METHODS: WORKFLOW

A well designed Part IV Module on Nutrition will meet MOC certification

HYPOTHESIS: INTERSECTING PART IV MOC & NUTRITION

Nutrition education must impact physician’s nutrition knowledge AND their

METHODS: PART IV MODULE DESIGN

ABFM PART IV MODULE NUTRITION MODULE

• Focus “Diabilities” with Diabetes (A1C or LDL), HTN and Obesity as metrics
• Goal for Part IV set a minimum of >10% from provider’s baseline
• emphasizing metrics impacted by diet/nutrition strategies
• Development/Launch Timeline
• Submitted to ABFM For Part IV Approval Dec 2013; Approved: Mar 2013

MODULE DESIGN – INTERACTIVE METHOD 1

NUTRITION / DIET Jeopardy
• Development/Launch Timeline
• Goal for Part IV set a minimum of > 10% from provider’s baseline
• Focus “Diabesity” with Diabetes (A1C or LDL), HTN and Obesity as metrics
• emphasizing metrics impacted by diet/nutrition strategies
• A4: Distractions from their “real work”
• B4: Tedium and time consuming
• C4: Disconnected from their daily work and clinical quality accountabilities

MODULE DESIGN – INTERACTIVE METHOD 2

NUTRITION IN PRIMARY CARE

• On average, family physicians spend 55 seconds on nutrition counseling
• Primary care physician (PCP) self-report studies reveal that PCPs are:
• More likely to counsel on physical activity than on diet or weight control
• > 70% of PCPs reported using Rx to treat overweight patients
• Yet, studies of dietary counseling by physicians indicate that even brief
• nutrition messages can influence behavior
• Nutrition education must impact physician’s nutrition knowledge AND their
• attitudes about their ability to make a difference with patients.

RESULTS: KIRKPATRICK LEVEL

LEVEL 1: REACTION/SATISFACTION
• To Date: # Enrolled = 66 # Complete = 28
• Having this course available to complete my ABFM part IV was very helpful
to me.

LEVEL 2-3: LEARNING & BEHAVIOR
• Value of MOC Activities to you/your patients relative to time expended?
• Mean: 2.8 (Scale: 3= Excellent to 1 = Poor)
• I learned a lot and was able to complete my requirement and help my
• patients. Please continue to offer more Part IV practice improvement
courses.

LEVEL 4: IMPACT/RESULTS
• All completers reported min 10% achievement in targeted clinical metrics
• Excellent! It was great to be able to watch the numbers—HgbA1c
• Glycemic load discussions with my patients who have diabetes and
• metabolic syndrome
• This course has already impacted my practice. I talk to patients more
• about diet and give Mediterranean diet handouts to pts. I try and
• incorporate more motivational interviewing with patients.

DISCUSSION & FUTURE WORK

• MOC designed applying principles of adult on-line learning, can make a
difference for:
• Physicians: Strong learning outcomes and appreciation for the module
• Sponsoring Organization: Education aligns with quality metric
• accountabilities
• Our Patients: High quality care
• Replication of this approach in other Part IV modules with data tracking is
• underway

REFERENCES

4. Little ditty about keeping healthy
5. Music Video – Curing Disease
6. Avocados, nuts, olive oil and seeds
7. Some cold water fish, poultry and veggies
8. Nothing wrong with fats high in omega-3
9. Sugar’s what’s behind chronic disease
10. And I’m telling you
11. A4: Distractions from their “real work”
12. B4: Tedium and time consuming
13. C4: Disconnected from their daily work and clinical quality accountabilities
14. A4: Distractions from their “real work”
15. B4: Tedium and time consuming
16. C4: Disconnected from their daily work and clinical quality accountabilities

MUSIC VIDEO – CURING DISEASE

Dr. Kiy J. Nelson, MD & Vanessa Abeijoua-Matt, DO
(To “Jack & Diane” by John Cougar Mellencamp)

Little ditty about keeping healthy
talking ’bout heart attacks and obesity
If you wanna live into your nineties
Think about your food
It’s pretty easy

REFRAIN:
Oh yeah it’s prolonged
When you make your food
Mediterranean strong (x2) (And then walk on)

REFERENCES


ACKNOWLEDGEMENTS

• American Board of Family Medicine for guidance and expertise in module preparation
• Department of Family Medicine, Office of Continuing & Professional Development, Academic Affairs – Aurora Health Care
• Music Video
  o Dr. Nick Turkal (AHC President & CEO) & Kyle Nelson, MD – Lyrics & Vocals
  o Production Director: Mary Nelson, Videography: John Schmerek
• Residents, Faculty and Staff in Aurora’s Family Medicine Residency Program