

# 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 counseling<sup>1</sup>
- Primary care physician (PCP) self-report studies reveal that PCPs are:<sup>2</sup>
  - 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<sup>3</sup>
- 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 "Diabetes" 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?*)

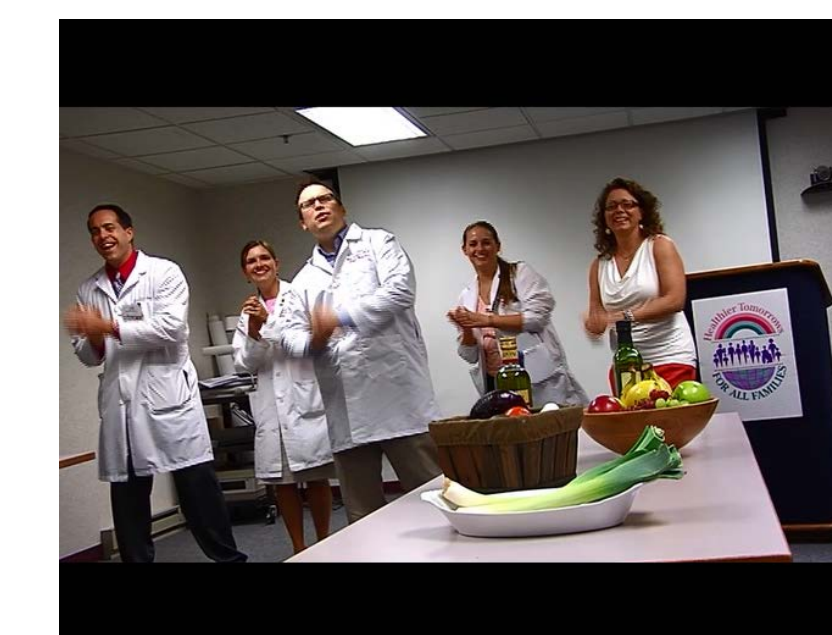
**VITAMINS & MINERALS FOR 50:** Consumption of just 2 of these nuts /day will provide adequate selenium, which is important for thyroid health. (*What is a Brazil Nut?*)

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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- Pignone MP, et al. Counseling to Promote a Healthy Diet in Adults: A Summary of the Evidence for the U.S. Preventive Services Task Force. Amer J Prev Med 2003;24:75-92

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