INTRODUCTION/BACKGROUND

MOC PART IV EDUCATION
• American Board of Family Medicine (ABFM) requires all recertifying physicians and all FM residency graduates to complete a Performance in Practice Module (Part IV) for board certification.
• Physicians have reported that MOC requirements are:
  o Distractions from their “real work”
  o Tedious and time consuming
  o Disconnected from their daily work and clinical quality accountabilities

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:
  o More likely to counsel on physical activity than on diet or weight control
  o > 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.

HYPOTHESIS: INTERSECTING PART IV MOC & NUTRITION
A well designed Part IV Module on Nutrition will meet MOC certification requirements, address negative perceptions about MOC requirements, offer Mol credit and improve clinical quality targeted metrics.

METHODS: WORKFLOW

MOC Part IV Module Team
- Faye Med-Dept Chair/Residency Program-Director/Identified
- Team Members: Faye Med Content Expert(s) (Module Director), Educator, QI Performance Improvement Specialist

Module Conceptualization & ABFM Proposal Approval
- Module objectives determined using system care mgmt. metrics
- Edu & QI Spec drafted proposal = best instruction & design to Part IV Impact
- Proposal Approved by ABFM for Part IV MOC

Module Launched → Kirkpatrick Data

METHODS: PART IV MODULE DESIGN

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MOC PART IV MODULE DESIGN
• Focus “Diabesity” with Diabetes (A1C or LDL), HTN and Obesity as metrics
• Goal for Part IV set a minimum of > 10% from provider’s baseline
• Development/Launch Timeline
  - Submitted to ABFM For Part IV Approval Dec 2013
  - Approved: Mar 2013

MODULE DESIGN – INTERACTIVE METHOD 1
• Nutrition / Diet Jeopardy
  - DIET & DISEASE FOR 40: Eating more fruit, vegetables and whole grains, and less processed meats can help prevent this disease (What is a Cancer?)
  - VITAMINS & MINERALS FOR 50: Consumption of just 2 of these nuts /day will provide adequate selenium, which is important for thyroid health. (What is a Brazil Nut?)

MODULE DESIGN – INTERACTIVE METHOD 2
• Music Video highlights key concepts
• Authored by Family Medicine Residents & Faculty
• Feature Roles: Aurora Health Care President & Family Physicians

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 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
  o Excellent / It was great to be able to watch the numbers—and HGBA1C
  o Glycemic load discussions with my patients who have diabetes and metabolic syndrome
  o 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

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
  - Dr. Nick Turkal (AHC President & CEO) & Kyle Nelson, MD – Lyrics & Vocals
  - Production Director: Mary Nelson, Videography: John Schneck
  - Team Members: Fam Med Content Expert(s) (Module Director), Kirkpatrick Data

Music Video – Curing Disease

Dr. Kizo J. Nelson, MD & Vanessa Abejuela-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 life’s prolonged
When you make your food
Mediterranean strong (x2) (And then walk on)

MUSIC VIDEO – CURING DISEASE

Aurora Health Care

Presented at 2016 Society of Teachers of Family Medicine Annual Meeting at Scholastic Poster
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