

Team Name: Park Nicollet—Minneapolis Clinic

Date: 2/12/2014

Team Vision

- Goal:
 - To decrease diabetes disparities through collaborative clinic and community efforts that motivate and empower individuals to manage their health.
 - Aim:
 - By the end of our EBAN project, we will have positively impacted the diabetes measures for our selected patient population.




Plan-Do-Study-Act (PDSA) Cycles

PDSA #6 – Food for Health: Take Two

Objective	Have our patients to eat a low carb, heart healthy diet as part of their diabetes self care.
Prediction	Patients are willing to change their dietary habits with food support and education.
Population	20 patients from our target population.



Can we prescribe food?

 CSN#

CSN: [REDACTED] ENC#:6962929 MR#: [REDACTED]

[REDACTED] (50 yrs) FEMALE

HM: [REDACTED] 5188 CNT:

INS: HPCARPMA

APPT: 11/25/13 10:45 AM OV MPLS FM


RSRC: Benjamin M Stenzler, DO 20482


follow up diabetes

REF: No ref. provider found

ATTND# ORD#

11/25/2013 10:10 AM 3608632

 MR#

 rk Nicollet

Nicollet Clinic—
neapolis
1 Blaisdell Ave. S.
neapolis, MN 55404
993-8000

3 (4/2008)

Food for Health Prescription

This prescription entitles you to a FREE Side Dish
You receive the recipe, education and ingredients to make
this side dish. Enjoy!

PRN 1 Year
_____ times
____ No refill

PRN 1 Year
_____ times
____ No refill

M.D.

DEA # _____ Signature *Ben Stenzler*

Dispense generic equivalent unless otherwise indicated
Provider will provide a verbal confirmation of prescription
if required to comply with federal/state law.
For confirmation call 952-993-9123.



We found we can!

Acting on Food for Health: Take Two

Challenge	Action
40% of patients canceled day of appointment.	Chose specific time span and talk to patients with existing appointments
Large costs from labor and food	Consider working with Second Harvest Heartland for reduced cost food
	Identify patients through pre-visit planning and single question

Plan-Do-Study-Act (PDSA) Cycles

PDSA #5 –Food for Health: Take Two

Test Cycle 1	Start Date	2/18/14	End Date	2/28/14
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Plan

1. Identify patients in our target population with clinic visits over a two week period.
2. Develop a simple questionnaire to assess patient need for food.
3. Obtain appropriate food to distribute for our patients.



Plan-Do-Study-Act (PDSA) Cycles

PDSA #5 –Food for Health: Take Two

Test Cycle 1	Start Date	2/18/14	End Date	2/28/14
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Do In progress:

1. Hall staff will determine which patients on the Pre-Visit planning report who are part of EBAN population.
2. Hall staff will assess patients level of food security by asking one question:
“In the past 12 months, have you had difficulty bringing food into your home?”
3. If yes, provide patient with a Food for Health tote.



Plan-Do-Study-Act (PDSA) Cycles

PDSA #5 –Food for Health: Take Two

Test Cycle 1	Start Date	2/18/14	End Date	2/28/14
Study	<ul style="list-style-type: none">• Document the following:• Number of patients screened for need• Number of patients provided food• Proportion of cancelled visits during the two week time period in the target population.• Follow up phone call with patient			
Act	<ul style="list-style-type: none">• To be determined!			



Plan-Do-Study-Act (PDSA) Cycles

PDSA #6 – Food for Health Expansion

Objective	Use a current model of food banks within clinics rather re-inventing the wheel
Prediction	This input will help us model a food bank that would fit within the Minneapolis Clinic
Population	20 patients from our target population.



Plan-Do-Study-Act (PDSA) Cycles

PDSA 6 – Food for Health Expansion

Test Cycle 1	Start Date	1/28/14	End Date	2/14/14
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Plan

1. Reach out to HCMC to understand operation and flow of existing food bank program



Plan-Do-Study-Act (PDSA) Cycles

PDSA #5 – Food for Health Expansion

Test Cycle 1	Start Date	1/28/14	End Date	2/14/14
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Do In progress

1. Set up a meeting with HCMC to learn about food banks within clinics
2. Visit site to learn facility storage and process flow within clinics
3. Look into materials needed for an efficient food bank system



Plan-Do-Study-Act (PDSA) Cycles

PDSA #5 – Food for Health Expansion

Test Cycle 1	Start Date	1/28/14	End Date	2/14/14
Study	<ul style="list-style-type: none">• Compare and contrast HCMC's clinic resources with Minneapolis Clinic to determine reproducibility• Evaluate alignment of clinic processes to see what items can be adopted			
Act	<ul style="list-style-type: none">• In progress			



Diabetes Complications

- Our educational materials have moved past draft stage!
- We have gained input from community partners and Park Nicollet Patient Education
- We plan pilot it with patients in the coming weeks-specifics to be determined

Diabetes
Did You Know? What Can You Do?

Over time, high blood sugars can lead to health problems. Taking care of your diabetes can help prevent or delay these problems.

You can stay healthy by following your food and activity plan, taking your medications as prescribed and not smoking. Have your blood pressure, cholesterol, A1C and kidney function checked regularly.


Heart
Did you know?
Diabetes puts you at higher risk for:
• Heart attack
• Stroke
What can you do?
• Ask your clinician if you should take an aspirin every day.
• Do not smoke or use tobacco.
• Take your cholesterol medication.

Eyes
Did you know?
Eye disease can lead to blindness.
What can you do?
• Have a dilated eye exam every year.
• Report any vision changes to your clinician.

Kidneys
Did you know?
Kidneys can be damaged over time by high blood sugars, which can lead to dialysis.
What can you do?
• Have tests every year to check your kidneys' health.

Feet
Did you know?
Poor circulation and nerve damage in your feet can lead to:
• Numbness, tingling and pain
• Sores that will not heal, infections
• Amputations
What can you do?
• Have regular foot exams and tell your clinician about changes in feeling in your feet.
• Check your feet daily for skin changes or sores.
• Wear socks and shoes that fit well to protect your feet.

Nerves
Did you know?
Nerve damage can cause impotence in men and vaginal dryness in women.
What can you do?
• Tell your clinician if you have any of these problems.

 Park Nicollet

2016 09/25/16



Next PDSA Cycles

- Jump into Spring!



Success & Challenges

- Excited about the prospective of learning from our neighbors to increase food access to patients in need
- Regaining momentum after the holidays
- Leveraging clinic resources to efficiently execute projects

