

Capstone for Impact Submission | GY2019

Project Title: Interdisciplinary wellness program for patients and community members served by the UMSRFC

Student Name(s): Jacob Cedarbaum

Advisor Names(s): Dr. Pooja Lagisetty

Branch: Patients & Populations

Path of Excellence: Global Health & Disparities

Handover/Transition:

If this project can be continued by another UMMS student, you may contact them at the following email address/phone number (N/A if project cannot be handed over): jcedarbaum@outlook.com / (847) 404-4326

Summary:

In an extension of my current role as an M4 director of the UM Student-Run Free Clinic, my CFI project was to initiate an interdisciplinary wellness program for patients and community members served by the UMSRFC. The ultimate goal of this Healthy Habits Program (HHP) is to bring together UM students in public health, physical therapy, nursing, pharmacy, dentistry, and medicine to offer a slate of sessions around core topics in healthy lifestyle habits. Topics will include nutrition, exercise, diabetes management, sleep, mental health, medication management, and substance use, among others. Most content will likely be delivered as group sessions around single topics outside of normal clinic hours. However some content, such as individual nutrition, exercise, or PT counseling may also be integrated into the clinic flow for routine medical appointments.

The main areas of my work included initial conceptualizing of the HHP, working with a team of M1/M4 UMSRFC leaders to further organize and outline the nature of the program, obtaining grant money to support the HHP, recruiting interprofessional partners, and assessing initial patient need/interest in these types of services.

Methodology:

In my conceptualization of the HHP, I used similar existing programs as templates and examples of possible interventions. This included outreach to other interdisciplinary free clinics with health counseling and lifestyle programming in addition to study of the widely-adopted Diabetes Prevention Program. To assess patient needs/interest in different services I used a paper survey with standard Likert items for different lifestyle topics. The survey was distributed to patients during our discharge process and data were analyzed from 40 patients.

Results/Conclusion:

Progress toward this ambitious goal has been slow, but steady. Our team completed a needs assessment within our patient population that showed substantial general interest and helped to tailor future content toward areas of greatest need. We applied for and received a \$10,000 grant from the National Association of Free and Charitable Clinics (NAFC) to support further development of this project and have started purchasing initial materials (i.e. glucometers, test strips, pedometers, etc.). We have also secured participation commitments from many of our interprofessional partners and have established a core working group of M1/M4 clinic leaders who are specifically focused on development of the HHP. At this juncture, our next steps include working with these partners to develop the actual content for the lifestyle sessions and doing outreach to interested participants from our existing patient base and the broader community. I look forward to handing this project off to M1 members of the clinic leadership team (potentially in addition to some rising M4 branch students) to continue this work after I graduate in the next few months.

Reflection/Lessons Learned:

This project was a great way to build on my longtime work at the UMSRFC and begin to develop a meaningful, ongoing community program that I have wanted to implement since I was an M1 director of the clinic.