upper level dental students provided dental examinations
 - Third year pharmacy and second year medical students provided health screenings

WVU Today

<http://wvutoday.wvu.edu/n/2013/09/26/practicing-what-they-ll-preach-wvu-health-sciences-students-check-themselves-before-they-ll-check-you>

IPE Objectives for “Learners”

- Increase awareness of the roles of each health care provider
- Facilitate inter-professional relationships and collaboration
- Provide dental and health screenings to a large number of health professional students by their peers
- Develop a more empathetic group of graduates in a variety of disciplines



My First Patient Goals

- First Year Students
 - Gain awareness of personal health status and behaviors
 - Identify and implement plan to improve health
 - To see the healthcare process through the “patient’s” perspective
 - Engage in hands on work with students of multiple health professions
- Upper Level Students
 - Gain skills in basic health assessment tools
 - Practice in written and oral communication skills
 - Engage in hands on work with students of multiple health professions

Practice What You Preach

Will understanding the process of behavioral change firsthand enable you to be a more empathetic provider?

MFP- Student treats him/herself as their first patient

Fall Semester

- Health Behavior Survey (electronic, anonymous)
- Dental & Health Screening Visit
- Health goal setting talk (early in Sept)
- Set a goal and submit
- Attend at least 1 Health Topic talk

Spring Semester

- Health Behavior Survey
- Follow-up Health Screening Visit (dental +/-)
- Attend at least 1 Health Topic talk
- Reflective narrative of your challenges to fulfill your action plan



Health Behaviors Survey

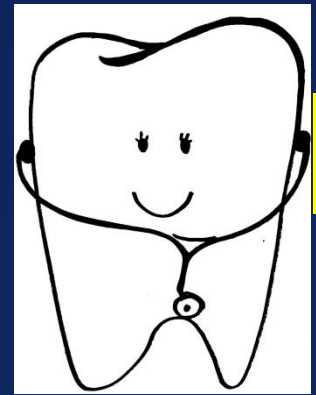
- Anonymous questionnaire
- Asks a variety of health behavioral questions
 - Awareness of health values
 - Perceptions of health
 - Exercise/Physical activity
 - Stress levels
 - Sleep habits
 - Frequency of healthcare visits
 - Substance abuse
 - Family/Medical history



Health Behaviors Results

- Health Awareness
 - 92.4% had fasting blood glucose
 - 85.1% fasting lipid profile
- Health care visits within last 12 months
 - 84.2% saw general practice doctor
 - 63.7% of females visited OB/GYN

Dental Objectives



- Student is introduced to the concept of oral health assessment being a part of a comprehensive “health assessment”
- Student can describe the status of his/her own oral health
- Student is able to articulate the personal oral health behaviors needed to attain and maintain good oral health



Health Behaviors Survey

Last dental visit	Percentage
6 months or less	69%
6 months – 1 year	15.3%
1 – 2 years	8.8%
2 – 5 years	5.4%
More than 5 years	1.5%

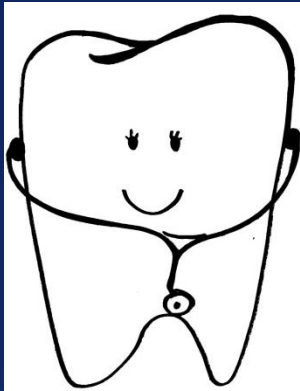
Only 10.9% of respondents reported having a dental condition

Dental Exam Findings:

- ____ Your teeth, gums, oral soft tissues appear to be healthy
- ____ We suggest that you continue to receive regular dental care which would include regular professional cleanings to remove plaque and other deposits.
- ____ We suggest that you follow up with an oral health care professional due to possible
 - Caries
 - Evidence of Gum Disease
 - Other (23 categories)

Note: Dental screenings were only done once in the Fall Semester. If additional dental work was needed, the students were encouraged to establish care at the dental clinic or elsewhere as desired.

Oral Screening Activities: Oral Health Thread in the SOM Curriculum



Oral Health lectures part of ENT series
Mandatory Dental Shadowing
MS I

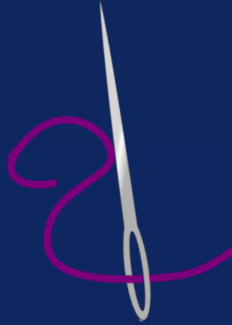
MS III

Completion of MedEdPORTAL/Smiles for Life Module
7: Oral Examination part of ENT
MS II

Medical, Pharmacy, and
Dental First Year students
receive a dental exam from 3rd
and 4th year dental students
with faculty supervision

Family Medicine – Smiles for Life: Relationship of Oral
to Systemic Health and Acute Dental Problems
Pediatric – Smiles for Life: Child Oral Health and
Fluoride Varnish
OB-GYN – Smiles for Life: Oral Health and the
Pregnant Patient
Internal Medicine – Smiles for Life: Adult Oral Health
and Geriatric Oral Health

Oral Health Considerations in simulated patient exams
MS III-IV



Oral Screening Examination Results

2013-2014 *preliminary, unpublished data*

- 63.2% of the 250 first year students screened had some sort of oral health issue such as:
 - Evidence of gum disease 12.8%
 - Wisdom teeth concerns 17.5%
 - Other 32.9%
 - need for sealants, incipient lesions, fractures, root resorption, developmental defects, broken fillings, cavities (38% of the other had caries), grinding & need for mouth guard, cyst, ulcers, etc.



Health Screening

- Vitals (blood pressure, heart rate, respiratory rate)
- Body composition (weight, BMI, body fat percentage)
- Point of care blood testing (fasting lipid profile, fasting blood glucose, hemoglobin A1C, hemoglobin/hematocrit)

Health screening was performed for all students each semester (but was limited to what students needed repeated in the Spring)

Biometrical Data Results

2013-2014 *preliminary unpublished data*

- 33% all MFP Overweight or Obese
 - 22% overweight (BMI = 25-30)
 - 11% obese (BMI \geq 30)
 - 26% W, 41% M
- 9% all MFP High Blood Pressure (S \geq 140 or D \geq 90)
 - 6.5% W, 12% M

US stats: 55% W, 61% M are overweight or obese
20-34 yo 4%W, 7% M have HTN

Lab Data Results

2013-2014 *preliminary unpublished data*

- 2% all MFP had high Total Cholesterol (nl \geq 240)
 - 1.5% F, 1.7% M)
- HDL (good cholesterol, nl \geq 40) ranged 23-130
- LDL (bad cholesterol, nl \leq 130) ranged 21- 213
- Triglycerides (fats , nl \leq 150) ranged 45-505
- Fasting Glucose (nl 60-100) ranged 64-124
- HbA1C (indicator of DM, nl $<$ 7.5) ranged 3.4-11.9

US stats: 7% F, 8.5%M Cholesterol \geq 240)
20-34 yo

Results Improving?

Variable	Fall	Spring
Systolic Blood Pressure	118.7	121.2
Diastolic Blood Pressure	76.3	77.0
Body Mass Index	24.2	25.4
Total Cholesterol	168.4	182.2
Fasting Glucose	88.2	94.8



Follow Up Appointment

First Year Experience

- Medical and Pharmacy students assigned “patients”
 - Most students have 3-4 patients
 - At least one from each discipline (dentistry, medicine, pharmacy)
- Students scheduled times to meet with their patient
 - Each interaction was planned to be 10-15 minutes
- Meetings were recorded in order to provide review and evaluation



Follow Up Appointment

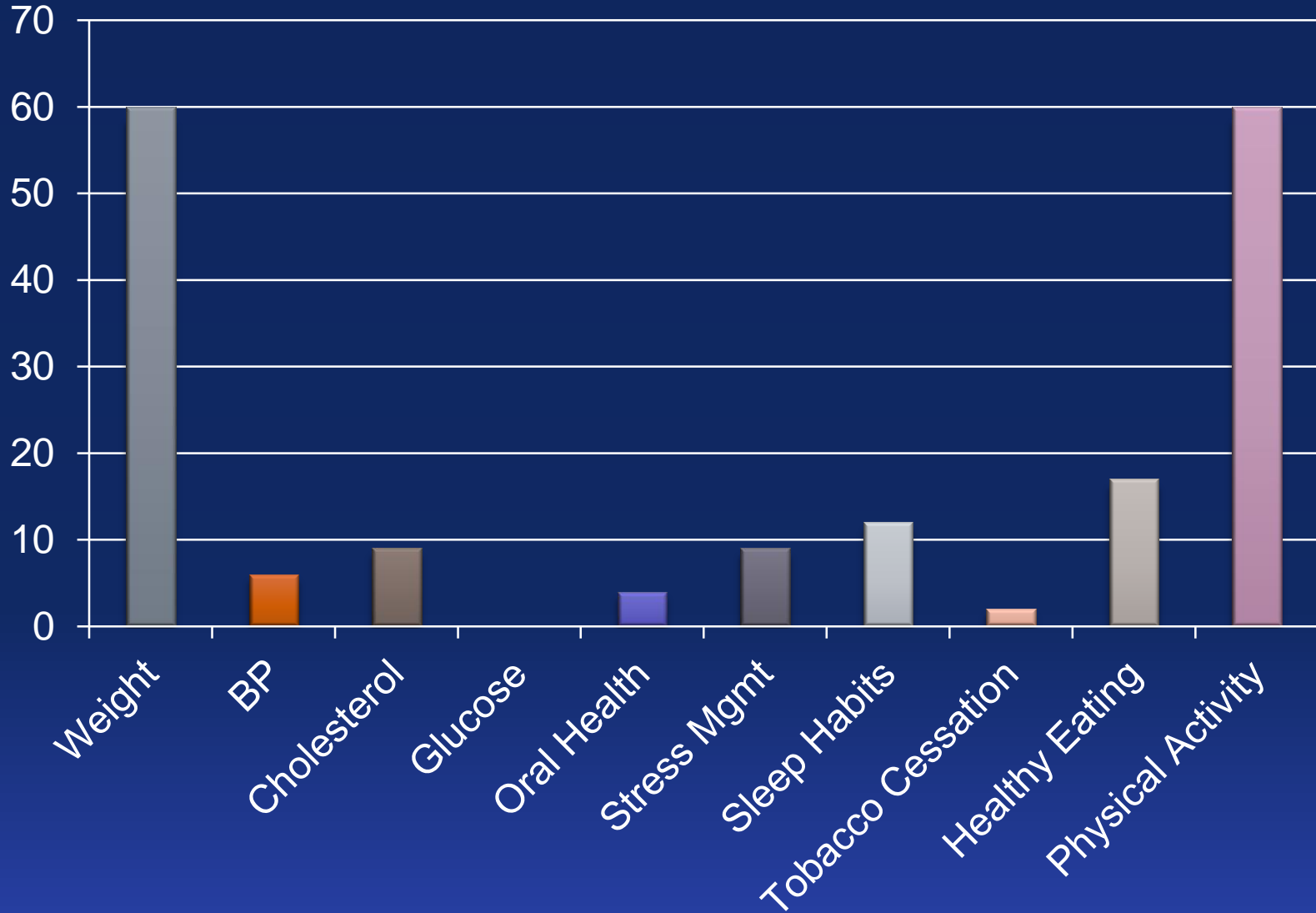
Results Discussion and Goal Setting (New Format)

- Group interaction in a classroom setting
 - Review of health screening results as interdisciplinary group
 - Education about values and normal ranges
 - Facilitate setting of a SMART health goal

Results Discussion and Goal Setting



Goals Summary





Health Topic Presentations

- Fall Semester
 - Nutrition and Meal Planning
 - Melissa D. Olfert, DrPH, MS, RDN, LD
 - Stress Management
 - Kimberly P. Foley, PhD
 - Starting an Exercise Program
 - Emidio Pistilli, PhD
- Spring Semester
 - Oral Health
 - Louise Veselicky, DDS, MDS, MEd

MFP IPE Successes

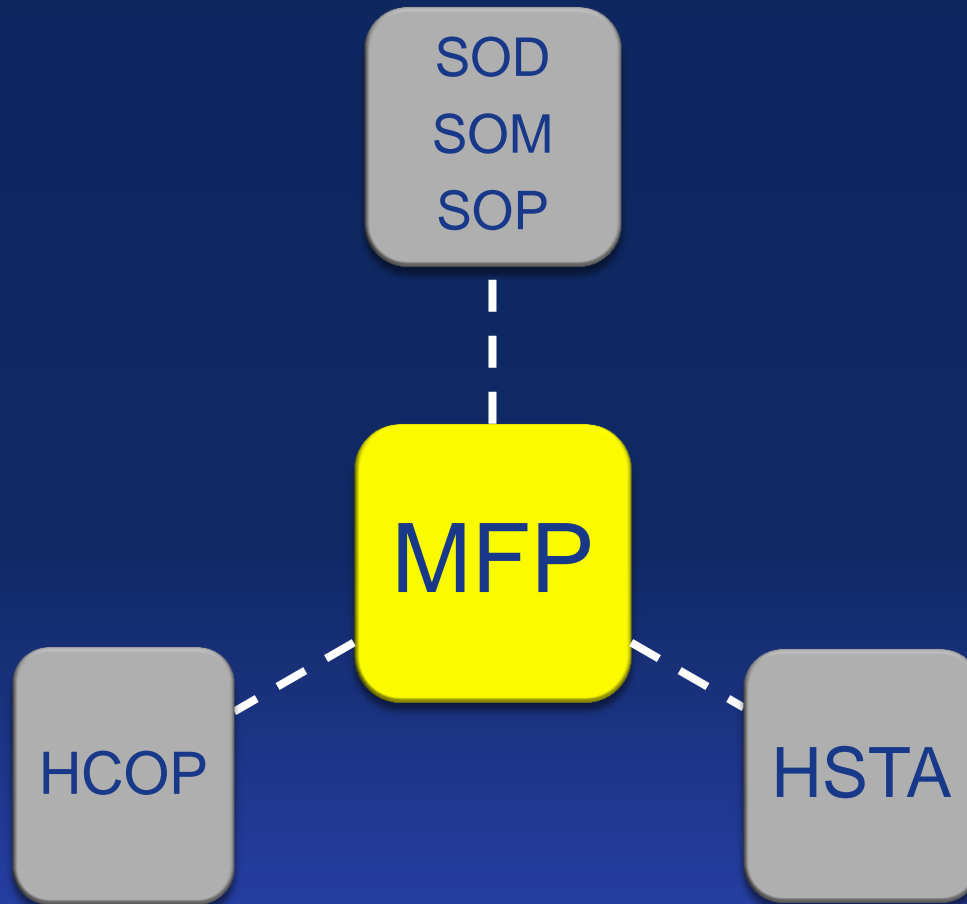
“My First Patient allowed me to receive exams that I hadn’t had before and be reassured by normal results. Interacting with other health fields was also a positive experience. The dental screening allowed me to meet D4’s before I began classes; they offered helpful advice and were very encouraging. It was also my first experience in the dental clinic and exemplified what I will be doing in the future. The exams done by pharmacy students provided the most insight into my health. I was surprised to find pharmacy students administering these tests; I had expected nursing or medical students to be taking our vitals and blood tests. It was enlightening to know that pharmacy students are trained for these procedures. The follow-up appointment with the medical student was also a new interaction with another field and her advice was thoughtful and helpful.”



MFP IPE Successes

“This program also helps to expand students’ knowledge of what the other professional students are learning and how the schools are integrated with one another. A health screening is performed by the School of Pharmacy and then followed up by medical students, while the School of Dentistry performs an oral exam on the student. This also allows the new students to get to know others in the upper classes and learn about their previous experiences in professional school.”

Branching Out





Future Discussions

- Expansion to other schools in HSC and beyond
 - More students screened
 - Utilizing the expertise of various programs
- Increase ownership within each school
- Identify new ways for students to interact
- Evaluate impact on inter-professional attitudes and relationships

Questions

