

Team Name: Park Nicollet—Minneapolis Clinic

Date: 12/4/2013

- **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.



Harvesting a new crop of ideas .....



second harvest


**HEARTLAND**

# Plan-Do-Study-Act (PDSA) Cycles

| PDSA #5 –Food for Health Prescription |  |
|---------------------------------------|--|
| <b>Objective</b>                      | Have our patients to eat a low carb, heart healthy diet as part of their diabetes self care. |
| <b>Prediction</b>                     | Patients are willing to change their dietary habits with food support and education.         |
| <b>Population</b>                     | 10 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.

# Plan-Do-Study-Act (PDSA) Cycles

## PDSA #5 –Food for Health Prescription

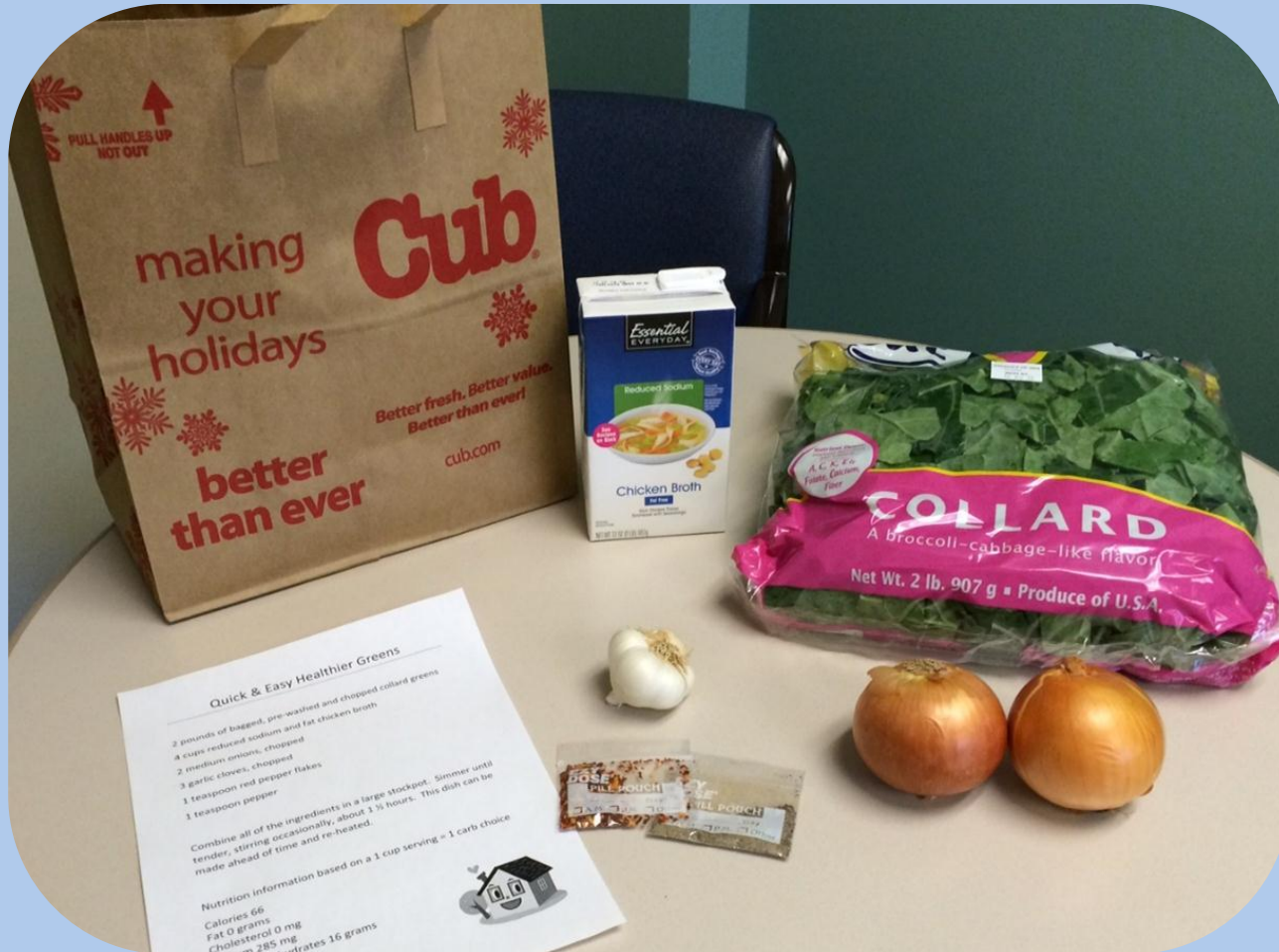
| Test Cycle 1 | Start Date | 11/25/13 | End Date | 11/25/13 |
|--------------|------------|----------|----------|----------|
|--------------|------------|----------|----------|----------|

**Plan**

1. Develop a culturally specific recipe that is low in carbohydrates, sodium and saturated fat and purchase the ingredients.
2. Present the recipe, the ingredients and education at a scheduled clinic visit.
3. Survey the patient's response to receiving a "Food Prescription".



# Quick & Easy Healthier Greens





# Plan-Do-Study-Act (PDSA) Cycles

## PDSA #5 –Food for Health Prescription

| Test Cycle 1 | Start Date | 11/25/13 | End Date | 11/25/13 |
|--------------|------------|----------|----------|----------|
|--------------|------------|----------|----------|----------|

- Do**
1. Schedule 10 patients from our study population for diabetes visits with their clinician on Monday, 11/25/13.
  2. Have the clinician provide a prescription for “Food for Health”.
  3. Introduce patient to the RN Care Coordinator for brief review of this EBAN project, a discussion of the patient’s goals for healthy eating and any barriers related to healthy eating.
  4. Provide a grocery bag filled with the ingredients and recipe for a healthy side dish.
  5. Brief follow-up survey.





# Our Food for Health Team



# Plan-Do-Study-Act (PDSA) Cycles

## PDSA #5 – Food for Health Prescription

| Test Cycle 1 | Start Date   | 11/12/13 | End Date | 11/25/13 |
|--------------|--|----------|----------|----------|
| <b>Study</b> | <ul style="list-style-type: none"><li>• 4 of 10 patients canceled their appointments the day of the study.</li><li>• 6 patients in our study group and 1 other patient with diabetes met with an RN Care Coordinator on 11/25/13.</li><br/><li>• 7 of 7 said they found the project helpful</li><li>• 5 of 7 said they would be interested in receiving other “Food for Health” prescriptions from their clinicians.</li><li>• 2 of 7 said they can afford their groceries, but would be receptive to receiving new recipes from their clinicians.</li></ul> |          |          |          |
| <b>Act</b>   | <ul style="list-style-type: none"><li>• Continue discussion with community partners to develop a sustainable method for prescribing “Food for Health”.</li><li>• Determine why 40% of patients canceled day of appointment.</li></ul>  |          |          |          |



# Success & Challenges

- The Food Prescriptions were well received by the patients that came to their appointments.
- This is not a sustainable method for delivering food to our patients due to food & labor costs.
- How do we connect Second Harvest Heartland, Park Nicollet & HealthPartners?
- How do we make this affordable & sustainable?

