

Nutrition Part IV Maintenance of Certification Module is Win-Win for Residents, Faculty & Patients

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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:
 - Distractions from their "real work"
 - Tedious and time consuming
 - Disconnected from their daily work and clinical quality accountabilities

NUTRITION IN PRIMARY CARE

- On average, family physicians spend 55 seconds on nutrition counseling¹
- Primary care physician (PCP) self-report studies reveal that PCPs are:²
 - 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 behavior³
- 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 → QUALITY CARE

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

Fam Med Depart Chair/Residency Program Director Identified
Content Experts

Team Members: Fam Med Content Expert(s) (Module Director),
Educator, CME Performance Improvement Specialist

Module Conceptualization & ABFM Proposal Approval

Module objectives determined using
system care mgmt. metrics; resources
identified.

Edu & CME Spec drafted proposal = best
instruction & align = Part IV Require

Proposal Approved by ABFM for Part IV
MOC

Module Launched → Kirkpatrick Data

Level 1: Satisfaction
of Enrollees/Completers + Reaction

Level 2-3: Learning & Behavior
Completer Evaluation of Module Impact

Level 4: Impact/Results
improvement in Targeted Quality Metrics

METHODS: PART IV MODULE DESIGN

ABFM PART IV MODULE NUTRITION MODULE

- 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 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

DIET & DISEASE FOR 40: Eating more fruit, vegetables and whole grains, and less processed meats can help prevent this disease (*What is 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?*)

NUTRITION/DIET JEOPARDY				
Diets around the World	Vitamins and minerals	Diet and Disease	Herbs and Spices	Drugs and Interaction
10	10	10	10	10
20	20	20	20	20
30	30	30	30	30
40	40	40	40	40
50	50	50	50	50

MODULE DESIGN – INTERACTIVE METHOD 2

- Music Video highlight s key concepts
- Authored by Family Medicine Residents & Faculty
- Feature Roles: Aurora Health Care President & Family Physicians



MUSIC VIDEO – CURING DISEASE

BY KYLE 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

Avocados, nuts, olive oil and seeds
Some cold water fish, poultry and veggies
Nothing wrong with fats high in omega-3
Sugar's what's behind chronic disease
And I'm telling you

REFRAIN:

Oh yeah life's prolonged
When you make your food
Mediterranean strong (x2) (And then walk on)



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

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 - Residents, Faculty and Staff in Aurora's Family Medicine Residency Program