



Improving health outcomes will require collaboration across individuals, professions and supporting organizations. Taking advantage of existing resources and applying a new lens, as a TEAM, is interprofessional collaboration in practice.

WE ARE EXCITED TO LEARN FROM YOU TODAY,
AS YOUR TEAMS APPLY AN INTERPROFESSIONAL LENS
TO AN EVIDENCE-BASED ANNUAL WELLNESS VISIT,
SUPPORTING HEALTHY COMMUNITIES.



Louisiana



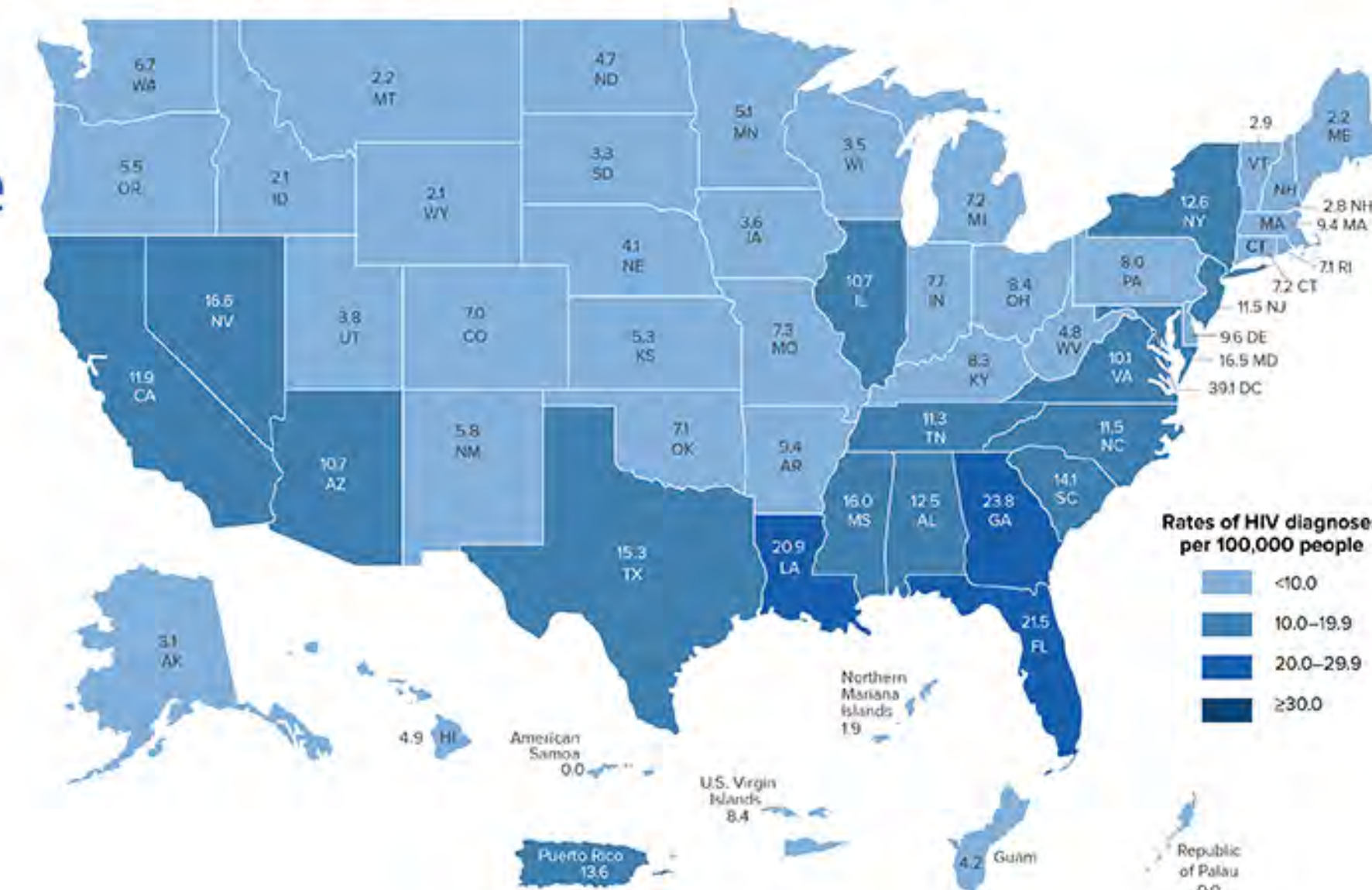
An Interdisciplinary Approach to Care for People Living with HIV (PLWH)

Group #1: Madison Ackel, Dentistry; Jaspreet Ahluwalia, Dentistry; Marley Aguillard, Nursing; Alyssa Alcazar, Nursing; Porscha Moore, Nursing; Madelyn Andries, Physical Therapy; Katie Adler, Medicine; Davina Allen, Medicine; Andrew Amedee, Medicine; Taylor Boudreaux St. Martin, Medicine; Chana Pinson, Audiology; Dustin Blancher, Clinical Laboratory Sciences

Background

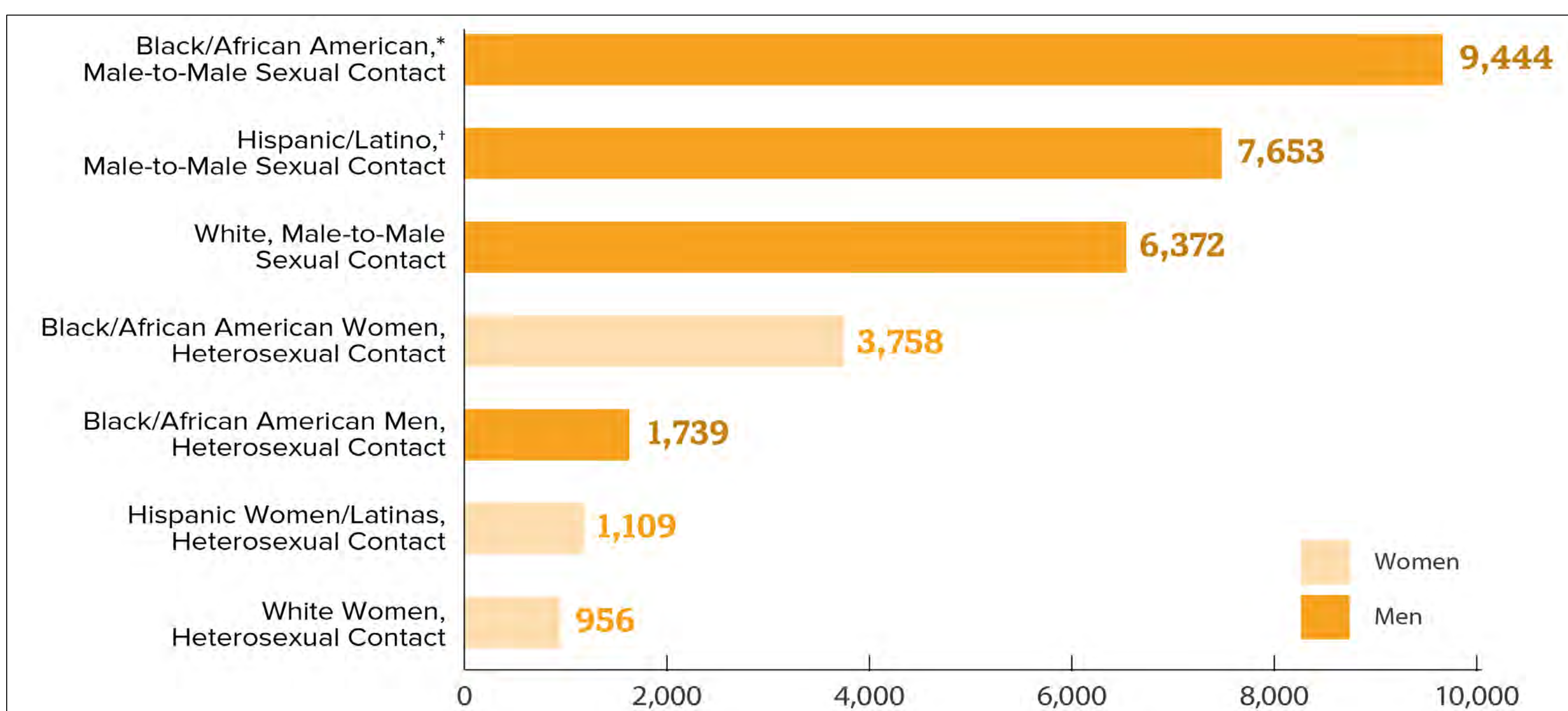
Rates of New HIV Diagnoses in the US and Dependent Areas, 2018

The highest rates of new HIV diagnoses were mainly in the South.



Source: CDC. Diagnoses of HIV infection in the United States and dependent areas, 2018. *HIV Surveillance Report* 2020;31.

- In the U.S., about **1.2 million** people are estimated to be infected with HIV
- In Louisiana, the HIV infection rate is 20.9 people per 100,000 people making it the 3rd highest rate by a state in the US



- **Gay and bisexual males** are the most affected population group (69% of new cases in 2018)
- **African Americans** are the most affected race/ethnicity

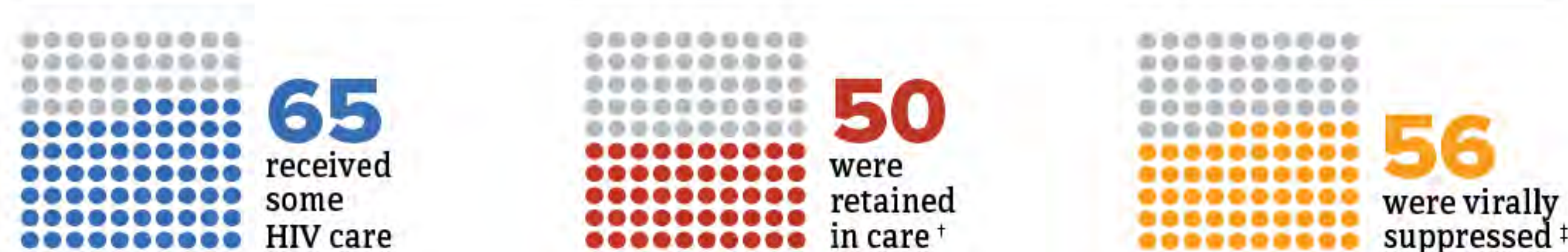
Adults and Adolescents With HIV in the 50 States and District of Columbia

At the end of 2018, an estimated **1,173,900 people** had HIV.

86%
of all people with HIV knew they had the virus.*

It is important for people to know their HIV status so they can take medicine to treat HIV if they have the virus. Taking medicine every day can make the viral load undetectable. People who get and keep an undetectable viral load (or stay virally suppressed) have effectively no risk of transmitting HIV to HIV-negative sex partners.

Although more than half of adults and adolescents with HIV are virally suppressed, more work is needed to increase these rates. For every **100 adults and adolescents with HIV in 2018:**



*11 out of 17 Southern states fell below this estimate.
† Had 2 viral load or CD4 tests at least 3 months apart in a year.
‡ Based on most recent viral load test.

Source: CDC. Estimated HIV incidence and prevalence in the United States 2014–2018. *HIV Surveillance Supplemental Report* 2019;25(1).
Source: CDC. Selected national HIV prevention and care outcomes (slides). Accessed May 20, 2020.

- HIV testing is now a routine part of health care
- Infection used to be 100% fatal, but **ART** (anti-retroviral therapy, introduced in 1996) now prolongs survival dramatically
- People who have HIV and who take medication daily can maintain an undetectable viral load can live long, healthy lives and have effectively no risk of sexually transmitting the virus to an HIV-negative partner

What should be included in an annual wellness visit?

Professions	Assessments			Codes	Costs
Medicine	Initial Comprehensive Medical Evaluation and Education	1. HIV Ag test 2. T cell count 3. Basic Metabolic Panel	Health Behavior Intervention	99385	\$80.17
				86703	\$10.52
				86360	\$40.06
				80047	\$9.78
				96159	\$17.29
					Total: \$157.82
Physical Therapy	PT initial evaluation			97161	\$66.79
Dentistry	Comprehensive Oral Exam	If needed: Accession of tissue, gross and microscopic exam, preparation		DO150	\$47.37
				D0437	\$74.49
					Total: \$121.86
Audiology	Comprehensive audiological evaluation	Vestibular evaluation (Videonystagmography and Bithermal Calorics)		92557	\$38.98
				92537	\$42.59
				92540	\$109.71
					Total: \$191.28
Nursing	Nursing Assessment / Evaluation	Services Incident to MD		N/A	N/A
Clinical Laboratory Sciences	Runs the tests ordered by the physician			N/A	N/A

Why is an interdisciplinary approach important?

How it benefits the patient...

- As medical professionals, it is our responsibility to help patients learn how to live with their condition and prevent the transmission of HIV to their community.
- Testing and consistent, continuous assessment are necessary interventions to stop any new outbreaks of HIV.
- HIV patients are more susceptible to many different kinds of infections or other diseases, and they often have comorbid conditions that complicate their care.

How it benefits health professionals...

- Health professionals stay up to date with their patients' medical information and it's possible that one profession may notice a sign of disease progression that another would not
- Prevents redundancy of care or medications, interactions between medications that different providers are prescribing, or contradicting information that may be dispensed by different providers.

Challenges to implementing an interprofessional annual wellness visit?

Challenge: COVID-19.

- Affordability of HIV testing in light of unemployment due to COVID-19
- Being Afraid of contracting COVID-19 by attending clinic/hospital for treatment

Solution: Outreach programs in areas with high prevalence of HIV patients

- Provide Testing, Screening, and Referrals

CC8 Reflection

During this project, we learned how important it is to keep every member on the interprofessional team on the same page. For a patient to get the best and safest care in multiple settings, information must be relayed between professionals and between visits. Informing your team about apparent HIV lesions or abnormal blood tests will help the appointments with another discipline safer for the patient and the community population attending that same office. Patient centered care is key for HIV because patients need to know the risks that this disease presents to themselves and the population. If information was not passed along properly, some patients may not understand this disease could possibly affect every aspect of their life and the community around them.

References

Center for Disease Control:

<https://www.cdc.gov/hiv/statistics/overview/geographicdistribution.html>
<https://www.cdc.gov/hiv/statistics/overview/ata glance.html>

Others:

<https://www.nidcr.nih.gov/health-info/hiv-aids/more-info>
<https://www.ada.org/en/member-center/oral-health-topics/hiv>
<https://www.umcno.org/programs-services/infectious-disease-care/hiv-resources/>
LSU Oral Pathology Department

Items in our [Health Box:](#)

- 1. Antiretroviral Therapy Information** ([Treatment](#) | [Living with HIV](#) | [HIV Basics](#) | [HIV/AIDS](#) | [CDC](#))
- 2. PrEP Information/Pamphlet** ([PrEP: Overview for Patients \(va.gov\)](#))
- 3. Condom distribution** ([Condom Distribution Programs](#) | [Prevent](#) | [Effective Interventions](#) | [HIV/AIDS](#) | [CDC](#))
- 4. Routes of HIV Transmission Information** ([How Is HIV Transmitted?](#) | [HIV.gov](#))
- 5. Support groups** ([Peer Support](#) | [Treat](#) | [Effective Interventions](#) | [HIV/AIDS](#) | [CDC](#))
- 6. First Aid Kit** ([First Aid Kits, & Supplies](#) | [Red Cross Store](#))
- 7. Strengthening and endurance exercises via physical therapist prescription**
(<https://www.choosept.com/symptomsconditionsdetail/physical-therapy-guide-to-hiv-disease-aids>)

HIV Health Box:

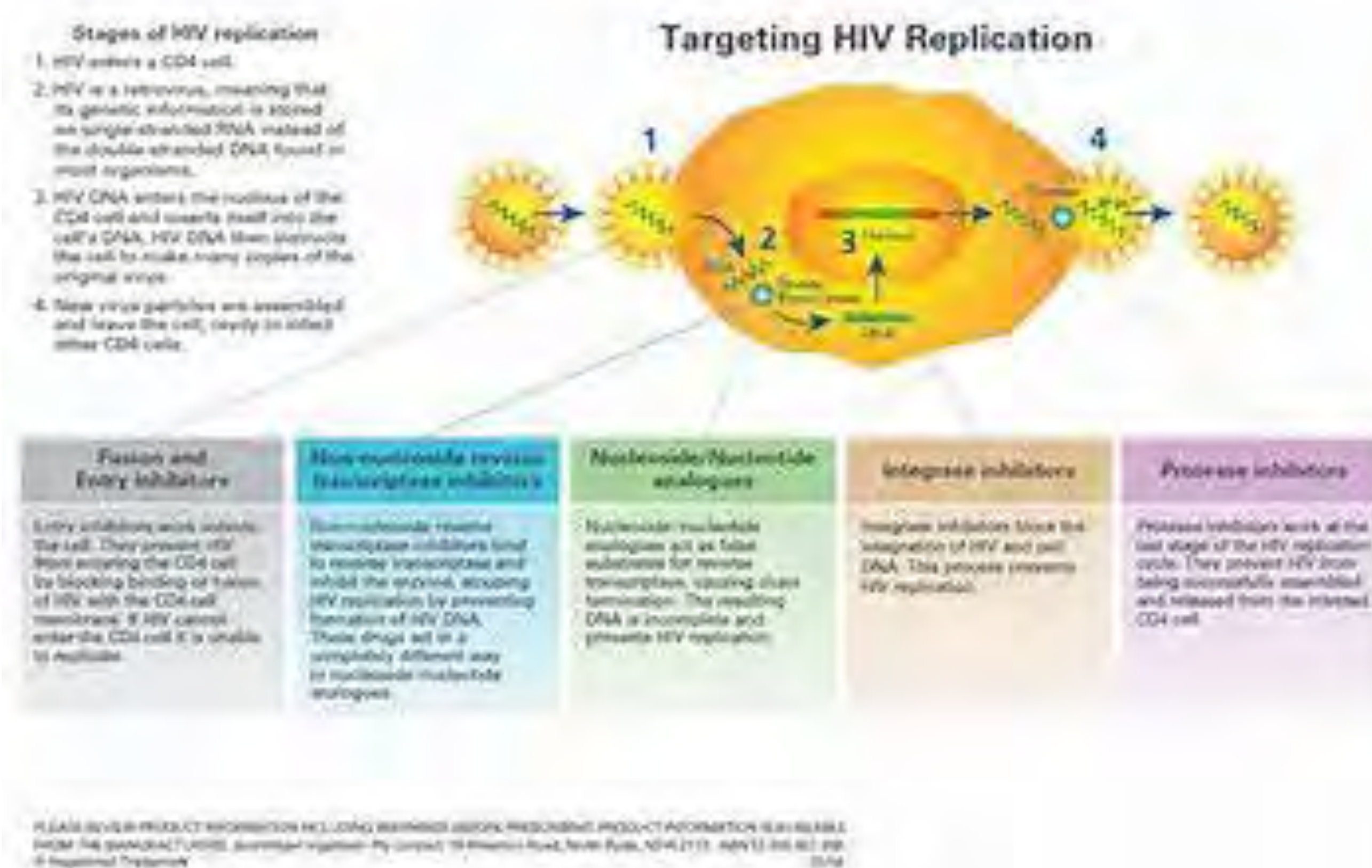
HIV Support Group Info:



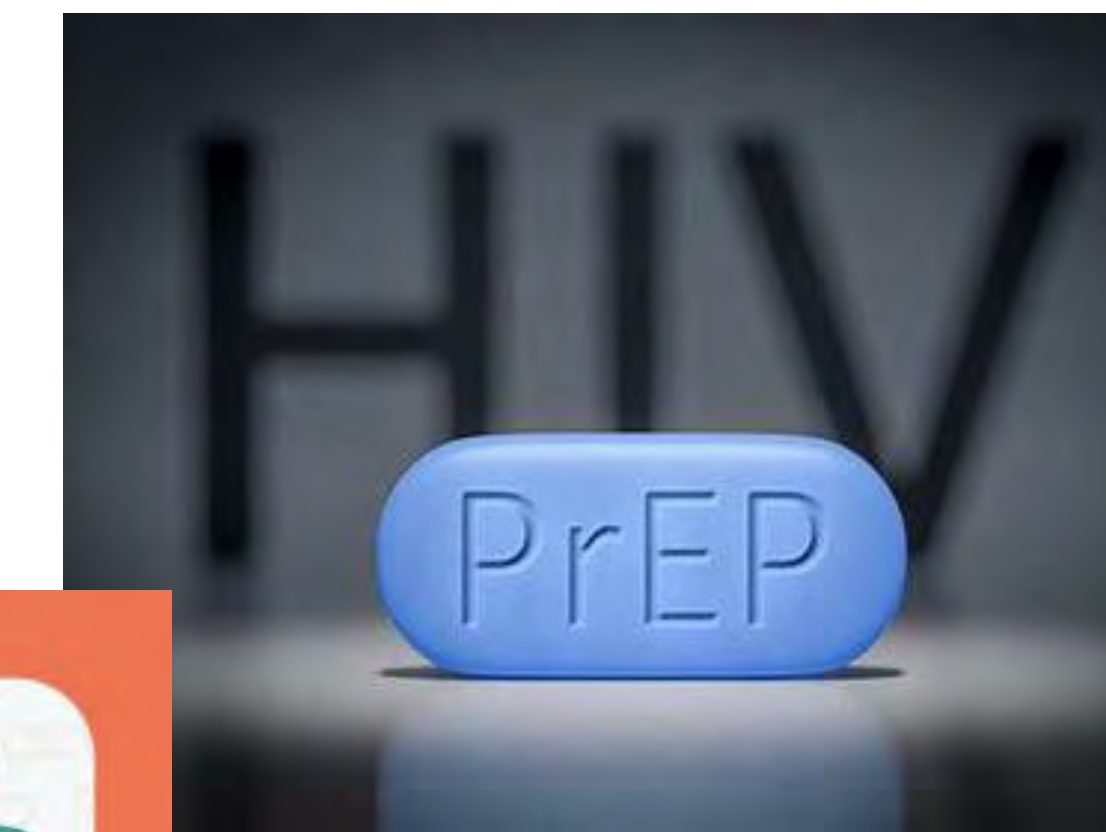
Join Our Weekly HIV Support Group

ART (Anti-Retroviral Therapy) Info:

Antiretroviral Agents for HIV



PrEP Information Pamphlets:



Condom Distribution:



Info on some things to look out for:

Infections common to HIV/AIDS

- **Pneumocystis pneumonia (PCP).** This fungal infection can cause severe illness. Although it's declined significantly with current treatments for HIV/AIDS, in the U.S. PCP is still the most common cause of pneumonia in people infected with HIV.
- **Candidiasis (thrush).** Candidiasis is a common HIV-related infection. It causes inflammation and a thick, white coating on your mouth, tongue, esophagus or vagina.
- **Tuberculosis (TB).** In resource-limited nations, TB is the most common opportunistic infection associated with HIV. It's a leading cause of death among people with AIDS.
- **Cytomegalovirus.** This common herpes virus is transmitted in body fluids such as saliva, blood, urine, semen and breast milk. A healthy immune system inactivates the virus, and it remains dormant in your body. If your immune system weakens, the virus resurfaces — causing damage to your eyes, digestive tract, lungs or other organs.
- **Cryptococcal meningitis.** Meningitis is an inflammation of the membranes and fluid surrounding your brain and spinal cord (meninges). Cryptococcal meningitis is a common central nervous system infection associated with HIV, caused by a fungus found in soil.
- **Toxoplasmosis.** This potentially deadly infection is caused by *Toxoplasma gondii*, a parasite spread primarily by cats. Infected cats pass the parasites in their stools, which may then spread to other animals and humans. Toxoplasmosis can cause heart disease, and seizures occur when it spreads to the brain.



Heart Attacks in Women

Ben Anderson (SON), Christina Arrechavala (PT), Christopher Badon (SON), Conner Allison (SOD), Hana Alkhafaf (SOD), Madalyn Beyer (SOM), Matt Alexander (SON), Sumayyah Abdelfattah (CVS), William Trimble (SOM)

Team #: 2



Background

A myocardial infarction (“heart attack”) occurs when the heart muscle does not get enough oxygen to function.

- Main cause = coronary artery disease (narrowing/blockage of coronary arteries)
- Longer time without treatment → greater damage to heart muscle

Prevalence / Statistics:

- Coronary artery disease affects 1/16 women over 20 y/o in US
- Heart disease is leading cause of death in US women (1/5 or 20% of female deaths)
- Over the past 40 years, more women have died from heart disease than men
- Average age of 1st heart attack: 72 y/o
- Incidence increases after menopause
- During heart attack, women are more likely to have atypical symptoms than men
- Within 1st year after heart attack, women are 10% more likely to experience adverse events

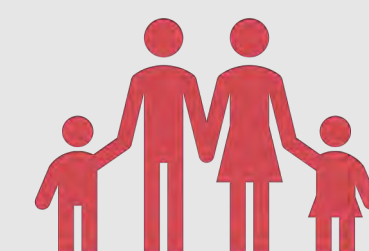
Risk Factors



Smoking



Obesity or Unhealthy Diet



Family History of Early Heart Disease



Inactivity



Pregnancy Complications

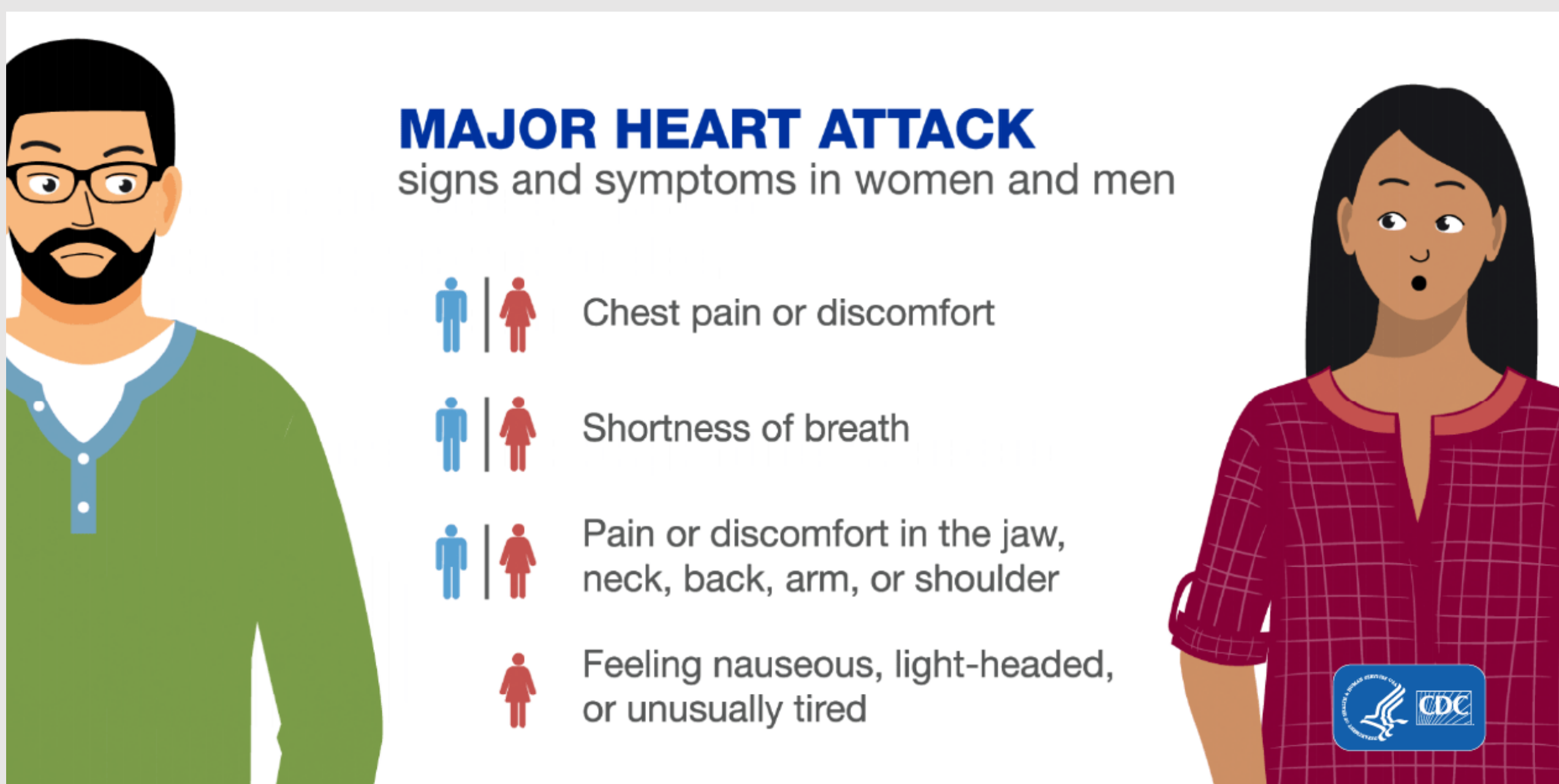


Mental Stress and Depression

Other risk factors:

- Diabetes or metabolic disease, post-menopause, inflammatory disease, living in the South compared to other areas of the US, and alcohol abuse

Warning Signs / Symptoms



Assessment Tool

1. Family History / Lifestyle Evaluation / Blood Pressure Evaluation – Nursing or any profession doing a check up

TREATMENT/COST: New Patient Office or Other Outpatient (99202) - \$45.62

- Family History - Children of parents with heart disease are more likely to develop heart disease themselves.
- Lifestyle Evaluation - Physical Inactivity, Obesity, Nutrition, Smoking/Alcohol/Drug use
- Blood Pressure Evaluation - High blood pressure increases the heart’s workload, causing the heart muscle to thicken and become stiffer.

2. Oral Evaluation - Dentistry

TREATMENT/COST: Comprehensive Oral Evaluation (D0150) - \$47.37

- Periodontitis and cardiovascular disease share common risk factors, and bacteria found in periodontal pockets have also been found in the cardiovascular system (potentially from hematologic spread)
 - Both CV disease and periodontitis have increased RISK of development from similar factors/predictors - smoking, diabetes, low socioeconomic status

“To date, there's no proof that treating gum disease will prevent cardiovascular disease or its complications. But the connection is compelling enough that dentists (and many doctors) say it's yet another reason to be vigilant about preventing gum disease in the first place.”

Harvard Heart Letter

3. Blood Cholesterol Test - Medicine

TREATMENT/COST: Collection of venous blood by venipuncture (36415) - \$2.15

- Lipid test measuring fats in the blood

4. ECG - Medicine/Cardiology

TREATMENT/COST: Routine ECG with at least 12 leads (93000) - \$13.72

- Get a look at the electrical functionality of the heart and can potentially diagnose heart disease that could lead to a heart attack

5. Echocardiogram - registered cardiac sonographer/ cardiology

TREATMENT/COST: Echocardiography; real time scan (93307) - \$45.81

- About one in five people who have had a heart attack will be readmitted to the hospital for a second one within five years
- Frequent echocardiograms post heart attack_

6. Cardiac rehab - doctors, nurses, PT, OT (or anyone else on the team)

- One study found that cardiac rehab helped reduce chances of a repeat heart attack by 47 percent
- Another found patients who participated in cardiac rehab were 42 percent less likely to die within an average of eight years.

Benefits of Preventative Care

The ultimate goal of these two community outlooks of healthcare is to eliminate the burden of disease and disease progression (Tertiary Care) in the patients we serve. Stopping a disease or modifying the risk for a disease is one way that providers can help our patients maintain healthy long meaningful lives. Our goals as providers are not only to treat illness once it happens but also to prevent the incidence of illness in the populations we serve!

Primary Care/ Prevention

- Primary Prevention aims to prevent disease or injury before it ever occurs.
 - Activities like daily exercise, low sodium diets (less than 2,000 mg daily), and having annual wellness visits are great ways to start!
 - The idea is if you can catch modifiable risk factors before disease is present you can prevent disease from ever happening in the first place!
- Primary Prevention also opens the door for earlier discussions about early detection if applicable.
 - Having an open and honest discussion with your providers will best let us help you! If we identify high risk factors for the development of heart disease, we can not only coach you to modify risk factors but also offer early testing.

Secondary Care

- Secondary care is the idea that if we identify populations at risk early on and begin routine testing and screens we can catch disease early on before it progresses!
- Early serum cholesterol screening and lipid panels can identify at risk populations that may be more susceptible than other women.
- More invasive test and like Echocardiogram and EKG monitoring may be ordered by your provider to get a better picture of how your heart is performing.

Interprofessional communication

We as a team found that the hardest part in developing these tools was scheduling. Although all of our classes were offered online this semester (due to COVID 19), we still found it difficult to juggle school and research. Some days, the majority of team members were free but a few others were not, this caused slight issues in pacing our work. However, we were all equally dedicated to gather information and expand our knowledge and succeed in the course. Developing the health box showed us the importance of each profession. Professions such as Doctors, Nurses, Cardiac sonography, and Dental etc. contributed their expertise on patients with heart attacks. This allowed the team to develop different tools from preventative diagnostic measures to post-heart attack care.

Implementation Challenges

Implementation of multi-disciplinary healthcare comes with many challenges, one of the most notable being the clear defining of the roles of various healthcare professions. Poor role defining can lead to inefficient healthcare delivery, resulting in worse health outcomes, higher medical costs, and decreased job satisfaction for healthcare workers. Conversely, clearly defined healthcare roles lead to a more cooperative, adaptable, and effective healthcare team.

One method of clarifying healthcare roles is to teach healthcare workers about the other professions they work with. This can be accomplished through a variety of means, ranging from formal presentations and education, to conversations between coworkers while on the job. While discussing the various healthcare roles, it is important to maintain open communication that is both respectful and informative.

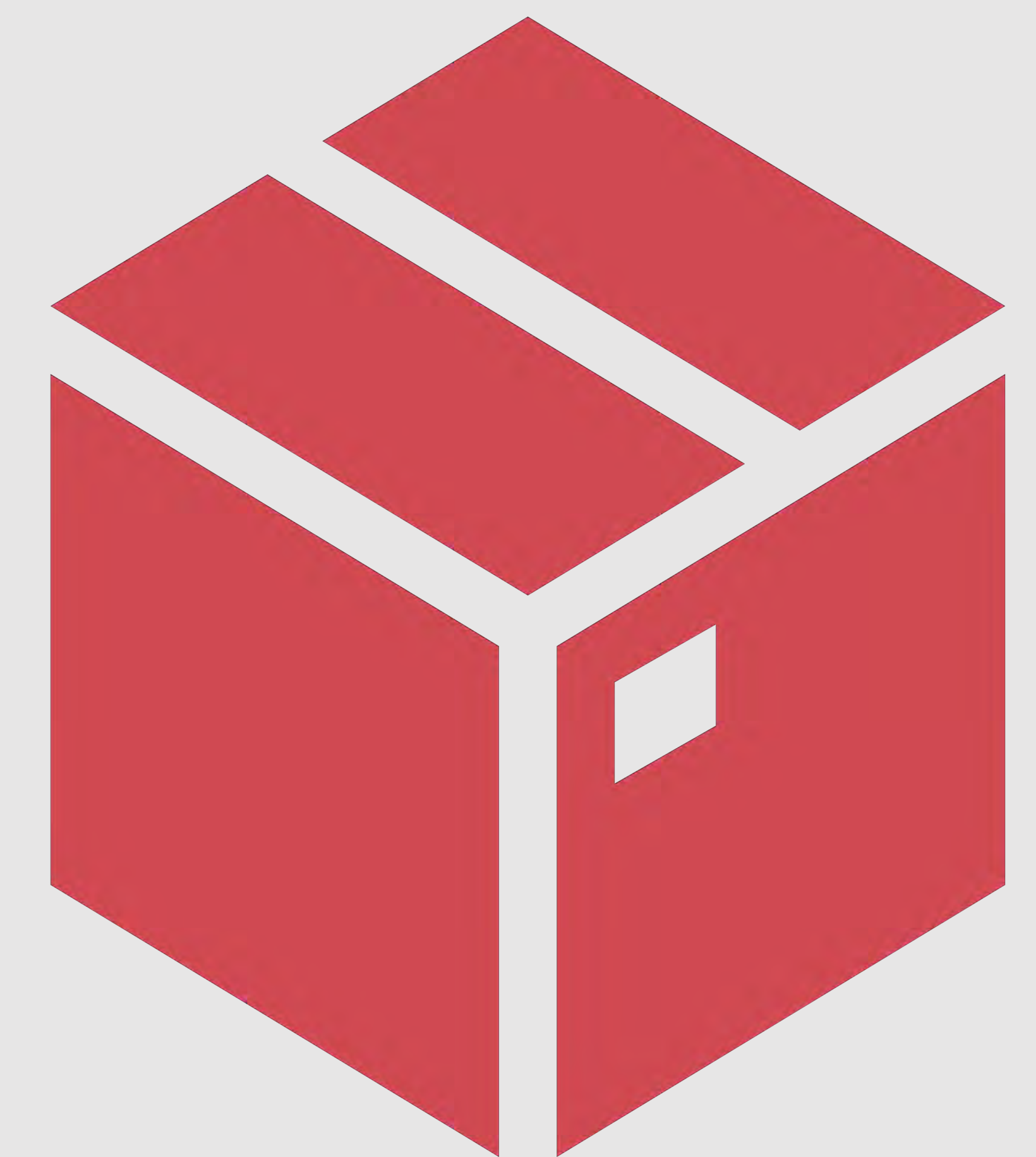
Resource List

- Understand your risks to prevent a heart attack. (n.d.). Retrieved March 21, 2021, from <https://www.heart.org/en/health-topics/heart-attack/understand-your-risks-to-prevent-a-heart-attack>
- Publishing, H. (2018, March). Gum disease and heart disease: The common thread. Retrieved March 21, 2021, from <https://www.health.harvard.edu/heart-health/gum-disease-and-heart-disease-the-common-thread>
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- Staff, M. (2020, June 16). Heart attack. Retrieved March 21, 2021, from <https://www.mayoclinic.org/diseases-conditions/heart-attack/diagnosis-treatment/drc-20373112>
- Proactive steps can reduce chances of second heart attack. (n.d.). Retrieved March 21, 2021, from <https://www.heart.org/en/news/2019/04/04/proactive-steps-can-reduce-chances-of-second-heart-attack>
- Brault I, Kilpatrick K, D'Amour D, et al. Role clarification processes for better integration of nurse practitioners into primary healthcare teams: a multiple-case study. Nurs Res Pract. 2014;2014:170514. doi:10.1155/2014/170514
- *Don’t Take a Chance With a Heart Attack: Know the Facts and Act Fast.* (2011, December). National Institutes of Health. https://www.nhlbi.nih.gov/files/docs/public/heart/heart_attack_fs_en.pdf
- *Heart attack tools and resources.* (n.d.). American Heart Association. <https://www.heart.org/en/health-topics/heart-attack/heart-attack-tools-and-resources>
- *Heart-healthy eating.* (2019, January 3). Women’s Health. <https://www.womenshealth.gov/healthy-eating/how-eat-health/heart-healthy-eating>
- Khan, S. S., Ning, H., Wilkins, J. T., Allen, N., Carnethon, M., Berry, J. D., Sweis, R. N., & Lloyd-Jones, D. M. (2018). Association of body mass index with lifetime risk of cardiovascular disease and compression of morbidity. *JAMA Cardiology*, 3(4), 280. <https://doi.org/10.1001/jamacardio.2018.0022>
- Wong, C. (2002). Relation between blood pressure after an acute coronary event and subsequent cardiovascular risk. *Heart*, 88(6), 555-558. <https://doi.org/10.1136/heart.88.6.555>



Health Box Materials

- Heart Attack Information Sheet:
https://www.nhlbi.nih.gov/files/docs/public/heart/heart_attack_fs_en.pdf
- Women's Heart Health:
<https://www.womenshealth.gov/heart-disease-and-stroke/heart-disease>
- Women's Heart-Healthy Eating:
<https://www.womenshealth.gov/healthy-eating/how-eat-health/heart-healthy-eating>
- Heart Attack Tools and Resources:
<https://www.heart.org/en/health-topics/heart-attack/heart-attack-tools-and-resources>
 - Discharge worksheet
 - Cardiac rehabilitation referral card
 - Five ways to lower your risk of a second heart attack
 - Medication tracker



PATIENT NAME: _____ DATE: _____
HEALTHCARE PROVIDER: _____ PHONE: _____
NOTES FROM MY NURSE: _____

Now that you survived a heart attack, this worksheet will help you through the days between your discharge from the hospital and follow-up visit with your doctor.

BEFORE LEAVING THE HOSPITAL



Schedule a **follow-up appointment** with your doctor.

DOCTOR: _____ DATE: _____ TIME: _____
ADDRESS: _____



Ask your doctor for a referral to a **cardiac rehabilitation program** near you.

Participating in a cardiac rehabilitation program is one of the best things you can do after having a heart attack. Rehab programs are medically supervised to help you improve your health and well-being and change your lifestyle habits through exercise training, education and counseling to reduce stress.

CLINIC NAME: _____ CLINIC NAME: _____
ADDRESS: _____ ADDRESS: _____
PHONE: _____ PHONE: _____
WEBSITE: _____ WEBSITE: _____



Learn about and take **your medications**.

Remember to take your medications as prescribed and report side effects to your doctor immediately.

NAME	DOSE	HOW OFTEN	WHAT IS IT FOR?	SIDE EFFECTS

MAKING LIFESTYLE CHANGES AFTER A HEART ATTACK

Making lifestyle changes and getting support after a heart attack can help you recover and lower your risk of having a second heart attack.



Know **Your Numbers**

By tracking your heart rate and blood pressure numbers, you can reduce your risk of having a second heart attack. Ask your doctor to explain what your numbers should be and how often you should check them.

DATE	TIME	HEART RATE	DATE	AM - BLOOD PRESSURE	PM - BLOOD PRESSURE



Take Steps to Get **Physically Active**

Talk to your doctor to help you determine when you can begin physical activity and what suits your needs and condition. Many doctors recommend walking because it's safe, easy and free. You can track your walking with this log:

DATE	TIME	ACTIVITY	DISTANCE WALKED	NOTES

Get information and tips about physical activity at [Heart.org/PhysicalActivity](https://www.heart.org/PhysicalActivity).



Choose **Good Nutrition**

Good nutrition can help control your weight and lower blood pressure and cholesterol levels. A healthy dietary pattern emphasizes a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes, and non-tropical vegetable oils.

Learn more and access healthy recipes at [Heart.org/HealthyEating](https://www.heart.org/HealthyEating).



Find **Support**

Heart attack patients will feel a wide range of emotions, typically for about two to six months. Join the American Heart Association's Patient Support Network to share your experience and get support by connecting with other survivors and caregivers.

Sign up today at [SupportNetwork.Heart.org](https://www.heart.org/SupportNetwork).

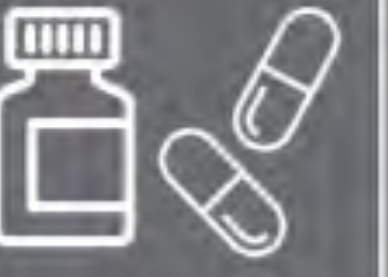


5 Ways to Lower Your Risk of a **SECOND** Heart Attack

1

TAKE YOUR MEDICATIONS

Take medications as your doctor prescribed. They help you avoid another heart attack. Forgetting to take a dose or get a refill can lead to big health problems.



2

FOLLOW UP WITH YOUR DOCTOR

Getting better means working together with your health care team. See your doctor within 6 weeks of your heart attack to help keep your recovery on track.



3

PARTICIPATE IN CARDIAC REHAB

Cardiac rehabilitation improves your physical and emotional recovery by increasing your physical fitness, helping you adopt heart-healthy living and addressing sources of stress.



4

MANAGE RISK FACTORS

Common risk factors include smoking, high cholesterol, high blood pressure and diabetes. Use medications and lifestyle changes to lower your risk of another heart attack.



5

GET SUPPORT

Sharing your journey to recovery with family, friends and other survivors can help reduce anxiety and loneliness.



Goals for Heart-Healthy Living

Daily Sodium Intake	< 1,500 mg
Daily Potassium Intake	> 4,700 mg
Body Mass Index (BMI)	18.5-24.9
Blood Pressure	130/85 mmHg

Traumatic Brain Injury

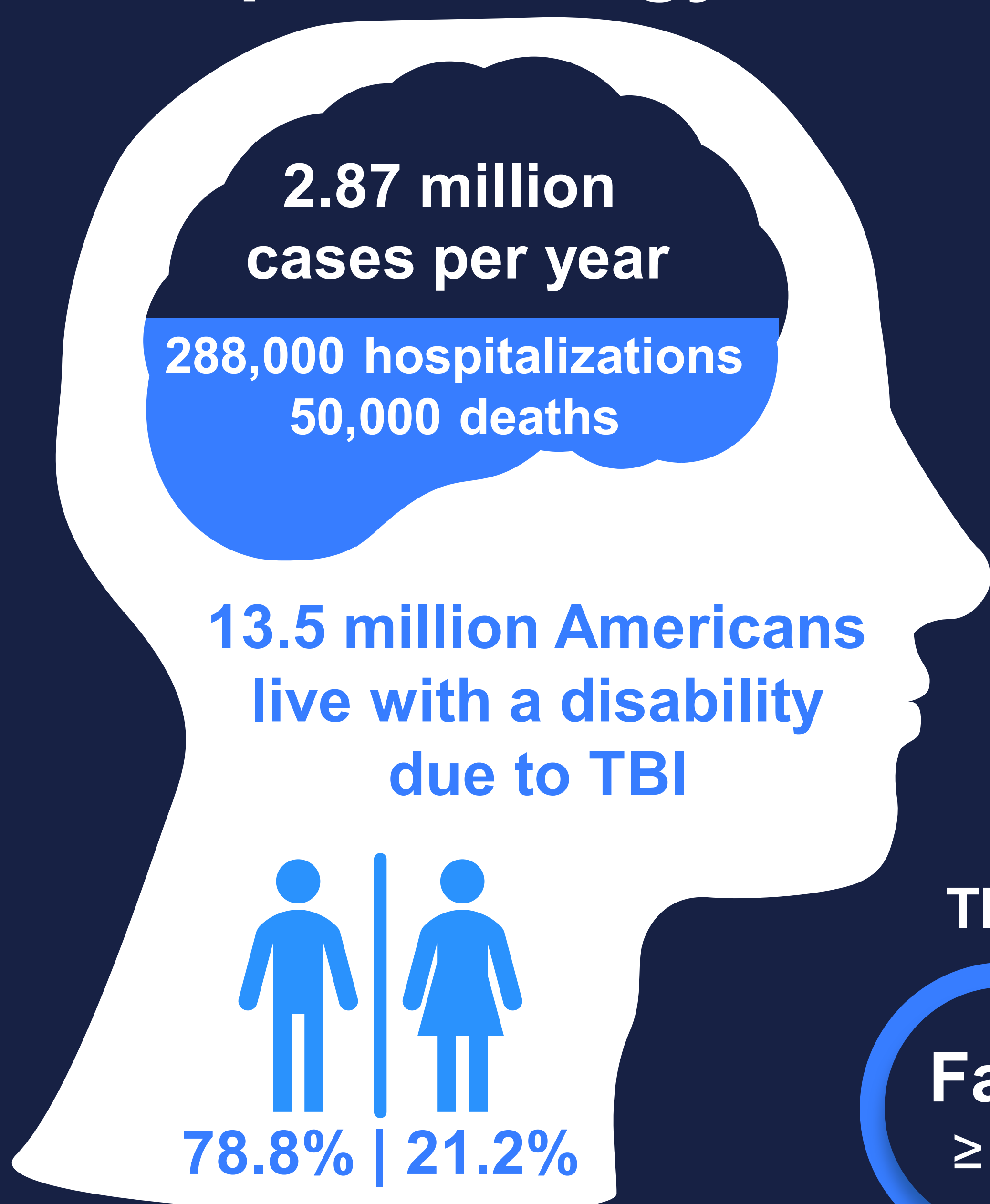
What is TBI?

- A disruption in the normal function of the brain that can be caused by a bump, blow, or jolt to the head, or penetrating head injury.
- The severity of a TBI may range from “mild” (i.e., a brief change in mental status or consciousness) to “severe” (i.e., an extended period of unconsciousness or memory loss after the injury).
- Most TBIs that occur each year are mild, commonly called concussions.¹

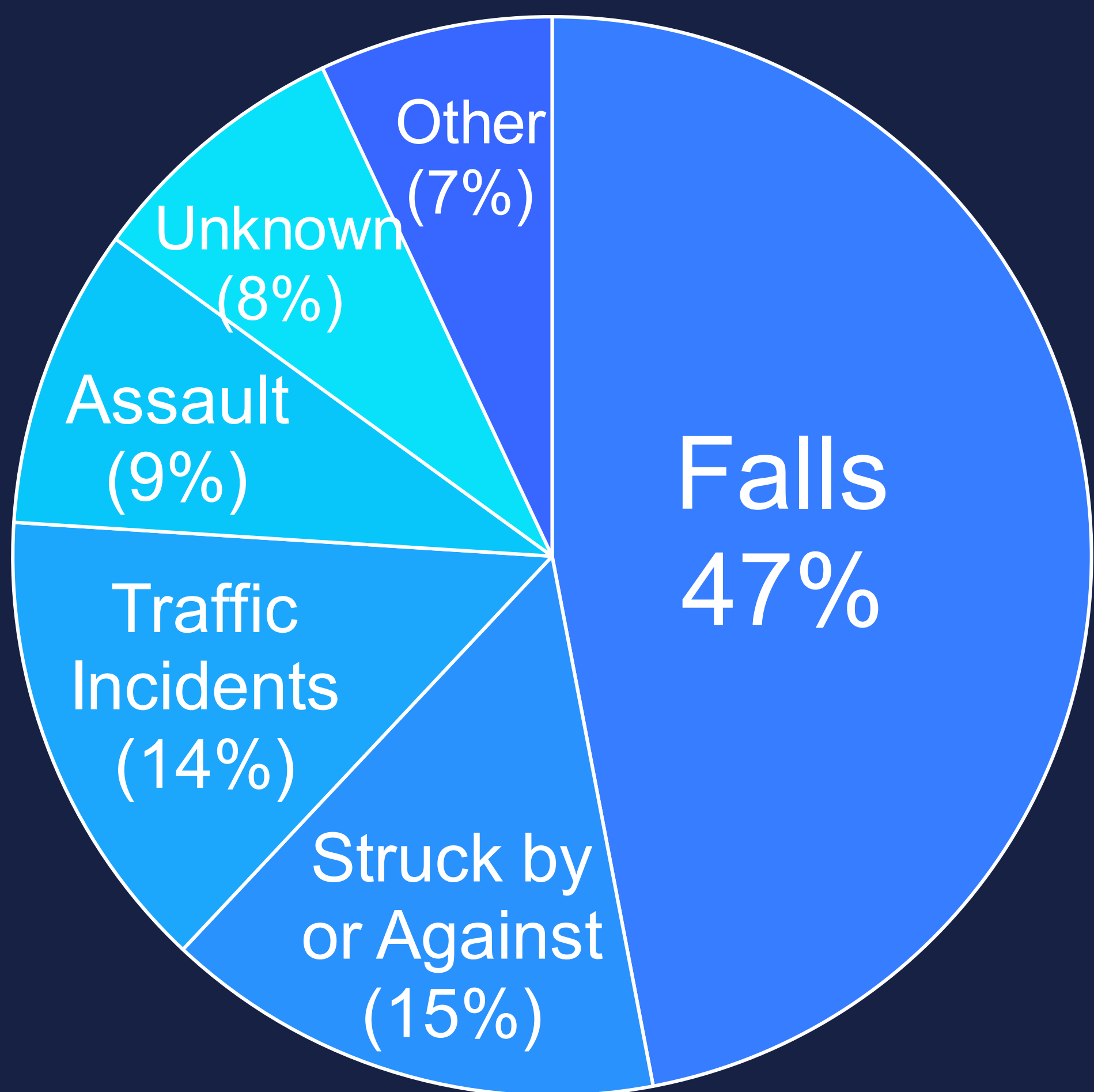
Team Members:

Medicine: George Brand, Michael Brands, Nicolas Chanes **Nursing:** Hannah Abney, Jalyn Barnes, Kimberly Hayward
Dentistry: Christopher Antee, Aden Ardoin, Kelly Anselmo **Audiology:** Saygan Broussard **Physical Therapy:** Shaina Billiot

Epidemiology



Leading Causes of TBI²



TBI-Related Deaths by Risk Factor²



Benefits

- From the patient’s perspective, an interprofessional annual wellness visit provides a more comprehensive assessment of his/her current state of health. This approach would also reduce cost and time for the patient as he/she would not need to visit each provider separately.
- From the health professional’s perspective, an interprofessional approach would optimize preventative care, thereby leading to earlier disease detection and enhanced clinical outcomes. Healthcare costs could also decrease since repetitive evaluations would be minimized due to an enhanced line of communication among providers.

Challenges

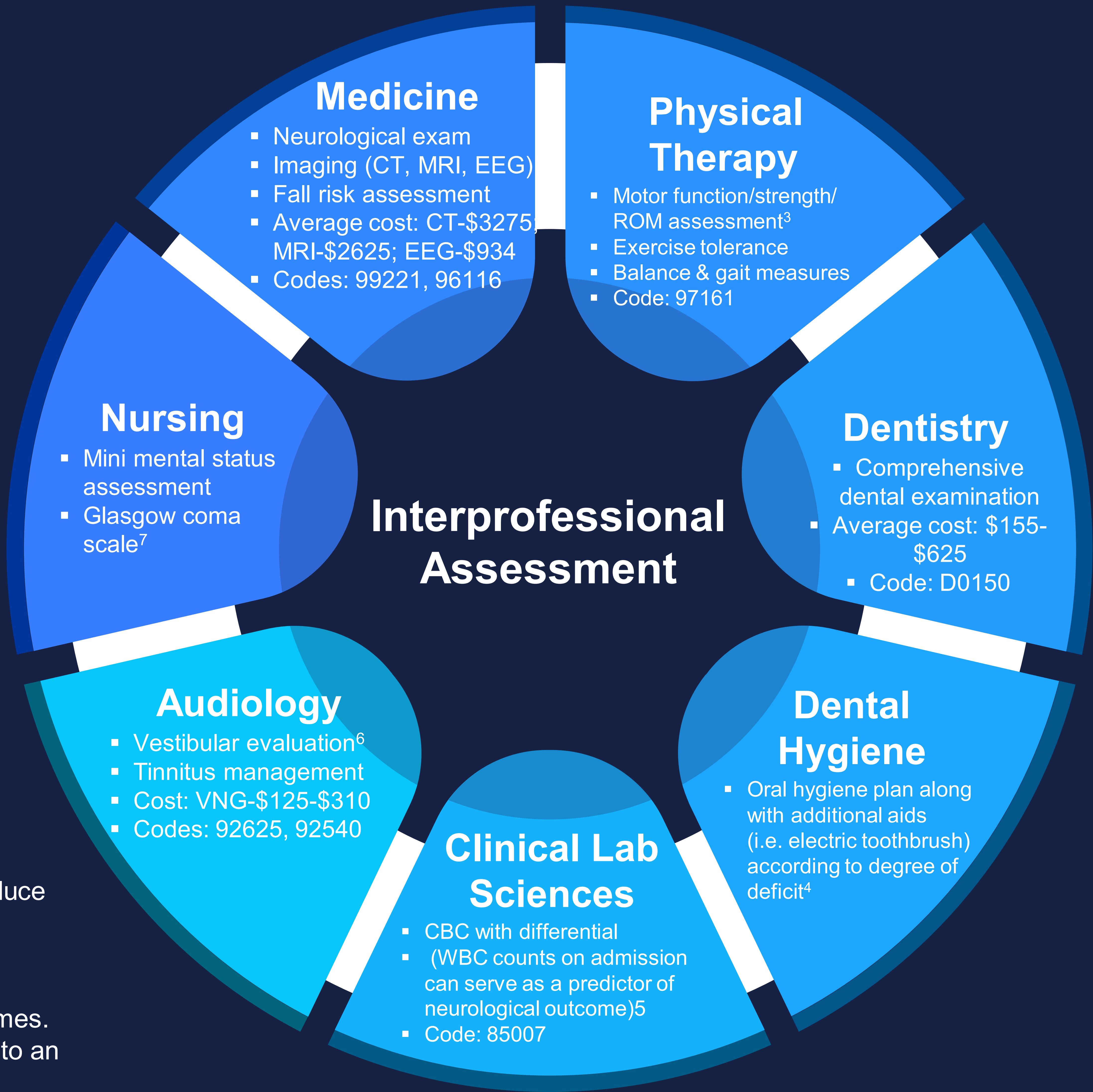
- Since annual wellness visits can vary between healthcare providers/institutions, a comprehensive and standardized evaluation would need to be established. Furthermore, interprofessional education can look differently among professions, so an understanding of the degree of cooperation, coordination, and collaboration would need to be understood according to each profession.

Team’s Reflection

To provide patients with the best care, we as health care providers, need to prioritize team-work among providers. The importance of team-work was evident throughout our experience in this interdisciplinary project. Members provided resources and insight into their future profession's role in this diagnosis. The members were supportive and appreciative for all the efforts that other members put in. Overall, the group learned that the more team members who are dedicated to the positive outcome of a problem or project, the better the results and experience for all involved.

References

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2. <https://www.aans.org/Patients/Neurosurgical-Conditions-and-Treatments/Traumatic-Brain-Injury>
3. <https://www.jospt.org/doi/full/10.2519/jospt.2020.0301?af=R>
4. <https://dimensionsofdentalhygiene.com/article/treatment-strategies-for-patients-with-traumatic-brain-injury/>
5. <https://pubmed.ncbi.nlm.nih.gov/11358584/>
6. <https://www.ata.org/sites/default/files/Winter-2018-30.pdf>
7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5672675/>



List of What to Include in our Health Box

- An Instructional Pamphlet on What to Expect with a TBI (Littlejohns, 2017)
- A helmet (<https://www.cdc.gov/traumaticbraininjury/prevention.html>)
- Antiseizure drugs for them to take on their own after discharge from the hospital (<https://www.mayoclinic.org/diseases-conditions/traumatic-brain-injury/diagnosis-treatment/drc-20378561>)
- A list of TBI support groups in Louisiana with location and contact information (<https://www.brainandspinalcord.org/support-groups-brain-injury-louisiana/>)
 - Baton Rouge Head Injury Support Group
 - Brain Injury Education Support Group
 - TBI Support Group Support
 - NW Brain Injury Support Group
 - Stroke Survivors and Caregivers Support Group
 - Acquired Brain Injury Survivors of Southeast Louisiana
 - Brain Injury Support Group
 - The Friedler Cancer Counseling Center's Brain Tumor Survivors' Support Group
 - Touro Rehabilitation Center at Touro Infirmary Neuro Support Group
- Provide education to older adult patients about fall prevention (<https://www.cdc.gov/traumaticbraininjury/prevention.html>)
 - Removing rugs from the floor that could cause the patient to slip
 - Placing non-slip stickers on the bottom of showers, bathtubs and on steps
 - Installing safety rails in the bathroom to assist the patient in safe showering and getting up from the toilet
 - Educate on the need for yearly eye checks and to have their prescriptions checked to make sure no medication is causing dizziness or decreased level of consciousness, which could contribute to a fall
- If the patient is active-duty military or a veteran who received their TBI in action, and they live in a state with a Defense and Veterans Brain Injury Center, provide the patient with information on their local center (<https://tbi.cemmlibrary.org/Resources/The-Defense-and-Veterans-Brain-Injury-Center>)
- Educate about motor vehicle safety (<https://www.cdc.gov/traumaticbraininjury/severe.html>)
 - Using seatbelts correctly, child car seat safety and education on the dangers of drunk driving

Traumatic Brain Injury Health Box

Anti-Seizure Drugs

- Patients with a TBI are at an increased risk for seizures and as a result, some doctors may prescribe drugs used to prevent seizures preemptively for the first few weeks after a TBI to prevent the patient from developing seizures after injury.
- These may be put in their health box to provide the patient with the antispasmodics right after surgery to prevent the risk of them missing a dose and experiencing a seizure as a result.



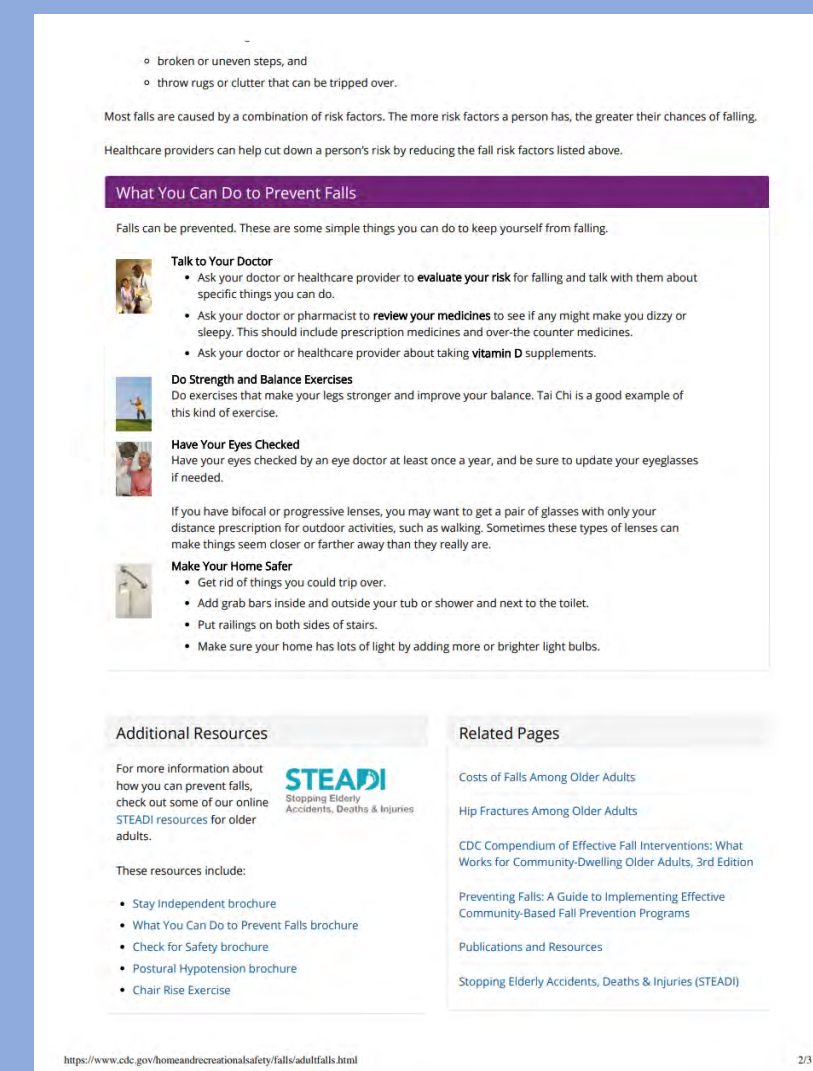
Instructional Pamphlet on What to Expect with a TBI

- The patient may develop seizure disorders, begin experiencing loss of concentration and have trouble processing memories. They may become more apathetic, and experience mood swings or inappropriate affect.
- The patient's brain may be in recovery for years and because of this, they need to be aware of what to expect with their condition and have a realistic concept of what may happen so they and their families can be mindful and have a hopeful but realistic perspective on the patient's future and recovery capabilities
- (Littlejohn, 2017)



Handout on falls & fall prevention

- One out of five falls causes serious injury such as head injuries or broken bones
- Falls are the most common cause of traumatic brain injury
- According to the CDC, the following actions can help in fall prevention:
 - Removing rugs from the floor
 - Placing non-slip stickers on the bottom of showers, bathtubs, and on steps
 - Installing safety rails in the bathroom to assist the patient in safe showering and getting up from the toilet
 - Education on the need for yearly eye checks
 - Have their prescriptions checked to make sure no medication is causing dizziness or decreased level of consciousness
 - (Centers for Disease Control and Prevention, 2017)

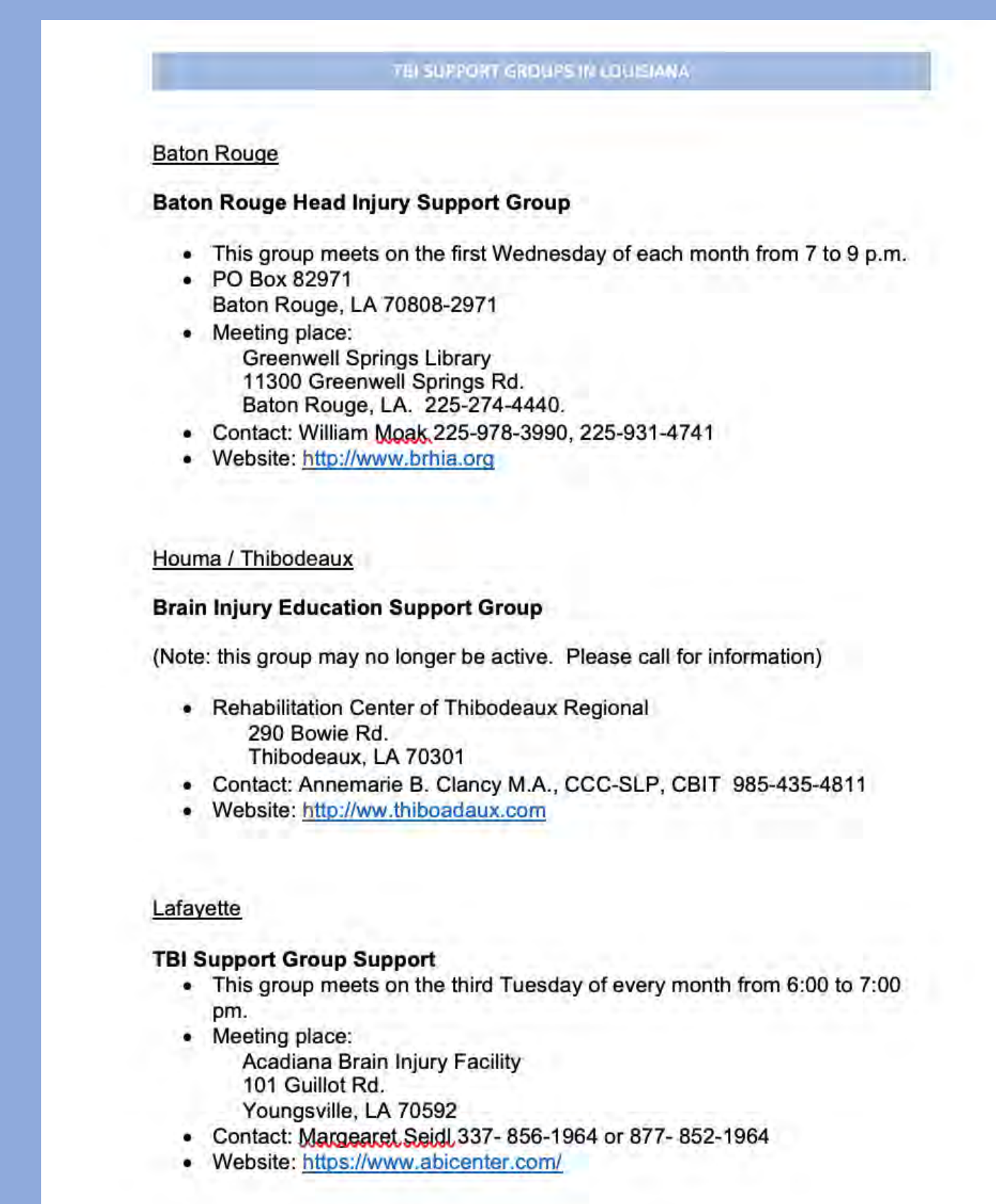


Active-duty military or a veteran who received their TBI in action

- Certain states have Defense and Traumatic Brain Injury Centers for veterans and active military with TBIs. States with DVBIC include: VA, CO, NY, GA, NC, CA, MD, TX, AK, FL, & MN
- These centers is a network of 18 sites specializing in research, clinical affairs and education/outreach related to traumatic brain injury. These sites work collaboratively with their host military treatment facilities and Veterans Administration hospitals to provide and improve TBI care for active-duty military, veterans and their eligible beneficiaries. (DVBIC, 2020).

Handout of TBI support groups in Louisiana

- The severity of TBIs vary, but people with TBI may experience similar emotions.
- Sharing thoughts and feelings with other people who have had similar experiences can be helpful.
- Support groups provide the opportunity to make friends and learn more about TBI.
- This handout is 3 pages long and includes location, contact information, websites, and time and days of the meetings.
- (Louisiana Brain Injury Support Groups, 2020)



Helmets

- One of the best ways to prevent TBI recurrence is to practice healthy habits related to health promotion and disease prevention.
- According to the CDC, you should wear a helmet while riding a bike, motorcycle, snowmobile, scooter or operating an all-terrain motor vehicle in order to prevent a recurrent TBI
- If you're an athlete with a history of TBI, you may want to reeducate them about proper helmet use and make sure it fits properly to provide them with the best outcome.



Motor Vehicle Safety

- Practicing motor vehicle safety is one way to prevent TBIs. According to the CDC, you should:
 - Buckle Up Every Ride! Wear a seatbelt every time you drive or ride in a motor vehicle.
 - Never drive while under the influence of alcohol or drugs.
- If you have a child, car seat safety is especially important. The CDC recommends the following for each age group:
 - **Birth until age 2-4:** buckle children in rear-facing car seat until they reach maximum weight or height limit of their car seat. Keep children rear-facing as long as possible.
 - **After outgrowing rear-facing seat until at least age 5:** children should be buckled in a forward-facing car seat until they reach max weight or height limit of their car seat.
 - **After outgrowing forward facing seat and until seat belt fits properly:** children should be bucked in a booster seat until seat belt fits properly. Proper seat belt fit usually occurs when children are 4 feet, 9 inches tall & age 9-12
 - **Once sit belts fit properly without a booster seat:** seat belts fit properly when the lap belt lays across the upper thighs & should belt lays across the chest
 - **All children aged 12 and under should ride in the backseat (Center for Disease Control & Prevention, 2019)**

Adults in the U.S. that identify as transgender:

0.6%
1.4 million people

Those who identify as transgender in Louisiana:

20,900

2016 study published by the Williams Institute at UCLA School of Law

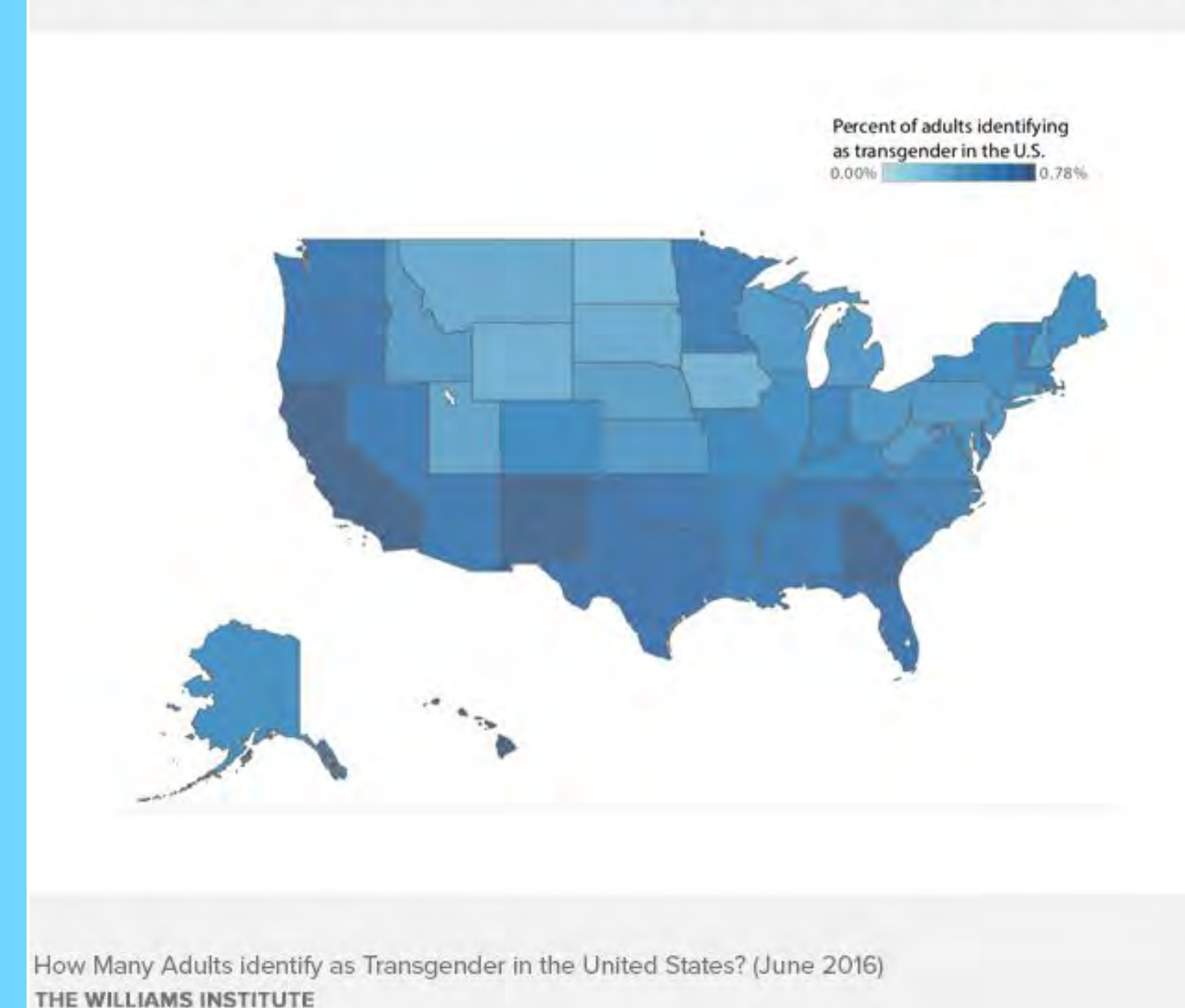
GENDER AFFIRMING TRANSITION TO FEMALE

TEAM MEMBERS: Adelyn Becker, Emily Clingan, Ali Blanchard, Hope Babin, John Cooper, Justin David, Lily Chen, Martha Ling, Parker Ball, Rondell Bob, Hannah Beebe

INCIDENCE & DEMOGRAPHICS

- An estimated 0.6% of adults, about 1.4 million, identify as transgender in the United States.
- The youngest age group 18-24 year olds, is more likely than older groups to identify as transgender.
- An estimated 0.7% of adults between the ages of 18 and 24, 0.6% of adults age 25-64, and 0.5% of adults age 65 or older identify as transgender

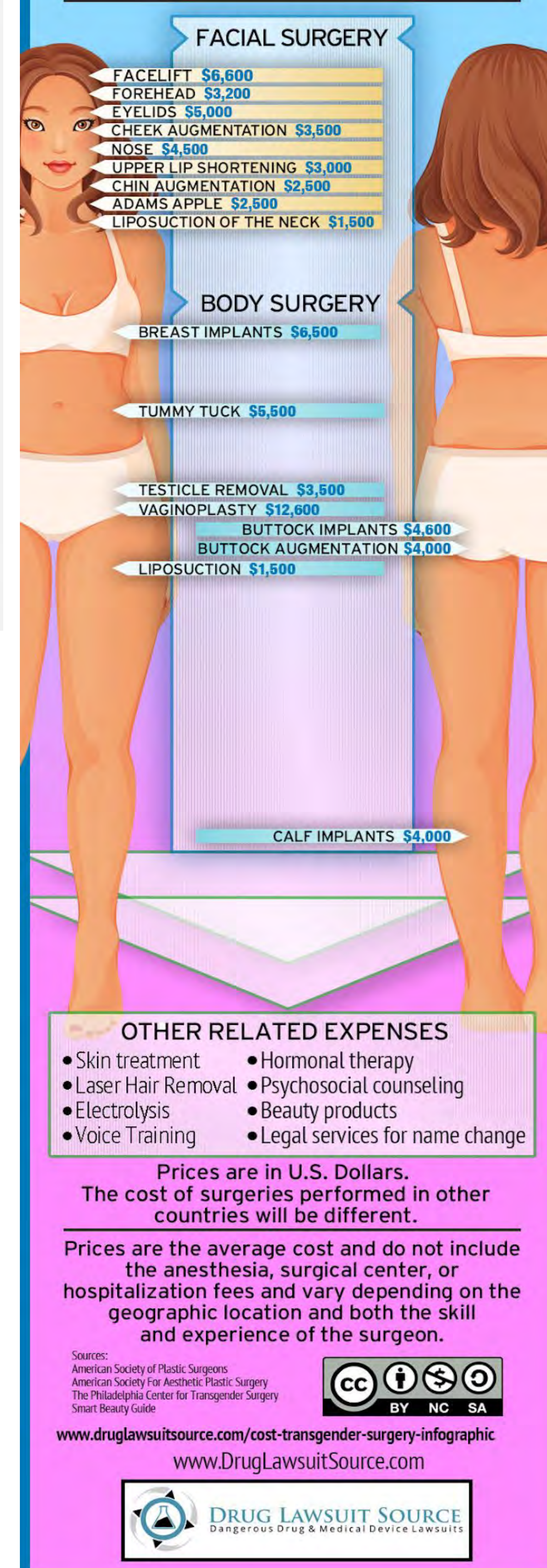
Figure 1. Percent of adults who identify as transgender in the United States



The Cost of Male To Female Transgender Surgery

How much does cost to change gender from man to woman?

Complete transition can include gender reassignment surgery, plastic surgery, anesthesia, hospitalization, hormone therapies, psychological counseling, and other treatments.



IPEC CC8

IPEC sub competency says, "communicate the importance of teamwork in patient-centered care and population health programs and policies." When healthcare professionals work together there is less room for error. The quality of care is greatly improved when all healthcare professionals are on board and engaged interprofessionally.

Assessment	CPT Code	Fee Scheduling
Gender Identity Disorder	305.58	
Orchiectomy	54520,54690	\$789.79
Penectomy	54125	\$1,902.31
Vaginoplasty	57335	\$1,255.49
Colovaginoplasty	57291-57292	\$1,023.08
Clitoroplasty	56805	\$2,134.72
Labiaplasty	58999	BR
Breast augmentation	19324	\$702.91
Trachea shave/reduction	31899	BR
thyroid chondroplasty		
Psychotherapy for Gender Dysmorphia	90834	\$85-\$100
Annual Routine Physical Exam	99385	\$75

RECOMMENDATIONS

Transgender patients may have an annual wellness visit like cisgender patients. Using a gender-affirming approach is very important to the care, such as using the correct pronouns and terms for their body parts. For the physical exam, examination of the genitalia is only appropriate if it is relevant to the reason for the visit. If warranted, it is very important to be sensitive, discuss the procedures beforehand, and allow them to have a support person in the room. If the patient has a neovagina, an anoscope may allow better visualization due to the anatomical differences compared to a natal vagina. If the patient has a penis and testicles, examination for hernias may be warranted. Breast and prostate cancer screening should be done appropriately. If the patient is taking estrogen, it is important to monitor feminizing and adverse effects every 3 months during the first year, then every 6 to 12 months. At these visits, both estrogen and testosterone levels should be measured, as well as prolactin and triglycerides. The physician may refer the patient to a specialist if needed.

As for implementation, it may be a useful strategy to have someone verbally review the medical records with the patient because the questionnaire may be restrictive on possible answers. Implement gender-neutral bathrooms. Also, the care team should speak with the insurance provider in order to ensure that the correct gender is in their system in order to avoid difficulties with insurance claims. Referral for a new driver's license or passport may also be beneficial for the patient.

References:

- <https://transcare.ucsf.edu/transition-roadmap>
- <https://www.nbcnews.com/health/health-news/study-finds-health-risks-transgender-women-hormone-therapy-n890031>
- <https://www.cigna.com/individuals-families/health-wellness/transgender-health-issues>
- <https://www.verywellhealth.com/sex-reassignment-surgery-2710288>
- https://academicworks.cuny.edu/cgi/viewcontent.cgi?article=1080&context=ho_pubs
- <https://www.plannedparenthood.org/learn/gender-identity/transgender/what-do-i-need-know-about-trans-health-care>
- <https://williamsinstitute.law.ucla.edu/publications/trans-adults-united-states/>
- <https://www.pflagno.org/about-us.html>
- <https://nolacraniofacial.com/innovative-surgical-care/sex-change-surgery-new-orleans/>

BENEFITS

From the perspective of the patient/client/community, identify benefits of an interprofessional annual wellness visit

- Patient can ask provider any health related questions that may be important to them.
- Reduces repetitive history taking and physical exams, which could cause unnecessary stress to the patient.

From the perspective of health professionals, identify benefits of an interprofessional approach to an annual wellness visit

- Providers will be able to screen for early signs of health conditions
- Preventative measures can be taken to ensure optimal health of the patient
- Better communication between providers.

CHALLENGES

Due to the levels of discrimination faced by the transgender community, one challenge to the implementation of an interprofessional annual wellness visit is alleviating one's feelings of vulnerability and reluctance to seek health care. Health care providers can provide a respectful, welcoming, and safe environment by managing individual biases and preconceived notions about the transgender community and working to improve the provider's own experience and knowledge of transgender health in order to give more quality care.

Health Box

- Options for therapy
- Blood pressure monitor
- National Suicide Prevention lifeline sticker
- General exercise and diet tips, vitamins they can take
- Transgender pride flag
- Resources for:
 - Surgery options
 - Hormone therapy (male-to-female): Estrogen
 - Hair removal
- Supportive healthcare team
- Business card for local support group/social clubs

Visuals for Health Box:

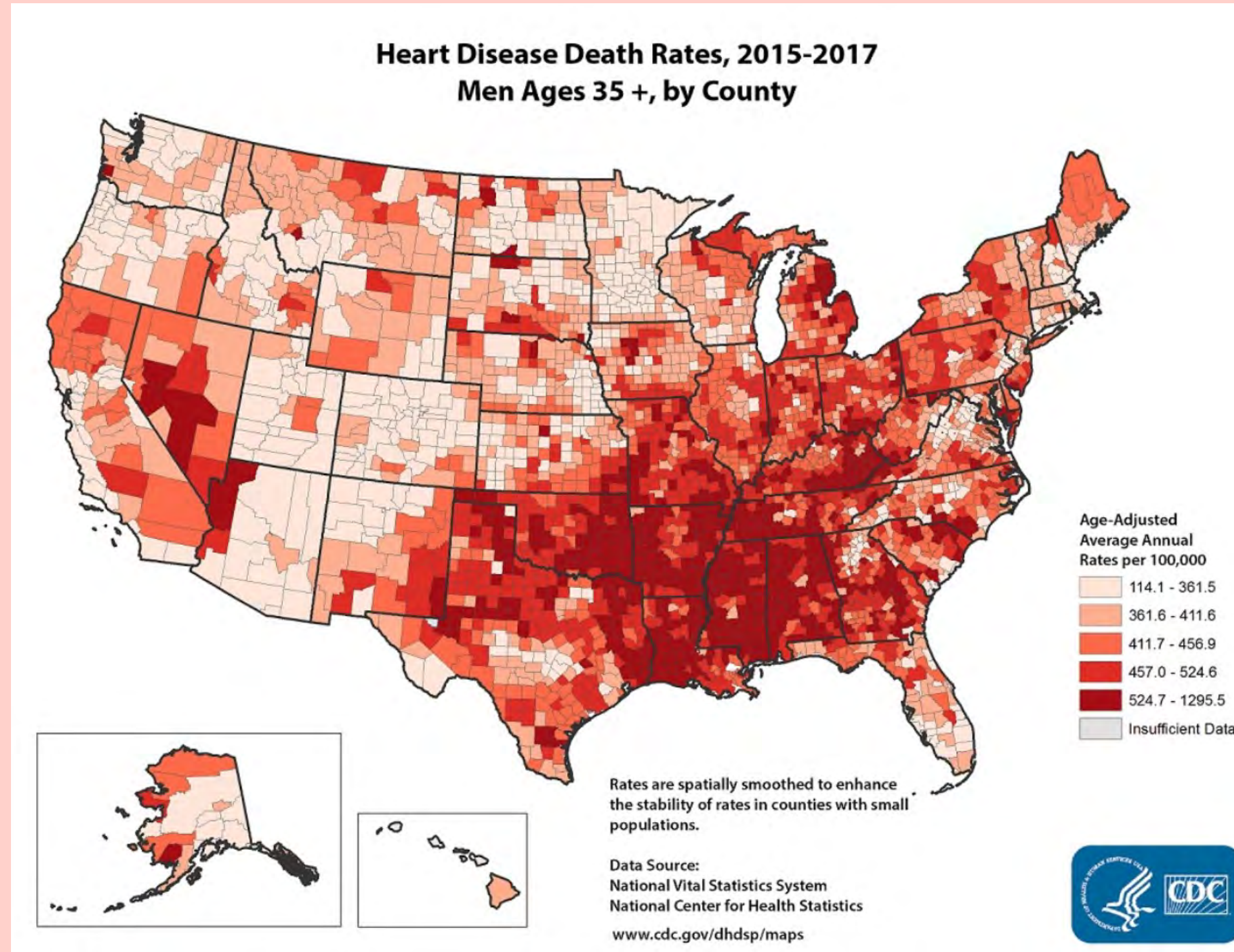
NATIONAL
SUICIDE
PREVENTION
LIFELINE™
I-800-273-TALK
www.suicidepreventionlifeline.org



WPATH WORLD PROFESSIONAL
ASSOCIATION for
TRANSGENDER HEALTH



Justification and Demographics



Above is the representation of the number of men above 35 that have died from CVD. In Louisiana, we have some of the highest death rates in the country. More attention to cardiovascular health, particularly in the south, is an important portion of delivering healthcare to the people we serve.

Risk Factors for Heart Attacks

Age

- Men over the age of 45 are at increased risk

Tobacco use

- smoking and exposure to secondhand smoke increase the risk of CVD

High Blood Pressure

- a normal blood pressure: 120/80

High Cholesterol

- increased level of LDL and triglycerides

Obesity

- if your BMI is >25 but <30 this is considered overweight. BMI >30 is considered obese.

Patient Costs:

Medicine: New Patient primary care visit: 99203 (\$34.20)

Nursing: services incident to MD

Dental/Dental Hygiene: Comprehensive Oral screening & medical/dental history: D0150 (\$47.37)

Physical Therapy: rehabilitation 97161 (\$66.79)

Cardiovascular Sonography: services incident to MD

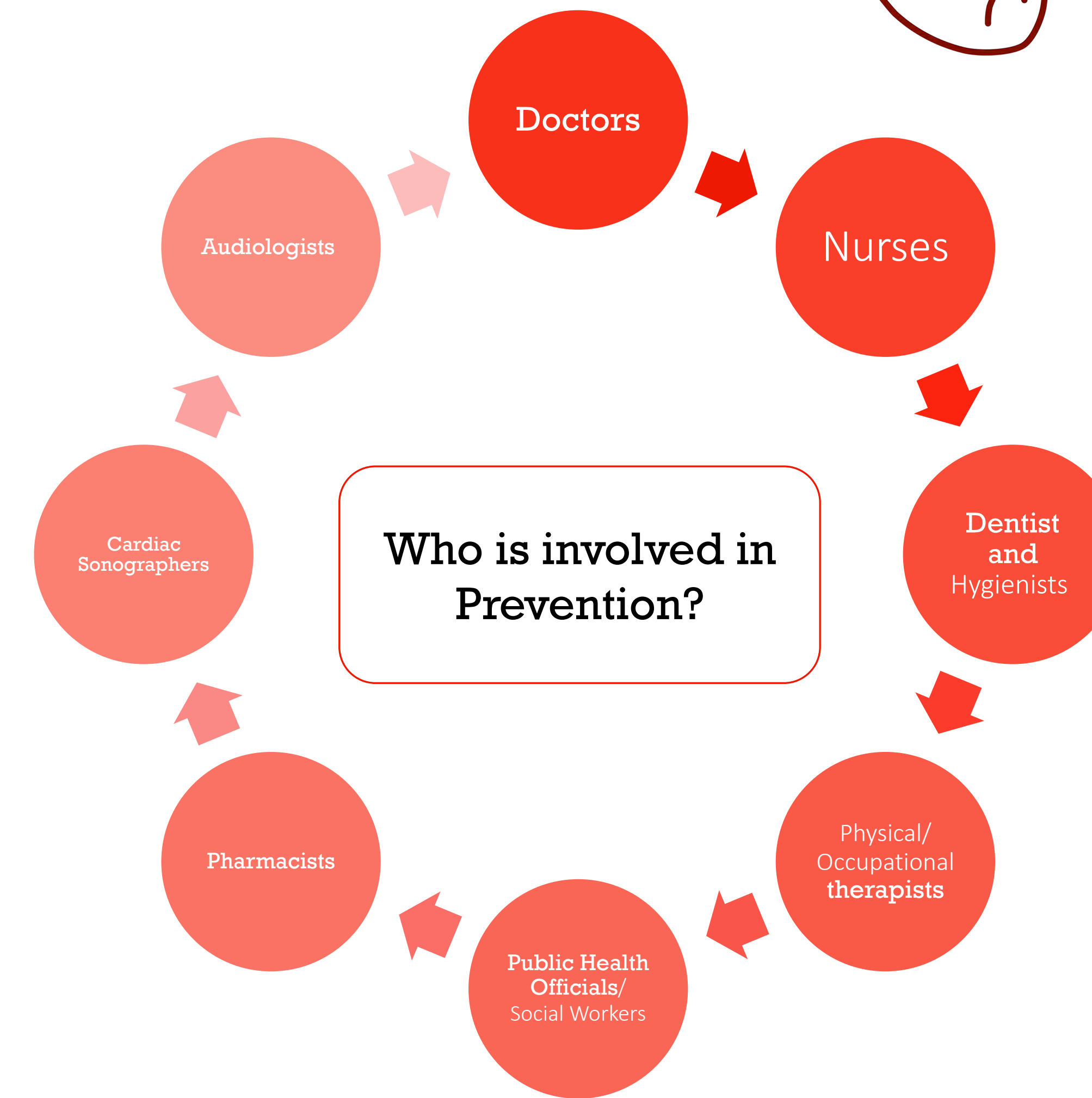
Heart Attacks in Males

What is a Heart Attack?

A heart attack, also called a myocardial infarction, happens when the flow of blood to the heart is blocked. The arteries that provide the hearts blood supply are the coronary arteries. Fat, cholesterol (plaque), and other substances build up in the coronary arteries blocking the flow of blood to the muscles of the heart. Some heart attacks happen suddenly and are very intense while others (most of them) start slowly with only mild discomfort or pain.

Common Symptoms:

- Pressure, pain, squeezing, aching sensations in the chest that might spread to the arms, neck, jaws, or back
- Nausea,, indigestions, heartburn, and abdominal pain
- Shortness of breath
- Cold sweats
- Fatigue
- Sudden dizziness or lightheadedness



Assessment Tools

Primary Prevention

• Medical and Dental history

• Thorough intra/extra oral assessment

• Education based on risk factors

Dental/Dental Hygiene

• Motivational interviewing to encourage a healthy diet and exercise regimen

• Medication to help control hypertension, hypercoagulability, hyperlipidemia, and diabetes mellitus

• Monitoring heart sounds, blood pressure, and lipids at visits and providing the means for patients to do so at home

• Determining risk assessment for individual patients

Medicine

• Past medical and family history

• Current lifestyle and psychosocial status

• Focused assessment of Cardiovascular system

• Severity of Pain and associated symptoms

Nursing

• Exercise Testing: Bruce Treadmill Protocol

• Aerobic Training: 6MWT

• Resistance Training

• ADL Adaptations

• Rehab if needed

Physical Therapy

Secondary Prevention

Secondary prevention includes exercise, smoking cessation, management of any pre-existing comorbidities such as hyperlipidemia, hypertension, diabetes, and weight management. Interventions directed at depression, anxiety social isolation, and the stresses of returning to work are also considered secondary prevention.

Additional Recommended Team Members:

Dietician and nutritionist, mental health specialist, social worker, and pharmacist

Assessment Benefits:

From the patient/community perspective

An interprofessional assessment can be very beneficial to a patient. Many clients do not experience any symptoms of heart problems prior to a heart attack. With the information gained from the assessment, the patient can be educated on their own personal risks for a heart attack, when to seek medical attention in the event of a heart attack, and treatment regimens/lifestyle modifications to prevent future heart attacks.

From the health professional's perspective:

An interprofessional assessment can be beneficial to the health professionals as well. Regular wellness checkups can provide the health care workers with information to tailor an individualized plan of care for the patient. The plan of care includes, but is not limited to, basic care, treatment options, education, patient risk factors, and lifestyle modifications.

Interprofessional Implementation

Challenge:

One challenge faced with the implementation of interprofessional annual wellness visits is the difficulty of sharing information among healthcare team members, who may be from different networks.

Incorporating universal electronic healthcare records will simplify the process of sharing patients' health information and allow for more proficient comprehensive care. Healthcare professionals will be able to promptly access and share patient information as needed.

Interprofessional Communications (CC8):

In patient centered healthcare the importance of teamwork is vital to the health of heart attack patients. When multiple health care professionals collaborate and work together, duplicated assessments are reduced, patient satisfaction is increased, and overall efficiency of care is improved. In the process of developing this interprofessional assessment tool and health box, communication and teamwork were crucial in planning for comprehensive care for a patient who has experienced a heart attack.

Team Members:

Hannah Battle (Dental), Sarah Dieck (Medicine), Josh Edavettal (Medicine), Jeremy Dowdy (CVS), Aimee Blanchet (Nursing), Emily Braud (Physical Therapy), Cassidy Blair (Nursing), Hannah LaSalle (Nursing), Jacob Little (Nursing), Gabrielle Boesen (Dental Hygiene)

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Chou R, Dana T, Blazina I, et al. Statin Use for the Prevention of Cardiovascular Disease in Adults: A Systematic Review for the U.S. Preventive Services Task Force [Internet]. Rockville (MD): Agency for Healthcare Research and Quality (US); 2016 Nov. (Evidence Syntheses, No. 139.) 1, Introduction.

Mayo Foundation for Medical Education and Research. (2020, June 16). *Heart attack*. Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/heart-attack/symptoms-causes/syc-20373106>.

U.S. National Library of Medicine. (2021, February 17). *Heart Disease Prevention*. MedlinePlus. <https://medlineplus.gov/howtopreventheartdisease.html>.

www.cdc.gov/men/heart

www.heart.org/en/health-topics/heart-attack

comprehensive list of what is in the **Health Box**:

1. **Self-Check plan for heart attack management**: This information allows the client to track their symptoms and assess their own lifestyle to see if any changes need to be made. Educating the patient on the signs and symptoms of a heart attack can alert the patient on when it is necessary to seek medical attention and call 9-1-1

<https://www.heart.org/-/media/files/health-topics/heart-failure/hf-symptom-tracker.pdf?la=en>

2. **Stress ball**: One main stressor that can increase a patient's risk of having a heart attack is stress. Learning how to manage stress can be beneficial to the client. One way to help manage stress is to focus on something calm and peaceful. The stress ball can act as that focus needed.

<https://medlineplus.gov/howtopreventheartdisease.html>

3. **Food infographic**: This infographic makes it easy for the patient to read and understand. Included are foods the patient should avoid and foods that are heart-healthy.

<https://www.unitypoint.org/livewell/article.aspx?id=2cb0fba7-2873-4d5c-b4ad-a65143d0efef>

4. **Pen and notebook**: It is essential the patient checks their weight and blood pressure daily to prevent a heart attack. Using the pen and notebook, the patient can keep track of their daily health and reference previous data if they are concerned with any increases in their weight or blood pressure.

5. **Pocket Planner**: The planner can help organize the person on when to schedule their next wellness checkup and any other appointments necessary for their health. There is also a notes section that the patient can write down any important information discussed at that health care visit.

6. **Jump rope**: It is important that the patient partakes in aerobic exercise. Aerobic exercise can help improve circulation while lowering the patient's blood pressure and heart rate. Participating in aerobic exercise for 30 minutes/day, 5 days a week is a lifestyle change that can help decrease the risk of having a heart attack

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/3-kinds-of-exercise-that-boost-heart-health#:~:text=Aerobic%20Exercise,-What%20it%20does&text=How%20much%3A%20Ideally%2C%20at%20least,per%20week%20of%20moderate%20activity>

7. **Resistance Bands**: Another type of exercise a person can participate in is resistance training, or strength work. Resistance training can help lower fat and provide more lean muscle mass. At least 2 nonconsecutive days of strength work, combined with the recommended aerobic exercise consistency, can help lower LDL ("bad" cholesterol) and increase HDL ("good" cholesterol).

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/3-kinds-of-exercise-that-boost-heart-health#:~:text=Aerobic%20Exercise,-What%20it%20does&text=How%20much%3A%20Ideally%2C%20at%20least,per%20week%20of%20moderate%20activity>

Health Box



American Heart Association
Rise Above Heart Failure®

Self-Check Plan
for HF Management

Excellent – Keep Up the Good Work!

- ☐ No new or worsening shortness of breath
- ☐ Physical activity level is normal for you
- ☐ No new swelling, feet and legs look normal for you
- ☐ Weight check stable. Weight: ____
- ☐ No sign of chest pain

GREAT! CONTINUE:

- Daily Weight Check
- Meds as Directed
- Low Sodium Eating
- Follow-up Visits

Pay Attention – Use Caution!

- ☐ Dry, hacking cough
- ☐ Worsening shortness of breath with activity
- ☐ Increased swelling of legs, feet, and ankles
- ☐ Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)
- ☐ Discomfort or swelling in the abdomen
- ☐ Trouble Sleeping

CHECK IN! Your symptoms may indicate:

- A need to contact your doctor or provider
- A need for a change in medications

Medical Alert – Warning!

- ☐ Frequent dry, hacking cough
- ☐ Shortness of breath at rest
- ☐ Increased discomfort or swelling in the lower body
- ☐ Sudden weight gain of more than 2-3 lbs in a 24 hour period (or 5 lbs in a week)
- ☐ New or worsening dizziness, confusion, sadness or depression
- ☐ Loss of appetite
- ☐ Increased trouble sleeping; cannot lie flat

WARNING! You need to be evaluated right away.

Call your physician or call 911

www.RiseAboveHF.org

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Supported by
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Team Members: Lane Hammons (Audiology), Bailey Boten (Nursing), Caroline Galliano (Medicine), Catherine Brunner (Physical Therapy), Connor Bejsoc (Dentistry), Joel Bradberry (Nursing), Kaitlyn Boudreaux (Nursing), Kelsey Moffett (Nursing), Lesley Bolinger (Dental Hygiene), Melissa Bosco (Nursing), and Simran Gandhi (Medicine)

Assessment Tool

Profession	Assessment	CPT Codes	Cost
Medicine	• Diagnostic Assessment (initial and periodic comprehensive preventative medicine)	• 99381-99295	• \$63.65-90.19
	• Cervical Health	• G0123	• MP
	• Psychotherapy	• 9832	• \$42.97 (30 min)
	• Male Hormone Therapy (Endocrinology)	• 99201-99205	• MP
	• Surgical Therapy	• 55999	• MP
Nursing	• Wellness monitoring (CBC, LFT, Serum Hormone and Electrolytes)	• Services incident to MD	

Recommended Care Team

Three Main Components of Normal Gender Affirmation are:
Psychological, Hormonal, and Surgical



Medicine/Nursing



Psychology



Fertility Specialists



Speech Language Pathology

Using appropriate communication skills (eg, respectful terminology and pronouns), and prioritizing the comfort and safety of the patient are necessary to provide the best care for a transgender patient. Consistent physical and mental health monitoring during hormone therapy and other transformations is also essential.

Benefits

Patient/Client/Community

- Develop a better sense of advocacy with their health care provider
- Benefits in Mental Health
 - Feeling of Support and Understanding
- Alleviate Gender Identity Dysphoria (GID) and enhance outward expression of true gender identity
- Better holistic health care approach

Health Professional

- Encapsulate the true meaning of patient advocacy
- Better understanding of the connection between mental health and physical health

Information and Demographics

1.4MIL
TRANS ADULTS
LIVE IN THE U.S.
That's nearly the same as the total population of Phoenix, Arizona.

#1 — KNOW THE —
TERMINOLOGY



Transgender: Describes a person whose gender doesn't match the sex they were assigned at birth. Transgender ("trans") is not a sexual orientation. Trans people may be:

■ **Heterosexual** ■ **Gay** ■ **Lesbian** ■ **Bisexual** ■ **Queer**

Cisgender: Describes people with a gender that aligns with the sex they were assigned at birth.

Non-binary: When someone identifies outside of male or female. Some non-binary people identify as transgender.

Intersex: Describes a person whose sex-related characteristics don't align as all typically male or all typically female.

- ❖ **25%** of transgender individuals report that the largest barriers to accessing gender confirming surgery was **cost**.
- ❖ Transgender populations are affected by poverty, unemployment, and lack of insurance at higher rates than the general population.
- ❖ Across transgender populations, chest ("top") surgery is more common than genitourinary reconstructive ("bottom") surgery.
- ❖ **Phalloplasty** and **metoidioplasty** are the two primary genital reconstructive procedures for transgender male individuals, each with their own urinary, sexual, and aesthetic considerations.
- ❖ One survey distinguished between the surgical options, reporting that 3% of transgender men have had phalloplasty and 19% want it in the future, while 2% have had metoidioplasty and 25% want it in the future.

Implementation Challenge & Solution

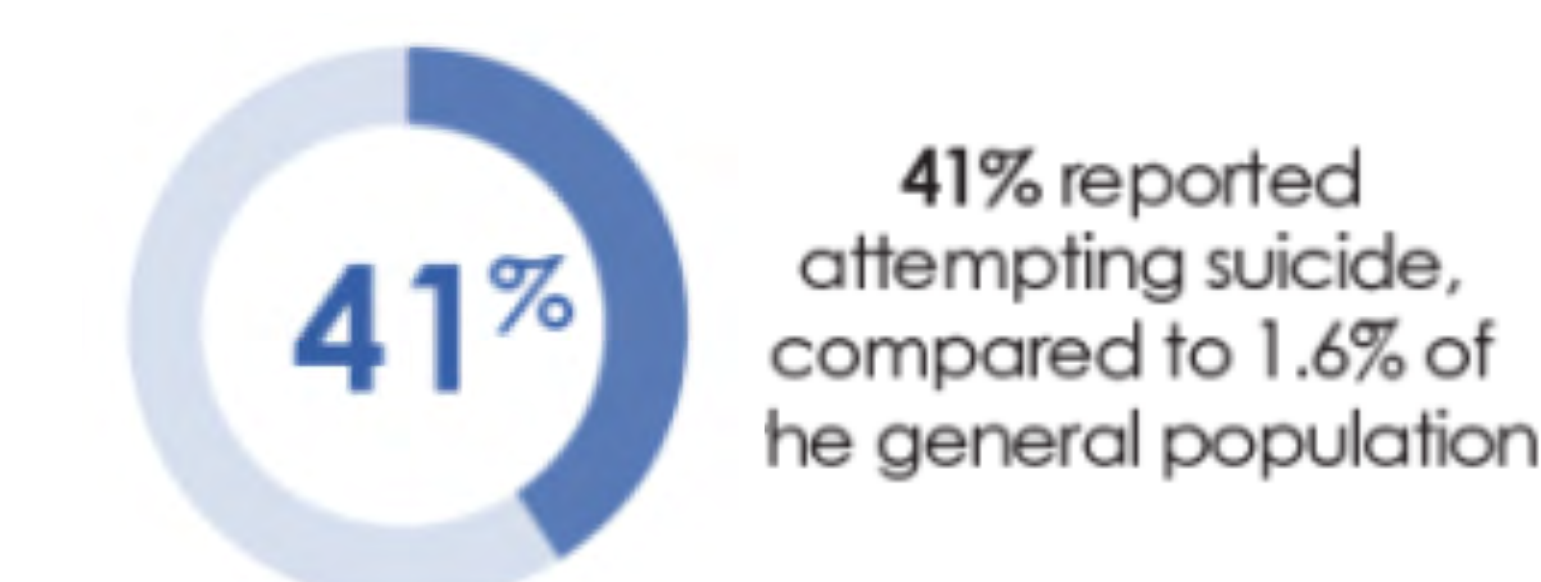
Transgender men often report that they have to teach their healthcare providers about transgender care. Overall, this leads many transitioning individuals hesitant to share information and a lack of quality care. Healthcare workers can work to overcome challenges that this population faces through education in their curriculum to mitigate the stigma surrounding gender affirmation surgery. As clinicians, we can ensure the tools and practices used are gender inclusive, use the appropriate language, and understand the preferences of our patients while still build rapport and obtain the information needed to make sound clinical decisions.

Interprofessional Collaboration

Teamwork between different healthcare providers is key to improving patient-centered care. Likewise, collaboration within our student team was imperative to develop the assessment tool. The responsibilities of each team member for our project were delegated early and reinforced in every group meeting. The specific roles of healthcare providers in treating a female transitioning to male were also discussed at length during these sessions. Care for these patients should be lifelong and multidisciplinary. While working together, we were able to narrow down the most important health assessments and the corresponding providers for patients transitioning to male.

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- Yarbrough, E., & American Psychiatric Association Publishing. (2018). *Transgender Mental Health: Vol. First edition*. American Psychiatric Association Publishing.



Items and Information Included in Health Box

Informational Packets

- ✓ 10 Topics to Discuss with your Health Care Providers
- ✓ Sexual Health for Transmen
- ✓ Hormone Therapy Information (specific to Testosterone Therapy)
- ✓ Louisiana (Local) Resource
 - ✓ List of Providers in LA with LGBTQ+ patient experiences
 - ✓ List of ID documentations centers within the state of LA that can assist with legal name changes
 - ✓ List of social and religious support groups statewide

<http://www.glma.org/index.cfm?fuseaction=Page.viewPage&pageID=692>

https://prevention.ucsf.edu/sites/prevention.ucsf.edu/files/inline-files/2013-0514_Web_Trans-Men-and-Sexual-Health_ENG.pdf

<https://transcare.ucsf.edu/patients/information-testosterone-hormone-therapy>
<https://www.youtube.com/watch?v=GAJZ4fwTuyc&feature=youtu.be>

<https://ltadraft2018.squarespace.com/meetings>

Items

- ✓ Magnets with the 24/7 National Crisis Suicide Hotlines
 - ✓ Specific for the Transgender Community
 - ✓ Trans Life (887)565-8860
 - ✓ The Trevor Project 1-866-488-7386
- ✓ Contact Information regarding Community Support Group Meetings (Local or Hospital Organized)
- ✓ Condoms

<https://translifeline.org/>
<https://www.thetrevorproject.org/>



Small/Simple Outreach Information Magnets



Community Support Group Meetings
Local or Hospital Organized

Know Your Rights Guide for Healthcare



Condoms



Informational Packets

MEDICINE

Assess: all patients seen in a primary care setting for potential substance abuse disorder. Not all patients show visible signs of intoxication, so early screening and identification is important.
Implement: Conduct opioid use screenings whenever the patient admits to opioid use or it is suspected. Inform patient about available substitute therapy.

NURSING

Assess: deep, painful abscesses causing swollen, reddened areas, cellulitis-surface skin infections, signs of infection, signs of bruising on body and scarring along veins or "tracks" that most IV drug users develop, extent of scarring (more scarring= more advanced addiction disease process)
Implement: Conduct opioid use screenings whenever the patient admits to opioid use or it is suspected. Offer a nonjudgmental approach to patients

PHYSICAL THERAPY

Assess: recognize signs of abuse/overdose and make referrals as necessary. Many post-op patients will be prescribed opioids to manage pain - PTs must especially beware of signs of abuse in this population.
Implement: Educate on non- pharmacologic methods of pain management

DENTISTRY

Assess: recognize signs not only in the oral cavity but also systemic signs of abuse or overdose of opioids. Some patients will be given opioids following surgical dental procedures.
Implement: Prescribe alternative medications for analgesia if signs of opioid use are suspected

AUDIOLOGY

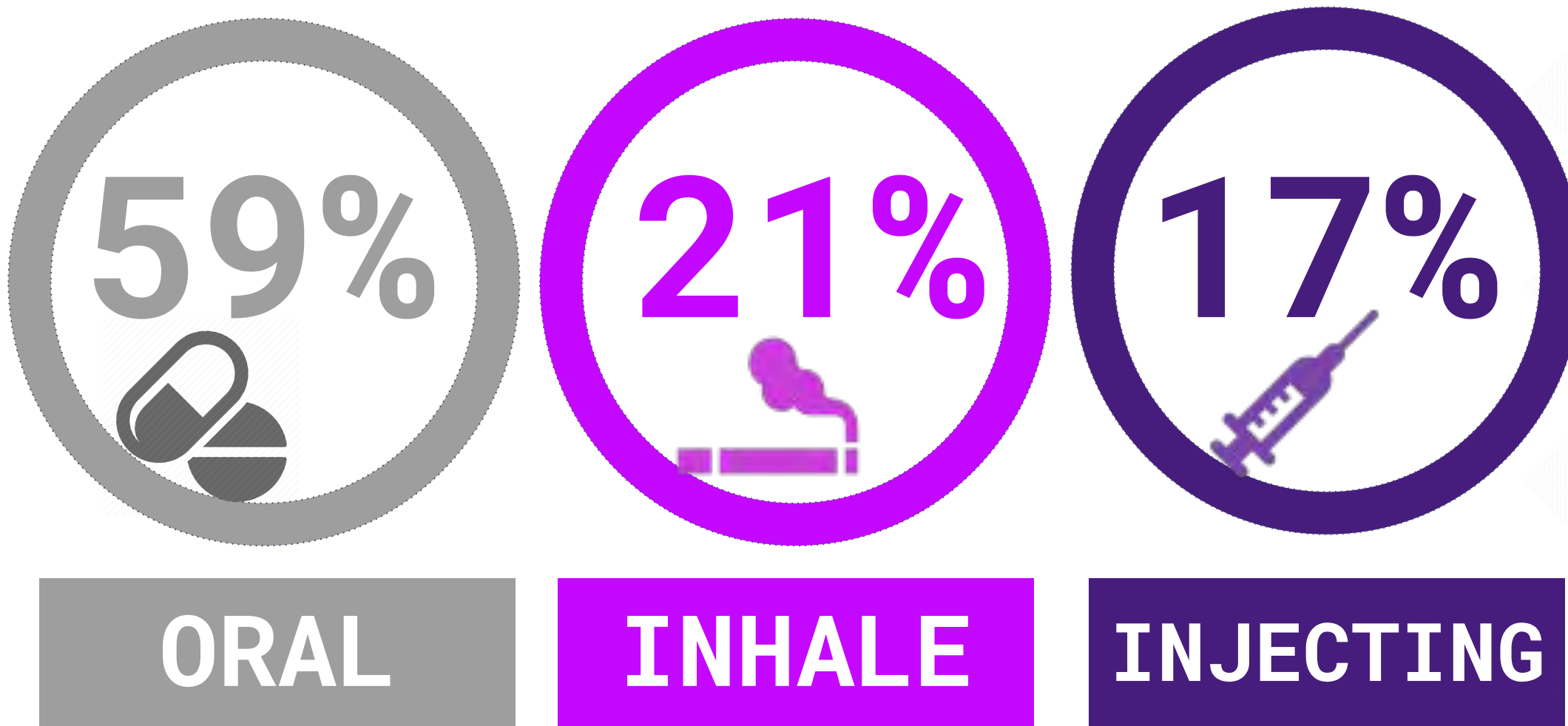
Assess: Ototoxic monitoring should be performed to assess the integrity of the auditory system, as well as vestibular assessments to identify potential peripheral or central impairments since opioids can indirectly result in hearing loss or balance dysfunction when abused.. Properly identify potential addiction and refer if necessary.
Implement: Educate on possible SE of substance use when it comes to hearing and balance

Opioid Use Disorder

WHO USES OPIOIDS?

GENDER		
MALE: 15.9%		
FEMALE 11.2%		
AGE		
12-17	18-25	26+
0.6%	5.4%	2.45
FIRST USE:17 years		

ROUTE OF ADMIN



USE & ABUSE PAST YEAR USE

119K

>2M

suffer from pain pill addiction

SIGNS

- CONFUSION
Dizziness, disorientation, lack of coordination, and slurred speech
- DROWSINESS
Fatigue, excessive sleep, shallow breathing, and abandoning responsibilities
- WEIGHT LOSS
Abnormal eating habits, vomiting, lack of hygiene, and changes in appearance can occur

SYMPTOMS

- PHYSICAL
Constipation, diarrhea, and general physical agitation
- EMOTIONAL
Mood swings become more prevalent offset by extreme feelings of euphoria
- MENTAL
Poor decision-making to bouts of unconsciousness

PROFESSION	ASSESSMENT	CPT CODE	COST
MEDICINE	NIDA Drug Use Screening Tool, the Opioid Risk Tool, and CAGE-AID.	99381-99385, 99385, 99386, 99387	\$64.85, \$72.96, \$70.76, \$79.61, \$70.28, \$79.06, \$86.25, \$76.67, \$89.97, \$98.57
NURSING	The Drug Abuse Screening Test (DAST-10) and CAGE-AID	Services incident to MD, PA, NP	
PHYSICAL THERAPY	Pain Catastrophizing Scale (PCS), other intake forms	97161	\$66.79
DENTISTRY	General oral/head and neck screening	D0120, D0145, D0150, D1110	\$27.24, \$48.49, \$47.37, \$48.01
AUDIOLOGY	VNG, VHIT, VEMPS, Calorics	92517, 92518, 92519	\$43.97, \$43.97, \$65.95

The recommendation of an interprofessional annual wellness visit including professions, examinations/tests/measure(s), education Health Box, cost and implementation strategy

IPEC SUB-COMPETENCY CC8

Teamwork and communication are essential in providing well rounded patient care.
Collaborative effort between professionals enhances care, eases patient burden, and gives professionals better information and efficiency in their practices.

BENEFITS

- Health Professional Perspective
 - Improve pt care and outcomes
 - More comprehensive, holistic view of pt
 - Reduce medical errors
 - Improvement of staff communication
 - Treatment is implemented faster
 - Reduces health care costs/ readmit rates
- Patient/Client/Community Perspective
 - Reduce pt costs
 - Increased pt satisfaction and provider trust
 - Faster recovery and shorter hospital stays
 - Improvement of pt care and outcomes
 - Pt treated correctly the first time -> decreases readmission rates

IMPLEMENTATION CHALLENGE

Recognizing signs and symptoms of potential abuse.

Motivating patients to follow protocols to overcome addiction.

Group 7 Members: Blakeley Bond, Maci Bourgeois, Maggie Breeland, Jenna Breaux, Barrett Bruner, Emily Caruso, Lauren Gawey, Jake Gaspard, William Gibson, Daniel Hebert, Nadia Restreppo

REFERENCES

Health Box Contents

- List of New Orleans area Narcotics Anonymous meetings and locations
http://noana.org/?page_id=3076
- List of medication assisted treatment clinics and providers in Louisiana
<https://ldh.la.gov/index.cfm/directory/category/35>
- CDC opioid factsheet for patients
<https://www.cdc.gov/drugoverdose/pdf/aha-patient-opioid-factsheet-a.pdf>
- New Orleans Health Department Naloxone factsheet
[https://www.nola.gov/getattachment/Health/Behavioral-Health/Heroin/Narcan-How-To-2-Pages-\(1\).pdf/](https://www.nola.gov/getattachment/Health/Behavioral-Health/Heroin/Narcan-How-To-2-Pages-(1).pdf/)
- Link to CDC Naloxone training
<https://www.train.org/cdctrain/course/1085643/>
- Copy of the New Orleans Community Resource Guide for Resistance and Renewal
<https://drive.google.com/viewerng/viewer?url=https://www.imaginewaterworks.org/wp-content/uploads/2020/12/2020-DEC-RG-for-view.pdf&wmode=opaque>

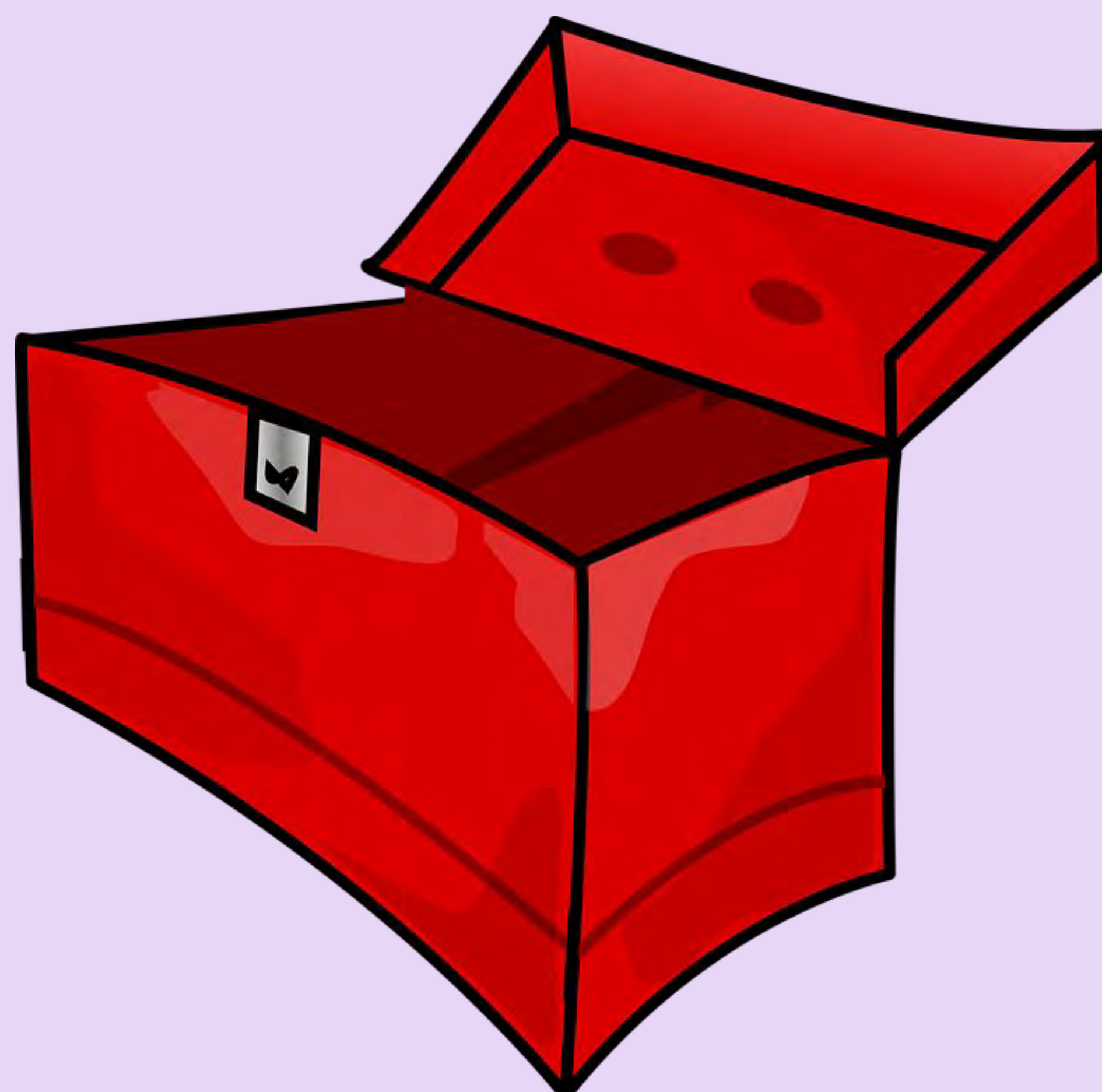
Slide 3: Health Box

Prioritize 3-5 items to share during the presentation, include their images on this slide & explain why the team selected them.

Your team can be as visually creative as it would like to regarding this slide.



Alternative treatments for managing chronic pain



Stress ball



Basic at home preventative measures



Lung Cancer

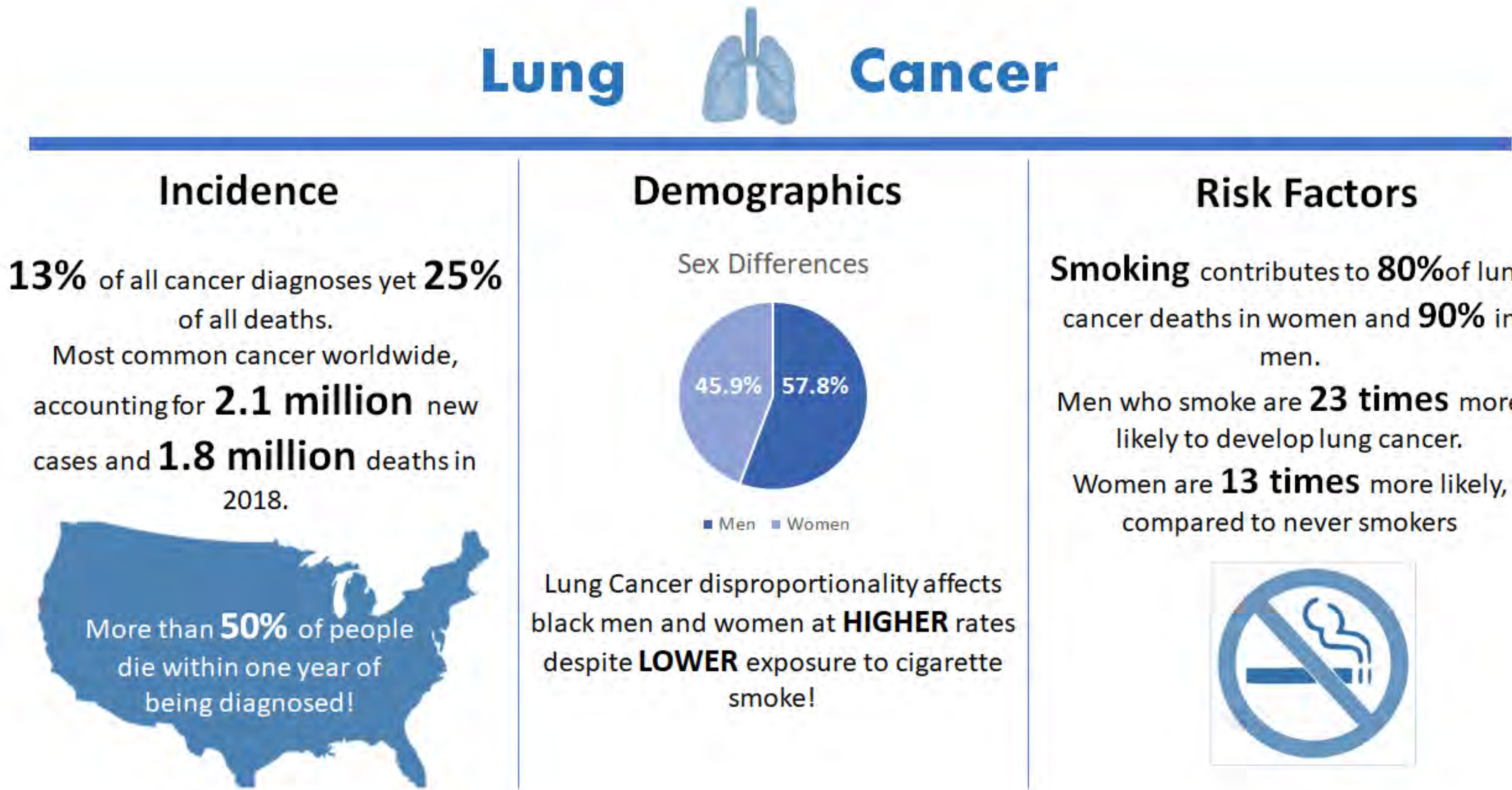
Team #: 8



Members:

- Dental Hygiene – Rennan Bourgeois
Dentistry – Hanna Brashier
Nursing – Austin Bush, Kristy Callahan, Victoria Campo, Olivia Bourgeois
Physical Therapy – Samantha Cazenave
Medicine – Megan Glennon, Shreya Gunda, Miranda Hendrix
Cardiovascular Sonography – Leah Lambert

Background Information



CC8 Reflection

Teamwork is necessary to maximize patient outcomes and provide more cost-effective care for lung cancer. All healthcare professionals should consistently ask and document a patient's smoking status while also assessing a patient's readiness to stop smoking through motivational interviewing. Through coordinated care, a healthcare team can identify patients at risk for lung cancer and those who meet the USPSTF guidelines for lung cancer screening. Additionally, it is the entire healthcare team's responsibility to educate their patients about risk factors for lung cancer and when screening for lung cancer is appropriate.

Benefits

From the patient's perspective, they can benefit from the collaboration of a multidisciplinary team and their respective interprofessional assessments and communication to aid in the process of diagnosing lung cancer at an earlier stage. By doing so, health professionals can establish a broader range of treatment options made available to the patient and the community. This can promote a better quality of life for the patient, but also the community. As healthcare professionals, working interprofessional can aid in establishing a better work environment, which could potentially result in a better quality of life for patients and an overall improvement in community health.

References

Shojaee, S., Vachani, A., & Nana-Sinkam, P. (2017). The financial implications of lung cancer screening: Is it worth it? *Journal of Thoracic Oncology*, 12(8), 1177-1179. <https://doi.org/10.1016/j.jtho.2017.06.016>

American Lung Association. (2020). Lung disease. American Lung Association. Retrieved from <https://www.lung.org/lung-health-diseases>

United States Preventive Services Taskforce. "Recommendation: Lung Cancer: Screening: United States Preventive Services Taskforce." www.uspreventiveservicestaskforce.org/uspstf/recommendation/lung-cancer-screening. <https://www.cdc.gov/cancer/lung/statistics/>

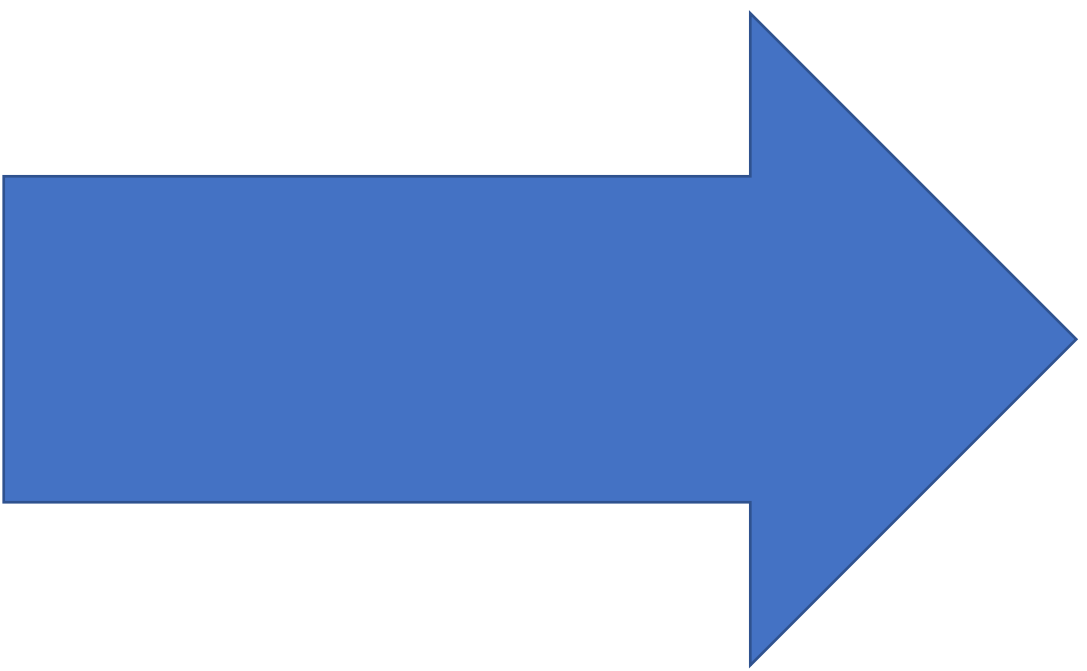
<https://www.lung.org/lung-health-diseases/lung-disease-lookup/lung-cancer/resource-library/lung-cancer-fact-sheet>

Assessment

Profession	Assessment	Code	Cost
Dental	Oral Cancer Screening including a head and neck exam as well as an intraoral exam. Examining lymph nodes or any unusual swellings in head/neck area. Analyzing the oral mucosa to screen for any recent changes or suspicious swellings, discolorations, and lesions located within the oral cavity (especially located on lateral or ventral tongue, floor of the mouth, and soft palate). Educating the patient on how to do a routine oral cancer screening at home.	D0150 - New Patient Comprehensive Oral Examination	\$47.37
Dental Hygiene	Inform the patient on oral health and how lung cancer can be harmful to the oral cavity. Educating the patient on risk factors associated with lung cancer and offering information on cessation programs available, if appropriate.	Services incident to DDS	
Medical	Evaluation and management services to evaluate overall health of the patient and to identify potential health concerns consequential to lung cancer before they manifest. Physical examination to screen for systemic changes relative to cancer risk. Per USPSTF guidelines, adults aged 50 to 80 years who have a 20 pack-year smoking history and currently smoke or have quit within the past 15 years should receive annual screening for lung cancer with low-dose computed tomography (LDCT). Screening should be discontinued once a person has not smoked for 15 years or develops a health problem that substantially limits life expectancy or the ability or willingness to have curative lung surgery.	99386 - INIT COMP PREV MED 40-64 YRS	\$89.97
Nursing	Perform extensive examination of the patient to evaluate signs and symptoms that could be suggestive of lung cancer. Specifically, recent findings or changes to patient's cough, difficulty breathing, wheezing sounds, over productive sputum, chest pain, malaise, fever, unexplained weight loss, fatigue, or anorexia. Evaluation of breath sounds.	Services incident to MD	
Speech Pathology	Evaluation of disorders involving speech fluency, such as cluttering or stuttering. Evaluate the patient's level of production with articulation, phonological process, apraxia, dysarthria. Educate the patient on the consequential changes to speech from lung cancer and how to identify these changes.	92521- Evaluation of Speech Fluency 92522 - Evaluate Speech Production	\$45.00 \$45.00
Respiratory Therapy	Spirometry, including graphic tracing, total and timed vital capacity, expiratory flow rate measurement(s), with or without maximal voluntary ventilation. Bronchodilation Responsiveness, spirometry as in 94010, pre- and post bronchodilator or exercise	94010 - Spirometry with Graph, Vital Capacity 94060 - Bronchospasm evaluation	\$21.23 \$37.34
Occupational Therapy	Reviewing history pertaining to medical and/or therapy records relating to problems involving lung cancer. Identifying 1-3 performance deficits causing restrictions or limitations in activity participation. Consideration of treatment options.	97165 - Occupational Therapy Evaluation:Low	\$64.90

Challenges:

1. The biggest challenge to the patient is the financial burden of the recommended screening for lung cancer, which is a low dose computed tomography scan.
2. Collaboration amongst a variety of healthcare professionals to provide a holistic view of the patient, and to assess, screen, and educate the patient about lung cancer.
3. Additionally, things such as false negatives, incidental findings, and unnecessary surgical interventions may further increase the cost the patient might have to pay.



Solutions:

1. Have interprofessional team meetings or debriefings before screenings or visits with potential lung cancer patients to discuss implementation and cost saving measures.
2. Review patient's current insurance, Medicaid or Medicare benefits to estimate costs of care/testing.
3. Partnering with local free health care clinics that offer screenings to assess risk factors and education.
4. Collaborate with local universities like LSU in community health outreach events to provide care to the underserved population.

Health Box Information

- **Lung Cancer Treatment Information**

- [My Lung Cancer Treatment Planning Tool](#)
- [What Are the Types of Lung Cancer Treatment?](#)
- [How Are Lung Cancer Treatment Decisions Made?](#)
- [How Do I Manage Lung Cancer Side Effects?](#)

- **Staying Healthy**

- [Next Page: Nutrition for Lung Cancer Patients](#)
- [Nutrition and Lung Cancer Prevention](#)
- [Nutrition and Lung Cancer Treatment](#)
- [Nutrition and Lung Cancer Side Effects](#)
- [Next Page: Physical Activity and Lung Cancer](#)
- [5 Healthy Habits That Help You During Lung Cancer Treatment](#)

- **Free Online Support Groups**

- [American Lung Association Lung Cancer Survivors Support Group & Forum](#)

- **Free American Lung Association Lung HelpLine 1-800-LUNGUSA**

- [Lung Cancer Resource Library](#)

- **Medication List Wallet Card: [7 Best Printable Medication List Card - printablee.com](#)**

- **Daily Pill Organizer: [The 8 Best Pill Organizers of 2021 Fact checked by Ashley Hall](#)**

3 things that we chose from our health box to help our lung cancer patients include:



A daily pill box that organizes the numerous daily medications and allows a simplified intake process



A wallet medication pocket guide that allows easy access for appropriate registration



A nutrition guide that helps patients feel their best during treatment



What is a stroke?

A stroke is characterized by:

- Sudden death of brain cells due to lack of oxygen
- Blockage of blood flow or rupture of an artery to the brain.



Demographics

>795,000 strokes per year in US



Stroke related costs totaled at \$46 billion in 2014

Stroke is the 5th leading cause of death in men.

1 in 6 men smoke

3 of 4 men are overweight or obese

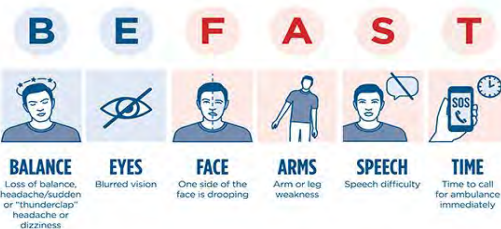
1 in 9 men have diabetes

Risk Factors:

- High Blood Pressure
- 4 out of 5 men in the US with high blood pressure do not have their hypertension controlled.
- Diabetes Mellitus
- High Cholesterol
- Smoking

Signs and Symptoms:

- A sudden **numb** or **weak** feeling, especially on one side of the body
- **Confusion**, difficulty speaking, trouble understanding speech
- **Dizziness**, loss of balance
- Sudden, severe **headache**



STROKE PREVENTION

Secondary prevention for male patients with a history of transient ischemic attacks and stroke

CC8: Teamwork is necessary to provide safe and quality patient care in all settings. Collaboration between health professionals allows for timely identification of health issues such as strokes and warning signs, fewer medical errors, and an overall better healthcare experience.

Profession	Measures to take	CPT Code	Cost
<u>Nursing</u>	-Educate patient on signs and symptoms of stroke -Develop goals for patient to develop healthy lifestyle habits such as exercise, hygiene, and self-recorded blood pressure readings	Services incident to MD, PA, NP	N/A
<u>Dental/Dental Hygiene</u>	-Inform the patient that regular teeth cleanings can help prevent periodontitis which is linked to strokes -Instruction and interventions for disrupted oral hygiene daily activities (toothbrushing, flossing, etc.)	Dental: D0120, D0145, D0150 DH: Services incident to DDS	N/A
<u>Physical Therapy</u>	-Educate patient on signs and symptoms of stroke -Educate patient on benefits of exercise and lifestyle changes to decrease risk of stroke -Work with the patient to develop an exercise program that works best for them	97161	\$75-150
<u>Medicine</u>	-Perform a comprehensive preventive medicine evaluation including history, physical exam, risk factor reduction interventions, and order appropriate labs	99381-99385, 99385, 99386, 99387	\$75-\$90
<u>Cardiovascular Sonography</u>	- Perform a preventive ultrasound screening to reduce the risk of having a stroke -With prior history of a stroke, perform yearly ultrasound scan of heart and vessels to monitor any blood clot activity	Services incident to MD, PA, NP	N/A

Group 9: Courtney Capritto (Nursing), Adam Crawford (PT), Alexander Castillo (Nursing), Ashlin Hinojosa (Med), Camille Cardenas (Dental), Jon Hirsch, Katie Champagne, Kristen Cavet (Nursing), Morgan McCoy (CVS), Peyton Hopkins, Sydney

What are my goals to prevent another stroke?

- Target BP of <130/80 mmHg
- If this is your first stroke, get screened for **Diabetes Mellitus**
- Decrease LDL's (**cholesterol**) by >50%
- Engage in physical **activity 3-5x** per week
- If experiencing **sleep apnea**, ask your doctor to help arrange a sleep study
- Talk to your doctor about ways to **quit smoking**

Benefits of annual interprofessional visit:



Wider range of resources available
Less time spent in hospital
Reduced healthcare costs



Better communication between staff
Reduction in medical errors
Improved patient outcomes
Improved health promotion

Challenge:

Lack of synonymous EMR softwares



Solution:

Encourage patient to keep track of all medical records and advocate for interoperability between softwares with healthcare legislation

References

- <https://www.ajajournals.org/doi/10.1161/str.0000000000000024>
- <https://www.stroke.org/-/media/stroke-files/stroke-resource-center/recovery/patient-focused/secondary-stroke-prevention-checklist.pdf?la=en>
- https://www.cdc.gov/stroke/signs_symptoms.htm
- <https://www.rwjb.org/hlq/2020/may/may-is-national-stroke-awareness-month/>
- <https://www.cdc.gov/stroke/facts.htm>
- <https://www.connected.com/health/benefits-of-interprofessional-collaboration-in-healthcare/>
- <https://nursinglabs.com/care/strokevascular-accident-stroke/>
- <https://www.cdc.gov/stroke/men.htm>

Improve eating habits

Eat foods low in sodium, added sugars, saturated fat, and trans fat. Mediterranean diet recommended which is high in vegetables, fruits, whole grains, beans, nuts, and olive oil.

<https://www.safestroke.eu/2019/08/30/nutrition-and-stroke-prevention-can-a-diet-save-your-brain/>

A stroke risk quiz

so patients can identify if they are at risk for a stroke

<https://www.stroke.org/en/about-stroke/stroke-risk-factors/stroke-quiz-english>

Information sheet

about what a stroke is and common risk factors

<https://www.stroke.org/en/about-stroke/stroke-risk-factors/stroke-risk-factors-you-can-control-treat-and-improve>



Comprehensive Health Box

Secondary Stroke Prevention in Males

Increasing physical activity

is a useful tactic to attain or maintain a healthy weight, decrease cholesterol, and decrease blood pressure. The CDC recommends 2.5 hrs of moderate-intensity aerobic activity per week for adults. Moderate-intensity physical activities include (but are not limited to): a brisk walk, water aerobics, bike ride, hiking, rollerblading, dancing, and pushing a lawnmower.

https://www.cdc.gov/stroke/healthy_living.htm#:~:text=For%20adults%2C%20the%20Surgeon%20General,of%20physical%20activity%20every%20day.

Warning sign pamphlet

so patients are better able to recognize if they are having a stroke

FAST (Face drooping, Arm weakness, Speech difficulty, Time (call 911))

<https://www.stroke.org/en/about-stroke/stroke-symptoms>

Stress ball and information sheet

with healthy ways to manage stress

<https://www.stroke.org/en/healthy-living/healthy-lifestyle/stress-management>

Exercise basics sheet

with list of top 10 places to walk around the city to add variety and keep patients motivated

<https://www.stroke.org/en/healthy-living/fitness/fitness-basics>

Drinking Habit educational sheet

with teaching that includes the importance of drinking in moderation. After 2 drinks per day, risk for stroke increases sharply
<https://www.health.harvard.edu/heart-health/does-drinking-alcohol-raise-the-risk-of-stroke>

Recipe reference

that promotes cerebrovascular and cardiovascular health. <https://recipes.heart.org/en>

Informative handout about blood pressure

and ways to lower blood pressure, since it is a major risk factor for stroke in men

<https://www.cdc.gov/stroke/men.htm>

Prioritized Health Box

Warning sign
pamphlet

Improve Eating
Habits

SPOT A STROKE™

F.A.S.T.

-  **FACE** Drooping
-  **ARM** Weakness
-  **SPEECH** Difficulty
-  **TIME** to Call 911

Fats: Choose olive oil and nuts. Avoid butter, margarine and other vegetable oils.

Grain starch: Eat whole grains and legumes every day.

Fruit: Eat three to four servings a day.

Veggies: Eat three to four servings a day.






A little of these: wine and nuts.

Don't forget: water, herbs and spices, and daily exercise.

Protein: Eat less beef and pork and eggs and cheese in moderation. Opt for fish and shellfish often.

Skip these: processed foods, processed meats, sugary foods and beverages, salt, salty foods and salty seasonings.

Informative
handout about
blood pressure
control

				
City Park	Audubon Park	Lakefront	St. Charles Ave.	The Fly

Some ways to help control blood pressure

-  Eat a heart-healthy diet that includes potassium and fiber.
-  Drink plenty of water.
-  Exercise regularly.
-  Don't smoke.
-  Limit alcohol consumption to one drink a day for women, two a day for men.
-  Limit salt consumption to less than 1,500 mg per day.
-  Try to avoid stress.
-  Maintain a healthy body weight.

Exercise Basics

References

- <https://www.ahajournals.org/doi/10.1161/str.00000000000000024>
- <https://www.stroke.org/-/media/stroke-files/stroke-resource-center/recovery/patient-focused/secondary-stroke-prevention-checklist.pdf?la=en>
- https://www.cdc.gov/stroke/signs_symptoms.htm
- <https://www.rwjbh.org/blog/2020/may/may-is-national-stroke-awareness-month/>
- <https://www.cdc.gov/stroke/facts.htm>
- <https://tigerconnect.com/blog/5-benefits-of-interprofessional-collaboration-in-healthcare/>
- <https://nurseslabs.com/cerebrovascular-accident-stroke/>
- <https://www.cdc.gov/stroke/men.htm>
- <https://www.stroke.org/en/about-stroke/stroke-risk-factors>

Health Poster 2021: Stroke in Women

Group 10

Hannah Koster, Patrick Cecola, Madelyn Sigler, Morgan Chiasson, Dahlia Khalifa, Jonara Mercado, Morgan Busch, Morgan Chiasson, Wan Hsuan Chen, Hannah Choppin, Grace Kim, Emily Dares

Risk Factors and Demographics:

Risk Factors:

- Birth control/ oral contraceptives
- High blood pressure
- African American race and Hispanic Race
- Cigarette smoke
- Depression
- Obesity
- Diabetes
- High sodium diet
- Sickle Cell Disease

Demographics:

- 1 in 5 risk of stroke for women aged 55-75
- .1 Stroke kills twice as many women as breast cancer does, making stroke the third leading cause of death for women

If Stroke Happens, Act F.A.S.T.

- F—FACE DROOPING**
Ask the person to smile. Does one side droop?
- A—ARM WEAKNESS**
Ask the person to raise both arms. Does one arm drift downward?
- S—SPEECH DIFFICULTY**
Ask the person to repeat a simple sentence. Are the words slurred?
- T—TIME TO CALL 9-1-1**
If the person shows any of these signs, call 9-1-1 immediately.

Types of Stroke



Blockage of blood vessels, lack of blood flow to affected area

Rupture of blood vessels, leakage of blood in affected area

Ischemic Stroke

Hemorrhagic Stroke

Reference

American Speech-Language-Hearing Association. (2016). *IPEC core competencies for international collaborative practice*; 2016 Update. <https://www.asha.org/sitesassets/uploadedFiles/Interprofessional-Collaboration-Core-Competency.pdf>

Centers for Disease Control and Prevention. (2020, August 5). *Stroke*. <https://www.cdc.gov/stroke/women.htm>

Hathaway, L. (2008). LPN2008. *Patient education: Stroke*, 4(3), p. 40. https://www.nursingcenter.com/journalarticle?Article_ID=789105

Ray, L. (2018, March 23). *The advantages of teamwork in today's healthcare organizations*. Chron. <https://work.chron.com/advantages-teamwork-todays-health-care-organizations-5143.html>

Profession	Assessment	CPT code	Fee schedule
Medicine	Evaluate risk factors and symptoms by taking a full history and physical exam (neurological exam and vital signs). Order labs and medications to diagnose and treat stroke and related symptoms, and recommend long term management.	99284 99291 99292	\$80.13 \$174.18 \$79.38
Nursing	Educating patient and patient family members on the signs of stroke (extreme headache, numbness on face, arms, one side of body, trouble seeing)		N/A Services incident to MD
Dental & Dental Hygiene	Evaluating the patient's oral health and providing preventative and maintenance recommendations appropriate for the patient.	D1110 D0120	\$45 \$27.24
Physical Therapy	Evaluate patient's strength, range of motion, functional mobility, and sensation. Perform outcome measures: 10 MWT, 6MWT, TUG, and PASS. Monitor patient's vital sign response to activity	97163	\$66.79
Cardiovascular Sonography	Perform cardiac work up including ECG to monitor for atrial fibrillation. Perform vascular arterial studies to assess for DVTs. Perform echocardiogram to assess if any structural sources of emboli or ASD.		N/A Services incident to MD, PA, NP

Interprofessional Assessment Benefits

- Quick efficient care → able to start treatment faster
- Reduction in medical errors and healthcare cost
- Better patient outcomes: short and long term
- Decrease length in hospital stay
- Increase in job satisfaction and employee relationships
- Increased patient/family relationship with medical professionals

IPEC Sub-competency CC8

Teamwork is extremely important in providing patient centered care. When healthcare professionals work together as a team, all of the patients needs can be met at once. Working together allows for quicker recovery, reduced errors, increased effectiveness, reduced stress, and improved overall satisfaction.

Challenge of Implementation

Inefficient communication between HCPs, overlap of patient assessments between HCPs, time and cost for both the patient and HCPs.

Possible Solution

Utilizing a shared electronic health record system would minimize the above challenges by establishing clear communication between HCPs. Because HCPs have the ability to directly access patient notes, overlap of assessments would be minimized, saving both the patient and HCP time and costs.

Patient:	Benefits
	<ul style="list-style-type: none"> Improves patient care and outcome Allows patient to get a comprehensive exam in all areas of healthcare to reduce risk (& improve treatment) of stroke Improves a patient's relationship with healthcare providers Reduces healthcare costs
Healthcare Professional Team:	
	<ul style="list-style-type: none"> Improves team-based care of a patient Allows for efficient communication Reduces medical errors

Slide 2: comprehensive list of what you include in the [Health Box](#):

(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle).

Please include a comprehensive list of what you will include in your box, with links.

Health Box Items:

Yoga Poses Pamphlet - [Yoga Downloads Free Online Yoga Pose Guide, advanced Yoga and basic beginner yoga pose pictures](#)

Stress Ball - [Custom Brain Stress Balls | STRESS06 - DiscountMugs](#)

MyPlate and Cup - [Amazon.com | Health Beet Portion Control Plate - Choose MyPlate for Teens and Adults, Nutrition Plate and Dairy Bowl with Food group Sections, 10" - English Language \(1 Plate, 1 Bowl\): Dinner Plates](#)

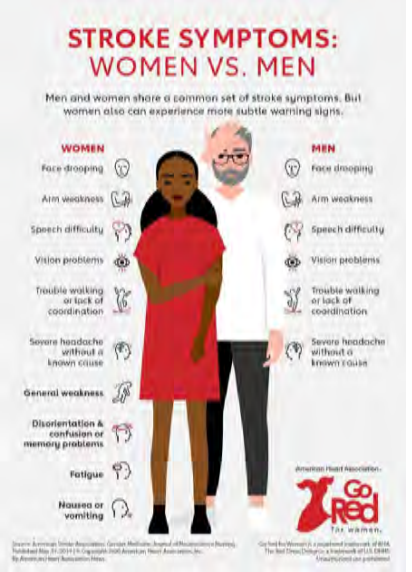
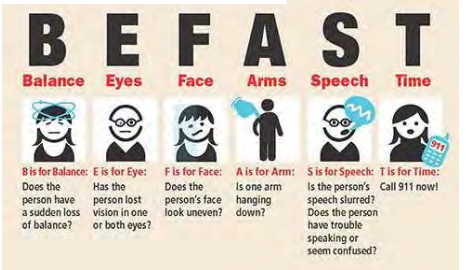
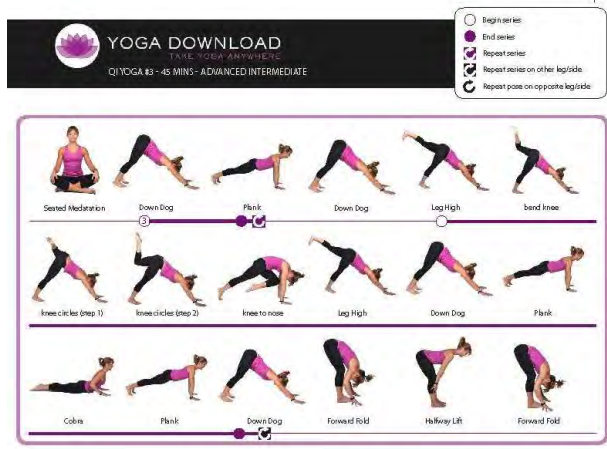
Mrs. Dash Seasoning- [Walmart Grocery](#)

BEFAST Pamphlet - [PowerPoint Presentation \(arkansas.gov\)](#)

STROKE SYMPTOMS Pamphlet- [stroke symptoms in women and men infographic go red.jpg \(800×1131\) \(goredforwomen.org\)](#)

Family Medical History Sheet - [Printable Family Medical History Form \(freeprintablemedicalforms.com\)](#)

Measuring Blood Pressure Regularly Pamphlet- [Monitoring Your Blood Pressure at Home | American Heart Association](#)



Family Medical History

Name: _____

Relationship	Name	Date of birth	Current illnesses or other medical conditions and age at onset	If deceased list cause and age at death
Mother's Family	Maternal Grandfather	MM/DD/YY		
	Maternal Grandmother	MM/DD/YY		
	Maternal Uncle	MM/DD/YY		
	Maternal Aunt	MM/DD/YY		
Father's Family	Faternal Grandfather	MM/DD/YY		
	Faternal Grandmother	MM/DD/YY		
	Faternal Uncle	MM/DD/YY		
	Faternal Aunt	MM/DD/YY		
Your Family	Yours	MM/DD/YY		
	Spouse	MM/DD/YY		
	Child	MM/DD/YY		
	Child	MM/DD/YY		



www.FoodMedicineAlliance.com

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TEAM MEMBERS

Alexis Church – SON
 Madison Churchman - DENT
 Ashley Celestin - DH
 Seth Chauhan- SOM
 Julie Colosino - SON
 Elise Delahoussaye- PT

Jared Kuyper- SOM
 Olivia Leonovicz - SOM
 Audrey Marsh - SOM
 Bailee Seay - CVS
 Hannah Vancalsem - SON

INTERPROFESSIONAL TEAM PREVENTION AND ASSESSMENT

- Medicine: Evaluate and treat patient for risk factors of CKD including hypertension, diabetes mellitus, obesity and abnormal kidney structure at the annual visit. CPT Codes 99381-99385 Cost: \$63.65-90.19
- Nursing: Assessment, Labs; Services incident to MD; Cost: \$50 - \$60
- Physical Therapy: Initial assessment and treatment for secondary weakness due to dialysis treatment; Cost: \$75-\$100 per session (without insurance)



TOTAL: \$188.65 - \$250.19

RISK FACTORS

- Hypertension
- Diabetes
- Heart Disease
- Family History
- Obesity
- Glomerulonephritis
- Smoking
- Medication Induced

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- UptoDate: Overview of the management of chronic kidney disease in adults

CHRONIC KIDNEY DISEASE

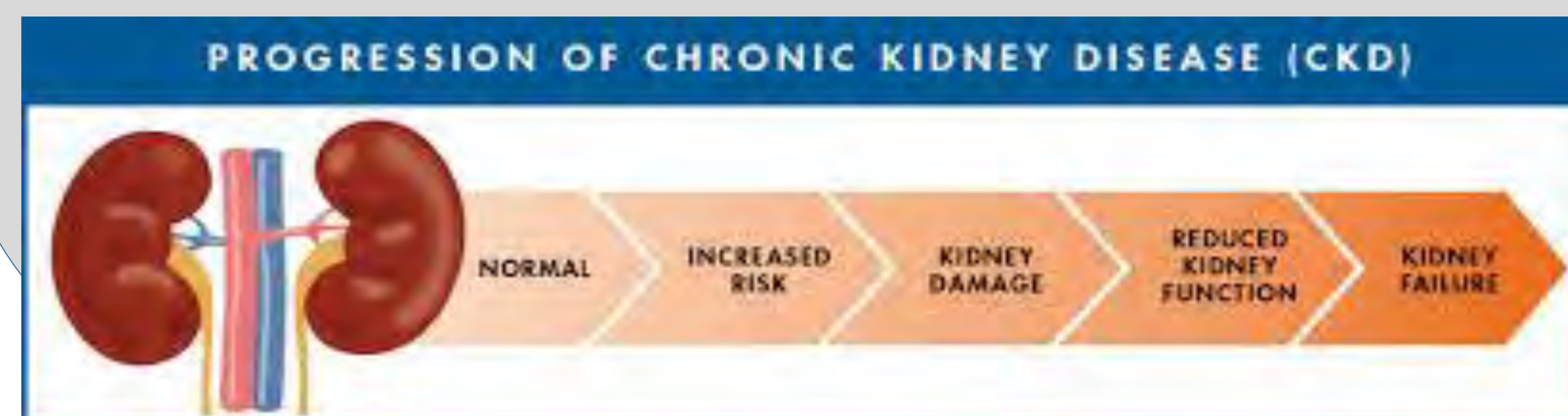
Kidney Disease: A Silent Killer Affecting African-Americans

Your kidneys are important organs that keep you healthy. They clean your blood and help to control your blood pressure, make red blood cells and keep your bones healthy. When your kidneys are damaged and don't work as well as they should, it is called chronic kidney disease (CKD). CKD can get worse over time and lead to kidney failure, stroke, heart attack and death.



BENEFITS

- Better patient education about their disease provided by an interdisciplinary team
- Coordinate a plan that includes diet, exercise, medical management, and psychological well-being
- Prepare for long-term care management including cost, lifestyle changes, and dialysis.
- Decrease preventable medical error by coordinating care among different care providers
- Decrease healthcare cost by early detection and slowing the progression of the disease



CHALLENGES AND BARRIERS

- Coordination between different healthcare providers managing the patient
- Patient education and compliance to the treatment plan
- Finances, transport, access to healthy food
- Chronic management of the disease rather than curative options

WELLNESS VISITS

1. Work with a dietitian to develop a meal plan (Low sodium/protein)
 2. Make physical activity part of your routine
 3. Aim for a healthy weight
 4. Get enough sleep
 5. Stop smoking
 6. Meet blood glucose and BP goals
 7. Monitor kidney health w/ HCP - GFR, BUN, Creatinine/Creatinine clearance, urine albumin.
 8. Take medicines as prescribed (ACE-I is reno protective & SGLT2-I for glucose control)
 9. Find healthy ways to cope with stress and depression
- Advanced Treatment
10. Hemodialysis
 11. Place permanent peritoneal dialysis line
 12. Kidney Replacement in advanced disease
 13. Referral to palliative care in advanced cases

IPEC REFLECTION: Sub-Competency CC8

- Cognition
- Cooperation
- Communication
- Capability



CHRONIC KIDNEY DISEASE HEALTH BOX

Written Information:

- *CKD Information Pamphlet*
- *Kidney Friendly Recipes for CKD*

Goods:

- *Automatic Blood Pressure Cuff*
- *Home Blood Glucose Monitor*
- *Water Bottle with mL measurements*
- *Scale*
- *Food & Exercise Journal*
- *Salt Free Seasonings*

Evidence Based Practice:

- *Daily Exercise Routine*
 - *Walking, Swimming, Bicycling, Dancing*

CKD HEALTH BOX

1. About Chronic Kidney Disease: A Guide For Patients

- CKD patients may be very overwhelmed upon their diagnosis. This pamphlet guide explains what kidney disease is, the different stages, risk factors, lifestyle modifications, and potential treatments.

2. Renal Diet Cookbook

- Diet is a huge part of life for patients who have CKD. These patients must follow strict guidelines due to the dietary restrictions and limitations that come along with renal disease. This cookbook helps renal patients make food at home that follows physician guidelines.

3. Automatic Blood Pressure Cuff

- CKD patients most likely will have pre-existing blood pressure issues and they may be on many blood pressure altering drugs; so, these patients should monitor their blood pressure at home to make sure it stays within their baseline.



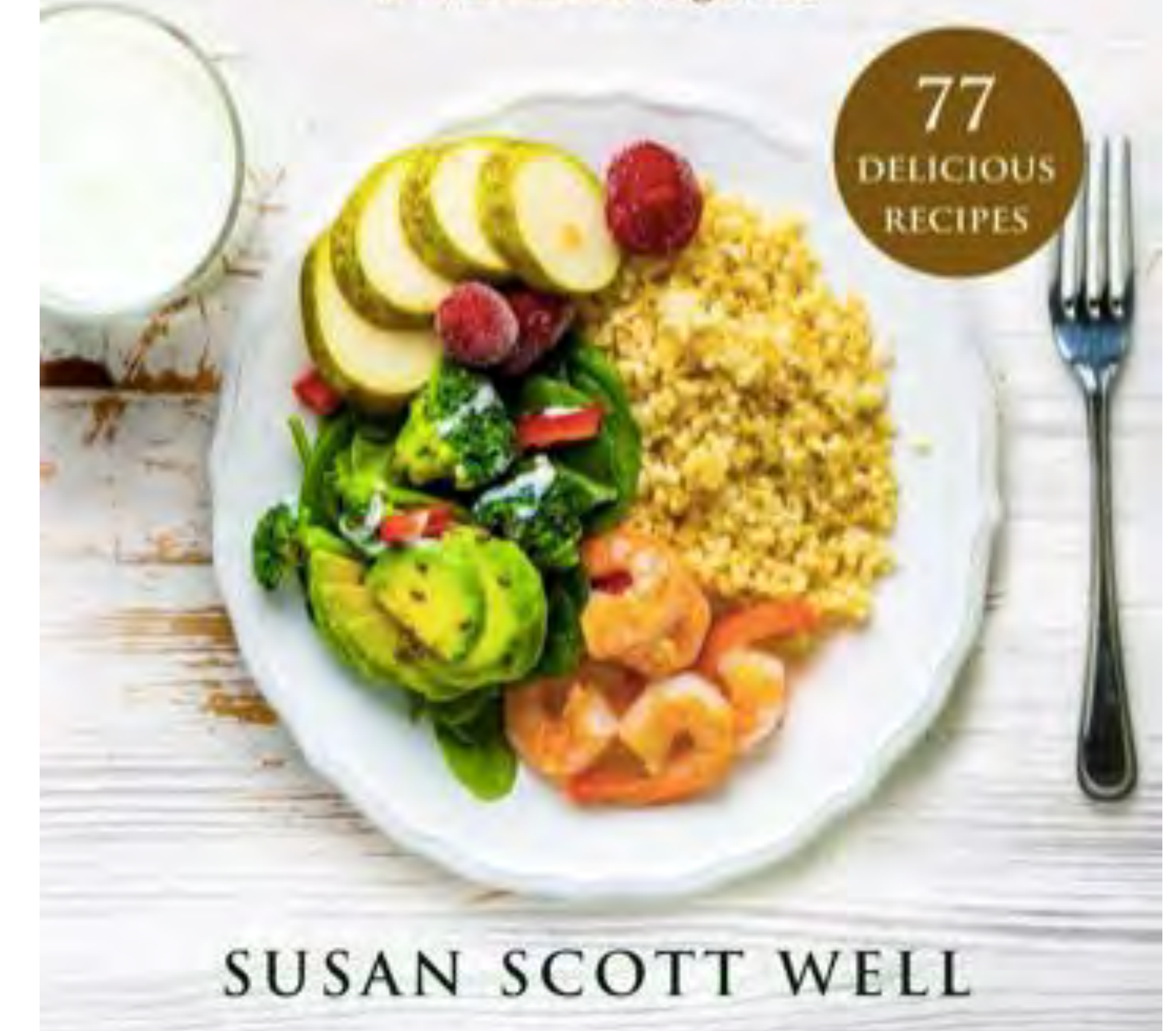
ABOUT CHRONIC KIDNEY DISEASE: A GUIDE FOR PATIENTS



www.kidney.org

RENAL DIET COOKBOOK

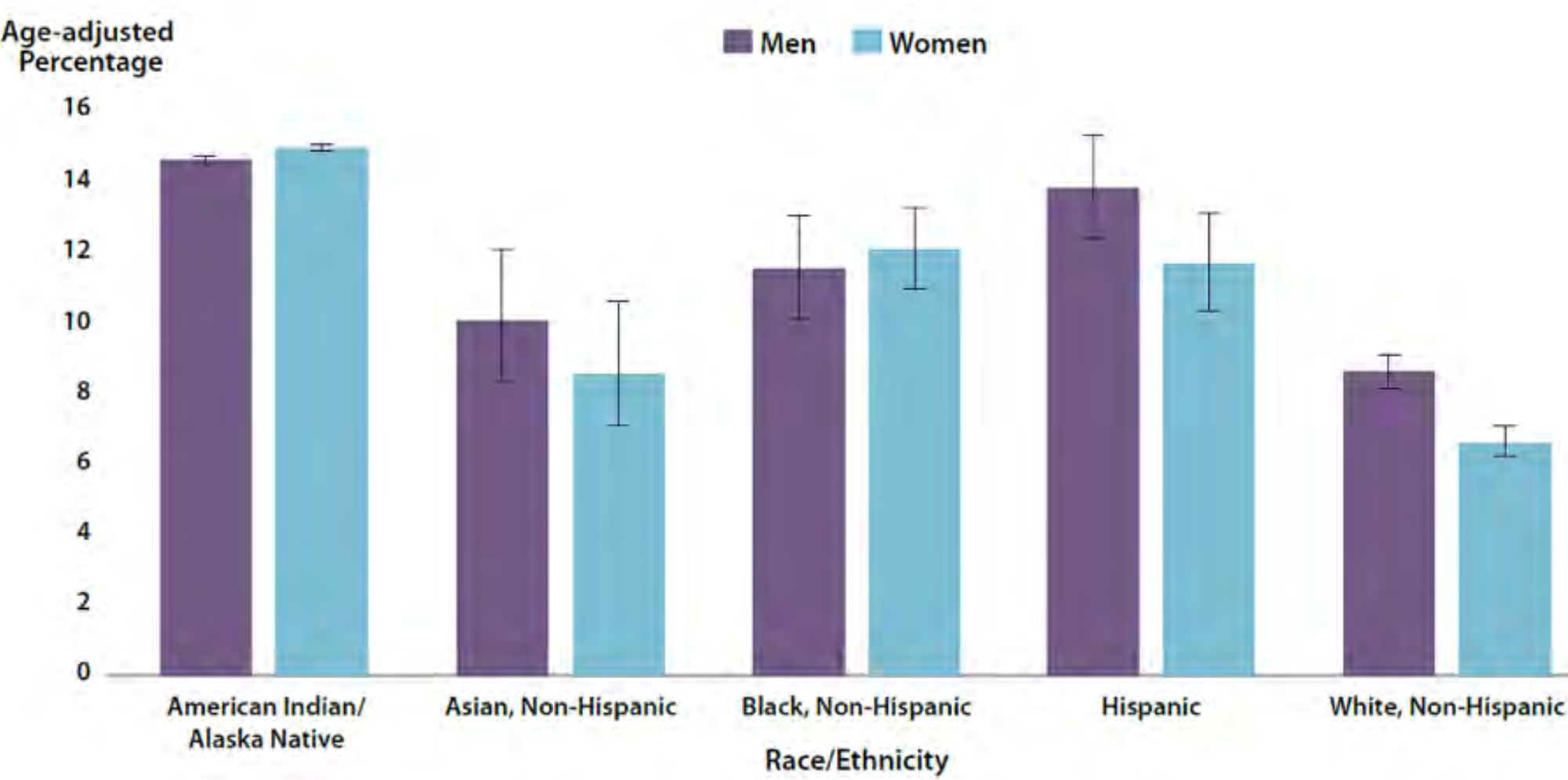
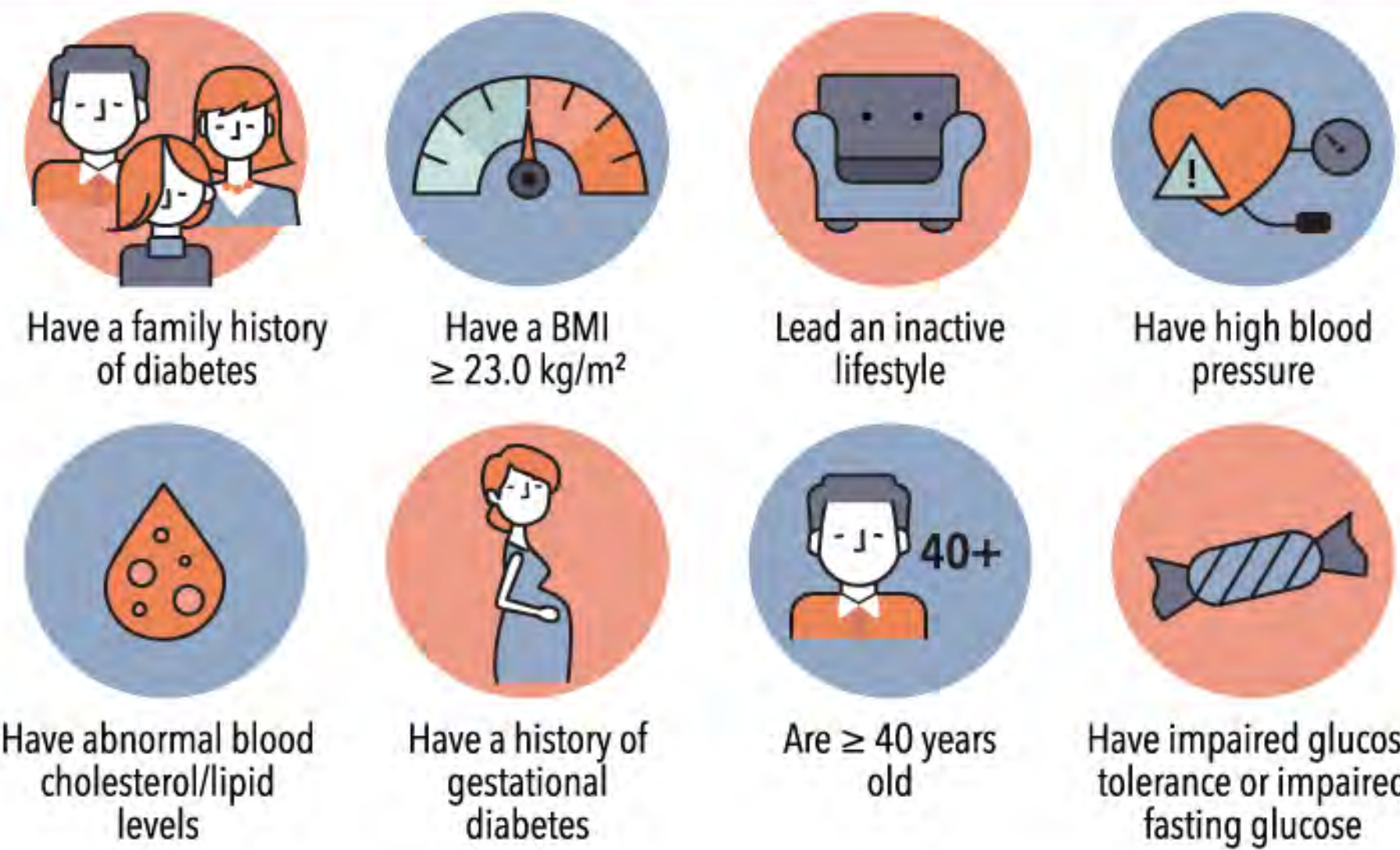
Your Essential Guide to Manage Kidney Disease (CKD) and Avoid Dialysis. 77 Quick, Easy and Delicious Recipes with Low Sodium, Potassium and Phosphorus. A Meal Plan for Beginners



PREVALENCE, DEMOGRAPHICS AND RISK FACTORS



RISK FACTORS FOR TYPE 2 DIABETES



TEAM MEMBERS

- Medicine:** Madeleine DeGrange, Jackson Mierl, Christopher Moroz, Jacob Nelson
- Nursing:** Tiffany Cossich, Sydni Cowan, Elizabeth Crain
- Physical Therapy:** Callie Frey
- Dental:** Rachel Collignon
- Dental Hygiene:** Amy Cerniglia
- Cardiovascular Sonography:** Katie Shaw

TYPE 2 DIABETES

SECONDARY ASSESSMENT TOOL		
PROGRAM	ASSESSMENT	CPT CODES / COST
Medicine	Screen for risk factors such as cardiovascular disease, dyslipidemia, obesity, sedentary lifestyle, or family history of diabetes.	99381:\$76.29 99382:\$83.24 99383:\$82.67
	Physical exam with emphasis on eyes, heart, and peripheral nerves & vasculature.	99384:\$90.19 99385:\$80.17
	Blood and urine tests for HbA1c, glucose levels, non-fasting lipid profile, and checking for diabetic nephropathy.	99385:\$76.67 99386:\$89.97 99387:\$98.57
Nursing	A1C, fasting and post-prandial glucose levels, electrolytes, capillary blood gases, kidney function, head to toe assessment, skin integrity, cardiovascular, vision	No billable code. Services incident to MD, PA, NP.
Physical Therapy	Assess ROM , skin assessment for foot ulcers, monofilament testing, light touch neuro screen	97161- \$66.79
Dentistry/Dental Hygiene	Review the patient’s medical history, take vital signs, and evaluate for oral signs and symptoms of inadequately controlled diabetes	Do150 – \$47.37 (New patient comprehensive oral exam)
Cardiovascular Sonography	Echocardiogram to assess heart function and perform stress test to assess if CAD is present	No billable code. Services incident to MD, PA, NP.

BENEFITS

- Benefits of an interprofessional team:
- ☐ Improves patient care
 - ☐ Makes treatment less confusing for the patient
 - ☐ Makes treatment more efficient and potentially reduces healthcare costs
 - ☐ Working together as a health care team means more knowledge and confidence amongst the team members.
 - ☐ Reduces medical errors

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<https://www.cdc.gov/diabetes/basics/type2.htm>

<https://www.cdc.gov/diabetes/data/statistics-report/diagnosed-diabetes.html> (infographic prevalence)

<https://www.gov.sg/article/can-you-develop-diabetes> (infographic risk factors)

CHALLENGES

- The assessment could be time consuming.
- There could be miscommunication between healthcare professionals.

SOLUTIONS

- Organize the assessment beforehand to ensure the most efficient process.
- Ensure clear and thorough charting by all healthcare professionals.

IPEC CC8

Interprofessional communication occurs when healthcare professionals communicate with one another, patients, their families and the community in a responsible and collaborative manner. This form of communication fosters trusting relationships between patients and the healthcare community, while also promoting positive, respectful partnerships between the various healthcare providers.

Team members are able to utilize interprofessional communication skills by actively listening, ensuring a shared understanding of treatment plans, and effectively using information technology. Positive communication such as this can reduce costs, by avoiding repeat testing, promoting treatment compliance and assessing the patient as a whole. As the various healthcare specialties work together, they can ensure holistic and cost-effective care for the patient, while achieving positive outcomes for the patient and the healthcare community.

Health Box Content List:

1. Workbook for Managing Type 2 Diabetes including:
 - Referral to Diabetes Self-Management Education and Support (DSMES) services
 - Guide to Diabetes ABCS (HbA1c, Blood pressure, Cholesterol, Smoking)
 - Coping skills, nutritional guidelines, and exercise recommendations
 - Things to check every day (cuts, blisters, sores, blood sugar, blood pressure, etc.)
 - Diabetes Care Record, where patient can keep track of what exams were performed and the results
 - <https://www.cdc.gov/diabetes/pdfs/library/steps-to-stay-healthy-h.pdf>
2. Tips for Eating Healthy With Diabetes handout
 - https://www.cdc.gov/diabetes/pdfs/managing/Tip_for_Eating_Healthy.pdf
3. What You Need To Know About Diabetes and Adult Vaccinations handout
 - Covers Flu, Pneumococcal, Hepatitis B, Tdap, and Zoster vaccine information
 - <https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-diabetes-vaccines.pdf>
4. Guide to Checking Blood Glucose: What It Can Do for You
 - Frequently asked questions about what blood glucose is, controlling it, and checking it
 - http://main.diabetes.org/dorg/lwt2d/packet-two/checking_blood_glucose_en.pdf
5. Type 1 vs Type 2 Diabetes Infographic
 - <https://www.cpcmg.net/diabetes-type-1-vs-type-2-whats-the-difference/>
6. Low Blood Glucose Warning Signs Infographic
 - Poster showing the symptoms of hypoglycemia
 - Also includes guide to the "15-15 Rule"
 - https://www.accu-chek.com/sites/g/files/iut341/f/media_root/article_images/infographics/accu-chek-low-blood-sugar-hypoglycemia-warning-signs.pdf
7. Hyperglycemia Common Symptoms Infographic
 - Poster showing the signs of hyperglycemia
 - <https://www.verywellhealth.com/hyperglycemia-signs-symptoms-and-complications-4160831>

Health Box Content Highlight:

Managing Type 2 Diabetes Workbook

Ask your health care provider what exams and vaccinations you should have and how often you should have them. Use this worksheet to keep track of this information.

Exams, tests, and reviews you should have each visit.						
EXAM, TEST, OR REVIEW	DATE	RESULTS	DATE	RESULTS	DATE	RESULTS
FOOT CHECK						
WEIGHT CHECK						
REVIEW SELF-CARE PLAN						
REVIEW MEDICINES						

- Helps patient monitor which exams should be done at each doctor visit
- Also allows them to keep track of changes in their weight and HbA1c

Type 2 Diabetes & Adult Vaccination

Why Vaccines Are Important for You

Diabetes, even if well managed, can make it harder for your immune system to fight infections. If you have diabetes, you may be at risk for more serious complications from an illness compared to people without diabetes.

- Some illnesses, like influenza, can raise your blood glucose to dangerously high levels. When you are sick, you need to monitor your blood sugar more often.
- People with diabetes have higher rates of hepatitis B than the rest of the population. Outbreaks of hepatitis B associated with blood glucose monitoring procedures (blood sugar meters, finger stick devices, and other equipment such as insulin pens) have happened among people with diabetes.
- People with diabetes are at increased risk for death from pneumonia (lung infection), bacteremia (blood infection), and meningitis (infection of the lining of the brain and spinal cord).

- Guide to what vaccinations a person with diabetes should have and the reasons for them
- Ex: Diabetics have a higher rate of Hep B, due to blood glucose monitoring, so they should get the Hep B vaccine

Hypoglycemia Warning Signs

Low blood glucose warning signs



Trembling or shaking



Light headedness or dizziness



Headache



Hunger



Numb lips or fingers



Sweating



Weakness



Crying



Irritability



Lack of concentration or behaving strangely

Think you may be low?

Perform a blood glucose test. If you have low blood glucose, follow the **15-15 rule**:

- 1** Eat or drink 15 grams of fast-acting carbs

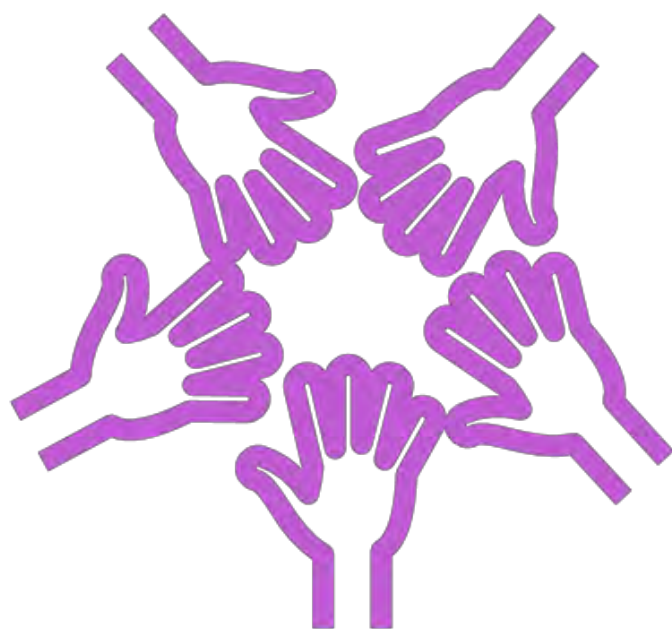
- 2** Wait 10 to 15 minutes

- 3** Check blood glucose again and, if it's still low, repeat


- Provides illustrations of symptoms of hypoglycemia
- Introduces the 15-15 Rule, which can help prevent a hypoglycemic episode from turning into a hyperglycemic episode

Juvenile Type I Diabetes

TeamUp Group 13



Mallory Charpio¹, Murphy Conlin¹, Areille Daniel. Cailyn Glenn⁵, Conner Pate², Curtis Westmoland⁶, Olivia Obot², Joseph Smith³, Joshua Ricks, Marcelle Fournet Dentistry¹, Medicine², Gentry Crain³, Nursing³, Public Health⁴, Physical Therapy⁵ Cardiovascular Sonography⁶

Background

Type 1 diabetes mellitus (T1DM) occurs as a result of autoimmune destruction of insulin-producing beta cells.

- Managing blood glucose can be difficult, especially for the pediatric population.
- Hyperglycemia and hypoglycemia pose distinct dangers. Severe hypoglycemic events may induce seizures and even lead to coma, and in rare cases, death
- pediatric population rarely experiences these complication, sustained hyperglycemia increases the risk for future micro and macrovascular damage
- Traditional lancing and self-blood glucose monitoring is considered the gold-standard for diabetes management, yet static data points do not provide insight to the glucose levels over time.
- many patients and families find themselves fixating on unlikely poor outcomes, in turn interfering with reaching lower target range
- These pediatric patients are insulin dependent and require close monitoring of blood glucose levels
- One major risk factor is diabetic ketoacidosis, which is an acute, life-threatening condition that is caused by an uncontrolled hyperglycemia level of 600 mg/dl.

Assessment

Assessment	Comment	CPT Code/Fee
Nursing	Early screening and diagnosis is essential to prevent complications <ul style="list-style-type: none">• Assess for signs of hyperglycemia polyuria, polydipsia, and polyphagia• Fasting glucose level along with glycosylated hemoglobin, and urine ketone tests• Continuous self- monitored blood glucose levels• Educate parents on Insulin administration• Asses for signs of hypoglycemia	Nurses have an essential role and responsibilities when caring for a client with diabetes such as providing child and family with education about the management of hyperglycemia and hypoglycemia including insulin administration, dietary regimen, and exercise needs for the child, helping the family to adjust to having a chronic disease, and preventing short-term and long-term complications of diabetes.
Medicine	•Screening is not recommended for Type I Diabetes. There is no set cutoff for antibody screen. No treatment is available for asymptomatic patients, nor is there a treatment to prevent the progression of the disease.	Presentation of Type I Diabetes could occur after an infection, such as diabetic ketoacidosis, which presents with delirium, Kussmaul respirations, nausea/vomiting, fruity breath odor, and dehydration.
Physical Therapy	•Observation (posture, alignment of bones, and biomechanical restraints) •Sensory (monofilament testing for protective sensation) •ROM/MMT (I.e., Adhesive capsulitis) •Gait assessment (looking for antalgic gait, intermittent claudication) •Skin integrity/wounds (especially on heels and bony parts of foot) •Functional, balance, and endurance testing	PTs help patients to participate in safe and effective exercise, advance their ability to move, perform activities and daily tasks, reduce pain, decrease blood glucose levels, and can help heal any associated skin problems quicker than if they did not undergo treatment.
Dentistry	Medical consult with physician if patient presents with poor glycemic control or an undiagnosed condition. Routine dental treatment is sufficient for patients with well controlled T1D, and appointments should be scheduled in the morning. Exam, oral hygiene and fluoride instruction. T1D Patient with acute oral infection: <ul style="list-style-type: none">• Oral rinse• Incision and drainage• Root canal therapy, extractions• Antibiotics	Dentist should monitor blood glucose levels at all appointments and ask about insulin treatment. If a patient presents with signs of T1D, such as polyuria, polyphagia, polydipsia, weight loss, and weakness, and has not been diagnosed with T1D, the patient should be referred to a physician for diagnosis and treatment. Acute dental or oral infection is usually more severe in T1D patients and can adversely affect glycemic control. The dentist should consult the patient's PCP if an infection presents.
Public Health	•Evaluating access to healthcare: Does your insurance allow you to reasonably seek specialty or preventative care? •Family Hx: Has anyone in your family been diagnosed with Type I Diabetes?	Little information is known about the etiology of Type I Diabetes, and there is no information about prevention. Many national programs track trends in the prevalence of the disease, but most data does not distinguish between Types I and II.

IPEC Sub-Competency Reflection

Communicate the importance of teamwork in patient-centered care and population health programs and policies (CC8).

Students from many health professions represented by our team collaborated to design this assessment tool for Type I Diabetes. Healthcare teamwork is essential for patient-focused care in order to provide patients with comprehensive treatment plans, specific to the knowledge of each health professional. The communication between health professionals is essential in preventing redundancy and therefore unnecessary medical costs in patient care.

Treatment and prevention of Type I Diabetes requires health professionals from all fields to collaborate to provide sufficient patient care. Through working together on this assessment, all team members were able to learn more about the roles of other health professions, specifically as they relate to the treatment of Type I Diabetes.

Benefits & Challenges

Benefits of an Interprofessional Assessment

Health Professional Perspective:

- Efficient information exchange leading to the development the best possible treatment plan
- Decrease error revolving around poor communication
- Increased knowledge and confidence within the healthcare team

Patient/Community Perspective:

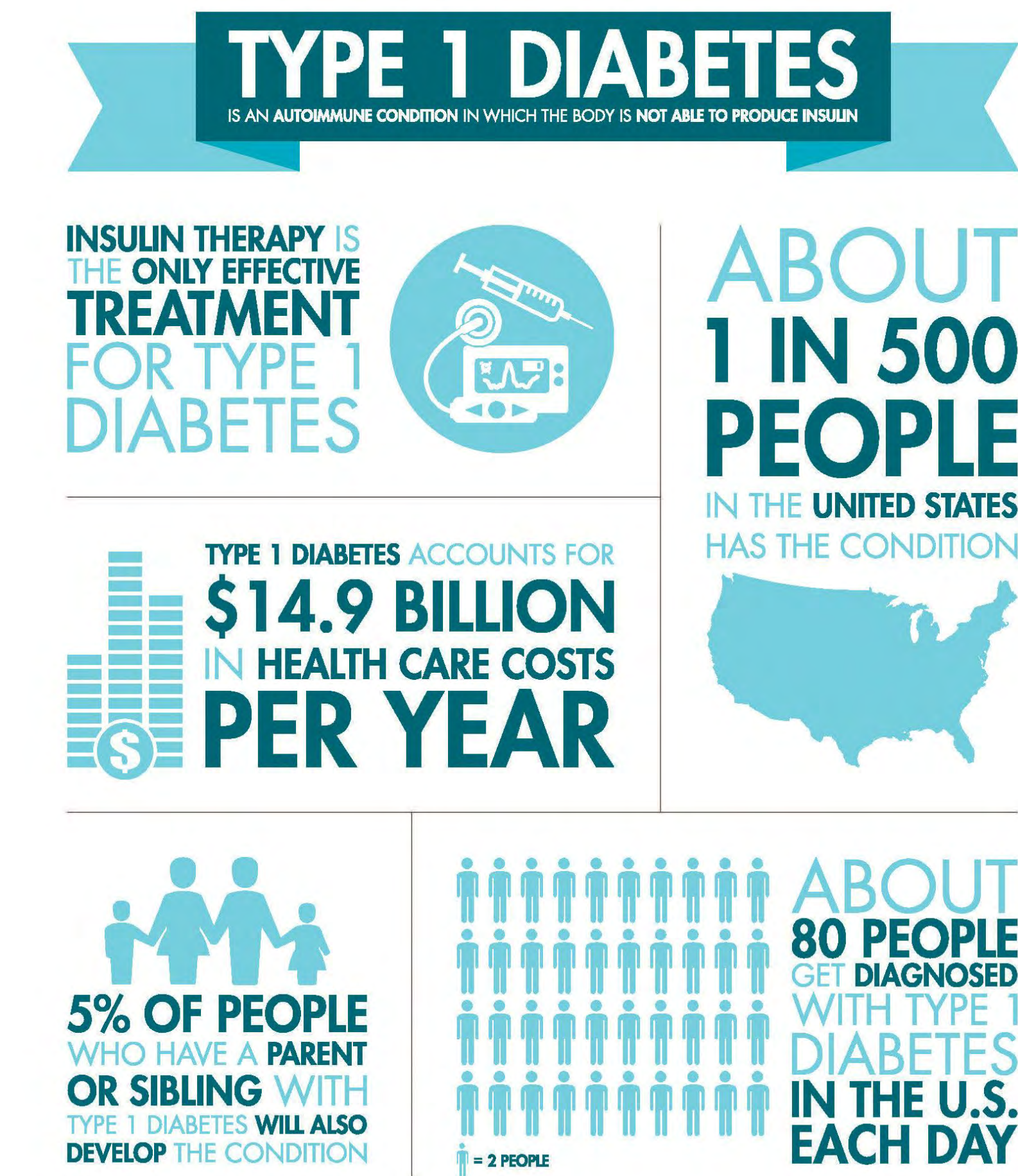
- Faster recovery through efficient communication of patient needs
- Shorter hospital stays → less costs accumulated
- Less patient confusion due to health professionals being on different pages
- Increased patient confidence in healthcare team

Challenges: Due to the current healthcare environment, social distancing appropriately may be difficult to achieve especially with someone who has a serious pre-existing condition such Type 1 Diabetes.

Solutions: A solution would be to implement telecommunications to promote a safe group visit with the patient. Telehealth would be efficient to use regardless of social distancing because it would be easier to gather a group instead of meeting in person.

Resources

Center for Disease Control and Prevention. (2019, May 30). Type 1 Diabetes. <https://www.cdc.gov/diabetes/basics/type1.html>
Economic Costs of Diabetes in the U.S. in 2017. (2018). Diabetes Care, 41(5), 917–928. doi: 10.2337/dci18-0007
“Type 1 Diabetes: MedlinePlus Medical Encyclopedia.” MedlinePlus, U.S. National Library of Medicine, 2020, medlineplus.gov/ency/article/000305.htm.
“Type 1 Overview.” Type 1 Diabetes - Symptoms, Causes, Treatment, American Diabetes Association, www.diabetes.org/diabetes/type-1



Comprehensive List of What is Included in Health Box

1. Patient information about Type 1 Diabetes: This document is from the American Diabetic Association. It includes an overview of Type 1 Diabetes. Understanding the diagnosis that you have been given is extremely important.

<https://www.diabetes.org/diabetes/type-1>

2. Information about Diabetic Ketoacidosis: Diabetic ketoacidosis is a common crisis that happens to diabetic patients when they do not have enough insulin. Giving patients and their families information about the warning signs of this condition will prepare them for this frightening scenario.

<https://www.seattlechildrens.org/pdf/PE813.pdf>

3. Information about Hypoglycemia vs. Hyperglycemia: This document is from the Novo Nordisk, a foundation dedicated to assisting those with diabetes. This document provides an easy way to compare hyperglycemia and hypoglycemia. These are both common conditions experienced by diabetic patients. Knowing the signs is helpful because these conditions can easily be reversed. Knowing the difference is also very important so that a patient does not mistakenly do the opposite of what is needed to reverse their condition.

https://www.novomedlink.com/content/dam/novonordisk/novomedlink/patient-support/disease-education/en/documents/LowBloodSugar_EG.pdf

4. Information about Nutrition for Type 1 Diabetics: The American Diabetes Association provided a list of foods that are healthy choices for those with diabetes.

<https://www.diabetes.org/healthy-living/recipes-nutrition>

5. Medication Wallet Card: Type 1 Diabetics are unfortunately at risk for going into a diabetic coma. If they are found alone and unconscious, having a medication card disclosing their diagnosis of diabetes and the fact that they are on insulin can provide lifesaving information to medical personnel.

<https://www.cvs.com/drug/wallet-card>

<https://portal.ct.gov/DPH/Facility-Licensing--Investigations/Health-Care-Quality/Wallet-Medication-Card>

6. Steps for Controlling Diabetes: The National Diabetes Education program created a thorough flyer about controlling diabetes and maintaining a healthy lifestyle. A healthy lifestyle for a diabetic and a healthy lifestyle for a non-diabetic is different. It is important that patients are aware of the differences and this is a great resource for that.

<https://www.cdc.gov/diabetes/library/4steps.html>

American Diabetes Association

THE DIABETES ADVISOR

Type 1 Diabetes

WHAT IS DIABETES?

Diabetes is a problem with your body that causes blood glucose (sugar) levels to rise higher than normal. This is also called hyperglycemia.

When you eat, your body breaks food down into glucose and sends it into the blood. Insulin then helps move the glucose from the blood into your cells. When glucose enters your cells, it is either used as fuel for energy right away or stored for later use. In a person with diabetes, there is a problem with insulin. But, not everyone with diabetes has the same problem.

There are different types of diabetes – Type 1, Type 2, and a condition called gestational diabetes, which happens during pregnancy. If you have diabetes, your body either doesn't make enough insulin, it can't use the insulin it does make very well, or both.

WHAT IS TYPE 1 DIABETES?

In type 1 diabetes, your immune system mistakenly destroys the cells in your pancreas that make insulin. Your body breaks these cells as invaders and destroys them. This can happen over a few weeks, months, or years.

When enough beta cells are destroyed, your pancreas makes little or no insulin. Because the pancreas does not make insulin, the insulin needs to be replaced. People with type 1 diabetes take insulin by injection with a syringe, an insulin pen, or an insulin pump. Insulin does not come in a pill. Without insulin, your blood glucose rises and is higher than normal, which is called hyperglycemia.

Type 1 diabetes affects about 5% of people in the United States with diabetes. In the past, type 1 diabetes was called juvenile diabetes or insulin-dependent diabetes. It is usually first diagnosed in young people but it can occur at any age. Type 1 diabetes is much less common than type 2 diabetes.

HOW IS TYPE 1 DIFFERENT FROM TYPE 2?

In type 2 diabetes, your body does not use insulin properly. This is called insulin resistance. At first, the beta cells make extra insulin to make up for it. But, over time your pancreas isn't able to keep up and can't make enough insulin to keep your blood glucose levels normal. Type 2 diabetes can be treated with oral medications, and/or insulin. Type 1 diabetes is always treated with insulin.

WHAT CAUSES TYPE 1 DIABETES?

Scientists aren't sure what causes type 1 diabetes. It is not contagious and it is not caused by eating sugar. Research is under way to find the exact causes of type 1 diabetes and how it might be prevented.

WHAT TREATMENTS ARE USED FOR TYPE 1 DIABETES?

The two goals of diabetes treatment are to make sure you feel well day-to-day and to prevent or delay long-term health problems. The best way to reach those goals is by:

- taking insulin
- planning your meals—choosing what, how much, and when to eat
- being physically active

Continued on page 2

Seattle Children's Patient and Family Education

Diabetic Ketoacidosis (DKA)

How DKA is treated and prevented

This handout explains the causes and treatment for DKA. It will also help you learn how to prevent your child from having DKA again.

What is diabetic ketoacidosis?

DKA is a condition that occurs if your child has high blood glucose (sugar) levels and a buildup of ketones (acids) in the blood. DKA is serious and if it is not treated can lead to loss of consciousness (coma). DKA can also lead to brain swelling (cerebral edema). This swelling can cause changes in your child's mental status such as headaches and confusion.

Without enough insulin, the sugar cannot be carried out of the blood and into the cells. This causes the blood sugar to rise. High blood sugar levels cause your child to urinate more often. This leads to a lack of fluids in your child's body called dehydration.

Increased urination can cause a loss of potassium. Potassium is a salt that, along with sodium, helps your child's body to maintain healthy functioning.

When there is not enough insulin in the body, it is unable to use glucose (sugar) for energy. The body will start breaking down fat for energy. The breakdown of body fat causes the body to produce ketones. This production of ketones causes the body to become acidic.

What causes DKA?

Here are a few factors or triggers that can cause your child to have DKA:

- An infection or illness
- Missed insulin injections
- A new diagnosis of diabetes (this may be the first sign that your child has diabetes)

What are the warning signs of DKA?

- Frequent urination or thirst
- Dry mouth
- Fruity odor on the breath
- General weakness
- Stomach pain
- Vomiting
- Loss of appetite
- Confusion
- Trouble breathing
- Moderate to large amounts of ketones in blood or urine

CHANGINGlife WITH DIABETES

Hypoglycemia (Low Blood Glucose)

Causes: Too little food or skipping a meal, too much insulin or diabetes pills, more active than usual.
Onset: Often sudden.

Some Symptoms:

- SHAKY
- FAST HEARTBEAT
- SWEATING
- DIZZY
- ANXIOUS
- HUNGRY
- BLURRY VISION
- WEAKNESS OR FATIGUE
- HEADACHE
- IRRITABLE

IF LOW BLOOD GLUCOSE IS LEFT UNTREATED, YOU MAY PASS OUT AND NEED MEDICAL HELP.

What Can You

CHECK your blood glucose, right away. If you can't check, treat anyway.

TREAT by eating 3 to 4 glucose tablets or 3 to 5 hard candies you can chew quickly (such as peppermints), or by drinking 4-ounces of fruit juice, or 1/2 can of regular soda pop.

CHECK your blood glucose again after 15 minutes. If it is still low, treat again. If symptoms don't stop, call your healthcare provider.

For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at ChangingDiabetes-us.com.

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NOVO NORDISK

CHANGINGlife WITH DIABETES

Hyperglycemia (High Blood Glucose)

Causes: Too much food, too little insulin or diabetes pills, illness, or stress.
Onset: Often starts slowly.

Some Symptoms:

- EXTREME THIRST
- NEED TO URINATE OFTEN
- DRY SKIN
- HUNGRY
- BLURRY VISION
- DROWSY
- SLOW HEALING WOUNDS

HIGH BLOOD GLUCOSE MAY LEAD TO A MEDICAL EMERGENCY IF NOT TREATED.

What Can You Do?

CHECK BLOOD GLUCOSE

If your blood glucose levels are higher than your goal for three days and you don't know why, **CALL YOUR HEALTHCARE PROVIDER.**

For more information, call the Novo Nordisk Tip Line at 1-800-260-3730 or visit us online at ChangingDiabetes-us.com.

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American Diabetes Association **What Can I Eat?**

Best Foods for You: Healthy Food Choices for People with Diabetes

Making Choices

Managing diabetes from day to day is up to you. A large part of it is making choices about the foods you eat. Everyone knows that vegetables are healthier than cookies. But there are also best choices within each food group.

A best choice is a food that is better for you than other foods in the same group. Best choices are lower in saturated fat, trans fat, added sugar and sodium than similar foods.

Nonstarchy Vegetables

• The best choices are fresh, frozen and canned vegetables and vegetable juices without added salt (sodium), fat or sugar such as:

- Asparagus
- Green beans
- Carrots
- Cabbage
- Eggplant
- Cauliflower
- Broccoli
- Mushrooms
- Tomatoes
- Spinach
- Onion
- Peppers

• If using canned veggies, drain and rinse them with water to wash away about 40% of the sodium.

Fruit

• The best choices are fresh, frozen and canned fruits without added sugar such as:

- Apple
- Blueberries
- Orange
- Grapefruit
- Grapes
- Peaches
- Pear
- Plums
- Cherries

• If you use canned fruit in syrup, drain and rinse the fruit with water to wash away the extra syrup.

Milk

• The best choices are milk and yogurt without added sugars such as:

- Fat-free or low-fat milk (1%)
- Unsweetened soy milk
- Plain, nonfat yogurt
- "Light" yogurt

Grains and Starchy Vegetables

• The best choices are whole grain foods, beans, peas and lentils and starchy vegetables without added fats, sugars or sodium.

Best Choices of Whole Grain Foods

• Look for cereals, breads, and grains with these whole grains as the first ingredient:

- Whole wheat flour
- Whole oatmeal
- Whole grain corn, corn meal
- Popcorn
- Brown rice
- Whole grain rye
- Whole grain barley
- Wild rice
- Buckwheat/buckwheat flour
- Tricale
- Bulgar (cracked wheat)
- Millet
- Quinoa
- Sorghum

• Choose cereals with at least 3 grams of fiber and less than 6 grams of sugar per serving.

Best Choices of Legumes and Lentils

- Beans such as black, pinto and kidney
- Lentils and dried peas
- Fat-free refried beans and vegetarian baked beans

<h3>My Medication Card</h3> <p>Name: _____</p> <p>Address: _____</p> <p>Phone: _____</p>	<h3>Physician, Pharmacy and Emergency Contacts</h3> <p>Physician: _____</p> <p>Phone: _____</p> <p>Pharmacy: _____</p> <p>Phone: _____</p> <p>Emergency Contact: _____</p> <p>Phone: _____</p> <p>(Please fold on line)</p>	<h3>Immunization Record</h3> <p>(Record the date and year of last dose taken, if known)</p> <p>Tetanus: _____</p> <p>Flu Vaccine (s): _____</p> <p>Other: _____</p> <p>Pneumonia Vaccine: _____</p> <p>Hepatitis: _____</p> <p>Other: _____</p> <p>(Please fold on line)</p>
<h3>Allergies</h3> <p>Allergic to: _____</p> <p>Reaction: _____</p> <p>Allergic to: _____</p> <p>Reaction: _____</p> <p>Allergic to: _____</p> <p>Reaction: _____</p> <p>Allergic to: _____</p> <p>Reaction: _____</p>	<h3>Medical History</h3> <p>Please check those that apply:</p> <p><input type="checkbox"/> Asthma <input type="checkbox"/> Heart Disease</p> <p><input type="checkbox"/> Diabetes <input type="checkbox"/> Kidney Disease</p> <p><input type="checkbox"/> Cancer <input type="checkbox"/> High Blood Pressure</p> <p>Other: _____</p> <h3>Over-the-Counter Medications</h3> <p>Check those you use regularly:</p> <p><input type="checkbox"/> Allergy relief, Antihistamines</p> <p><input type="checkbox"/> Antacids</p> <p><input type="checkbox"/> Aspirin/Tylenol/Ibuprofen</p> <p><input type="checkbox"/> Cold/Cough Medicines</p> <p><input type="checkbox"/> Diet Pills</p> <p><input type="checkbox"/> Herbs, dietary supplements</p> <p><input type="checkbox"/> Laxatives</p> <p><input type="checkbox"/> Sleeping Pills</p> <p><input type="checkbox"/> Vitamins or Minerals</p> <p>Other: _____</p>	<h3>My Medication Card</h3> <p>is made possible with the support from:</p>

4 Steps to Control Your Diabetes. For Life.

Toddler Wellness

Age 1-3

• William Arnold • Aaron Connell • Kendal Crawford • Luke Daniels • Taylor Dardar • Allie Deranger •
Medicine Dentistry Dental Hygiene Nursing Nursing Nursing

• Dylan Greenman • Manjot Singh • Sierra Sossamon • Kayla Tanner • Delena Vanvalkenburg •
Physical Therapy Medicine Medicine Nursing Medicine

Team #: 14

Morbidity & Mortality



ACCIDENTS
CONGENITAL ANOMALIES
CANCER

are the leading causes of mortality in toddlers.

Drowning (33%) is the most common accident that leads to mortality, followed by motor vehicle accidents (25%) and suffocation (12%).

Among non-fatal injuries, falls (43%) are the most common followed by being struck by objects (19%), and insect bites or stings (9%).

1 IN 10 TODDLERS HAS DEVELOPMENTAL DISABILITIES

Developmental delays (4.7%) are the most common followed by learning disabilities (3.3) and speech issues (2.7).



1 IN 5 TODDLERS HAS DENTAL CARIES.



Dental caries are one of the most common chronic diseases of childhood.

Toddlers living in communities with fluoridated tap water have fewer cavities.

Risk Factors

- Lack of adult supervision
- Uncovered pools
- Improper or inadequate child seats
- Access to small toys and objects
- Motor deficits
- Inadequate dental care
- Diet rich in sweets
- Inadequate access to fluoridated water
- Lack of prenatal care
- Exposure to cancer causing agents

Primary Prevention: Interprofessional Wellness Tool

Profession	Assessment	Assessment	Assessment	CPT Code	Billing
Medicine	Advise parents of the common risks that lead to toddler injury and death	Track growth and development, especially meeting of all developmental and behavioral milestones	Physical exam including vision and hearing screenings; offer appropriate vaccinations	99382 90472 x 9	\$70.76 \$9.13 x 9
Dental/DH	Oral exam after first tooth eruption or no later than first 12 months	Determine availability to fluoridated water, diet; supplement if necessary	Offer topical fluoride varnish for those at high risk of dental caries	D0150 (new patient) D0145 (follow-up) D1206	\$47.37 \$48.49 \$24.29
Nursing	Use growth chart & measure height, weight, head circumference, BMI & vitals at each visit	Evaluate relationship/bond between child & parents; evaluate peer interactions	Evaluate language development, social development	Services incident to MD, PA, NP	\$70.76 \$9.13 x 9
Physical Therapy	Assess child's motor development to track meeting of motor milestones	Advise parents on the importance of having their child stay active		97161	\$66.79

Benefits of Interprofessional Tool

Patient	Health Professional
Including various health care professionals in the toddler's care early on can sensitize them to how each professional takes part in their care, and prepare them for future wellness visits as they grow.	Working together by using this tool will allow an interprofessional team to holistically care for the patient. In addition, the combined care of the toddler throughout their development creates a detailed healthcare log which would be useful if issues arise in the future.

Reflection

When specifically looking at the age group of 1-3 year olds, communication between professions is vital. Since children this age will not notice discrepancies or mistakes made by healthcare professionals, it is important to be even more aware. Professionals should communicate to parents the health status of their child including the presence or lack of disease or possible risk factors. Interprofessional communication is necessary in order to provide efficient, accurate, and quality care.

Implementation

Challenge	Solution
Toddlers may become impatient and unreceptive to being examined by so many health professionals during their wellness visits.	Each member of the health care team must be well-prepared to make the visit as concise and effective. 1. Engage the child in a way that keeps their attention focused 2. Request assistance from parents in keeping toddlers focused 3. Schedule visits during times where toddler is more likely to be focused

References

- 1.https://www.cdc.gov/ncbddd/actearly/pdf/parents_pdfs/milestonemomentseng508.pdf
- 2.<https://www.aap.org/en-us/professional-resources/practice-transformation/managing-patients/Pages/Periodicity-Schedule.aspx>
- 3.[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4496484/#:~:text=Epidemiological%20studies%20reveal%20a%2016,affected%20\(1%E2%80%93203\).](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4496484/#:~:text=Epidemiological%20studies%20reveal%20a%2016,affected%20(1%E2%80%93203).)
- 4.<https://pediatrics.aappublications.org/content/144/4/e20190811>
- 5.Hockenberry, M. J., & Wilson, D. (2015). Wong's Essentials of Pediatric Nursing (10th ed.). St. Louis, MO: Mosby/Elsevier.
- 6.<https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>
- 7.<https://www.cdc.gov/injury/wisqars/LeadingCauses.html>

Slide 2: Comprehensive List of What You Include in the Health Box:

- Toothbrush / Tooth paste

https://www.amazon.com/s?k=tooth+brush+for+toddlers+1-3&ref=nb_sb_noss_2

- 2 Sets of Building Blocks

https://www.amazon.com/s?k=building+blocks+for+toddlers+1-3&crid=NTSR1HGYX1ZK&srefix=buil%2Caps%2C207&ref=nb_sb_ss_midass-iss-sm_1_4

- Velcro Shoes

https://www.amazon.com/s?k=velcro+shoes+for+kids&crid=30RFOE89BRI5L&srefix=velcro+shoes+for+ki%2Caps%2C369&ref=nb_sb_ss_ts-doa-p_1_19

- Car Seat

https://www.amazon.com/Graco-Extend2Fit-Convertible-Seat-Gotham/dp/B019EGMGRO/ref=sr_1_2?dchild=1&keywords=Best+Car+Seat+for+Toddlers&qid=1616352119&sr=8-2

- Floaties

https://www.amazon.com/Stearns-3000004733-Puddle-Jumpers/dp/B06XZNT3B3/ref=sr_1_2?dchild=1&keywords=floaties&qid=1616352146&sr=8-2

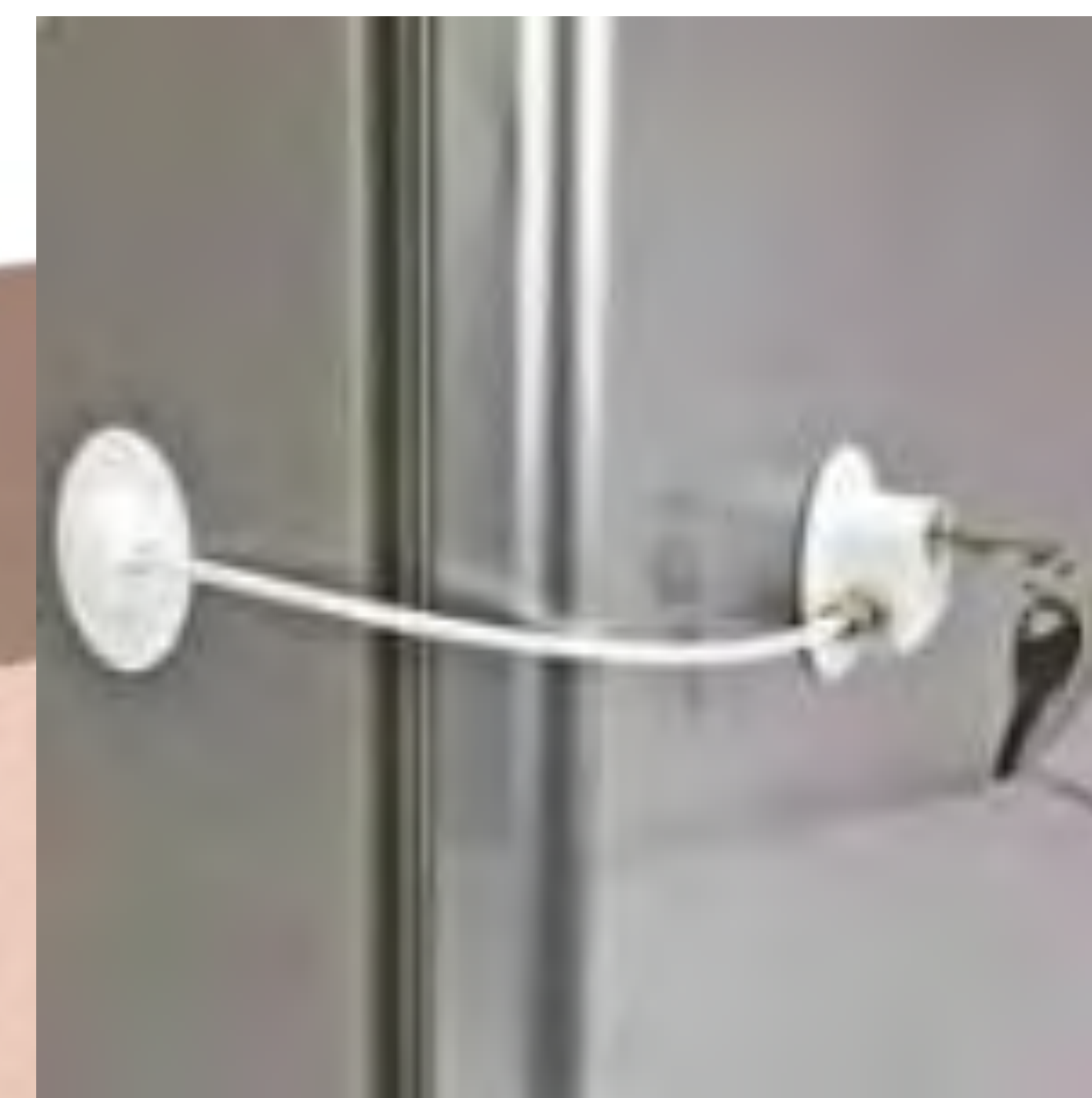
- Cabinet Locks

https://www.amazon.com/Cabinets-Drawers-Dishwasher-Adhesive-Drilling/dp/B072KPZMMV/ref=sr_1_7?dchild=1&keywords=cabinet+locks&qid=1616352192&sr=8-7

Slide 3: Health Box

Item List:

- Tooth brush with flouride toothpaste: 1 in 5 children ages 1-3 have dental carries
- 2 sets of blocks: children 2+ engage in parallel play, which is play where the child plays next to another child without interaction
- Cabinet locks: this is extremely useful in toddler aged children in order to minimize toddlers ingesting hazardous materials
- Velcro shoes: allows child to continue development of gross motor skills
- Car seat and pool floaties: safety measures that parents can take as injury prevention



Health and Wellness for 4–6-Year-olds

Team #: 15

Infographic

KEEPING YOUR 4–6 YEAR-OLD HEALTHY



NUTRITION & EXERCISE

Eating a balanced diet along with regular exercise can greatly reduce the incidence of childhood obesity, Type 2 Diabetes, and cavities.



VACCINATION

Vaccines are the most effective way to protect our kids from many serious illnesses! At this age, your child should be receiving their 5th dose of DTaP, 4th dose of polio, their 2nd dose of MMR, and their 2nd dose of varicella.



GROWTH & DEVELOPMENT

Your child should be hitting lots of big developmental milestones! These are things like make-believe play, counting, and hopping on one foot. If you feel like your child isn't keeping up with their peers, or starts losing skills, call your pediatrician!



ACCIDENTS

Accidents are the leading cause of childhood death in the U.S. Approximately 12,175 children die each year due to unintentional injury and another 9.2 million are hospitalized. Small children need to be supervised at all times!



LET'S KEEP OUR KIDS HAPPY AND HEALTHY!

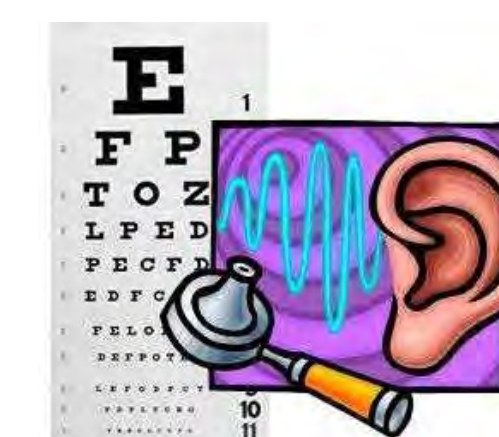
Don't have a pediatrician? Consider contacting a clinic in your area!

Annual Wellness Exam

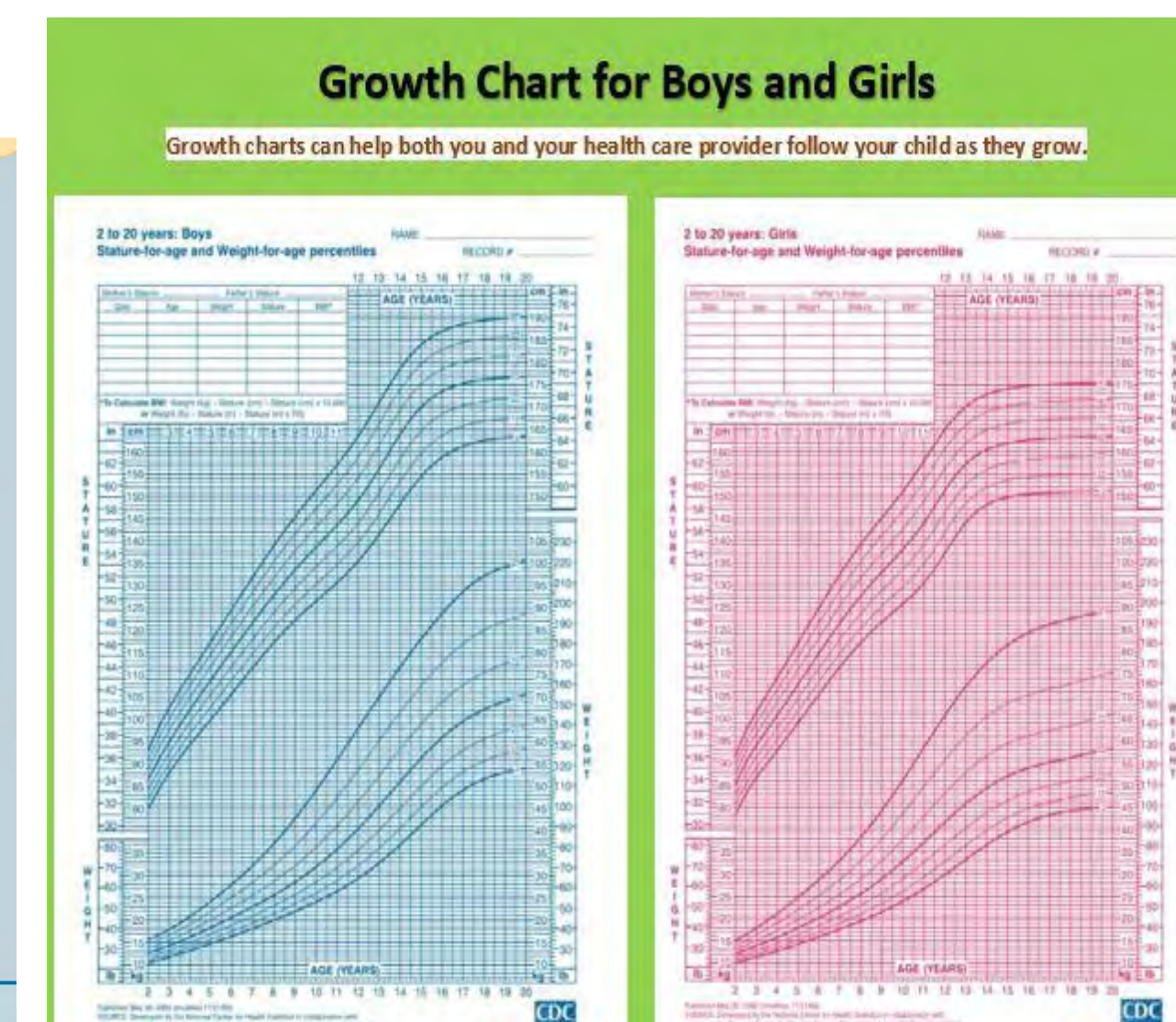
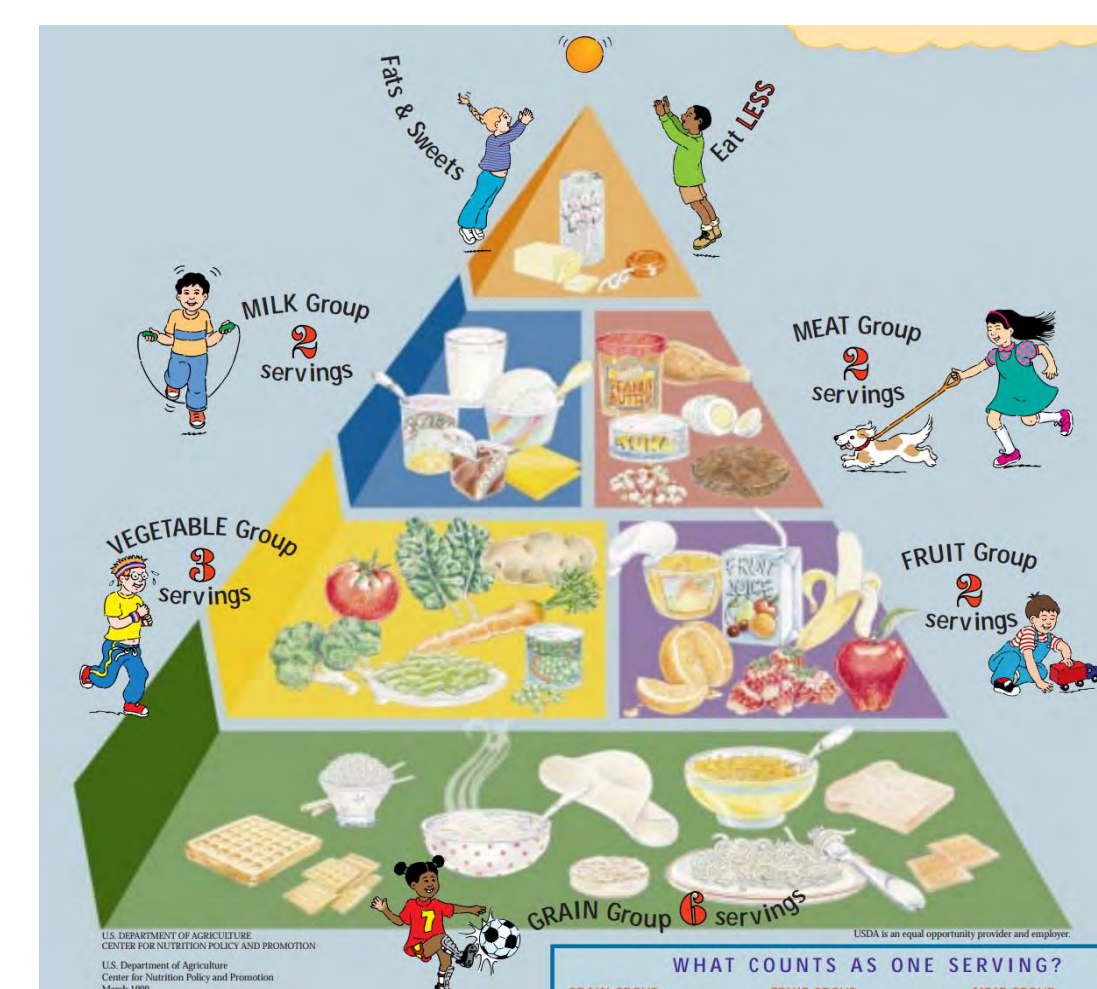
Health Professional	Assessment	CPT Code	Fee Schedule
Audiologist	Comprehensive audiometry threshold evaluation and speech recognition	92557	\$30.32
Dental Hygienist Dentist	Comprehensive Oral Exam Fluoride Varnish Treatment	D0150 D1206	\$47.37 \$24.29
Physician	Pediatric Wellness Evaluation Vaccinations	99382, 99383	\$83.24, \$82.67
Nurse	Annual physical examination Vital signs Developmental screens	83655, 80051 80061, 80053 82270	\$57.56
Physical Therapist	Physical motor milestone assessment	97161	\$66.79
Speech & Language Pathologist	Evaluation of Speech Fluency	92521	\$115.85
TOTAL			\$425.42

Vaccines:

- measles, mumps, rubella
- diphtheria, tetanus, pertussis
- Polio
- Chickenpox -Influenza



Health Box



Benefits

Patient/Client/Community Perspective:

- Early detection of medical or behavioral health issues
- Keep immunizations up to date
- Opportunity to ask the physician or healthcare team questions about any concerns

Health Professional Perspective:

- Evaluation of developmental milestones
- Interventions if child is not on track in order to lead them in the right direction to meet milestones
- Better patient outcomes with annual visits

Challenge

Challenge: Anxiety about healthcare visit.

"Half of parents of toddlers and preschoolers say their child is afraid of going to the doctor — mostly because of shots. One in 25 parents had even postponed a vaccine due to their child's anxiety" (Mostafavi,2018).

Solution:

1. Prepare child for visit.
- “Anything that makes the interaction feel more familiar is helpful, especially if this exposure comes at home where they’re comfortable” (Mostafavi, 2018).
2. Don't make empty promises—Be honest with them if they are getting a shot.
3. Offer distractions.
4. Be comforting.
5. Offer small reward after visit.

CC8 Reflection

Group 15 worked together to understand how each of our professions play a role into assessing and maintaining the health and wellness of children ages 4-6 years. We developed this poster to share what we feel is crucial to the healthcare of 4-6-year-olds. We know that teamwork and interdisciplinary communication is important when it comes to providing excellent patient-centered care. Upon entering the healthcare field, we will continue to work with other healthcare professionals as a team to treat our patients to the best of our abilities.

References

- Mostafavi, B. (2018, October 15). *6 simple ways to Ease children's fears at the doctor.* <https://healthblog.uofmhealth.org/childrens-health/6-simple-ways-to-ease-childrens-fears-at-doctor>.
- Compass Rose Benefit Group. (2018). *Schedule of Well Child Visits.* mycrbg.com/edocuments/2018/Health_Plan/_WellChildVisits_Fill.pdf
- Healthy Children. American Academy of Pediatrics. <https://www.healthychildren.org/English/ages-stages/gradeschool/school/Pages/Back-to-School-Back-to-the-Doctor.aspx>. Accessed March 16, 2021.

comprehensive list of what we include in the Health Box

Child development information and key milestones for 4-6 years old

Hearing, speech, and language milestones

Developmental checklist

Immunization schedule

Information about children's oral health

Information on children's annual checkup and health screening

Growth charts for boys and girls

Guidelines for a healthy diet for children

Helpful resources and links

Growth Chart for Boys and Girls

Growth charts can help both you and your health care provider follow your child as they grow.



Health Box



Helpful Resources and Links:

4-6 Years Key Abilities

<https://pathways.org/growth-development/4-6-years/milestones/>

Vaccines at 4 to 6 Years

<https://www.cdc.gov/vaccines/parents/by-age/years-4-6.html>

Important Milestones; Your Child By Four Years

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-4yr.html>


Important Milestones; Your Child By Five Years

<https://www.cdc.gov/ncbddd/actearly/milestones/milestones-5yr.html>

Information on Diseases & Conditions for Parents with Children

https://www.cdc.gov/parents/children/diseases_conditions.html

How does a child hear or talk at four to five years of age?

Hearing and understanding	Talking
Understands words for order, like first, next, and last.	Says all speech sounds in words. May make mistakes on sounds that are harder to say, like l, s, r, v, z, ch, sh, and th.
Understands words for time, like yesterday, today, and tomorrow.	Responds to "What did you say?"
Follows longer directions, like "Put your pajamas on, brush your teeth, and then pick out a book."	Talks without repeating sounds or words most of the time.
Follows classroom directions, like "Draw a circle on your paper around something you eat."	Names, letters, and numbers.
Hears and understands most of what she hears at home and in school.	Uses sentences that have more than 1 action word, like jump, play, and get. May make some mistakes, like "Zach got 2 video games, but I got one."
	Tells a short story.
	Keeps a conversation going.
	Talks in different ways, depending on the listener and place. Your child may use short sentences with younger children. He may talk louder outside than inside.

Keep in mind that children develop at their own rate. This information tells you when most children who speak only one language will reach each milestone.

If you are concerned about your child's hearing or speech and language development, ask for professional assistance.

Set up an appointment with your child's physician to discuss concerns. If necessary, the physician will make a referral for a hearing, and speech and language evaluation.

Reference: <https://www.asha.org/public/speech/development/obari/>

Olivia Abadie (SOM), Marco Acosta (SOM), Shees Ahmed (SOM), Gregory Benes (SOM), Amena Al-Khafaji (PA), Baily Daberkow (SON), Max Oertling (SON), Emily Lavin (SON), Raegan Dupre (SON), Hannah Duplechain (SON), Natalee Dinkins (DENT), John Hood (PT)

Team Up Group 16 – LSU New Orleans – March 22, 2021

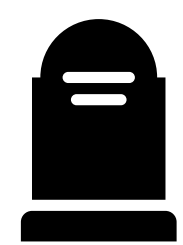
Group #: 16

Benefits of Interprofessional Tool

- Patient Perspective:
- Improve patient care and outcomes
 - Preventative care and primary prevention to diagnose and treat problems sooner
 - Identify potential mental health problems earlier in life to appropriately treat and reduce negative effects
 - Decrease stress by being knowledgeable and involved in their own care
- Health Professional Perspective:
- Allows the providers to be on the same page for the patient's treatment plan
 - Collaborative environment for health care professionals to provide competent care
 - Increased efficiency overall


Demographics and Statistics 2011-2019

226,978 Deaths



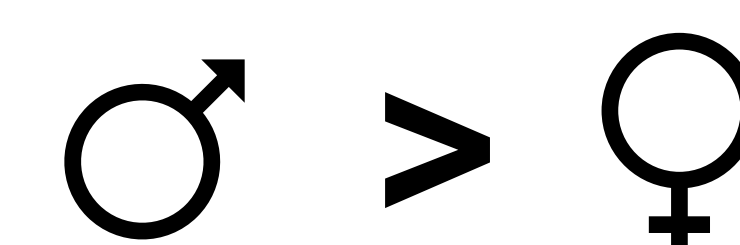
- Causes of Death: 55.3% Unintentional – 22.7% Suicide – 19.2% Homicide
- Louisiana has the 2nd highest rate of mortality for this group in the nation
- African American and American Indian men are 1.5x higher risk of death
- 56,022 Deaths due to Drug Overdose – 51,194 Deaths due to MVA

9,158,646 Years of Potential Life Lost

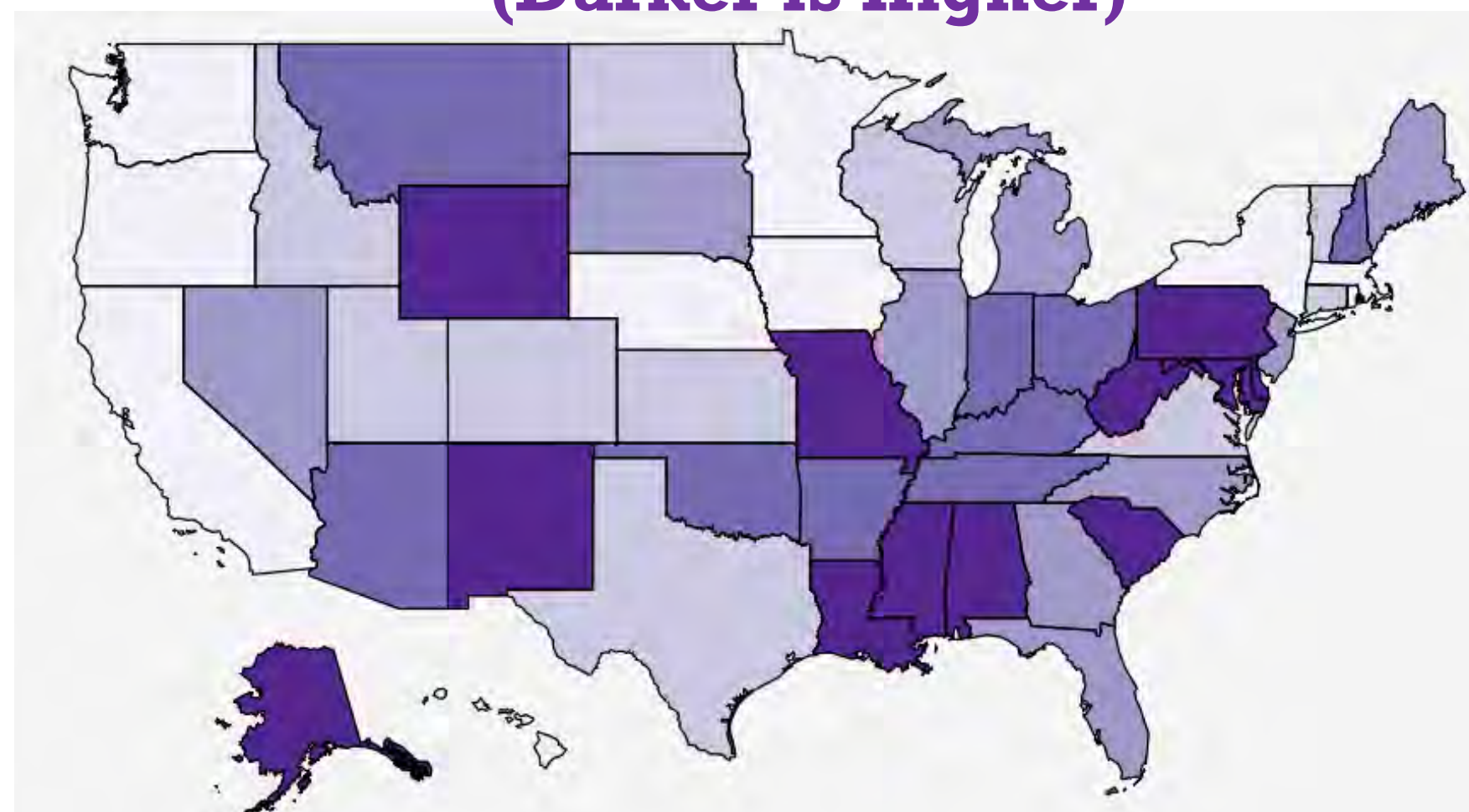


- ⚠ Risk Factors ⚠
- Low Socioeconomic Status
- Poor Behavioral Control
- High Emotional Stress
- Exposure to Violence in Family
- Social Rejection
- Poor Academic Success
- Hx of Violent Victimization
- Parental/Caregiver Substance Abuse/Overdose

2.5x Risk of Death For Males to Females



Crude Rate of Death (Darker is Higher)



Challenges and Barriers

- Potential Challenges to Annual Wellness Visits:
- Less emphasis on prophylactic lifestyle modifications
 - Men are discouraged from annual wellness visits due to cultural norms and tight work schedules
 - Misconceptions about the usefulness of annual visits
- Potential Solutions:
- Work with the patient on scheduling visits that can fit with their jobs
 - Send text/call reminders to schedule/attend yearly wellness visits
 - Educate patients on the importance of wellness visits
 - Emphasize the importance of proactive testing and lifestyle modifications top better overall health

Interprofessional Assessment Tool

	Identify	Assessment	CPT Code	Cost
Medicine/ Physician Assistant	Physical wellness exam	Preventative Primary Care Wellness Exam	99395	\$100.00
	Screen for depression		GO444	\$18.00
	Screen for alcohol and substance abuse	PHQ-9 Depression Screening	GO442	\$17.33
	Screen for alcohol and substance abuse disorder	AUDIT-C Questionnaire Screening		
Nursing	History – medical, family, social	Nursing assessment: head to toe	No billable code	
	Current medications	physical exam		
	Screen for sexual health risk factors	Assess mental status, screen for depression/anxiety	Services incident to MD, PA, NP	
	Mental health screening			
Dentistry	Initial Exam	Comprehensive Oral Exam	D0150	\$47.37
	Dental cleaning	Prophylaxis	D1110	\$48.01
	Dental X-rays	Complete Set of Radiographs	D0210	\$60.17
Physical Therapy	Physical Therapy Exam	Assessment of Bodily Wellness and Func.	97161	\$90.80
	Screen for depression	Behavioral Health Screen (PHQ-9)	96127	\$25.00
Total				\$406.68

IPEC CC8 Sub-Competency

- Involving assessment and care from multiple professions allows the patient to receive high quality care from all aspects
- This team-based approach greatly improves patients' quality of care
- This collaboration is necessary for the patient to receive competent care
- Professional health care provider collaboration is both beneficial to the patient and the provider by reducing costs and increasing patient satisfaction

References

1. <https://www.cdc.gov/injury/wisqars/index.html>
2. <https://www.cdc.gov/violenceprevention/youthviolence/riskprotectivefactors.html>

monthly self-exam

testicular cancer awareness foundation



1 cup one testicle at a time using both hands best performed during or after a warm bath or shower

2 examine by rolling the testicle between thumb and fingers use slight pressure



3 familiarize yourself with the spermatic cord & epididymis tube like structures that connect on the back side of each testicle

4 feel for lumps, change in size or irregularities it is normal for one testis to be slightly larger than the other



testicular cancer

- leading cancer in men 15-35, but can strike at **any** age
- every hour a male is diagnosed
- every day a life is lost
- very curable if detected early

risk factors

- undescended testicles (cryptorchidism)
- family history
- more common in caucasian men

signs & symptoms

- a painless lump, change in size or any irregularity
- pain or discomfort in the scrotum or testicle
- a dull ache or sense of pressure in the lower abdomen, back or groin

advanced signs

- significant weight loss
- back and/or abdominal pain
- chest pain, coughing or difficulty breathing
- headaches
- enlarged lymph nodes in abdomen and/or neck



tcafinfo.org

THE LOWDOWN ON HOW TO PREVENT SEXUALLY TRANSMITTED DISEASES

Every year, there are an estimated **20 MILLION** new STD infections in the United States

Anyone who is sexually active can get an STD.

Some groups are disproportionately affected by STDs



Adolescents and Young Adults Gay, Bisexual, & other Men who have Sex with Men Some Racial and Ethnic Minorities

The Good News

STDs **ARE** preventable. There are steps you can take to keep yourself and your partner(s) healthy.

Here's How You Can Avoid Giving or Getting an STD:

Practice Abstinence

The surest way to avoid STDs is to not have sex.



This means not having vaginal, oral, or anal sex.

Have Fewer Partners

Agree to only have sex with one person who agrees to only have sex with you.



Make sure you both get tested to know for sure that neither of you has an STD. This is one of the most reliable ways to avoid STDs.

Talk With Your Partner

Talk with your sex partner(s) about STDs and staying safe before having sex.

Let's both get tested together!

Why take a chance when we can know for sure?

It might be uncomfortable to start the conversation, but protecting your health is your responsibility.

Use Condoms

Using a condom correctly every time you have sex can help you avoid STDs.

Condoms lessen the risk of infection for all STDs. You still can get certain STDs, like herpes or HPV, from contact with your partner's skin even when using a condom.



Most people claimed they used a condom the first time they ever had sex, but when asked about the last 4 weeks, less than one quarter said they used a condom every time.

Get Vaccinated

The most common STD can be prevented by a vaccine.

The HPV vaccine is safe, effective, and can help you avoid HPV-related health problems like genital warts and some cancers.

Who should get the HPV vaccine?

Routine vaccination for boys & girls ages 11 to 12

Catch-up vaccination for:



Get Tested

Many STDs don't have symptoms, but they can still cause health problems.



Talk with your health care provider

Search for CDC recommended tests

Find a location to get tested for STDs

The only way to know for sure if you have an STD is to get tested.

If You Test Positive...

Getting an STD is not the end!

Many STDs are curable and all are treatable.

If either you or your partner is infected with an STD that can be cured, both of you need to start treatment immediately to avoid getting re-infected.

View Infographic Online at: www.cdc.gov/std/prevention/lowdown/



National helpline for mental and/or substance use disorders

- <https://www.samhsa.gov/find-help/national-helpline>

Support groups for depression

- <https://www.dbsalliance.org/support/chapters-and-support-groups/find-a-support-group/>

STD information/testicular exam

- <https://centerstone.org/teen/sex-and-relationships/std-sti/>
- <https://www.mayoclinic.org/tests-procedures/testicular-exam/about/pac-20385252>

Relaxation techniques

- <https://www.helpguide.org/articles/stress/relaxation-techniques-for-stress-relief.htm>

Maintaining a Healthy Lifestyle

- <https://www.foundationforpn.org/living-well/lifestyle/>

Texting and Driving

- [Texting and Driving Goes Wrong | Driving 101 - YouTube](#)
- <https://www.youtube.com › watch>

Health Care Team Roles

Medicine, Nursing, and Physician Assistants

1. Health Screening and Encouraging Immunizations
2. Checking child's weight and height and calculating body mass index (BMI), and plotting those measurements on growth charts
3. Assess vision and hearing, blood pressure, and eating and sleeping schedule along with bathroom habits

Dental

1. Assess oral health and development as well as screen for oral cancer
2. Encourage regular dental check-ups every 6 months with yearly x-rays
3. Educate family on proper oral hygiene practices: brushing twice a day, using fluoridated toothpaste, and flossing at least once a day.
4. Encourage cavity prevention through education of cavity-causing habits.

All Professions

1. Adequate assessment of child including info from child and all caretaker sources
2. Ensure caretaker's capabilities and child safety
3. Encourage proper safety measures: Use of a booster seat until the child is 4'9" (usually between ages 8-12), wearing a helmet while riding bikes or other wheeled toys and only operating them in daylight, and applying SPF 30 sunscreen 15 min before playing outside with reapplication every 2 hours.

Assessment Tool:

Measurements	<ul style="list-style-type: none"> • Height, weight, calculated BMI • Plotting of growth charts
Vitals	<ul style="list-style-type: none"> • Blood pressure and temperature • Heart and respiratory rate • Oxygen saturation
Eating Habits	<ul style="list-style-type: none"> • Question family and child on normal eating habits • Recommend 3 meals and 1-2 nutritious snacks per day • Question family about food or drinks high in sugar and fat
Bathroom Habits	<ul style="list-style-type: none"> • Question family and child about bed wetting • Ask about last bowel movement
Sleeping	<ul style="list-style-type: none"> • Assess if getting 9-12 hours of sleep/night • Assess behavior problems at home or school as sign as lack of sleep
Growth and Development	<ul style="list-style-type: none"> • Are they showing more independence from family members • Ask about friends from school • Ask who they look up to in life • Monitor for attention span and constructive problem-solving skills
Physical Exam	<ul style="list-style-type: none"> • Assess heart and lung sounds • Check teeth for cavities • Assess gait and gross motor skills by watching child walk • Audiologic and Visual Acuity screening tests • Assess for dental health
Immunizations	<ul style="list-style-type: none"> • Check immunization schedule and administer any shots that are due
Lab Tests	<ul style="list-style-type: none"> • Draw blood and order CBC to check for anemia

Cost and Implementation Strategy

Cost of Medical Treatments: <ul style="list-style-type: none"> • Initial comprehensive Preventive Medical - \$82.67 • Comprehensive Preventive Medical Re-evaluation - \$70.88 • Nurses Assessment - \$19.88 • Bilateral Visual Acuity test - \$2.00 • Pure tone audiologic screening test - \$8.27 • Dental exam - \$27.24 	Implementation: Provide a checklist of this assessment tool to all staff to ensure healthcare team members are all on the same page about what is expected at each well-child visit.
------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Children Age 7-10

Team Members

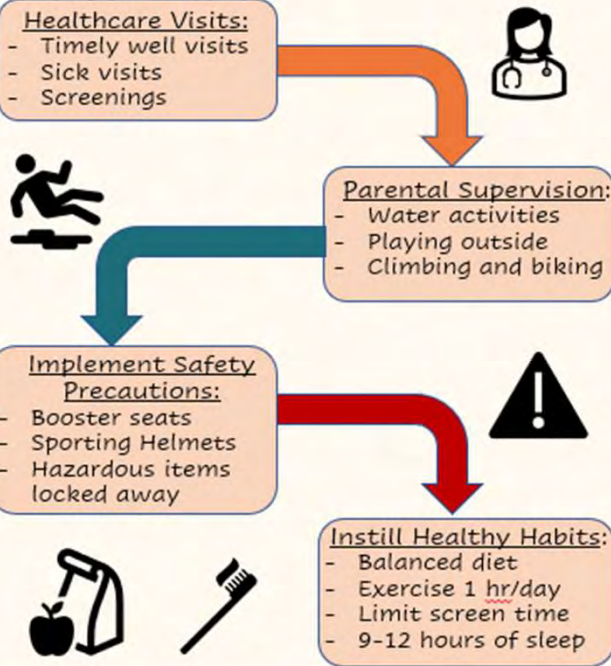
- Erica Bedu-Annan (PA)
- Will Boles (Medicine)
- Ben Bonner (Medicine)
- Libby Carlino (Medicine)
- Taylor Coomes (Medicine)
- Amanda DiVittorio (Dental)
- Dalia El-Desoky (Dental)
- Jamie Eschette (Nursing)
- Nathan Farley (Nursing)
- Camryn Faucheaux (Nursing)
- Tyler Istre (Physical Therapy)

Tips To Keep Your Child Safe and Healthy

Leading Causes of Death 2019

- 1 Accidents - 734
- 2 Cancer - 393
- 3 Congenital Anomalies - 201

Primary Prevention Strategies



Challenge: Pediatric Wellness Visits Fail to Address Chronic Determinants of Health

- The most common adult chronic diseases affect 1 in 3 adults and account for more than three-quarters of US healthcare spending
- The major childhood drivers of adult disease are distinctly nonmedical: poverty, poor educational outcomes, unhealthy social and physical environments, and unhealthy lifestyle choices
- Ideally, well-child care (WCC) would address these drivers and help create healthier adults with more productive lives and lower health care costs, but traditional pediatric preventive services may be largely ineffective in addressing these factors

Solution: Interdisciplinary "One-Stop Shopping" Visit

- In this model of care, the pediatrician's office or clinic remains the major location for WCC, but other professionals participate to provide services that are not in the area of the clinician's expertise
- Instead of a short 15-minute visit with only a pediatrician, WCC visits should include meetings with a social worker, an education specialist, and a nutritionist and health educator.
- Such a change would require fundamental changes in financing to accommodate multiple specialists and services, which poses a serious barrier

Benefits

To the Patient:

- Synchronized and efficient care
- Reduced cost for patient
- Reduced medical error
- Improved ability of early detection

To the Health Professional:

- Clearly defined roles
- More ease in keeping up with patients and their developmental progress

IPEC Reflection: Sub-Competency CC8

Communicate the importance of teamwork in patient-centered care and population health programs and policies (CC8).

A system in which the healthcare team exhibits strong communication and efficient teamwork will always show to be more beneficial to its patient population. Having an assessment tool designed by representatives from multiple healthcare professions ensures that roles are clearly defined among the team and that each patient receives the proper assessments at their well-child visits. This level of collaboration is sure to reduce costs due to error or unnecessary repetition, as well.

References:

- <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/middle.html>
- <https://kidshealth.org/en/parents/checkup-7yrs.html>
- <https://aadworld.org/parents/children-6-10-years-of-age/>
- WISQARS Data Visualization (cdc.gov)
- Corker TR, Thomas T, Chung PJ. 2013. "Does Well-Child Care Have a Future in Pediatrics?" *Pediatrics*, 131 supp 2. doi.org/10.1542/peds.2013-0252f

Health Box

Education List:

- ▶ Children should participate in at least 60 minutes of physical activity daily.
 - ▶ Riding bikes, playing sports and a playground are some examples of outdoor physical activity children should be encouraged to participate in.
- ▶ Education regarding healthy sleep habits including:
 - ▶ 9-12 hours of sleep each night
 - ▶ Setting sleeping schedules (going to bed and waking up at the same times daily)
 - ▶ Promotes optimal rest for children
- ▶ Promote healthy food and beverage habits:
 - ▶ Adequate water intake – encourage 6-8 oz of water intake daily
 - ▶ Limit the intake of sugary drinks/fruit juice to no more than 8oz daily
 - ▶ 3-5 servings of vegetables each day
 - ▶ 2-4 servings of fruit
 - ▶ 6-11 servings of bread, cereal, or pasta
 - ▶ 2-3 servings of protein sources such as lean meat, poultry or fish and may also include beans, peanut butter or eggs.
 - ▶ 2-3 servings a day of dairy sources
 - ▶ Limit the child to a moderate amount of sugar intake a day
- ▶ Limit time spent playing video games to 1-2 hours daily
 - ▶ Also limit screen time each day

Items to be included:

- ▶ Helmet
- ▶ Sports Activities (baseball, jump rope, etc.)
- ▶ Alarm clock
- ▶ Sunscreen
- ▶ Lunch Box
- ▶ Toothbrush, toothpaste, and floss pack
- ▶ Water bottle
- ▶ Timer
- ▶ Reference List for healthy food and beverage options ([Childhood Nutrition Facts | Healthy Schools | CDC](#))
- ▶ Education List





Health Considerations for Men in Louisiana Ages 50-59

Group 18

Team Members

DDS-- Phoebe Fortenberry & Marco Gargano
MD-- Anna Deval, Mallory Crawford
MD/MPH-- Hannah Doran
MD/PHD-- Jake Dorion
RN-- Shelby Funck, Kate Ferguson, John Follette
PA-- Hunter Bergeron
DPT-- Katie Kampen

Top Health Considerations

1. Cardiovascular Disease
2. Cancer (prostate, lung, colorectal)
3. Cerebrovascular Disease
4. Enlarged prostate from BPH
5. Diabetes

Primary Prevention Strategies

One of the most important primary prevention strategies for men of this age in Louisiana is having a good diet and being moderately active. Diet and exercise can help prevent many common health conditions including cardiovascular disease, cerebrovascular disease, and diabetes. Another very important consideration for men in this age group are vaccinations, including a yearly flu vaccine, a Tdap vaccine every 10 years, a zoster vaccine and a pneumococcal vaccine. Lastly, education plays a large role in the primary prevention for all ages and genders.

**GET CHECKED.
STAY HEALTHY.**

KNOW WHEN TO START
AND HOW OFTEN MEN
SHOULD SEE THEIR DOC.

STARTING AT:

20
YEARS OLD

EVERY YEAR: DENTIST
SEXUALLY TRANSMITTED INFECTION
EVERY 2 YEARS: PHYSICAL
EYES
BLOOD PRESSURE

34
YEARS OLD

EVERY 3 YEARS: EKG
EVERY 5 YEARS: CHOLESTEROL

50
YEARS OLD

EVERY YEAR: PROSTATE
EVERY 3 YEARS: DIABETES
COLORECTAL
HEARING
EVERY 10 YEARS: COLONOSCOPY

Interprofessional Assessment Tools

Program	Health Assessment	CPT Code	Fee Schedule
Dental	Intraoral/Extraoral Examinations Oral Cancer Screening Comprehensive Perio Evaluation	Services incident to DDS(D0150), D0210	N/A
Medical	Colorectal Cancer Screening, STI screening, Nutritional Counsel	45379, N/A, S9470	\$329.84
Nursing	Vitals, CBC, HTN screening, Vaccinations (Flu, Shingles, Covid, Tdap, HPV)	Services incident to PA, MD, NP	N/A
Physical Therapy	Range of motion and strength testing	97161: Physical Therapy Eval - Low Complexity	\$66.79
Physician Assistant	Cholesterol Screening, Type-2 DM Screening, Smoking Cessation	N/A, 95250, 99406	\$92.08

Recommendation for Additions to Health Team

Dietician - to ensure patient is eating a healthy diet low in sodium, saturated fats, sugar, and cholesterol
Clinical Psychiatrist - to screen for anxiety, depression, and other mental health conditions
Social Worker - to ensure coordinated care between different medical professionals
Pharmacist - to prevent polypharmacy and ensure proper medication administration

Benefits of Interprofessional Annual Wellness Visit

Patient/client/community:

- Provides a baseline of general health status to compare future visits to
- Early detection of possible diseases which may lead to more effective treatment
- Detection of possible risk factors for disease and receive counselling/advice on how to lessen your risk
- Prevention of possible illnesses with appropriate vaccination
- Collaborate with health professionals to develop a health plan for the future including goals
- Ability to see different healthcare providers that you may not see as often as physicians
- Opportunity to learn about and schedule recommended screening
- Reduction in disease burden and cost of care when preclinical or early-stage condition is detected.

Health professionals:

- Opportunity to create a strong relationship with patients by seeing them annually
- Early detection of possible diseases could lead to more efficacious treatment and less time and money spent in the future
- Opportunity to conduct risk assessment and recommend and educate patient about appropriate, up-to-date screening
- Ability to promote and counsel patients on preventative lifestyle changes
- Overall enhance the health of patients by collaborating with different healthcare professions who may offer different perspectives
- Reduce use of tertiary/acute care and associated risks thereof by preventing disease and detecting and treating less progressed disease

Challenges to Implementation of Interprofessional Wellness Visit

Men (50-64) are less likely to partake in preventative care compared to women. They are also less likely to adhere to annual flu shots, dental check ups, and routine lipid screenings. These disparities are possibly due to the perceptions of masculinity and other psychogenic factors.

There are also glaring health disparities in all causes of mortality, general screenings, and eligibility for cancer screenings especially in the African American population.

CC8 Team Reflection

It is critical for interprofessional teams to work together to promote health, and communication between these interprofessional teams must center around the patient, informed to their individual needs and goals. In the population of men 50-59, there are many important assessments to help ensure successful outcomes for this patient population. For example, blood pressure screenings, colonoscopy screenings, immunizations, mental health screenings and monitoring access to care and lifestyle choices. These are only a few interventions that are done to provide adequate healthcare; however, they are vital actions to ensuring this population stays healthy.

Solutions

Establishing a trustworthy relationship with patients as well as a patient-centered approach to care can help combat the neglected preventative care for men. Patient education is a powerful tool to help middle-aged men understand the age-related risks of disease.

A greater representation of African American men and women in healthcare, as well as promoting discussion around implicit biases among healthcare professionals, are some ways to begin breaking the health barrier for the Black population.

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https://www.prevention.va.gov/Healthy_Living/Get_Recommended_Screening_Tests_and_Immunizations_for_Men.asp
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Zhou, X., & Zhang, P. (2020). Cost-Effectiveness of Diabetes Prevention Interventions Targeting High-Risk Individuals and Whole Populations: A Systematic Review. *Diabetes Care*, 43(12), e206-e207. <https://doi.org/10.2337/dci20-0063>

Health Box

● Water Bottle

- Being hydrated is an important part of maintaining a healthy diet and exercise routine
- A good, reusable water bottle can be purchased at a variety of stores, but here is a link to an online one we like:

<https://www.simplemodern.com/products/summit-water-bottle-with-straw-lid-chug-lid-and-flip-lid-22oz?variant=36490286563400>

● Cook Book

- Creating sustainable habits are important to ensure long term success. We would compile our own recipes that we think Louisiana residents would love that have a healthy twist, similar to this book:

<https://www.amazon.com/Holly-Cleggs-Terrific-Coast-Favorites/dp/0981564003?tag=wwwhollyclegg-20>

● Gym Membership Trial

- Having a form of exercise you like and enjoy is an important part of maintaining health habits. A trial at a local gym with classes would give men the ability to explore and see what they like to do.
- <http://neworleansathleticclub.com/>

● Vaccine Education Pamphlet

- <https://www.immunize.org/catg.d/p4033.pdf>



ADULT IMMUNIZATION: Importance of Staying Up to Date with Vaccines

And here are several reasons why...

► **Vaccines aren't just for kids.**

Vaccines are recommended throughout people's lives.

► **Adults are at risk.**

Most illnesses, hospitalizations, disability, and deaths from vaccine-preventable diseases occur among adults.

► **Many adults aren't up to date with their vaccinations.**

Most adults are not aware of the many vaccines recommended for them. In fact, only about 1 in 5 adults is actually up to date, leaving many adults vulnerable.

► **Adults need more than an annual influenza vaccination.**

Although most adults know they are recommended to receive influenza vaccine each year, they may not be aware of other vaccines that might be recommended for them to prevent tetanus, diphtheria, pertussis (whooping cough), pneumococcal disease, shingles, hepatitis A and B, meningococcal disease, measles, mumps, rubella, and human papillomavirus.

► **Vaccines help adults stay healthy and able to meet their many obligations.**

Adults need to stay healthy so that they can work, take care of their families and themselves, and fulfill other commitments in their lives.

► **Vaccines protect loved ones.**

Vaccines can help prevent adults from spreading a severe illness to a loved one. For example, getting vaccinated against pertussis can help protect new babies in the family from this serious disease. And, influenza vaccination reduces the risk of spreading illness to family members like infants and elderly people who may be more vulnerable to severe complications associated with influenza.

► **Vaccines protect pregnant women and their babies.**

Pregnant women who get Tdap and influenza vaccine during pregnancy protect themselves and their babies from influenza and pertussis (whooping cough), influenza-related preterm labor in moms, and hospitalizations for their babies.

► **Vaccines prevent serious health-related complications from vaccine-preventable illnesses.**

Vaccines can also prevent complications of infections that sometimes occur with a vaccine-preventable disease, such as damage to the eye from shingles or heart attacks brought on by influenza illness.

► **Vaccines reduce risks related to other health conditions.**

Adults need vaccinations based on their age and health conditions. Some health conditions, including diabetes, heart disease, and lung disease, increase a person's risk of severe illness from vaccine-preventable infections.

► **Vaccines help ensure adults stay healthy during travel.**

Getting sick while traveling can ruin plans and be costly. Adults should discuss any upcoming travel plans with their providers to make sure they are appropriately vaccinated prior to departure.

For more information on vaccines for adults, talk to your healthcare provider and pharmacist. Additional information is available at Immunization Action Coalition at www.vaccineinformation.org/adults and the Centers for Disease Control and Prevention at www.cdc.gov/vaccines/adults/index.html



Saint Paul, Minnesota • 651-647-9009 • www.immunize.org • www.vaccineinformation.org

www.immunize.org/catg.d/p4033.pdf • Item #P4033 (4/20)



Males 30-39

Background & Risk Factors:

- Males aged 30-39 should visit health care providers regularly in order to:
 - Screen for medical issues
 - Encourage a healthy lifestyle
- Risk Factors include:
 - Smoking/Alcohol intake
 - Sexually transmitted infections
 - Diet/exercise habits
 - Symptoms of depression
- Screenings should include:
 - Family History
 - Physical Exams
 - Prostate Exam
 - Blood Pressure
 - Body Mass Index
 - Lipid screening (all men above 35)
 - Mental Health Assessment
 - STI's
 - Periodic Dental Exams
 - Oral Cancer Screening

Interprofessional Annual Wellness Visit Tool:

Profession	Assessment	Code	Cost
Medicine	<ul style="list-style-type: none"> • Comprehensive primary prevention – includes appropriate screenings • Preventative medicine counseling • Smoking/tobacco use cessation counseling • Pfizer-biontech COVID 19 vaccine 	<ul style="list-style-type: none"> • 99395 • 99401 • 99406 • 91300 	<ul style="list-style-type: none"> • \$66.65 • \$19.72 • \$11.22 • \$0.00
Dental	<ul style="list-style-type: none"> • Comprehensive Oral Evaluation • Diagnostic Radiographs • Oral Hygiene Instruction • Scaling & root planing (per quadrant) 	<ul style="list-style-type: none"> • D0150 • D0210, D0330 • D1330 • D4341 	<ul style="list-style-type: none"> • \$47.37 • \$60.17, \$57.05 • \$0 • \$117.34
Nursing	<ul style="list-style-type: none"> • IM vaccination • Pfizer Covid vaccine • Oxygen and supplies • Basic life support 	<ul style="list-style-type: none"> • 90471, 90472 • 91300 • A0422 • A0429 	<ul style="list-style-type: none"> • \$14.70 • \$37.08 • \$55.16 • \$167.24
Physician Assistant			

Benefits:

- For the patient/ Client/ community :
 - Patients will be aware of any changes in their health
 - If there is a way to prevent a condition from developing in the future, the patient can make these changes early.
- For the health professionals
 - Professionals are able to monitor their patients over time and hopefully prevent some conditions that can be avoided.

Challenges:

- Some people in this age group do not want to receive regular check ups
- Financial issues may prevent patient from coming in for routine screenings
- Lack of knowledge about the need for annual screenings may decrease compliance

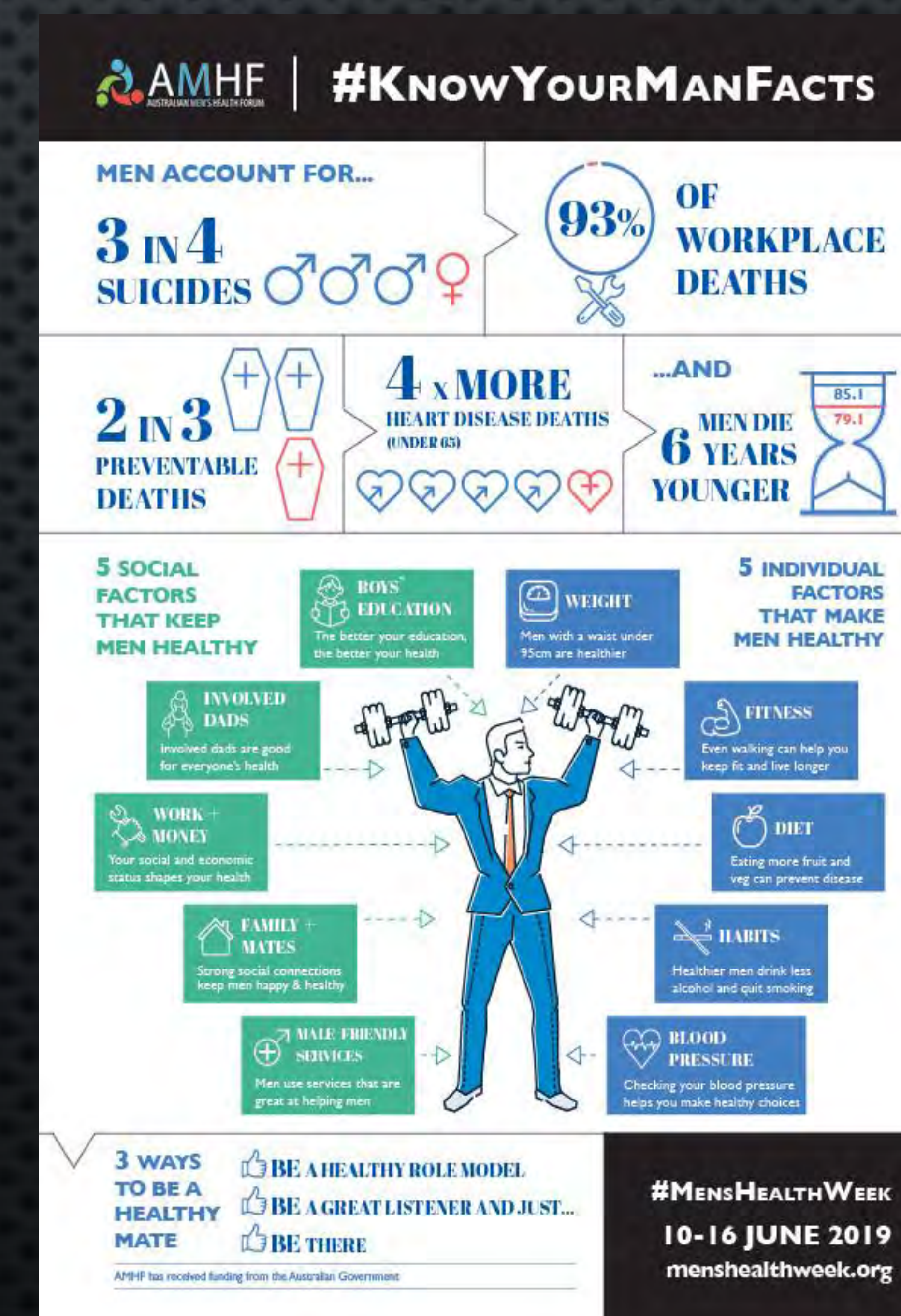
Top 10 causes of death in men according to the CDC in 2003:

- Heart Disease
- Cancer
- Unintentional Injuries
- Stroke
- COPD
- Diabetes
- Influenza/ Pneumonia
- Suicide
- Kidney Disease
- Alzheimer's Disease

IPEC Reflection Sub-Competency CC8:

Teamwork is very important in patient-centered care and population health programs and policies, especially regarding those patients falling into the Male 30-39 category. Patients within this demographic are less likely to seek medical guidance unless they perceive an imminent health risk. In order to ensure that these patients are regularly checking on their health status, we need to make a collaborative effort in approaching our patients' health from many different angles.

Medical doctors, nurses, and physician assistants can use annual check-ups as an opportunity to counsel patients on healthy dieting, exercise, and stress-coping habits. Physical therapists can use patient visits as an opportunity to promote safer and more efficient approaches to their physical activity. Dentists can use annual dental checkups to counsel their patients on healthier eating habits and teeth maintenance. All healthcare providers of a single patient can then share records of their visits to stay up to date on the patient's needs and wants. The use of teamwork across different healthcare professions is the key to providing patient-centered healthcare.



Team Members:

Bailey Abadie-Nursing
 Daniel Boudreaux-Physician Assistant
 Elia El Hajj-Medicine
 Mima Fondong-Medicine
 Michael Gallagher-Nursing
 Desiree Galliano-Nursing
 Twila Gaston-Medicine
 Dylan Goings-Medicine
 Alaina Granier- Dentistry
 Cecilia Hazard- Dentistry
 Jackson Ladner-Physical Therapy


HEALTH BOX

- PHYSICAL HEALTH RECOMMENDATIONS
 - EXERCISE LIMIT RECOMMENDATIONS
 - WAYS TO BE ACTIVE
 - DIETARY RECOMMENDATIONS
 - STRATEGIES FOR MANAGING DIABETES
- UNINTENTIONAL DEATH PREVENTION
 - WAYS TO PROTECT YOURSELF IN MOTOR VEHICLE ACCIDENTS
- VACCINATION FACTS
 - INFLUENZA, PNEUMOCOCCAL, COVID
- MENTAL HEALTH AWARENESS
 - COPING MECHANISMS
 - BUILDING POSITIVE ENVIRONMENTS
 - SUICIDE PREVENTION




Health Box

How much physical activity should you do?




150 minutes of moderate intensity activity each week, in bouts of 10 minutes or more


At least 2 days per week do muscle strengthening exercises that target all muscle groups, such as:



exercising with weights




yoga



body weight exercises, like sit-ups

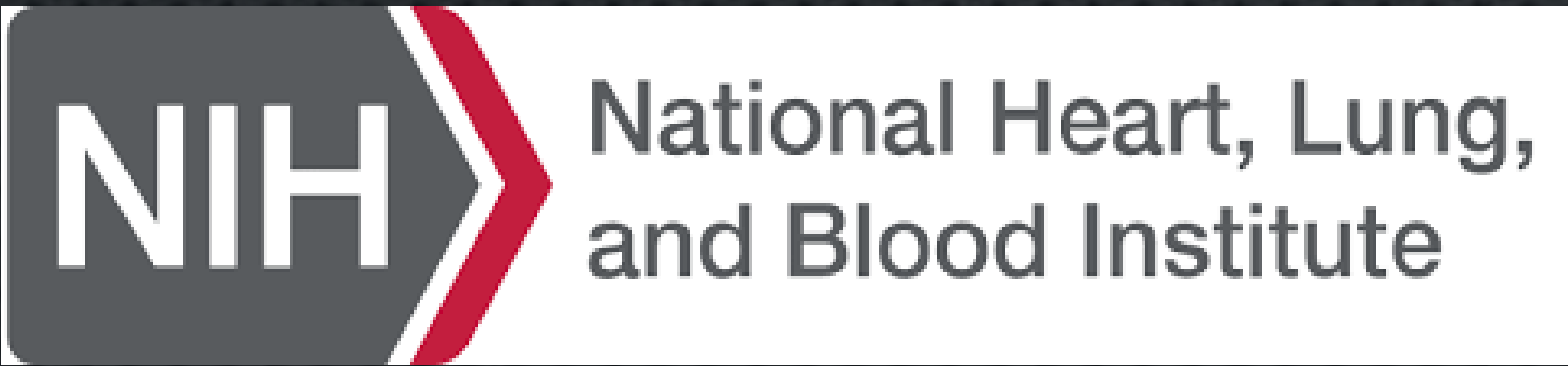
Recommendations can also be achieved by **20-60 minutes** of vigorous activity **3 days a week**



Efforts should be made to reduce time spent in sedentary behavior each day

"If exercise could be purchased in a pill, it would be the single most widely prescribed and beneficial medicine in the nation."

— ROBERT H. BUTLER





Strengthen economic supports

- Strengthen household financial security
- Housing stabilization policies



Strengthen access and delivery of suicide care

- Coverage of mental health conditions in health insurance policies
- Reduce provider shortages in underserved areas
- Safer suicide care through system change



Create protective environments

- Reduce access to lethal means among persons at risk of suicide
- Organizational policies and culture
- Community-based policies to reduce excessive alcohol use



Promote connectedness

- Peer norm programs
- Community engagement activities



Teach coping and problem-solving skills

- Social-emotional learning programs
- Parenting skill and family relationship programs

strategy-approach



Identify and support people at risk

- Gatekeeper training
- Crisis intervention
- Treatment for people at risk of suicide
- Treatment to prevent re-attempts



Lessen harms and prevent future risk

- Postvention
- Safe reporting and messaging about suicide

How can older driver deaths and injuries be prevented?

In general, older adults engage in safer driving behaviors than other age groups, including more often wearing seat belts, driving when conditions are safest, and not drinking and driving.

Taking these key steps can help adults of all ages, including older adults, stay safe on the road:

Always wear a seat belt as a driver or passenger

Seat belt use is one of the most effective ways to save lives and reduce injuries in crashes.⁶

Drive when conditions are safest

Conditions such as poor weather⁷ and driving at night⁸ increase the likelihood of crash injuries and deaths.

Don't drink and drive

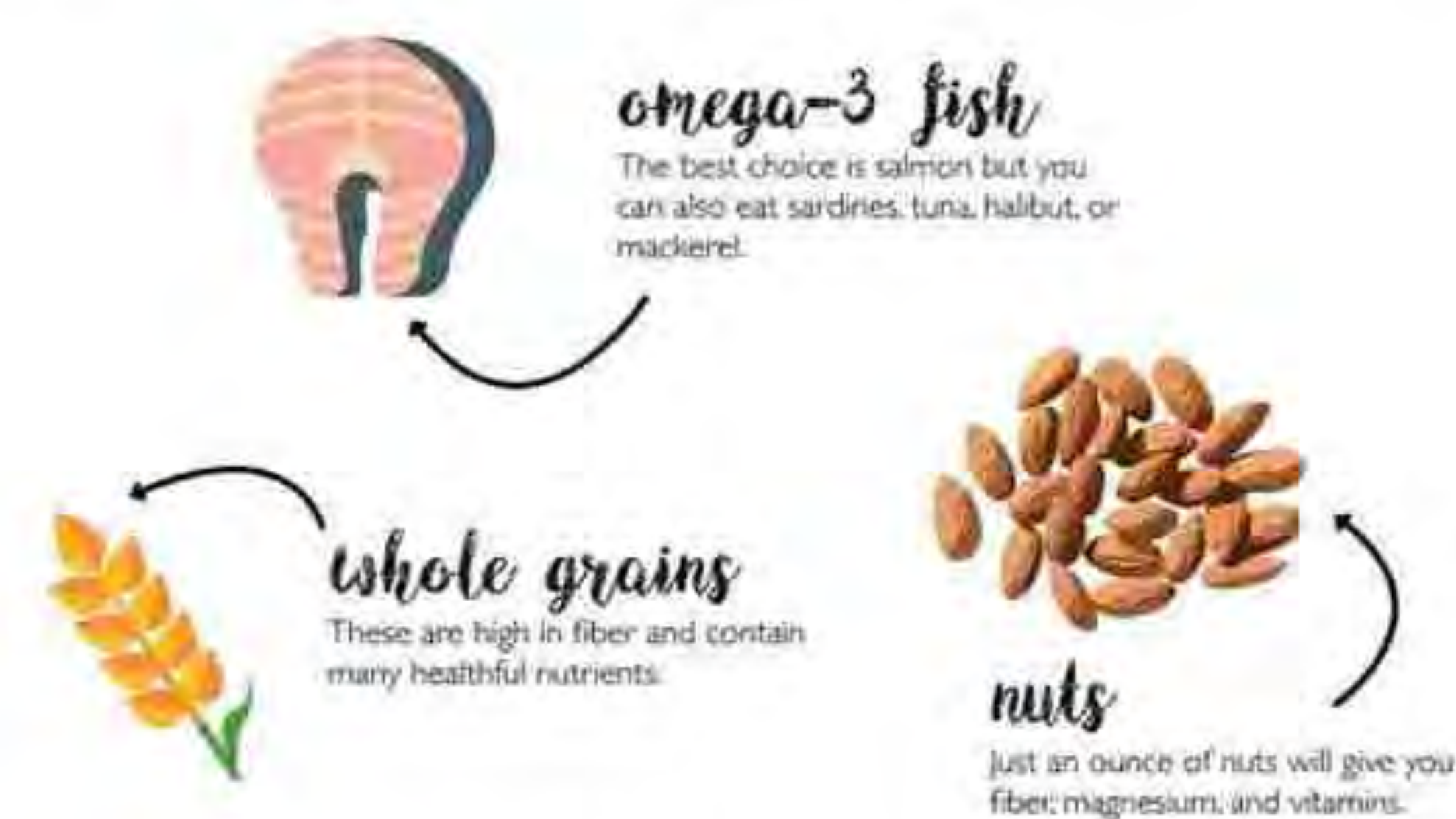
Alcohol impairment increases the risk of being in a crash due to factors such as reduced coordination and impaired judgment.



DIABETES superfoods

These diabetic "superfoods" are especially high in nutritive value and have other benefits besides just their nutrients. Most have a low glycemic index so they won't raise your blood sugar as much.

Superfoods contain those nutrients that are usually missing in a typical Westernized diet, such as vitamin A, vitamin C, vitamin E, magnesium, fiber, potassium, and calcium.



LET'S GET MOVING DIABETES AND EXERCISE

Page 1

Being active is good for almost everyone – including people with diabetes.

Active people often:

- have more energy
- have better blood sugar control
- have less stress
- look and feel better

The First Step:

Always talk to your doctor before you start to exercise. Pick 1 or more ways to be active that you like. You can be active inside, outside, or both!



Some Inside Exercises



Stretching
Floor or leg exercises

Some Outside Exercises



Fast walking
Gardening



Dancing
Light jogging in place



Bike riding
Team sports

Flu Myths vs. Flu Facts

UMN expert Mark Schleiss weighs in on some of the most common myths surrounding the annual flu vaccine

Myth: Vaccines are not proven to prevent the flu



Fact: You are at least 60% less likely to become infected with the influenza virus

Myth: The flu vaccine can give me the flu



Fact: Flu viruses used in flu shots are inactivated, so they cannot cause infection

Myth: I should wait to get vaccinated so I'm covered until the end of the season



Fact: Get the flu vaccine as soon as possible. It takes 2 weeks for antibodies to develop

Myth: The flu nasal spray is just as effective as the flu shot



Fact: The nasal spray is NOT effective. You should get the flu shot to be properly vaccinated

Myth: The flu shot will protect me from every type of flu virus



Fact: The flu shot is designed yearly to protect against the highest risk/actively circulating strains of influenza

Pneumonia is a respiratory infection that affects the lungs.



1.4 Million children die every year from pneumonia.

Pneumonia causes



of all deaths among children under 5 years old.

Providing pneumococcal vaccines

in 40 low-income countries will prevent up to

7 million deaths by 2030

Will a COVID-19 vaccination protect me from getting sick with COVID-19?

Yes. COVID-19 vaccination works by teaching your immune system how to recognize and fight the virus that causes COVID-19, and this protects you from getting sick with COVID-19.

Being protected from getting sick is important because even though many people with COVID-19 have only a mild illness, others may get a [severe illness](#), have [long-term health effects](#), or even die. There is no way to know how COVID-19 will affect you, even if you don't have an [increased risk of developing severe complications](#). Learn more about [how COVID-19 vaccines work](#).



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- [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/VACCINES/KEYTHINGSTOKNOW.HTML](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/keythingstoknow.html)
- [HTTPS://WWW.CDC.GOV/TRANSPORTATIONSAFETY/OLDER ADULT DRIVERS/INDEX.HTML](https://www.cdc.gov/transportationsafety/older_adult_drivers/index.html)
- [HTTPS://WWW.CDC.GOV/LEARNMOREFEELBETTER/PROGRAMS/DIABETES.HTM](https://www.cdc.gov/learnmorefeelbetter/programs/diabetes.htm)
- [HTTPS://WWW.CDC.GOV/VACCINES/SCHEDULES/HCP/IMZ/ADULT.HTML](https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html)
- [HTTPS://WONDER.CDC.GOV/WONDER/PREVGUID/P0000109/P0000109.ASP#TABLE_9](https://wonder.cdc.gov/wonder/prevguid/p0000109/p0000109.asp#table_9)
- [HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC6560804/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6560804/)

By: Adriane Allridge(SON), Alexandra Durel(DENT), Rachel Gill (SON), Amelia-Ann Gillio(SON), Isabella Hermantin (M/PH), Sarah Kelleher (SOM), Raelynn Lambert (PT), Keionne Green (SOM), and Emily Virgets(SON)

Background Information

Some leading causes of death in women between the ages of 60 and 69 include **diabetes, heart disease and stroke**(1). In 2018, a study was completed and indicated that these diseases increased in prevalence as women aged(1). Furthermore, it was concluded that having being diagnosed with diabetes increased the risk of women to develop heart disease or encounter a stroke. The presence of these disease may increase the likelihood of having additional health complications and early mortality. Therefore, it is important that individuals attempt to manage risk factors that lead to these conditions in order to have a longer and healthier life. According to the 2018 study, some of these risk factors that can be controlled include obesity, inactivity, hypertension, and smoking (1). In addition to controlling these risk factors, women between the ages of 60 and 69 should undergo routine screening in order to prevent, manage, orr treat these comorbidities early.

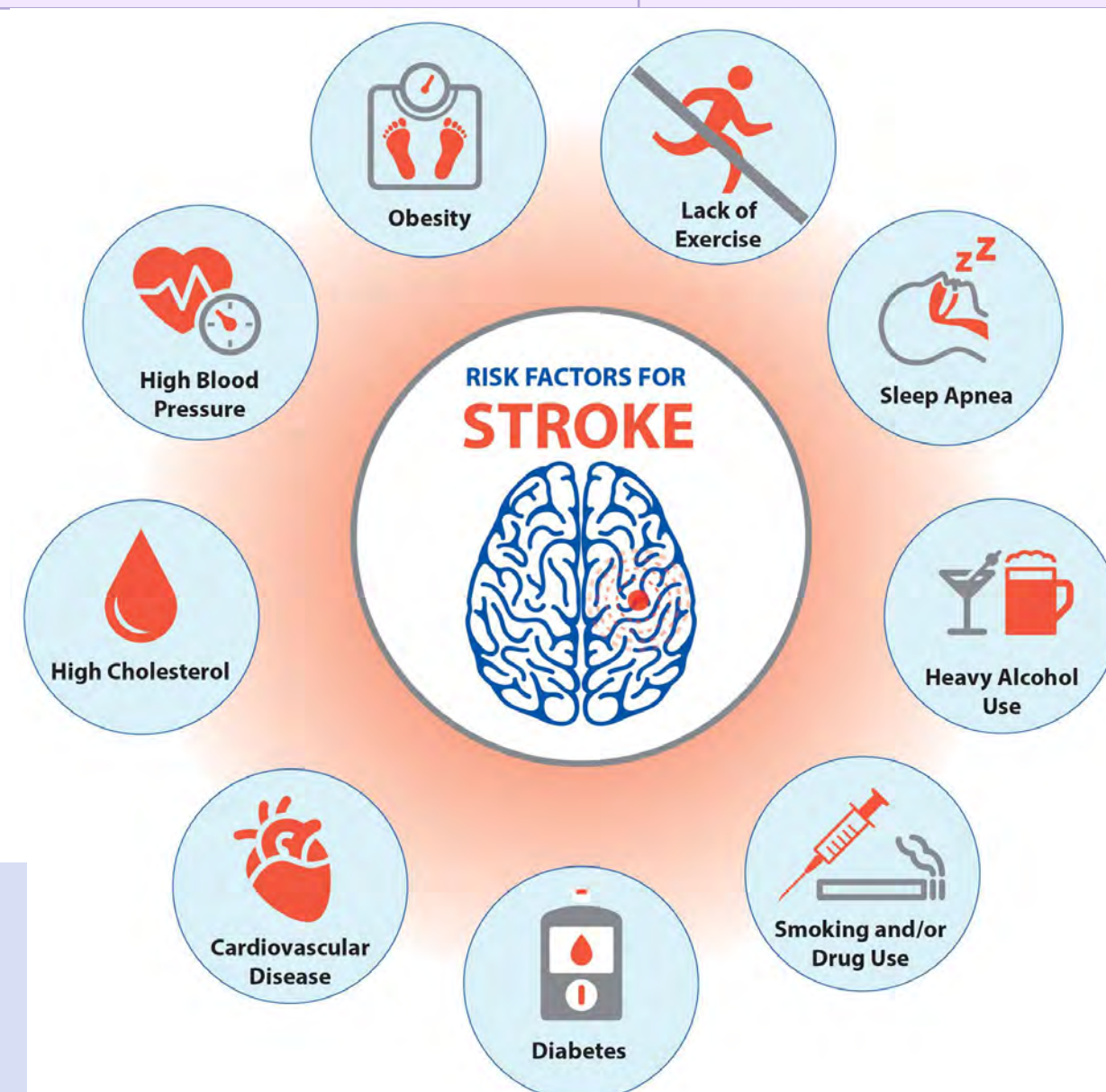
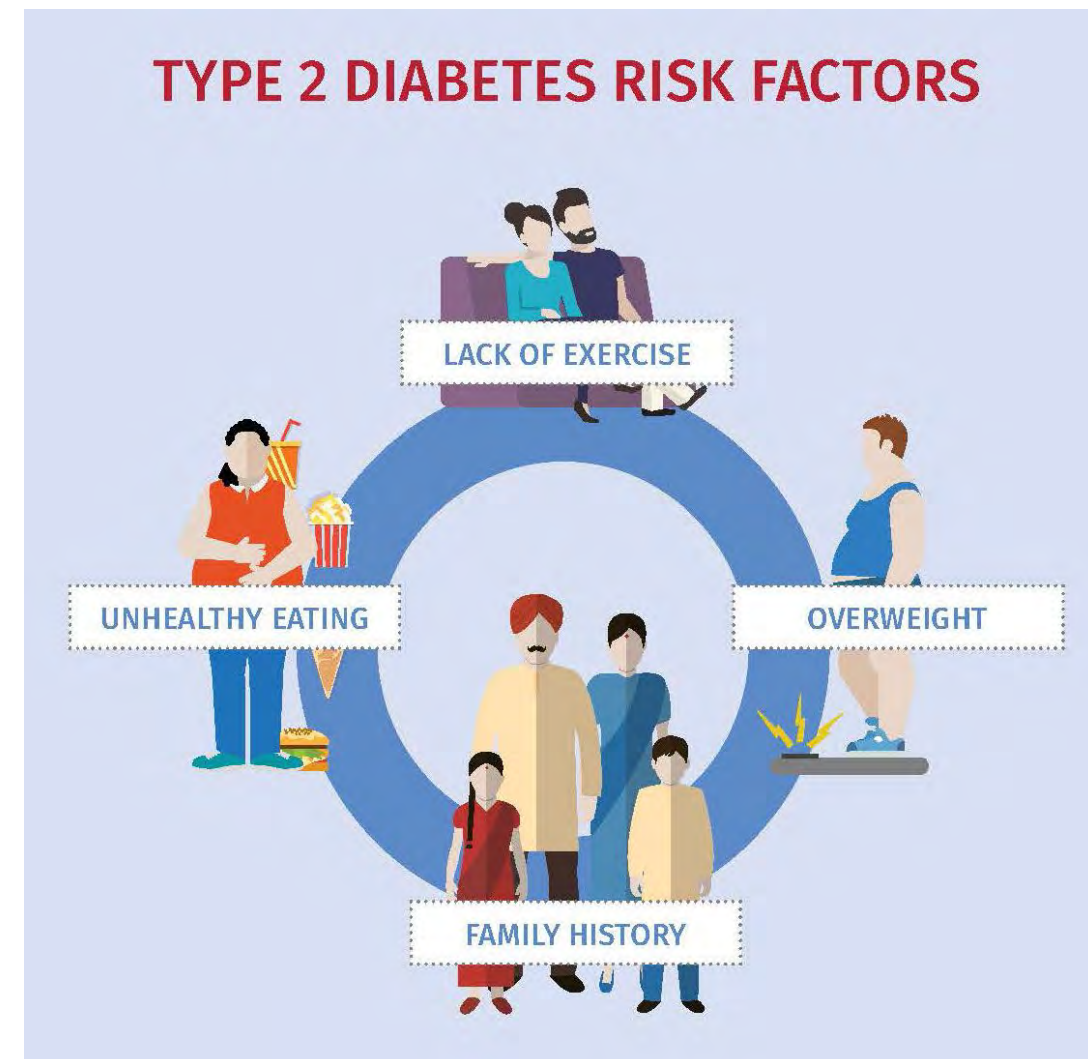
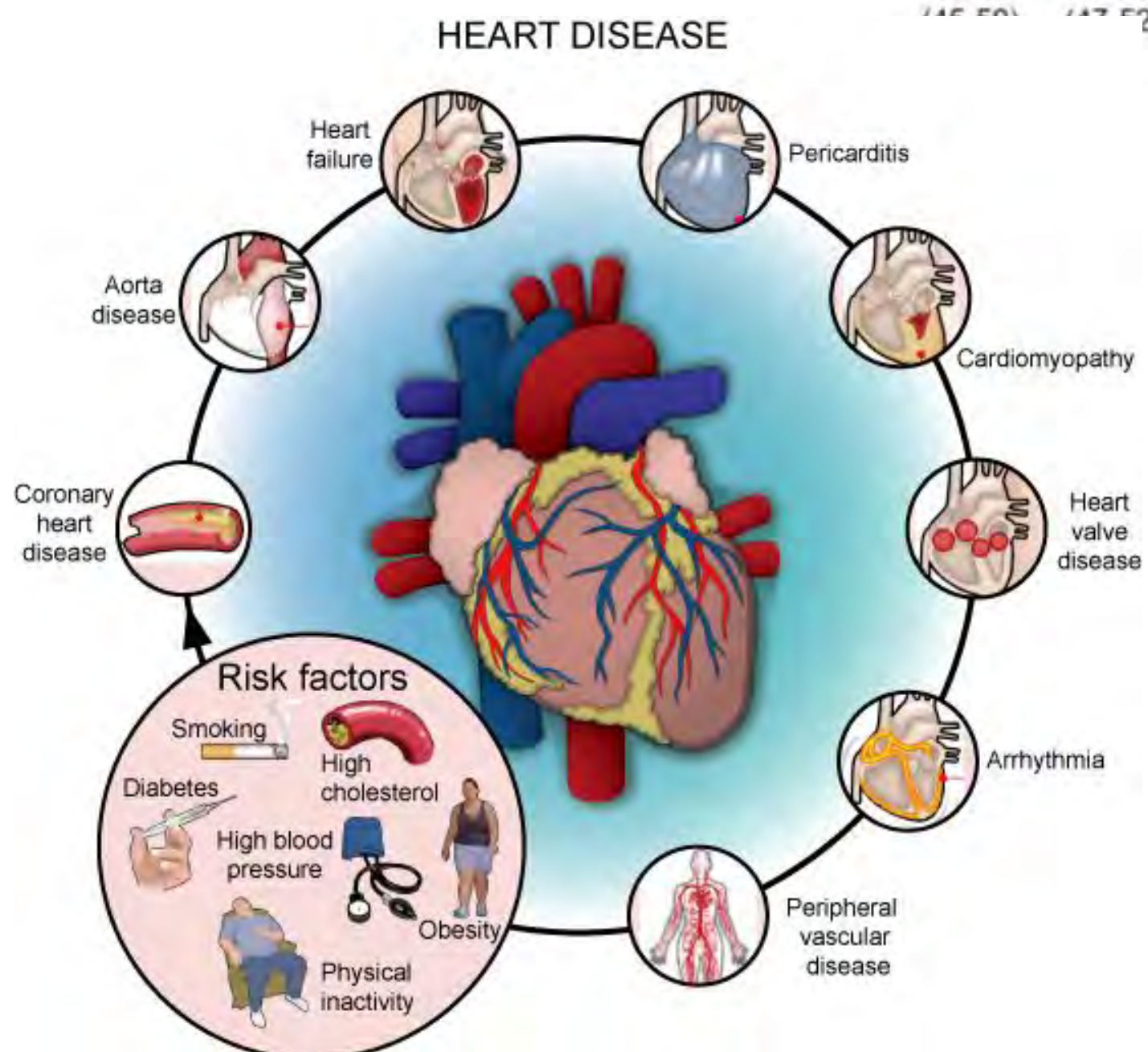
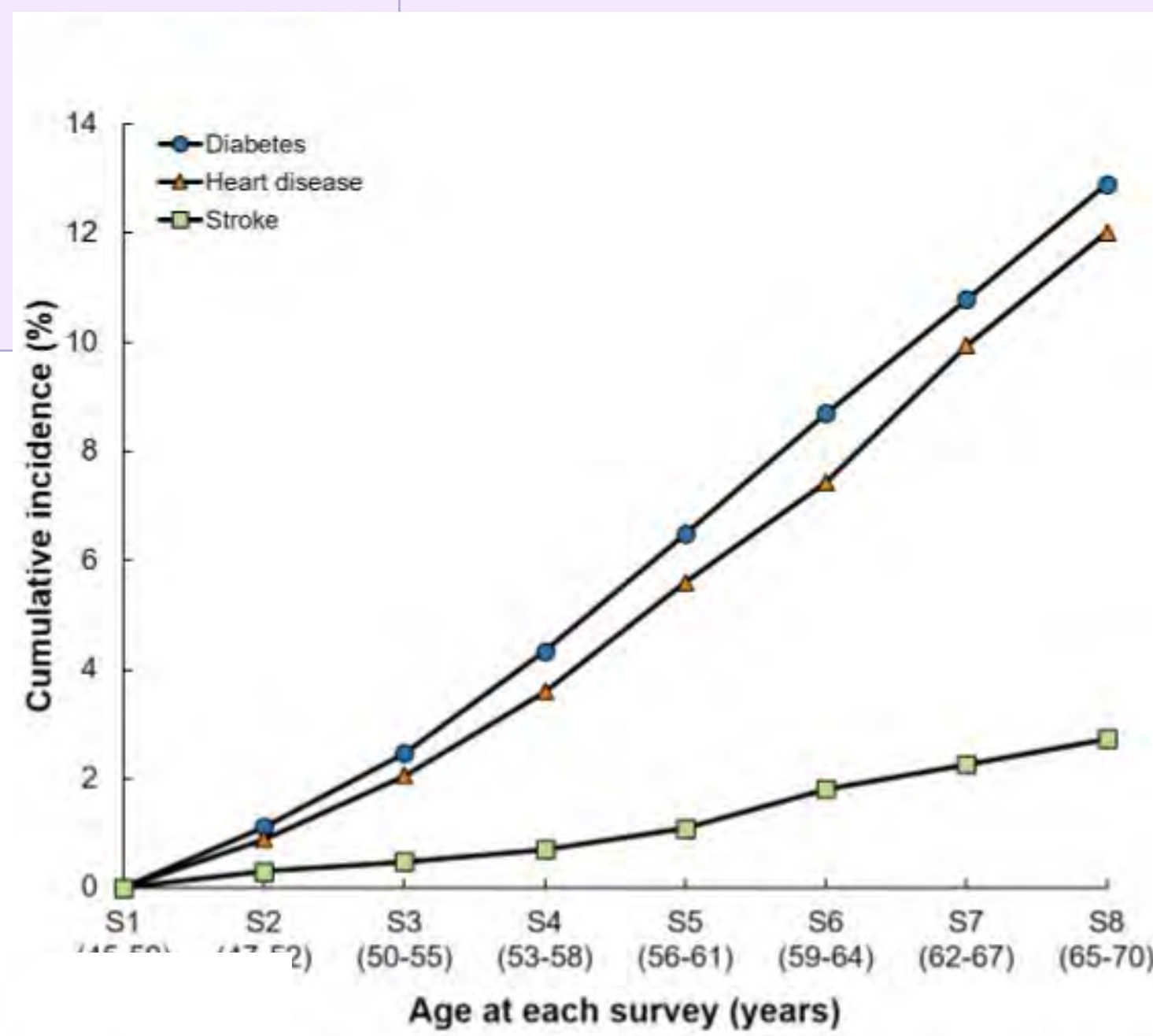
Diabetes is a chronic disease that is characterized by the malaproduction or dysfunction of insulin, which impairs the way the body stores energy and causes an increase in blood sugar(2). In addition to leading to the cause of heart disease, diabetes can also result in vision loss and kidney disease (2). Diabetes can be prevented by engaging in physical activity, controlling body weight, and eating a healthy diet(2).

The Center for Disease Control and Prevention outlines some actions that can be taken in order for patients to reduce their risk for heart disease, such as monitoring blood pressure, monitoring blood cholesterol and triglycerides, quit smoking, and decreasing alcohol intake, manage stress appropriately, consume a healthy diet, and controlling diabetes (3). Early detection of heart disease is important in order to prevent the occurrence of heart attacks and coronary artery disease(3).

When strokes occur, either due to a lack of blood flow to the brain or a blood vessel bursting, individuals can begin to have problems with activity, memory, emotions, speaking, and other body functions that are needed on a daily basis (4). Risk factors for strokes include high blood pressure and cholesterol, diabetes, and heart disease, but strokes can be prevented with medical management, pharmacological adherence, and a healthy lifestyle.

Annual Wellness Visit

Profession	Exam	Education	Code/Cost	Strategy
Nursing	<ul style="list-style-type: none"> Medical history including family health history Obtain vital signs to assess for illnesses including diabetes and heart disease 	<ul style="list-style-type: none"> Provide medication teaching and reconciliation Teach risk factors associated with diabetes, stroke, and heart disease 	<ul style="list-style-type: none"> Services incident to MA, PA, NP 	<ul style="list-style-type: none"> Evaluate teaching effectiveness using teachback technique Compare vital signs to patient's base vitals and standard range
Physical Therapy	<ul style="list-style-type: none"> Initial Evaluation Vital Signs 6 Minute Walk Test (Aerobic Endurance) 	<ul style="list-style-type: none"> Increase physical activity Decrease Obesity Decrease risk factors for chronic disease Improve cardiovascular health 	<ul style="list-style-type: none"> Code: 97161 Initial Evaluation: \$66.79 	<ul style="list-style-type: none"> Compare patient results to standardized norms Obtain estimated max heart rate Prescribe an exercise program
Medicine	<ul style="list-style-type: none"> Complete physical examination + mental status, mental health and joint assessments 	<ul style="list-style-type: none"> Recommend dietary and lifestyle modifications Adjust medication regimen 	<ul style="list-style-type: none"> Code: 99387 or 99386 Initial Comp Preventive Med 65+ (\$98.57) or 40-64 yrs (\$89.97) 	<ul style="list-style-type: none"> regular basic lab and vital signs assessment Continued follow-up and communication
Dentistry	<ul style="list-style-type: none"> Complete intraoral and extraoral examination Radiographic assessment of bone levels 	<ul style="list-style-type: none"> Explain that systemic diseases can worsen periodontal disease 	<ul style="list-style-type: none"> D0120: Periodic oral evaluation (\$27.24) D0272: Bitewing radiographs (\$21.43) D1110: Adult prophylaxis (\$48.01) 	<ul style="list-style-type: none"> Bi-annual check ups and cleanings Monitor periodontal health



Recommended Additions to Healthcare Team:
Include dietitian and pharmacist in healthcare plan

Benefits

From Patient's Perspective

Patients and communities benefit from interprofessional communication and assessments because they promote patient involvement in their own plan of care while avoiding unnecessary, repetitive exams that reduces the risk of miscommunication and lowers financial costs.

From Health Care Professionals' Perspective

Collaboration among an interprofessional team ensures thorough, optimal patient care, improves communication, and encourages appreciation of each profession's vital role in improving quality of life.

Challenges and Solutions

Challenge

Lack of communication among the interprofessional team and conflicting goals related to patient care.

Solution

Establish a mechanism for negotiation and renegotiation of patient outcomes and professional roles over time via the electronic database.

CC8 Team Reflection

The quality of teamwork is associated with the quality and safety of care delivery systems. Effective teamwork and collaboration enhances patient outcomes; therefore improving overall health care. Teamwork assists in making decisions as a whole and working towards a common goal. Healthcare is becoming more complex and technologically advanced forcing members from multiple disciplines to communicate and collaborate in order to master these skills. Communication and collaboration also enhances patient safety by reducing medical errors. Last, teamwork is centered on solid communication which puts patients at ease and more likely to accept treatments while being satisfied with the care provided.

References

- Xu, X., Mishra, G. D., Dobson, A. J., & Jones, M. (2018). Progression of diabetes, heart disease, and stroke multimorbidity in middle-aged women: A 20-year cohort study. *PLoS medicine*, 15(3), e1002516. <https://doi.org/10.1371/journal.pmed.1002516>
- Centers for Disease Control and Prevention. (2020, June 11). *What is Diabetes?*. Retrieved March 21, 2021, from <https://www.cdc.gov/diabetes/basics/diabetes.html>
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- Louisiana Department of Health. (n.d.). *Fee Index*. Retrieved March 21, 2021, from https://www.lamedicaid.com/provweb1/fee_schedules/feescheduleindex.htm

Comprehensive List of Health Box

Information:

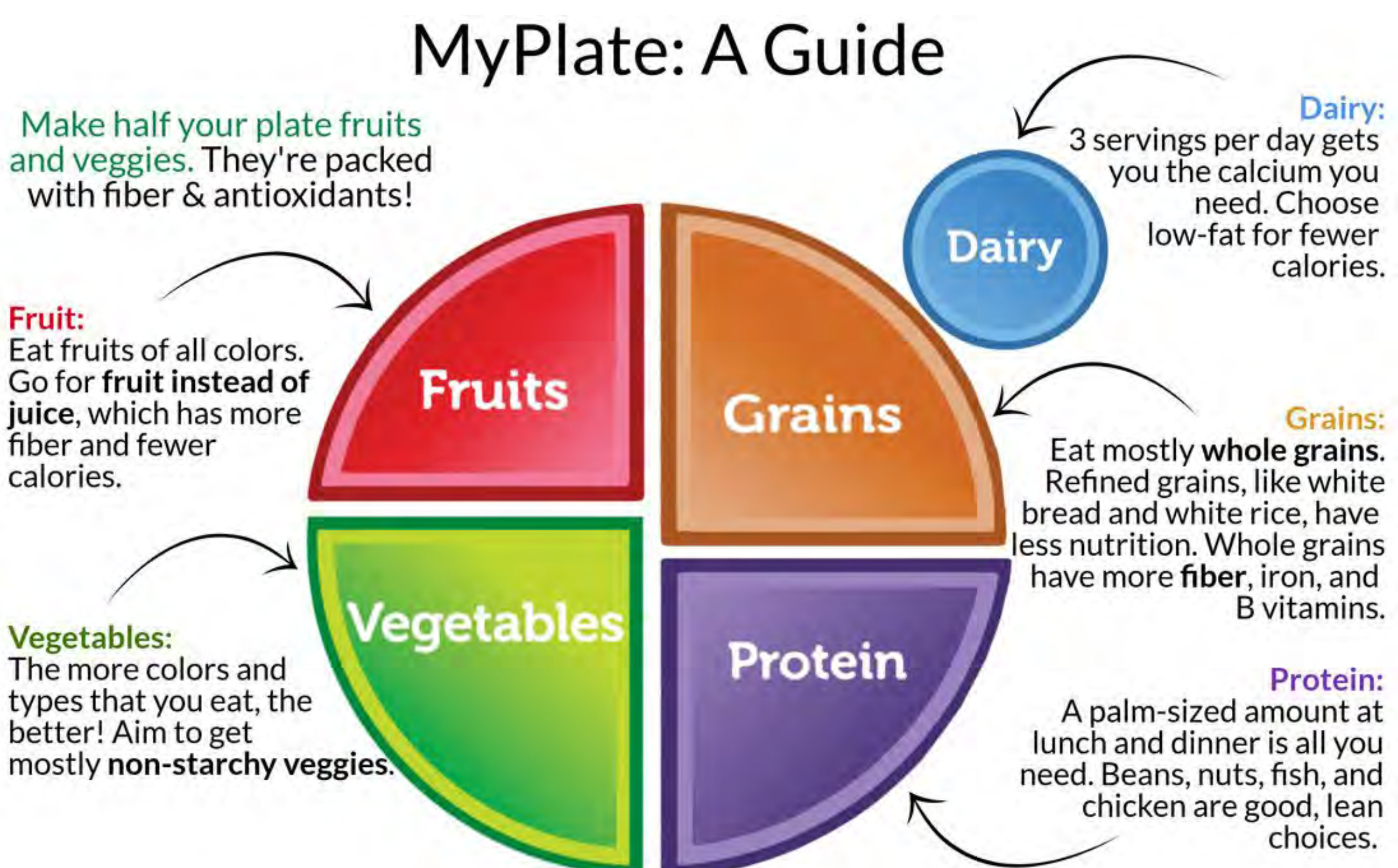
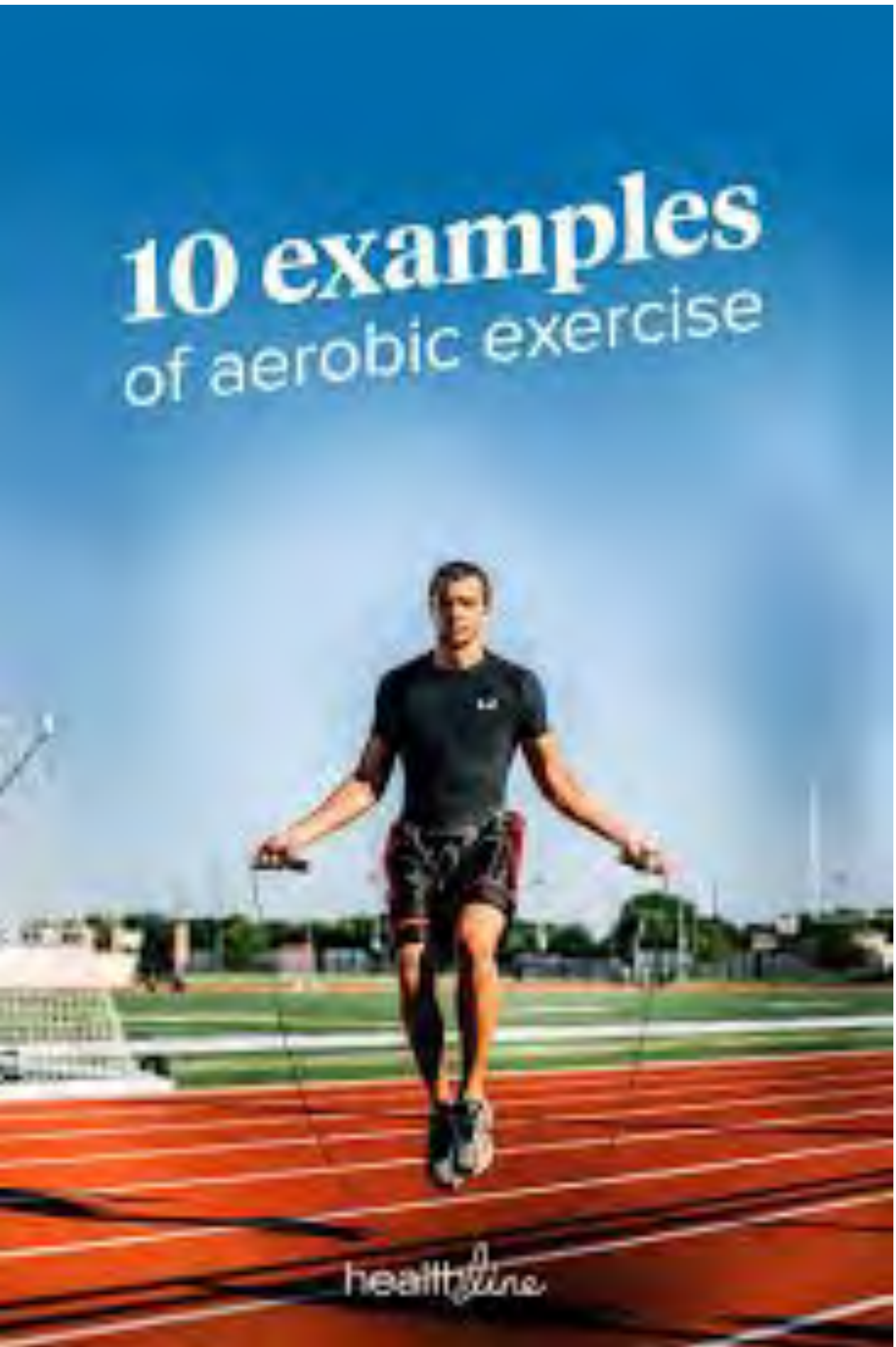
- Directions on how to take heart rate and monitor BP at home
- List of healthy food options or easy to make
- Website on how to estimate caloric intake
- Importance of screening like glucose screening test for detecting diabetes early (also A1c, fasting blood glucose, glucose tolerance test)
- Signs and symptoms of heart disease for early treatment
- Signs and symptoms of stroke for early treatment
- Signs and symptoms of periodontal disease

Goods:

- Pedometer
- Journal to help plan day and exercises
- Low sodium seasonings
- Water bottle
- BP cuff if needed
- Soft bristle toothbrush, fluoridated toothpaste, and dental floss

Evidence-Based Practice:

- Recommended physical activity
- MyPlate information
- Recommend brushing twice a day and flossing once a day

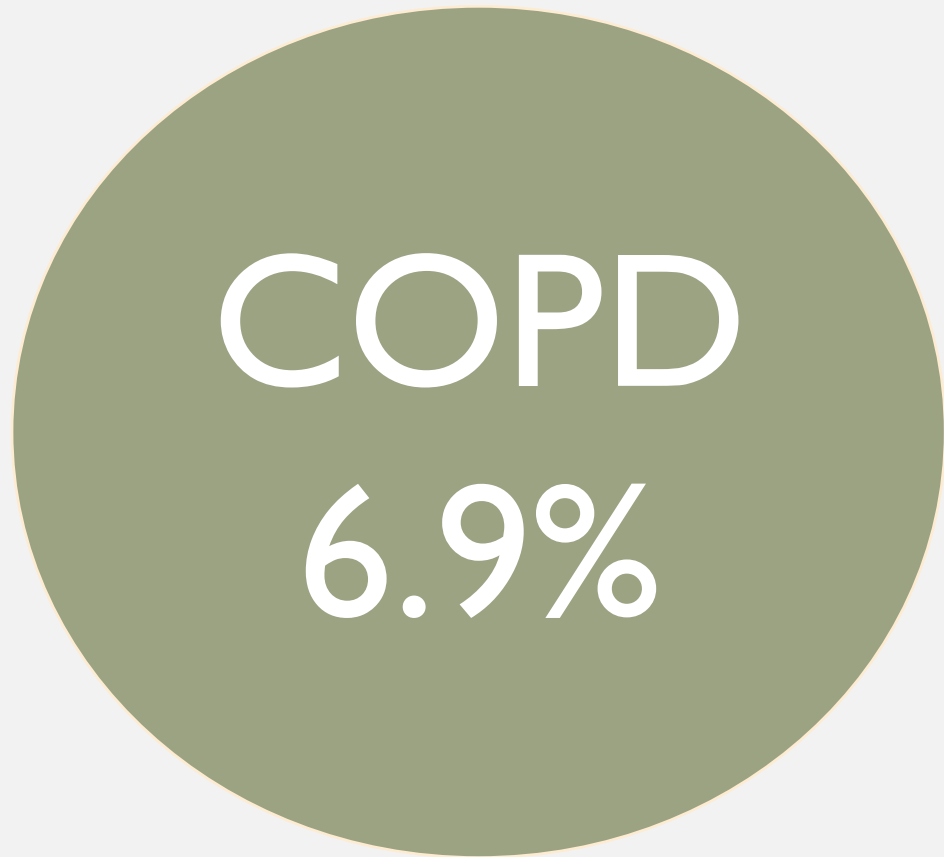
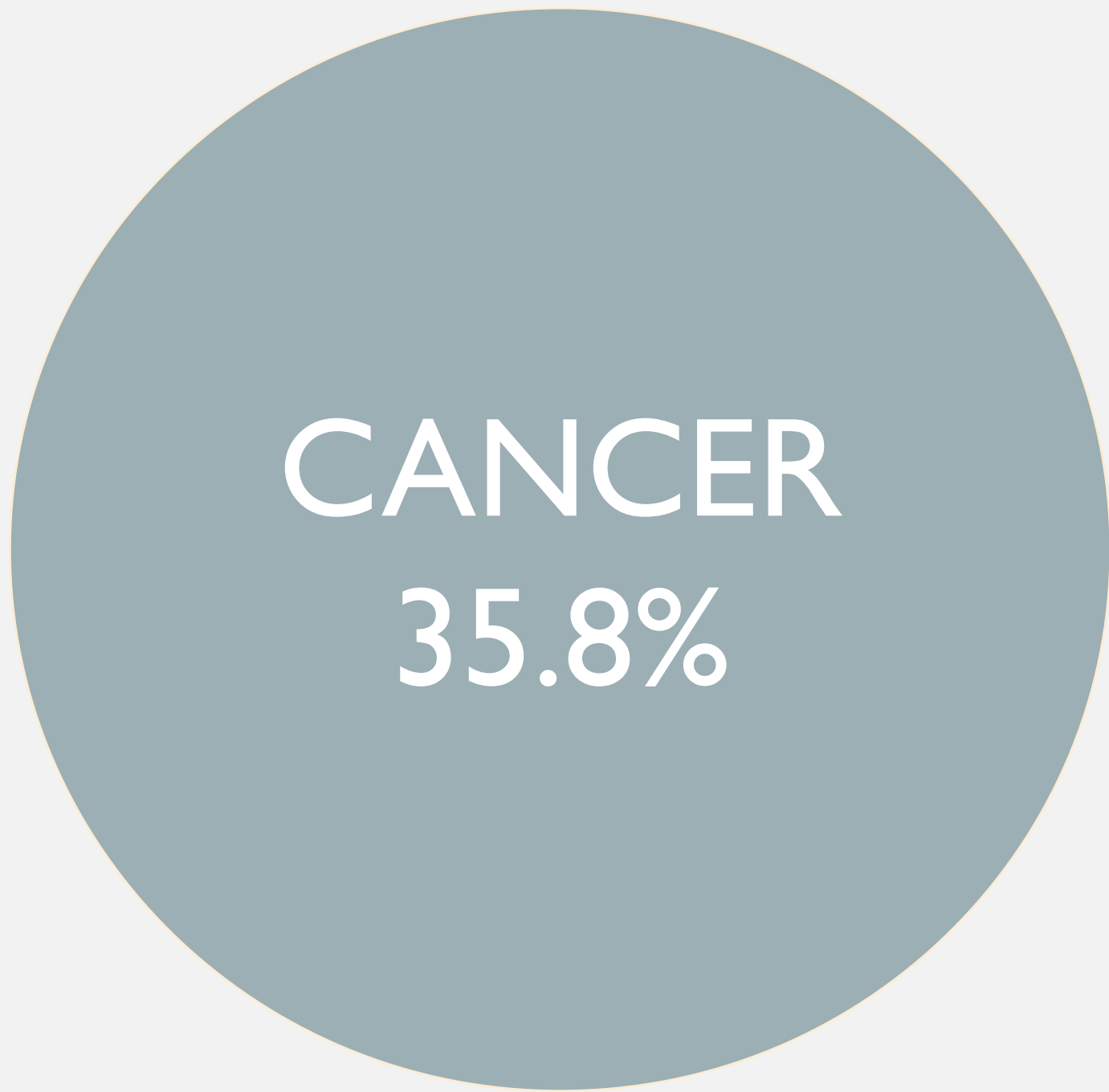


MEET OUR TEAM:
Nursing: Alexandra Guerin,
Jaz'mine Green, Joseph Guillie,
Sarah Giustiniano
Dentistry: Maggie Jachimiec
Medicine: Kolby Kunefke,
Hunter Lambert, Anna King
Physical Therapy: Alexandra
Lane

PRIMARY PREVENTION

Top 3 Leading Causes of Death in Men Ages 60-69 in the Southern United States

Lung Cancer, Prostate
Cancer, and Colorectal
Cancer are the leading
causes of cancer related
death in men (CDC, 2019).



**RISK FACTORS
LUNG CANCER**
smoking, vaping, inorganic
compound exposure (asbestos,
crystallized silica, arsenic,
chromium, nickel, ionizing
radiation)

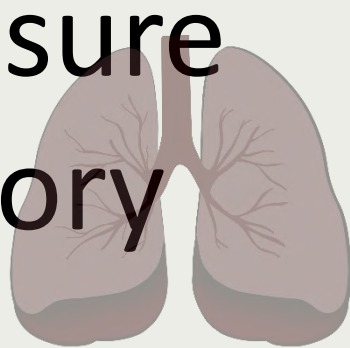
PROSTATE CANCER
dietary fat, dairy and calcium
intake, cadmium exposure, and
prostatitis

COLORECTAL CANCER
alcohol, smoking, and obesity

RISK FACTORS
High Blood Pressure,
Unhealthy Cholesterol Levels (High
LDL + Low HDL)
Diabetes Mellitus
Obesity
Smoking



RISK FACTORS
Smoking (80% of cases)
Air pollutants
Occupational Exposure
Frequent respiratory
infections



IPEC CC8 Team Reflection
Sub-competency CC8 is all about
communicating the importance of teamwork in
patient-centered care and population health
programs and policies. The ultimate goal
among all healthcare professions is to do what
is best for the individual patient, which cannot
be fully done without implementing a
teamwork approach between professions.
Throughout this project, our team realized the
importance of interprofessional care and
communication and displayed the ability to
effectively apply the CC8 sub-competency. Each
member was able to contribute ideas from
different professions, which made for a very
educational experience.

References:
Lung cancer risk factors: Smoking & lung cancer. (OAD).
<https://www.cancer.org/cancer/lung-cancer/causes-risks-prevention/risk-factors.html>.

Physical Therapist's Guide to Cancer. PT Central. (2017, February 16). <https://ptcentral.org/2017/02/physical-therapists-guide-cancer/>.

CDC (2019, November 20). Leading Causes of Death-All races and origins-Males
<https://www.cdc.gov/healthequity/lcod/men/2017/all-races-origins/index.htm>.

CDC (2019, December 9). Know Your Risk for Heart Disease. Centers for Disease Control and Prevention.
https://www.cdc.gov/heartdisease/risk_factors.htm.

CDC. (2019, December 9). Know Your Risk for Heart Disease. Centers for Disease Control and Prevention.
https://www.cdc.gov/heartdisease/risk_factors.htm.

MEDICINE

Annual history and physical exam
screens for general systemic
changes that might indicate
cancer risk, heart disease risk , or
COPD risk.
Outpatient Visit (99204) - \$133
Smoking cessation (99407) - \$27

NURSING

Document social and family
history. Smoking history &
education. Flu and pneumococcal
vaccination.
Services incident to MD, PA, NP

DENTISTRY

Oral, Head, and Neck cancer
screening, Periodontal disease,
smoking cessation, oral hygiene
education
**Comprehensive oral evaluation
(D0150) - \$47**
**Intraoral-comp series 14-22 of
radiographic image (D0210) - \$43**

PHYSICAL THERAPY

Functional capacity evaluation,
functional assessments, exertional
testing
**Physical Performance Test or
Measurement (97750) - \$73**

RESPIRATORY THERAPY

Smoking cessation. Pulmonary
Function tests. Sputum Cytology
Spirometry (9410) - \$22
Total Vital Capacity (94150) - \$5

Interprofessional Team Challenges

Ineffective communication and exchange of patient information between disciplines, especially between different offices and healthcare settings.

Solution: Establish a system that identifies language and communication barriers to help strengthen communication skills between all disciplines.

Interprofessional Team Benefits

Less medical errors
Less communication gaps
Sharing knowledge to help improve patient centered care
Potential of reducing healthcare costs for the patient
Overall improves the patient health outcome

HEALTH BOX

- Screening
 - Alcohol misuse
 - Blood Pressure
 - Colorectal, Lung, and Prostate cancer
 - Depression
 - Type 2 diabetes or Prediabetes, Obesity
 - Cholesterol and Triglycerides
 - Vision
 - Infectious Disease
 - HIV, Syphilis, Hepatitis C, Tuberculosis
- Counseling
 - Aspirin for primary prevention of cardiovascular events
 - When potential benefits (decreased risk of heart attacks) outweigh harm or risks (GI bleeds)
 - Diet and exercise
 - Overweight or obese individuals
 - Masks for occupational hazards
 - STI prevention
 - Tobacco use and related disease
- Immunizations
 - Tetanus diphtheria booster every 10yr
 - Seasonal Flu yearly
 - MMR and Chickenpox
 - for men with no history of infection or record of vaccines
 - Zoster
 - one dose for men 60 and older
 - At risk individuals
 - HepA, HepB, HIB, PCV13/PPSV23

Links to official health resources:

- <https://www.cdc.gov/nutrition/about-nutrition/why-it-matters.html>
- <https://www.cdc.gov/physicalactivity/basics/index.htm>
- https://www.cdc.gov/tobacco/quit_smoking/index.htm
- <https://www.cedars-sinai.org/health-library/prevention-guidelines/prevention-guidelines-for-men-50-to-64.html>
- <https://www.cedars-sinai.org/health-library/prevention-guidelines/prevention-guidelines-for-men-65.html>
- <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/alcohol.htm>
- <https://www.cdc.gov/vaccines/index.html>
- <https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>
- https://www.philasd.org/benefits/wp-content/uploads/sites/156/2018/01/WellnessGuidelines_IBC.pdf
- <https://www.cdc.gov/niosh/docs/2003-141/default.html>



KEY PRIMARY PREVENTION SRATEGIES

Health Box Items



Aerobic exercise. Aerobic exercise has various health benefits such as increasing insulin sensitivity, improving lipid profile, and lowering BMI. Regular aerobic exercise can reduce the risk for heart disease, certain cancers, and obesity.

Alcohol and smoking cessation. Smoking is strongly associated with the development of lung cancer, heart disease, and COPD, while alcohol consumption is intimately associated with a variety of cancers. Cessation of these toxic substances can substantially lower risk for heart disease and various cancers.

Masks for occupational exposures and regular health screenings. Masks can help to protect against occupational exposures such as asbestos, silica dust, and other aerosolized pulmonary irritants. Regular health screenings are important for early detection of cancers (lung, prostate, colorectal, etc.) and other health conditions to which men of this age group are predisposed.

Healthy diet. A healthy diet is the cornerstone of a healthy lifestyle. A well-balanced diet can help to prevent many diseases such as diabetes, heart disease, obesity, and hyperlipidemia.

Cancer (34%)

- ~17% of breast cancers occur in women aged 40-49.
- Incidence increases substantially around age 40. Incidence rate for 40-44 doubles from 35-39 (122.5 vs 59.5 per 100,000). For 45-49, it is 188.6 per 100,000.

Heart Disease (16%)

- Heart disease includes CAD, PAD, IHD, HTN, and stroke.
- From 2017-2018 females age 45-54 yrs. had a prevalence of 7.9 per 100,000.
- Women aged 45-65 were more likely than their male counterparts to die within a yr.

Unintentional Injuries (7%)

- 60.4% (13,395) were due to drug poisonings.
- 21.8% (4,840) were due to MVC.
- <5% include falls, drowning, suffocation.

THE ROUTINE CHECK-UP
FOR WOMEN

Health screenings provide a lifestyle check-up and the opportunity for physicians to detect conditions or diseases in early stages.

From ages 20 to 49, women should visit their primary care provider every **1-3 years** for a complete check-up.

A COMPLETE CHECK-UP INCLUDES...

- PHYSICAL EXAM
- SKIN EXAM
- CLINICAL BREAST EXAM
- CERVICAL CANCER SCREENING
- BLOOD PRESSURE CHECK
- BODY MASS INDEX CHECK
- IMMUNIZATION STATUS CHECK
- LAB TESTING*

*as appropriate for history or age

CLINICAL BREAST EXAM

From 20-44, women can receive a clinical breast exam every **3 years**. Yearly screenings are recommended starting at age 45. Between visits, women should perform monthly self-breast exams and alert their physician to any changes.

Mammograms are recommended at physician's discretion starting at age 40.

ONCE YOU TURN 50...

Your screenings should be **YEARLY**. In addition to the procedures listed above, these annual physicals will now include annual mammograms and colorectal screenings.

Pneumonia vaccinations may start at age 65 according to guidelines.

OSTEOPOROSIS

Women can be evaluated for risk of osteoporosis at any age. A bone density screening (Dexascan) is recommended at **AGE 65** for women with no risk factors. For women with abnormal results, screening is recommended every two years.

SOURCES: American Cancer Society, American Diabetes Association, American Heart Association, Everydaychoices.org, National Osteoporosis Foundation

Brought to you by
Northwestern Medicine

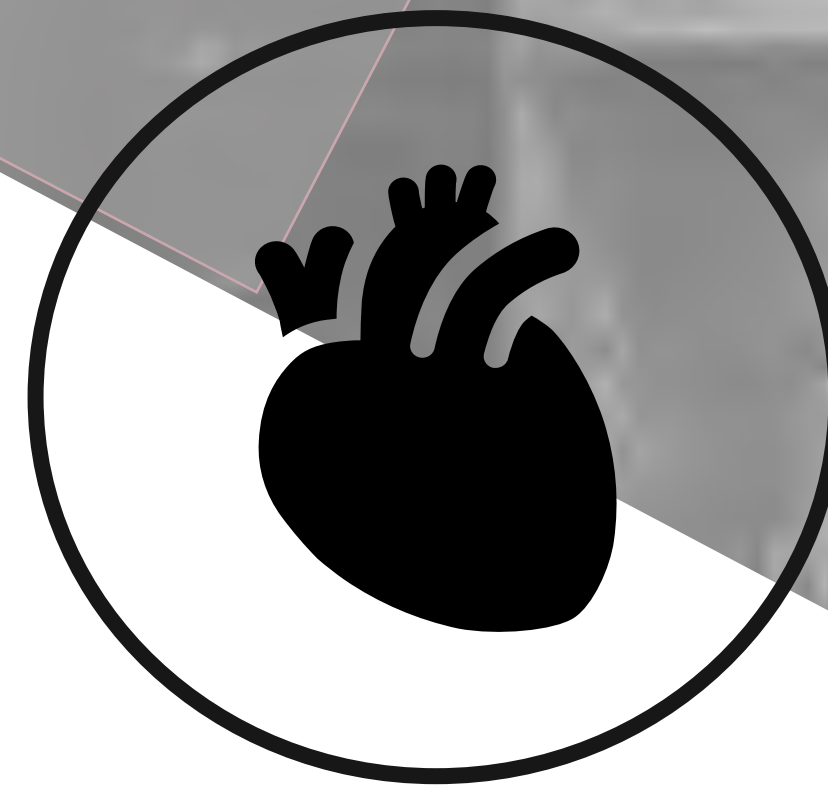
Screening and Prevention for Women Age 40-49

Medicine: Spencer Lemoine, Angelle Leger **Dental:** Christian Johnson, PT: Scott LeJeune
Nursing: Alyssa Guillot, Cody Gulizo, Lacie Guillory, Savannah Macaluso, Kelly Ortego

LEADING CAUSES OF DEATH AS OF 2017



CANCER



HEART DISEASE



UNINTENTIONAL INJURIES

Recommendations by Profession		CPT & Cost
Medicine	- Mammogram - Pap smear - Regular heart and lung exams - Genetic testing, statins	-77066 (\$ 117.52) -88150 (\$10.52) -99205 (\$130.32) -81307 (\$212.16)
Nursing	- Vital Signs - Weight & BMI screenings	- Services incident to MD, PA, NP
Dentistry	- Screening: oral cancer examination and periodontal evaluation - Education of systemic effects due to poor oral health (ex: CVD)	-D0150 (\$47.37)
Physical Therapy	- Screening for cardiovascular disease risk factors - Screen/Prevention of hypertension - Education on active lifestyle	-97162 (\$66.79) -97530 (\$27.65)

Benefits

Patient Population: Detects potential health disorders or diseases in people who do not exhibit any symptoms. Early detection and lifestyle changes can reduce risk of disease and treatment can be the most effective.

Healthcare Professionals: it is more cost effective to be proactively preventing disease than to be reactively treating a condition that has severely progressed.

CHALLENGES

A major challenge in implementing an interprofessional annual wellness visit is developing an effective and efficient process that allows all team members to have a clear understanding of what's going on in a patient's care and be able to clearly explain purposes and procedures to patients.

SOLUTION

We found that learning about other professions in our team helped us respect others' skills and knowledge. This put all of us in a better position to educate and communicate with our patients on the value of having an interprofessional health care team.

ASSESSMENT

List of Assessments

- Mammogram
- Pap smear
- Vital signs
- Oral examination
- Diet and exercise assessment

Implementation Strategy

- Clear and comprehensive record upkeep by all professionals that work with patient
- Open communication among all members of healthcare team often

Other Professions

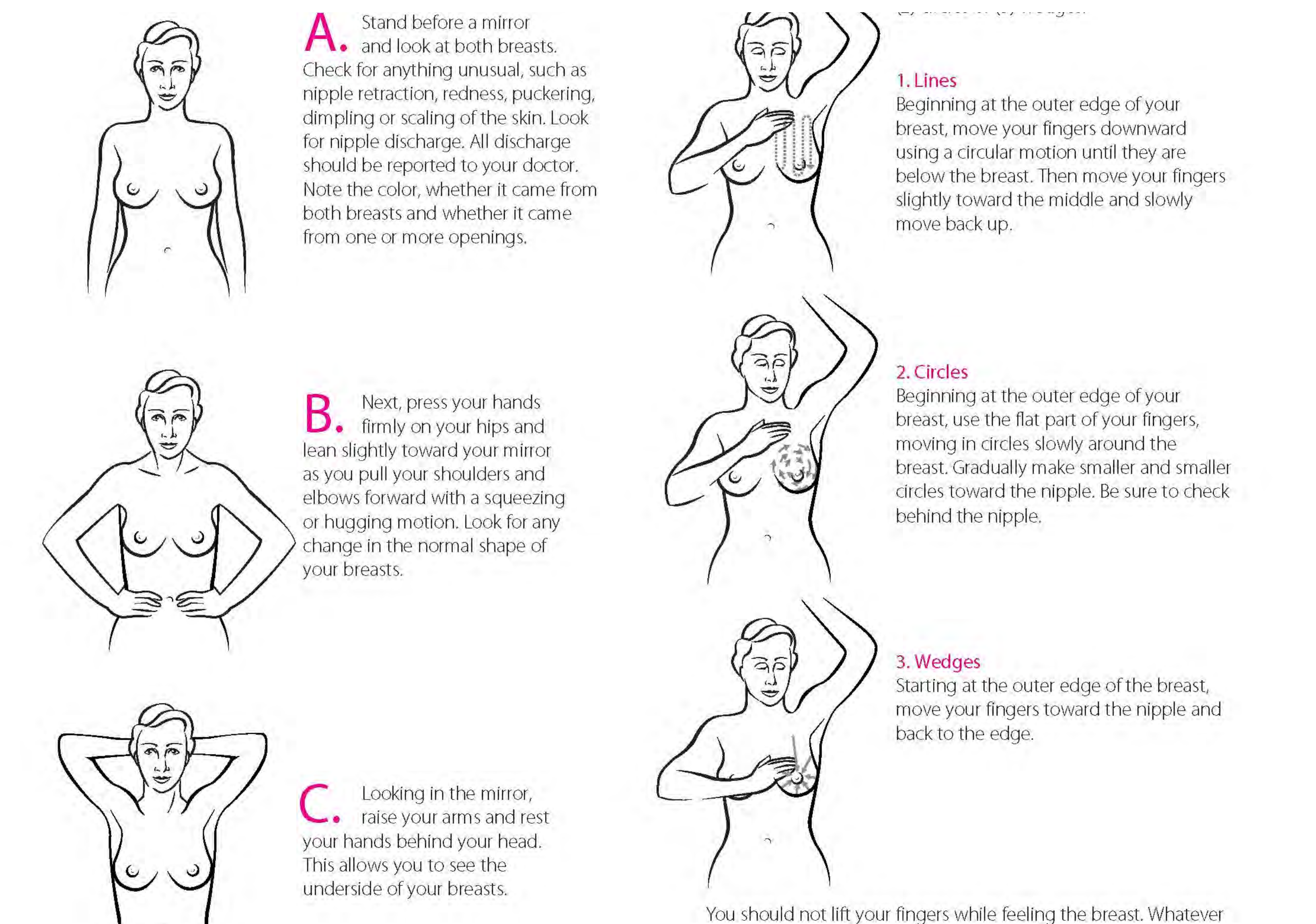
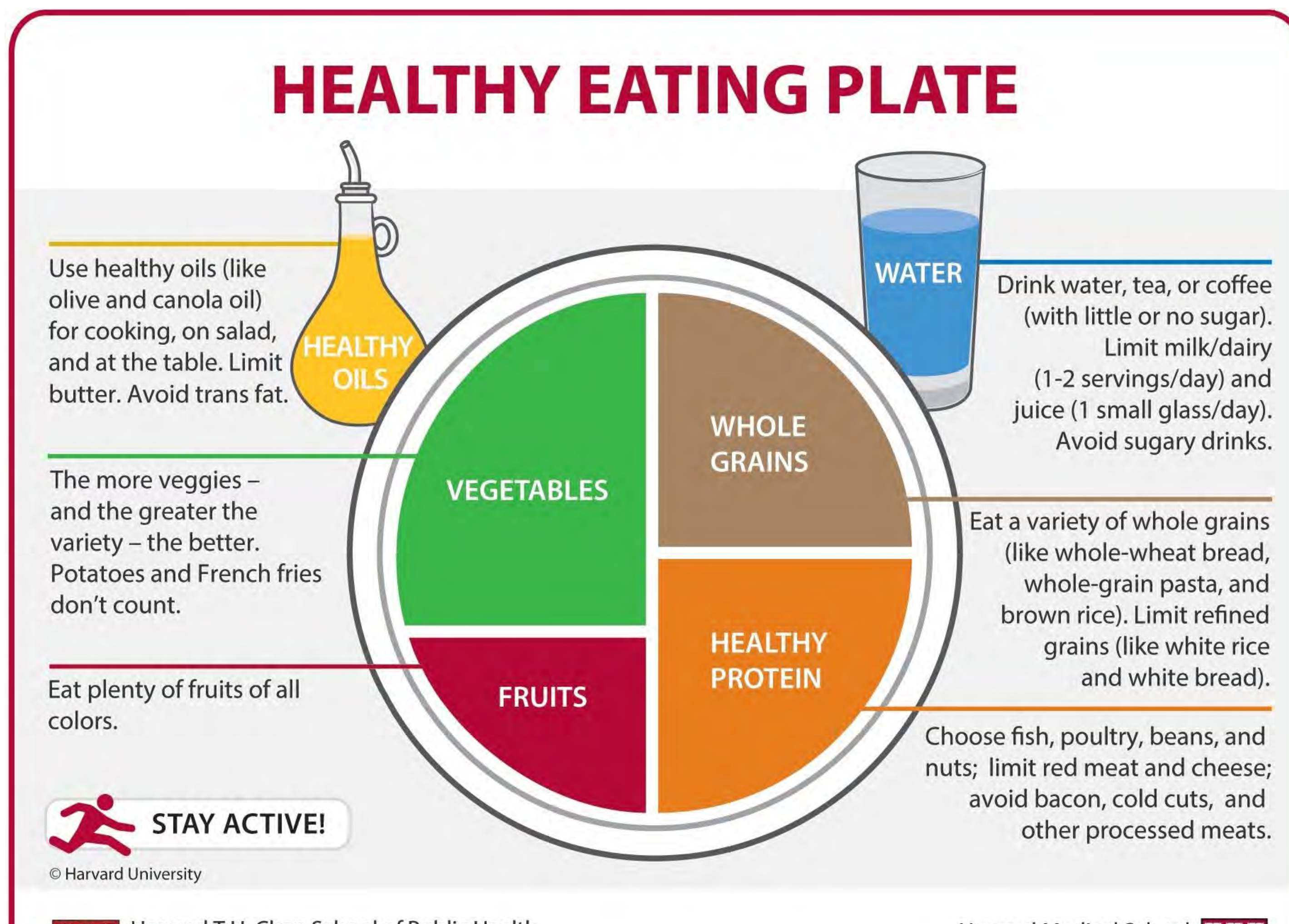
- Mammography technician
- Laboratory technician

IPEC

Since healthcare is an inherently interprofessional field, it is necessary that all members of a patient's healthcare team be able to communicate and work as a team. This course and especially this project have served as a valuable opportunity to work as a team toward a common goal, as we will have to when caring for a patient. Through this project, we have practiced our communication, collaboration, and professional understanding as it relates to the roles we all will play in our patients' health.

REFERENCES

- [Women's Health - CDC](#)
- [Women's Preventive Services Guidelines - \(hrsa.gov\)](#)
- [USPSTF Health Care Schedule 2019 \(aafp.org\)](#)
- [Society of Breast Imaging](#)
- [CDC WISQARS](#)
- [CDC Prevalence of Heart Disease](#)



Slide 2: Health Box

Please prioritize 3-5 items to share during the presentation and include their images on this slide

Slide 3: comprehensive list of what you include in the [Health Box](#):
(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle).
Please include a comprehensive list of what you will include in your box, with links.

Breast self-exam guide: [Breast self-exam: MedlinePlus Medical Encyclopedia](#)

Medical record self-keeping book: [Personal Health Record Keeper and Logbook](#)

Healthy plate diet guideline: [Healthy Eating Plate](#)

Fitness tracker or pedometer: [Amazon.com : Pedometers](#)

7-day pill organizer: [Amazon.com : pill organizer](#)

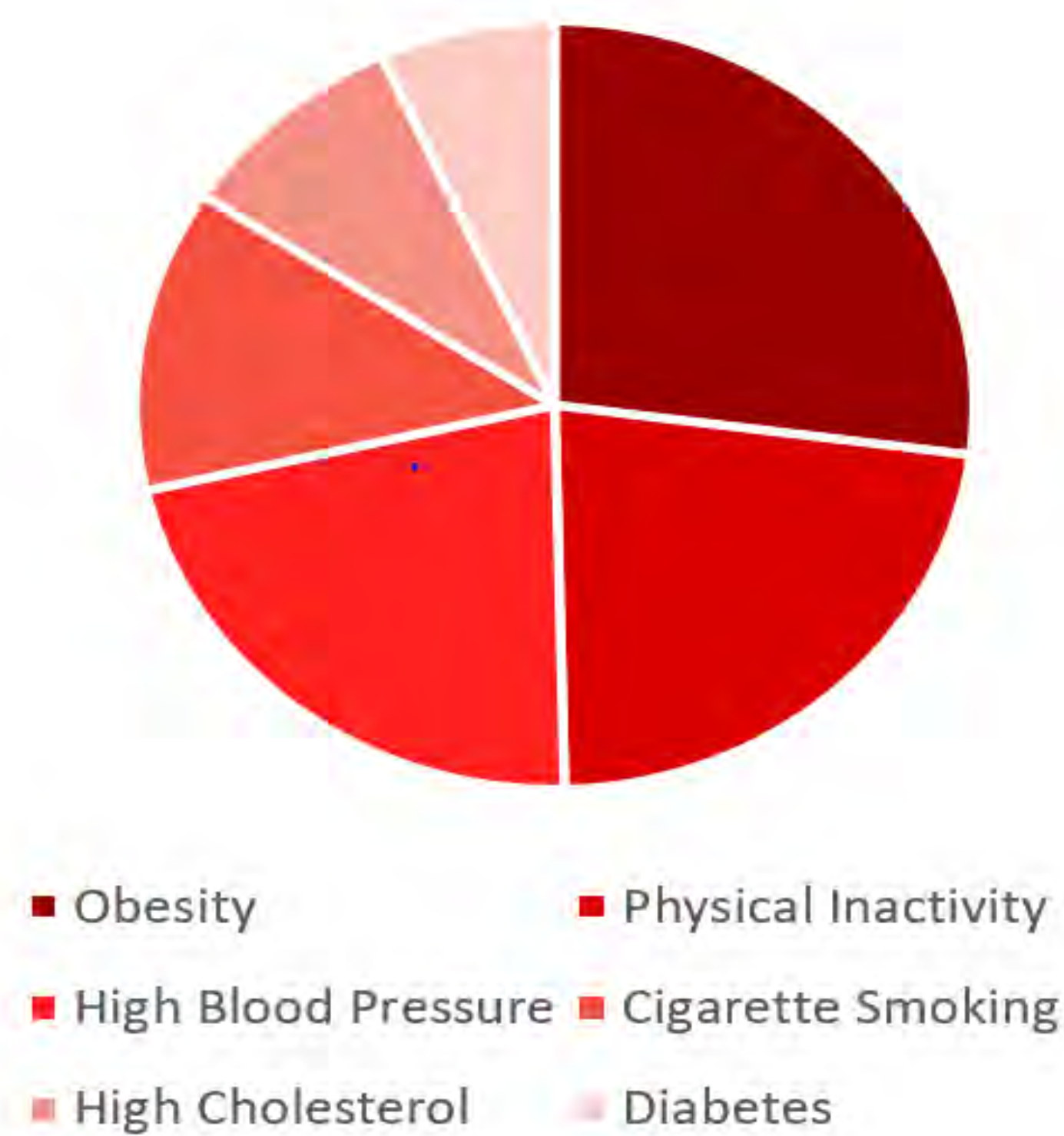
Toothbrush: [Amazon.com : toothbrush](#)

Water bottle: [Amazon.com : water bottles](#)

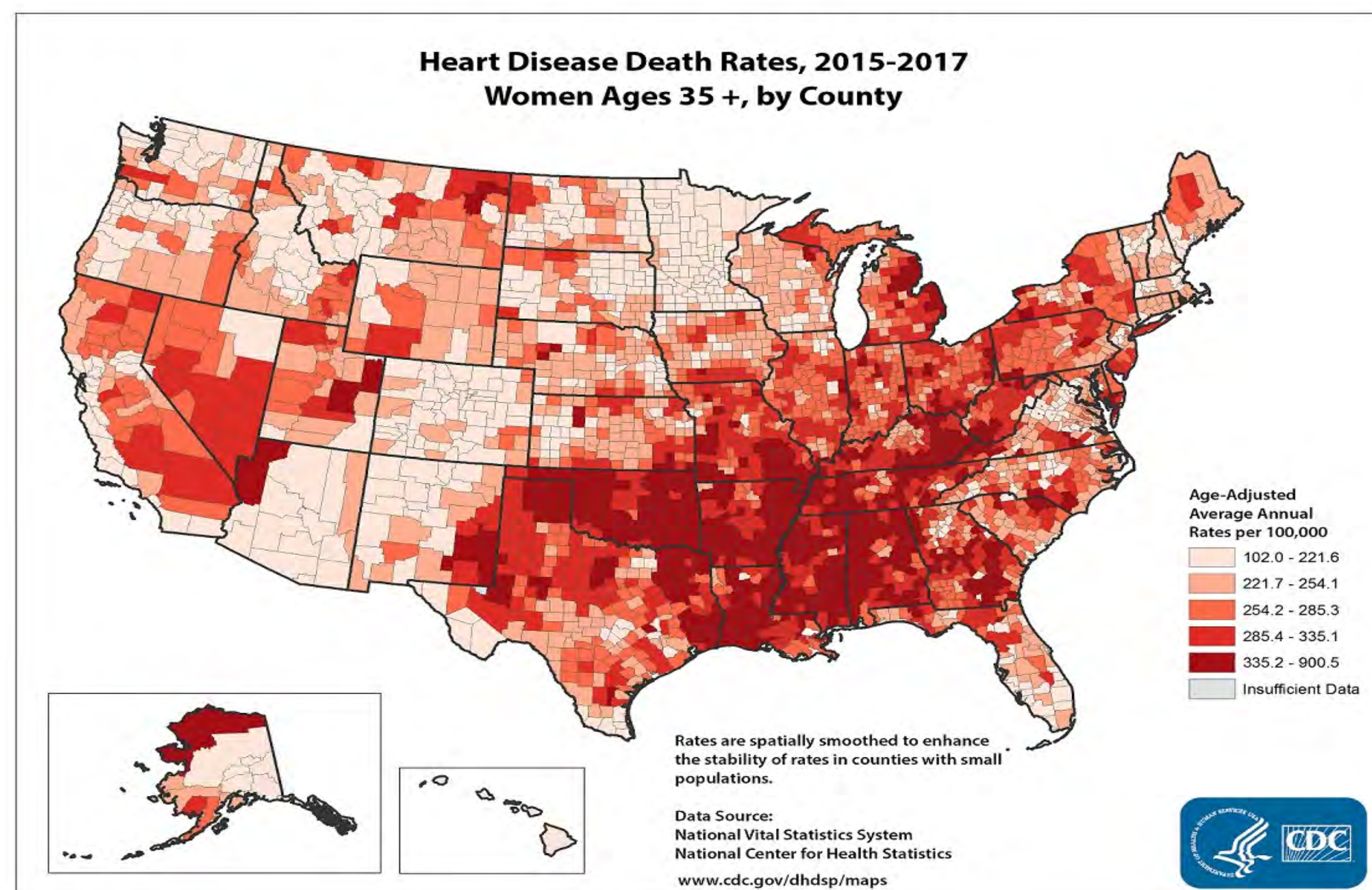
Info & Demographics

- **38.6% of nursing home population:** ≥ 85 years old
- **Women:** 64.6% of nursing home population
- This population may present with:
 - **Osteoporosis**
 - **Hypertension**
 - **Heart disease (CVD)**
 - **Diabetes**
 - **Depression**
 - **Arthritis**
 - **Alzheimer's**
- The incidence of **CVD** was reported to be **91.8% in females**, in adults **above 80 years of age**

Risks for Cardiovascular Disease



- **Heart disease** is the **leading cause of death** for women in the U.S.
- **1** in every **5** female deaths
- Heart disease is the leading cause of death for African American and white women (CDC, 2020)



Female Nursing Home Residents, 80-100 y/o

Team Members

Ashley Ballas – Nursing	Dimitra Kowaleski – Audiology
Joe Dorame – Nursing	Alician Lewis – Physical Therapy
Emily Hamilton – Nursing	Molly Lieux – Medicine
Annie Harding – Nursing	Brock Lingle – Medicine
Christina Hebert – Nursing	Michael McMahon – Medicine
Serena Jones – Dentistry	

Disorder	Professions involved	Prevention/Assessments	Code	Cost (cash pay)
Cardiovascular Disease	MD Pharmacist Nurse Physical Therapist Nutritionist	Monitor weight, diet, and physical activity Blood pressure testing Lipid Panel bloodwork Electrocardiogram (EKG) Echocardiogram	80061 93005, 93000 93306	\$40.95 \$98.67, \$202.02 \$831.09
Falls/ Osteoporosis	Physical Therapist Audiologist MD Dentist	Strength and balance training Berg Balance Scale Timed Up and Go Test Positional nystagmus test, including Dix Hallpike Maneuver Balanced diet, calcium, vitamin D, exercise	97530 97750 97112 92542	\$59.28 \$55.77 \$48.75 \$138.84
Dementia/ Mental Health	MD Nurse Psychologist Psychiatrist Audiologist	Bone Mineral Density screening (DXA scan) Montreal Cognitive Assessment MRI Mental Health Screener/Questionnaire Yearly hearing evaluations	77080 70551 Free online screeners or in person 92557, 92550	\$202.92 \$719.94 \$188.76, \$76.83
Pressure injuries	Nurse Physical Therapist	Hourly repositioning Braden Scale Skin and tissue assessment		
UTIs	MD Nurse	Maintain proper hygiene, hydration, frequent diaper or catheter change Urinalysis for Diagnosis of UTI	81003	\$20

Additional Team Members

Psychiatrist/Psychologist	Dietitian/Nutritionist
Nurse Practitioner	Pharmacist
Occupational Therapist	Social Worker

Challenge

Reduced "transportation independence"

- Clients may choose to stop driving (e.g., due to feeling overwhelmed on the highway) or be asked to stop by family members
- This group is more likely to be injured or killed in an MVA due to age-related conditions (e.g., bone fragility) (AAA, 2021)
- Over 75% of drivers over 65 take at least 1 medication, but only 1/3 report awareness of side effects that could impact driving (AAA, 2021)
- Increased reliance on family members or nursing home staff to get to and from the wellness visit makes the visit more inconvenient (especially when they don't "feel sick") and more stressful

Solutions

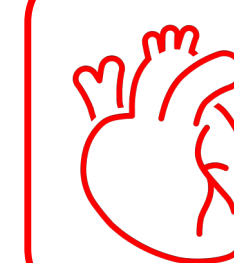
- Ask about client's driving and discuss driving safety, such as medication side effects and age-related risks
 - Ask family members if they have concerns or questions about the client's driving, perhaps away from the client
- Try to work around the client's transportation for scheduling other appointments (e.g., ask them to provide the nursing home's shuttle schedule)
- Refer the client to resources such as AAA's "[Roadwise Driver](#)" driver improvement program (AAA, 2021)

Benefits

1. From the **client's/community's perspective**:
 - Improved healthy aging
 - Mitigation of health risks and promotes preventive screenings
 - Opportunity for an increased quality of life
2. From the **healthcare provider's perspective**:
 - Provides structured interdisciplinary team care with decreased role ambiguity for each team member
 - Evaluation of a senior's overall health status (including mental health), psychosocial and behavioral risks, cognitive functioning, functional status (I.e., ability to perform activities of daily living, and biometric health indicators (e.g., BMI, BP)
 - Creation of an individualized plan for lifestyle interventions and preventive care (Tipirneni & Lanaga, 2018)

IPEC Reflection: Sub-Competency CC8

Collaborating with multiple health care professions allows the patient to receive care from many different specialties at the same time. Having every health care profession together gives the patient a better outcome in the problem he or she is experiencing. Our team recognizes how important this collaboration between professions is in order to give holistic care to the patient.



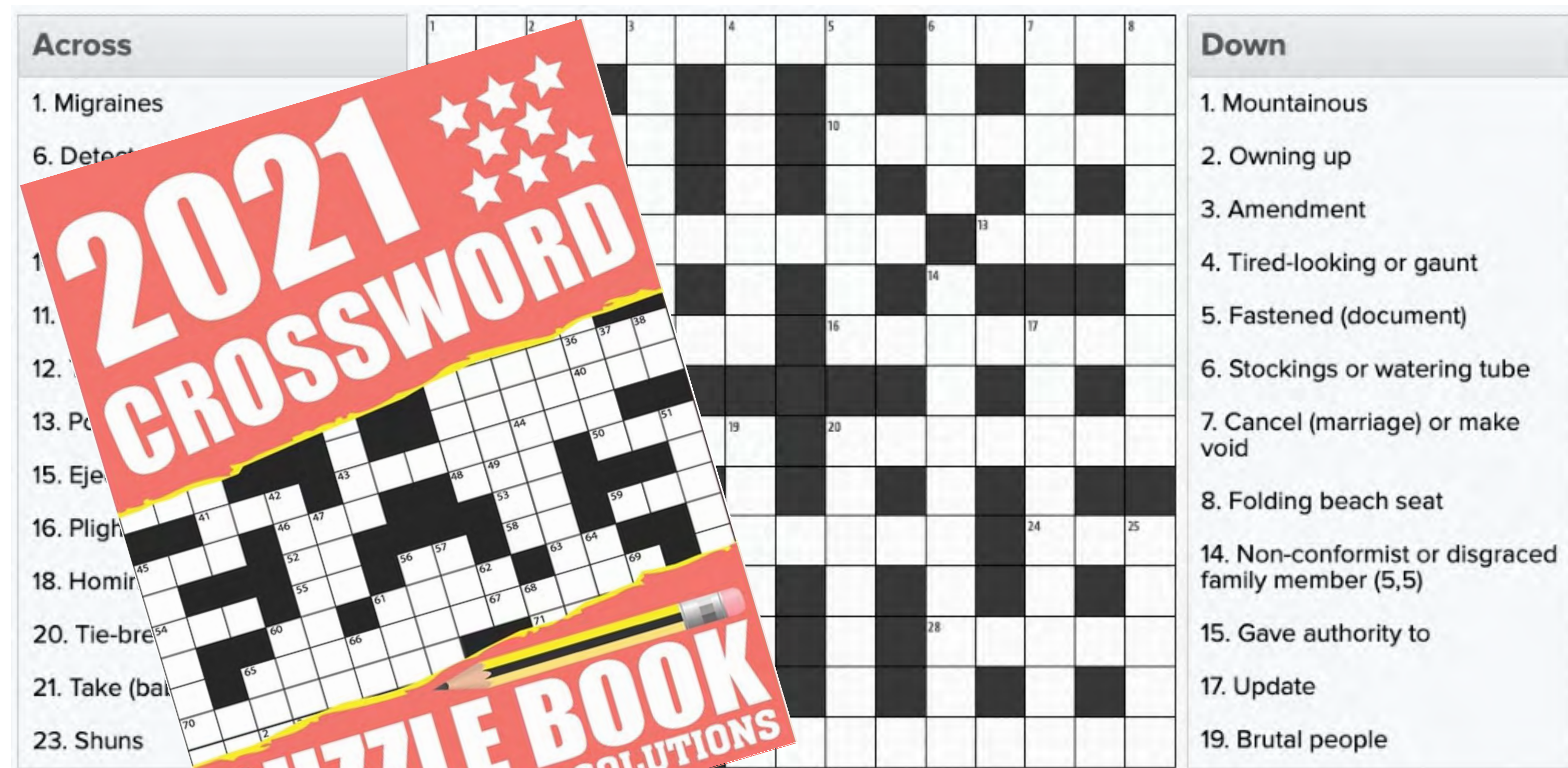
Visit [HEART.ORG](#) for more information on heart health

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- Tipirneni, R. & Langa, K. M. (2018). A key challenge for Medicare's annual wellness visits: Spreading the benefits to underserved seniors. *Health Affairs*. <https://www.healthaffairs.org/doi/10.1377/hlthaff.20180213.276024>
- Women and heart disease. (2020, January 31). <https://www.cdc.gov/heartdisease/women.htm>

Contents of the Health Box

- Handout on how to eat a nutritious diet for heart, bone, and overall health
 - <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/what-is-a-healthy-diet-recommended-serving-infographic>
- Pedometer to encourage staying active and exercising in order to prevent cardiovascular disease and dementia
 - https://www.shopheart.org/american-heart-association-pedometer?utm_source=GoogleShopping&utm_medium=GoogleCSE&utm_campaign=CSE%E2%80%8B
- Handout on risk factors and warning signs of heart attacks in women
 - <https://www.getthehealthystayhealthy.com/tools/not-just-mans-disease-understanding-heart-attacks-women-1>
- Handout on ways to prevent falls in the home
 - <https://www.ncoa.org/article/infographic-6-steps-to-prevent-a-fall>
- Handout on how Vitamin D and Calcium vitamins help with bone health and prevent osteoporosis
 - <https://www.nof.org/patients/treatment/calciumvitamin-d/>
- A crossword or puzzle book for seniors to encourage mental stimulation and help prevent dementia
 - <https://www.walmart.com/ip/2021-Crossword-Puzzle-Book-Easy-To-Read-Large-Print-Brain-Game-Book-For-Adults-Seniors-Men-And-Women-Who-Are-Fans-Of-Word-With-Supplying-80-Puzzles-S/843380210?wmlspartner=wlp&selectedSellerId=0>
- Handout on the connection between hearing loss and mental health and the prevalence of hearing loss in older populations
 - <https://i.pinimg.com/originals/f9/1a/e1/f91ae1507fed243d8e9d3ff14c9771ff.jpg>
- The AD8 Dementia Screening Interview, which can be administered by close friends and family to help differentiate cognitive decline and dementia
 - <https://www.alz.org/media/Documents/ad8-dementia-screening.pdf>
- What causes memory loss? Assessing Symptoms and Seeking Help
 - <https://www.alz.org/alzheimers-dementia/memory-loss-concerns>
- A timer to remember to reposition in bed and prevent pressure injuries
 - <https://www.acehardware.com/departments/home-and-decor/kitchen-utensils-and-gadgets/kitchen-timers/63382?store=15285>
- Handout on how to prevent pressure injuries
 - <https://www.healthhub.sg/sites/assets/Assets/Programs/project-injury-hub/pdf/MOH-PressureInjury-Posters-Digital-1.pdf>
- A bottle of cranberry juice to help prevent and bring awareness to UTIs
 - <https://www.amazon.com/Ocean-Spray-Unsweetened-Cranberry-Bottle/dp/B0751SW3GP>
- A handout of general UTI prevention tips
 - <https://www.verywellhealth.com/urinary-tract-infections-prevention-3520513>
- A calendar to help keep track of yearly appointments and checkups
 - https://www.amazon.com/2021-Seasons-Calendar-Trends-International/dp/1438875541/ref=asc_df_1438875541/?tag=hyprod-20&linkCode=df0&hvadid=459549136475&hvpos=&hvnetw=g&hvrand=12926162148815984870&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9



Crossword or puzzle book
for seniors for mental stimulation and dementia prevention

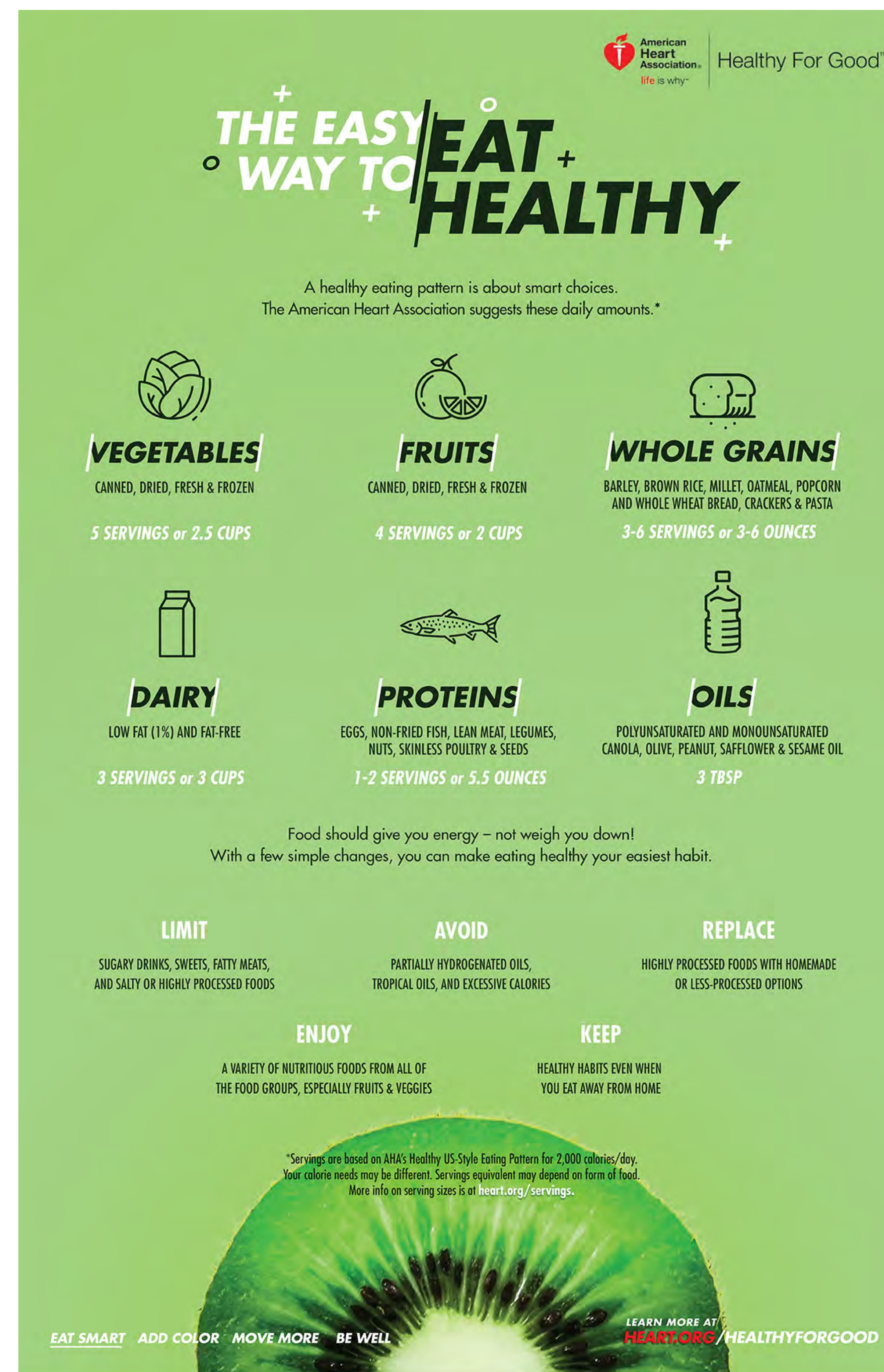
Cranberry juice
for UTI prevention and awareness



Health Box



Pedometer
to encourage exercise for heart health and dementia prevention



Handout on healthy eating
for heart, bone, and mental health



Handout on Fall Prevention
for ways to prevent falls at home

Adult Patients with Down Syndrome

Background

DOWN SYNDROME

The most common chromosomal birth defect.

IN THE UNITED STATES

6,000 BABIES

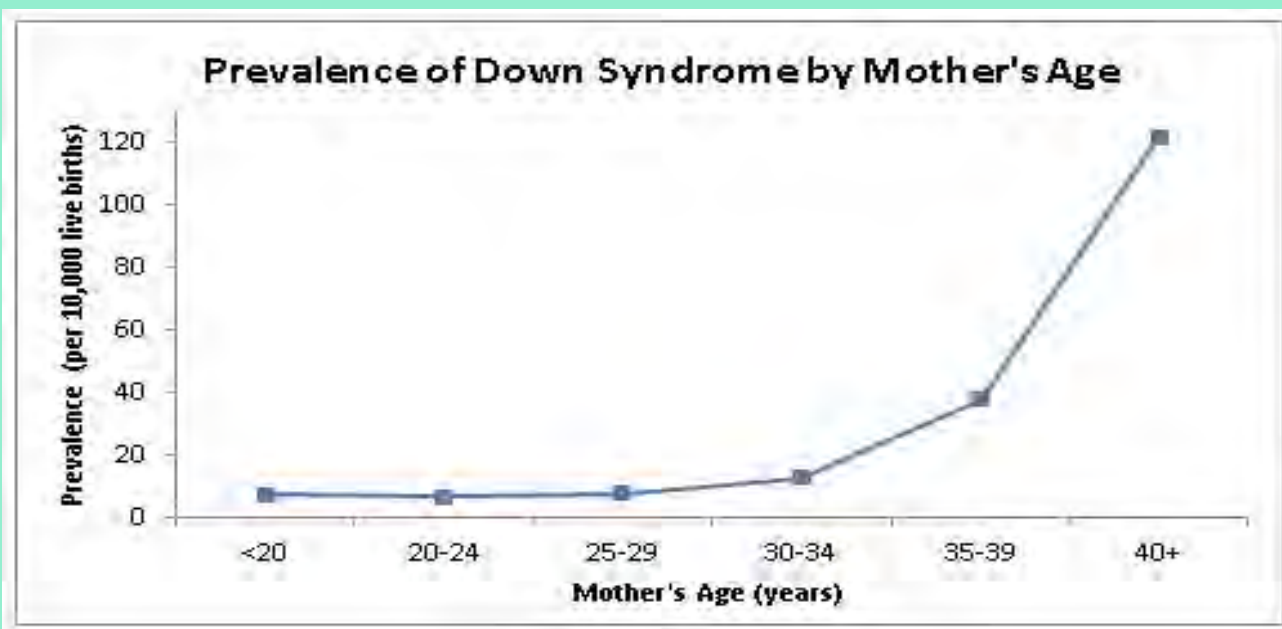
About 6,000 babies are born with down syndrome each year. This is the same as 1 in every 700 births. About 50% of these babies will also be born with a congenital heart defect.



RISK FACTORS:

MOTHER'S AGE

As mother's age increases, the prevalence of down syndrome also increases.



OTHER MEDICAL RISKS



People living with down syndrome are more likely to have other health problems. These include hearing loss, ear infections, sleep apnea, eye disease, problems with vision, thyroid disease, and many more.

MANAGING DOWN SYNDROME

Many people with down syndrome live far into adulthood and should meet with their primary care physician every year for a wellness check-up.



References

Data and statistics on down syndrome. (2020, October 23). Retrieved March 19, 2021, from <http://www.cdc.gov/ncbddd/birthdefects/downsyndrome/data.html>

Smith D. S. (2001). Health care management of adults with Down syndrome. *American family physician*, 64(6), 1031–1038.

Team Members

Medical Students: Alex Miller, Nicholas Meyers, Kyle Mistretta
Nursing Students: Emily Boudreaux, Rain Breedlove, Elizabeth Heirsch, Rebecca Helm, Daniela Hernandez Oliveros, Shayla Rivera
Audiology Student: Callie Moran
Physical Therapy Student: Ashley Lucas
Dental Student: Ann Kennedy

Interprofessional Wellness Visit

Profession	Assessment	CPT Code	Cost
Dental	Comprehensive oral examination – New Patient	D0150	\$47.37
	Panoramic radiographic image	D0330	\$57.05
Medicine	New Patient Visit	99202-99205	\$42.77-\$130.32
Audiology	Basic comprehensive audiometry	92557	\$38.98
	Flu and pneumococcal vaccine	90653	\$\$59.529
Nursing	Nutritional counseling	97802	\$39.27
	Assessment of medical and social history		

Additional Recommended Professions

Upon the annual wellness visit, a provider may also choose to add other professions to a patient's care. These professions include Physical Therapy, Occupational Therapy, Speech Language Pathology, Psychology.

Challenges and Benefits

Client/Community Perspective

Physicians can help patients develop **good communication** and **social skills** to enhance ability to **live independently**, have a job, and interact with others. Health Professionals can also refer parents to **support groups** for info on relationships, sexuality training, abuse prevention, and independent/group living

Health Professional Perspective

Good team-based approach to an annual visit can lighten the work load of each provider. This approach saves time and resources during visits and paints a clearer picture of each patient.

Challenges to an Interprofessional Approach

One challenge to approaching an annual interprofessional visit is a lack of a universal healthcare record system. This makes it difficult for a patient's healthcare team to communicate and stay informed about different aspects of the patient's health. One way to resolve this is for the members of the healthcare team to use release of confidentiality forms to transfer information across different electronic record systems.

IPEC Reflection: Sub-Competency CC8

Communication between the different disciplines in healthcare is critical to provide efficient healthcare. Improved communication can decrease mortality and morbidity rates in patients. Additionally, it improves patient rapport and satisfaction with the healthcare field. Proper communication between providers allows for more efficient care, which leads to lower healthcare cost.

List of Resources Included in the Health Box:

Nursing

- Schedule that reminds about the annual influenza vaccine and potential pneumococcal vaccines
- Nutritional pamphlet describing foods that promote good nutrition (adults with down syndrome are more likely to have diabetes and celiac disease, so should include a description of foods to avoid).
- Include references to support groups and behavioral therapists to promote social skills and emotional health.
- Wong Baker FACES Pain scale to screen for pain (keep in mind that many individuals with Down Syndrome may underreport pain or appear to have a high pain tolerance)
- Collaboration with other team members assists nurses in ensuring that down syndrome patients are receiving holistic care, for example, with receiving assisted devices such as glasses, walkers, and canes.
- Ensuring appropriate education on activities of daily living is provided to caregivers of a DS patient as well as other community resources such as support groups.

Physician

- Annual check-ups with additional careful screening for thyroid function (greater rate of thyroid dysfunction), vision, hearing, cardiac (new or worsening valve disorders), testicular (high rate of testicular cancer), and cervical spine exams (look for atlantoaxial instability, spondylosis, degenerative disease).
- Counseling for safe sexual practices
- Annual mental health screenings and early dementia screenings beginning at 40 years old (early onset Alzheimer's).
- Annual complete metabolic panels and complete blood counts are suggested to assess for metabolic syndrome and leukemia, respectively.
- Regular abuse screenings (physical, emotional, and/or sexual) as there is a higher prevalence of abuse directed towards patients with Down Syndrome.

Physical therapy

- Pamphlet with recommended exercise program
- Adults with down syndrome are more likely to be overweight, develop diabetes, and have depression
- An aerobic exercise program can help prevent these conditions as well as manage depression

Audiology

- Information on PE tube placement procedure for proper Eustachian tube fluid drainage
- Debrox wax removal drops for occluded ear canals
- Pamphlet with information about bone conduction hearing aids if fluid and wax issues are persistent, hearing loss returns within a few months of tubes being placed, and new tubes are needed too often.

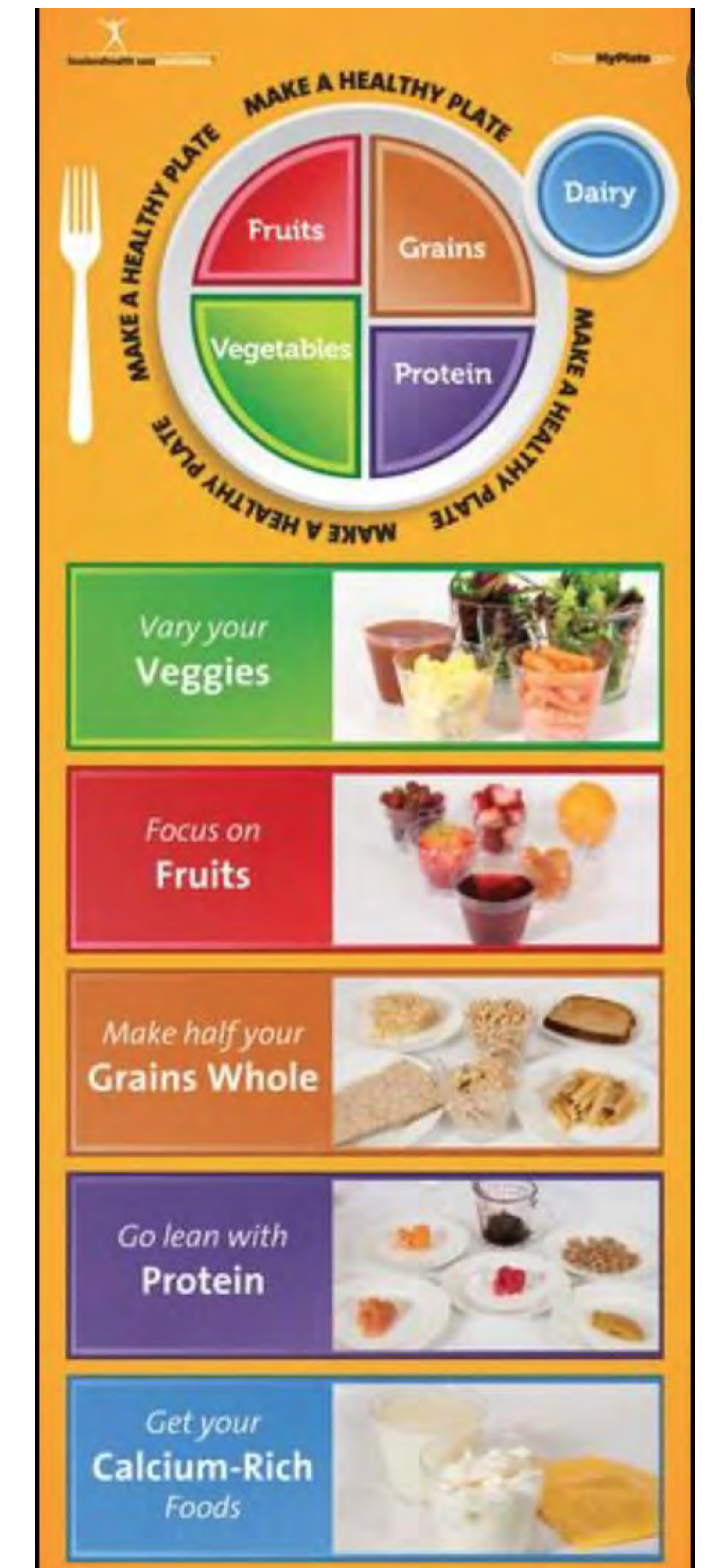
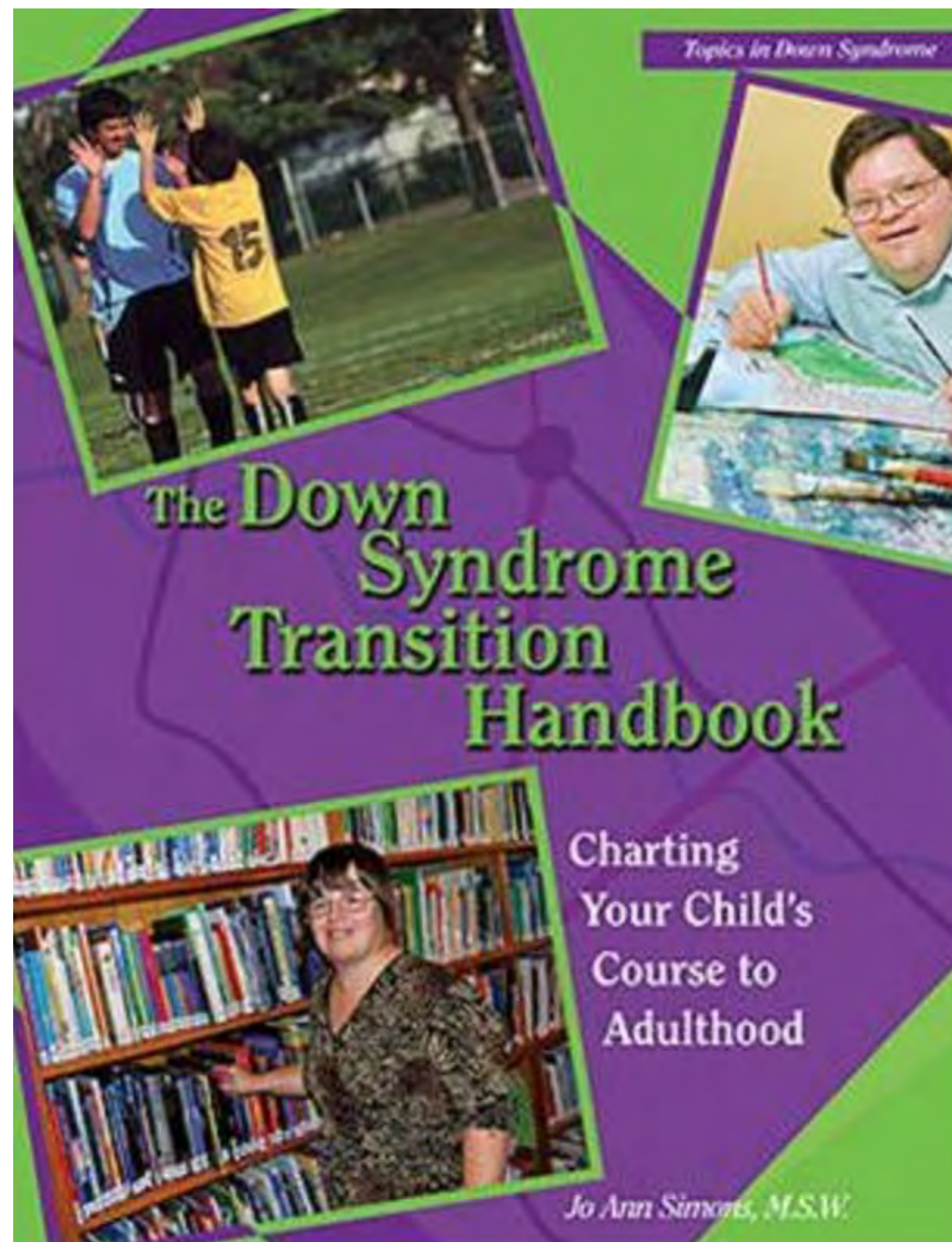
Dentist

- Mechanical toothbrush, easier for limited motor function and more effective overall
- Fluoride toothpaste to help limit caries, down syndrome patients are at an increased risk of caries due to xerostomia
- Chlorhexidine mouthwash or spray for perio-disease prevention
- Floss and Floss holders or individual flossers such as “fun floss”
- Education Pamphlet for caregivers on the topics of:
 - Diet
 - Avoiding sugary drink and snacks to limit caries
 - Oral Care
 - How to properly brush and floss the patient's teeth
 - The importance of independence in brushing and flossing if possible
 - Products on the market:
 - Fluoride toothpastes and gels
 - Fun-flossers
 - Mechanical vs. Non-mechanical toothbrushes
 - Preventative Measures
 - 3-month cleaning appointments
 - Sealants
 - Topical Fluoride treatments

Slide 3: Health Box

Prioritize 3-5 items to share during the presentation, include their images on this slide & explain why the team selected them.

Your team can be as visually creative as it would like to regarding this slide.



References

Data and statistics on down syndrome. (2020, October 23). Retrieved March 19, 2021, from <https://www.cdc.gov/ncbddd/birthdefects/downsyndrome/data.html>

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DEMOGRAPHICS

5.6% of Americans are 80-100 year old men
The incidence of oral cancer is **41.2%** in adults over 80

80% of individuals ages 85+ suffer from hearing loss

- Hearing loss occurs at a younger age and has higher prevalence in men
- Although there are many causes of hearing loss, it is mainly caused by **prebycusis**

PHYSICIAN RECOMMENDATIONS

Screen for hearing loss during health exams for individuals 60+ years old

USPSTF recommends exercise to prevent falls in community-dwelling adults 65 years or older

- Impaired strength is a strong predictor of falls and may also increase the risk of injury

SUGGESTED HEALTHCARE TEAM



CC8 COMPETENCY

Patient-centered care requires interprofessional collaboration, and all healthcare providers must be prepared to collaborate with professionals of other disciplines. This type of collaboration requires an understanding of each individual's role in a team including their responsibilities and scope of practice. The team must also be able to collectively discuss the patient's goals, formulate a plan, and appropriately delegate tasks according to specialty.

80-100 Year Old Men

Rebekah Breaux, Stephen Icaza, Marissa Jackson, Jasmine Jones, Camryn Jolly, Salaam Khaled, Rebecca Nuss, Emily Noel, Emily Marks, Cindy Nguyen, Adele Ory

ASSESSMENTS

Male patients 80-100 years of age need multitude of assessments to address the conditions they acquire due to aging. The needs of this patient group can be met with an interprofessional approach.

Profession	Assessment	Cost
Medicine/Nursing	Dementia assessment	\$78.00
	<ul style="list-style-type: none"> ▣ Mini mental state examination 	\$2000-\$3750 Cost varies depending on coverage and type of test
	Colorectal cancer screening (on an individual basis)	
Physical Therapy	<ul style="list-style-type: none"> ▣ Conventional colonoscopy 	\$0
	Fall risk assessment	
	<ul style="list-style-type: none"> ▣ Timed up and go (Cut off scores) ▣ Ten meter walk test (Cut off score) 	
Audiology	Hearing loss assessment	\$11
	<ul style="list-style-type: none"> ▣ Whispered voice ▣ Pure tone and hearing test 	
Dentistry	Self Oral Cancer Screenings	\$35-\$65 -Some dentists don't charge additional for this service
		Est. Total: \$2113+

BENEFITS

Patient/client/community

- Interprofessional assessments in healthcare allows the patient to have more trust in their care. Potentially, if the patient is trusting of their healthcare professionals, they may be more adherent to their health goals and plan of care

The health professional(s)

- May decrease the chances of patient care errors

IMPLEMENT CHANGE AND SOLUTION

Challenge: Polypharmacy poses an issue in this group. Patient may struggle with several factors: redundant prescriptions, when to take the medicine, if they already took it, how many to take, if they need to take it multiple times per day.

Solution: Communication Phone calls, zoom session, or in person meeting just for a few minutes between the interprofessional providers to go over which medications the patient is being prescribed for which reasons. , Patient can discuss with their provider if they would like anything changed or have questions. An electronic medical record is a great way for all involved providers to see which medications a patient is on and any interactions before prescribing something new.

IPE COLLABORATION

Geriatric patients are often faced with chronic illnesses which require a multidisciplinary approach to deliver care. Interprofessional collaboration involves coordination of care and effective timing. For timing to be effective, interprofessional team members need to formulate, collaborate and communicate a plan of care that most benefits the patient while satisfying the roles of every team member.

Because the interprofessional team approach consists of many different routines and plans of various providers that may differ significantly from one another, it is important to implement HIPAA-compliant message delivery systems to offer better access to information regarding patient care. Having such systems in place would improve efficacy of communication by removing extraneous information to filter through like in emails and speeding up the communication process.

Slide 2: Health Box

Please prioritize 3-5 items to share during the presentation and include their images on this slide



(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle). Please include a comprehensive list of what you will include in your box, with links.

- https://www.amazon.com/Pressure-Accurate-Automatic-Monitoring-Backlight/dp/B07WC57LJ2/ref=sr_1_11?dchild=1&keywords=blood+pressure+cuff&qid=1615769217&sr=8-11

- https://www.amazon.com/Detachable-Organizer-Vitamin-Supplements-Rainbow/dp/B08DK1XP9D/ref=sr_1_2_sspa?dchild=1&keywords=pill+organizer&qid=1615769258&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEwMTI2OTkyMUZXOUFUSUlxRVg2WSZlbmNyeXB0ZWRBZEIkPUEwNDE0OTA1MTBORTYUdEQ0dXJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvdj1jbGlja1JlZGl5ZWNOJmRvTm90TG9nQ2xpY2s9dHJ1ZQ==

- https://www.alert-1.com/products/medical-alert-bracelets/2794?utm_source=google&utm_medium=cpc&utm_campaign=Shopping:PLA&gclid=CjwKCAiAhbeCBhBcEiwAkv2cY4cR7GetJl8qc7gT5yDBXgwx6xY5pkbdYEdxTYilFpf0JMA_3BsxdBoCAq4QAvD_BwE

- https://www.amazon.com/fit-Dumbbell-Neoprene-Non-Chip-Dumbbells/dp/B00B4RVYPS/ref=sr_1_51?dchild=1&keywords=dumbbell+set&q

- <https://www.amazon.com/Crown-Therapy-Putty-Exercise-Rehabilitation/dp/B082DKQ5QW>

- Provides information on how to assess for potential malignancies on self
- **<https://www.lsusd.lsuhsd.edu/socs/>**



References

- <https://www.nidcr.nih.gov/research/data-statistics/oral-cancer/incidence>
- Dahlke, S., Meherali, S., Chambers, T., Freund-Heritage, R., Steil, K., & Wagg, A. (2017). The Care of Older Adults Experiencing Cognitive Challenges: How Interprofessional Teams Collaborate. *Canadian Journal on Aging*, 36(4), 485–500. <https://doi-org.ezproxy.lsuhsu.edu/10.1017/S0714980817000368>
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- Stephanie Nothelle MD, Danelle Cayea MD, Jessica Colburn MD (2018). “Elder Care A Resource for Interprofessional Providers: The Medicare Annual Wellness Visit.” University of Arizona College of Medicine Tucson Center on Aging.
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- Walling, A., & Dickson, G. (2012, June 15). *Hearing loss in older adults*. <https://www.aafp.org/afp/2012/0615/p1150.html>.



Dizziness & Balance Disorders



Amount of the adult population that experiences dizziness



4/10 of dizzy patients have peripheral vestibular dysfunction

History is most sensitive for identifying vertigo, presyncope, psychiatric disorders, and disequilibrium.

Vertigo is the predominant symptom that arises from acute asymmetry of the vestibular system. Some types occur spontaneously and others are brought on by moves that change head position or middle ear pressure.



- Seven characteristics associated with dizziness include:
1. Anxiety trait
 2. Depressive symptoms
 3. Impaired balance
 4. Past myocardial infarction
 5. Orthostatic hypotension
 6. Five or more medications
 7. Impaired healing

Learn more at www.uptodate.com

Assessments	CPT Codes	Cost
Nursing		
<ul style="list-style-type: none"> Physical performance test Basic vestibular evaluation CBC with differential CMP 	<ul style="list-style-type: none"> 97750 92540 85025 80053 	\$199.01
Audiology		
<ul style="list-style-type: none"> Videonystagmograohy (VNG) test (Oculomotor testing, positional testing, and caloric testing) Electrocochleography (ECOG) Audiologic Evaluation Vestibular evoked myogenic potentials (VEMP) Brainstem auditory evoked response audiometry (BAER) 	<ul style="list-style-type: none"> 92517 92537 92557 92550 92584 92547 92585 	\$475.89
Physician Assistant		
<ul style="list-style-type: none"> Dix-Hallpike maneuver Supine roll test Hearing test Gait and posture assessment Neurological assessment 	<ul style="list-style-type: none"> 92542 92537 92540 96132 	\$238.68
Physical Therapy		
<ul style="list-style-type: none"> Berg Balance Scale Functional Gait Assessment (dynamic balance) Functional Reach Test 	<ul style="list-style-type: none"> 97112 	\$41.83
Dental		
<ul style="list-style-type: none"> Evaluation of TMJ/TMD for possible correlation (TMJ Orthotics may provide relief) Post-fall comprehensive oral exam to evaulate for trauma and breakage Radiographic analysis of teeth 	<ul style="list-style-type: none"> D0150 D0210 	\$107.54
Medicine		
<ul style="list-style-type: none"> Basic vestibular evaluation MRI Brain w/ contrast 	<ul style="list-style-type: none"> 92540 70553 	\$217.17
Total Cost		
\$1081.11		

Challenges

1. Cost of testing and assessment
2. Age of patient popultaion most affected (geriatrics)
3. Limited access to assess patients home

Solutions

1. Communication between different health professionals, making sure that tests are not being repeated or testing the same thing.
2. Planning ahead when receiving a patient of advanced age: making sure there is someone in the clinic to help with testing, making sure they have a ride to the appointment, etc.
3. Use of home health and communication of possible problems between occupational therapy and the patient

Benefits

Patient Perspective	Health Professional Perspective
<ol style="list-style-type: none"> 1. Better understanding of their disorder 2. Health improvements in multiple areas. 3. Caregiver/family education to provide proper care outside of the health environment. 	<ol style="list-style-type: none"> 1. Ability to collaborate and determine the most important aspect to focus on. 2. Providing the best overall care for the patient ultimately improving their quality of life. 3. Learning from each other to better understand patient's disorder in more detail.

IPEC CC-8

Team members of the group were knowledgeable of their specific roles and skills needed to complete the project. Overall everyone did a great job in their leadership role. Each team member possessed an understanding of each other's discipline as it related to the team's project. Team members provided positive feedback and used good problem solving skills to complete the project. Team members collaborated efficiently and effectively in order to successfully complete the project.

References

www.uptodate.com,
<https://www.cms.gov/medicare/physician-fee-schedule/search>

Health Box Resources and Tools

- **Dizziness Symptom Profile Screening Tool**

- <https://www.vumc.org/balance-lab/resources>

- **NIH Balance Disorders Fact Sheet**

- <https://www.nidcd.nih.gov/sites/default/files/Content%20Images/nidcd-balance-disorders.pdf>

- **Falls Prevention Handout**

- <https://balanceanddizziness.org/wp-content/uploads/2019/11/Falls-prevention-handout.pdf>

- **<https://vestibular.org>**

- A website offering extensive educational resources and coping strategies, as well as a provider directory and online forum for individuals with vestibular disorders

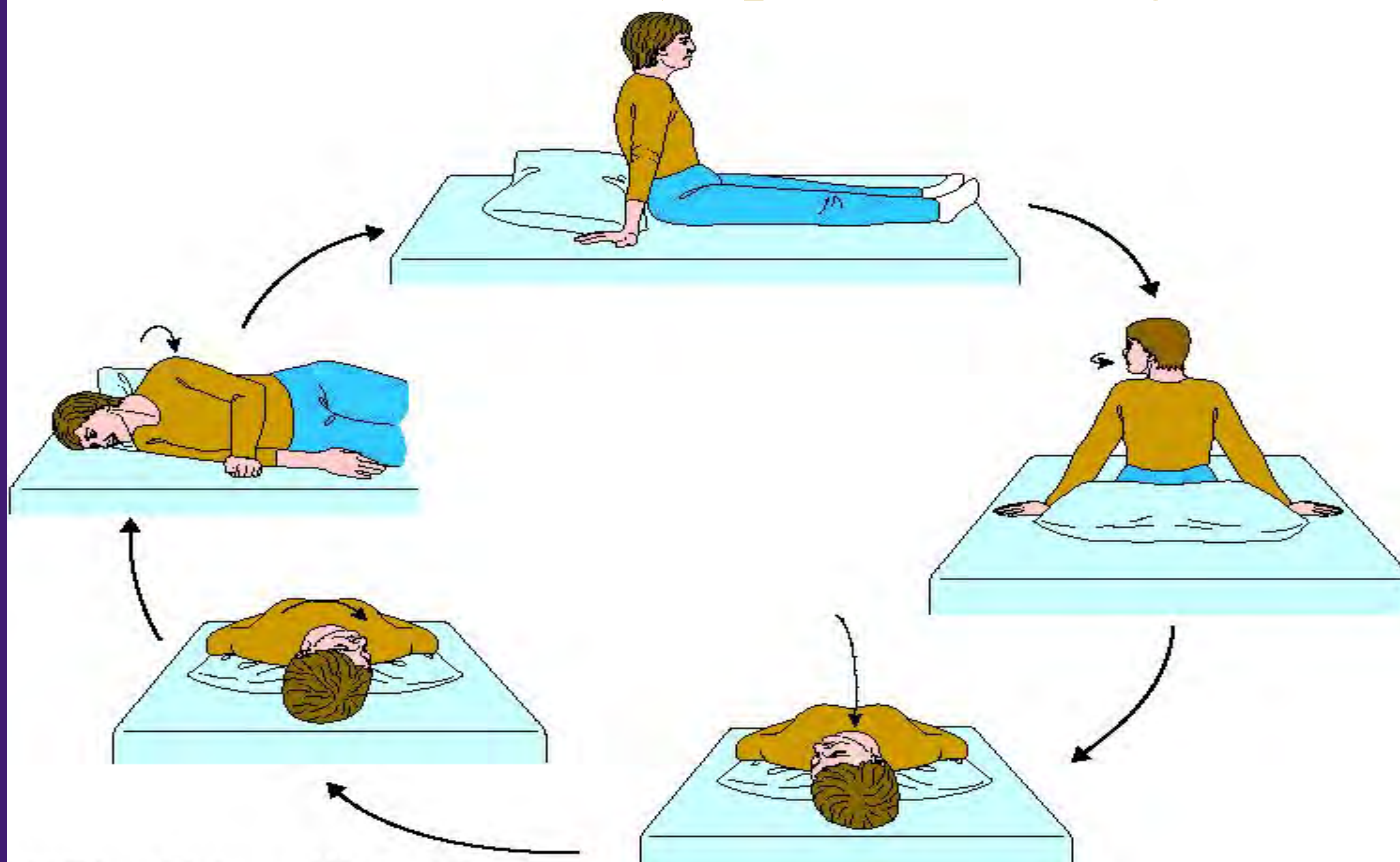
- **Local Resources in New Orleans**

- University Medical Center
<http://healthlibrary.umcno.org/Library/News/Newsletters/Men/134,133>
- Ochsner Hearing and Balance team <https://www.ochsner.org/services/hearing-and-balance>
- FYZICAL Therapy and Balance Centers <https://www.fyzical.com/new-orleans/index.html>
- High Level Speech & Hearing Center <https://www.highlevelhearingnola.com/dizziness-services>
- Magnolia Physical Therapy
<https://magnoliatherapyla.com/physical-therapy-services/balance-disorders-dizziness-vertigo/>

Vestibular disorders are linked to unsteadiness or loss of balance in the dark. A night light to be used at bedtime and a flashlight in case of power outages would be helpful for individuals with balance disorders to prevent falls.



The Epley Maneuver: a type of at home exercise that treats the symptoms of vertigo



(c) Chicago Dizziness and Hearing, 2007

FEELING DIZZY?

More than
1/3



of adults in the U.S. 40 and older have experienced some sort of vestibular dysfunction.*

BALANCE

Balance is controlled by:

- the inner ear (vestibular system)
- the eyes (vision)
- sense of touch (proprioception)

DIAGNOSIS

Vestibular disorders are not easy to diagnose. On average, patients consult 4 or 5 doctors before receiving a diagnosis.**

Your doctor will take a medical history and may order several types of testing, including:



HEARING



BALANCE



VISION

Getting a diagnosis may mean ruling out other conditions. Your condition may be short-term (acute) or long-term (chronic).

SYMPTOMS

You may experience one or several symptoms.

BALANCE PROBLEMS

- VERTIGO (sensation of movement)
- DIZZINESS
- IMBALANCE

PROBLEMS CONCENTRATING (or cognitive challenges)

VISION DISTURBANCE

HEARING CHANGES



TREATMENT

Your treatment will depend on your diagnosis.



- PHYSICAL THERAPY
- POSITIONING MANEUVERS
- DIET & LIFESTYLE CHANGES
- MEDICATION
- SURGERY
- COUNSELING

WHAT SHOULD I DO?

To learn more and find a specialist:

vestibular.org



VESTIBULAR
DISORDERS ASSOCIATION

* Agrawal V, Carey JP, Della Santina CC, Schubert MC, Weiss LB. Disorders of balance and vestibular function in US adults: data from the National Health and Nutrition Examination Survey, 2001-2004. Arch Intern Med. 2009;169(10):938-944.
**VEDA survey, 2011



TMJ Orthotics: A custom orthotic may prove effective for correcting jaw alignment. Patients can experience near-instant relief of vertigo symptoms when an orthotic is used.

If we have room to fit this in the box of important stuff that would be cool, if not i don't mind either way

<https://www.colgate.com/en-us/oral-health/temporomandibular-disorder/are-tmj-and-vertigo-related>

WOMEN AGED 70-79

Team #:27

Team members: Rebekah Willoughby (Audiology), Jency Broussard (PA), Gabrielle Russell (Nursing), Lauren Rodriguez (Medicine), Jacob Kirkman (Nursing), Deborah Lagos (Nursing), Rochelle Kong-Quee (Dental), Tommy Nguyen (PT), Lindsey Schexnailder (Medicine)

Medicine

- Women aged 70-79 have an increased risk for ovarian cancer.
- Screenings may be recommended for high-risk women or women with symptoms.
- Screening tools: Transvaginal Ultrasound or blood CA-125

Nursing

- Vaccinations are important for the elderly to avoid getting sick. Their weakened immune system and comorbidities place them at a higher risk for infection.
- Required Vaccinations: Influenza, Pneumococcal, Zoster, HepA, HepB
- Educate on the importance of breast cancer screening in this age group.
 - Screening (Mammogram) should be done every 2 years in ages 70-74 years of age.
 - Women aged 75 years or older, or life expectancy of 10 years should continue screening with mammography.

Physical Therapy

- Older adults are at risk for falls and slips.
- PT can help prevent falling by improving balance, muscle strength, and endurance and by providing patient education.
- A FES (Falls Efficacy Scale) can be given to an elderly patient in order to assess their fear of fall.

Audiology

- Older adults are at risk for developing age related hearing loss, or presbycusis, and annual hearing screenings can identify these hearing losses
- Treatment of presbycusis typically consist of the use of hearing aids
- Untreated presbycusis is correlated with dementia
- Older adults are also at risk for falls due to balance issues
- VNG test can be performed to identify vestibular disorders for this population

Physician Assistant

- Important to continue to educate patients on main risk factors for lung cancer such as tobacco and prolonged exposure to asbestos as well as alarming symptoms to be aware of
- Lung cancer screening: low-dose CT is recommended for patients 55 to 80 years of age who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years.
- However, screening is not recommended in older adults with life expectancy of less than 10 years

Dental

- 2/3 adults aged 65 and older have gum disease, and oral cancer is primarily diagnosed in older adults
- Many drugs can cause xerostomia (dry mouth) that can lead to tooth decay, and patients are likely to be on multiple medications
- Patients should visit the dentist at least once a year for an oral examination which would include counseling, oral cancer screening, and a treatment plan

Purpose of Health Screenings

There are extensive health concerns for this population, and regular health screenings can help identify and treatment these conditions and improve quality of life for these individuals.

Statistics

- Ovarian cancer has its peak incidence in the 7th decade of life (60-69yrs) and remains high until age 80. When found early, there is a 94% 5-year survival rate.
- 20% of diagnosed breast cancer cases come from women over 70 years old.
- 1 of every 8 adult woman will get breast cancer in their lifetime.
- Breast cancer is the most common cancer in adult women and second leading cause of death.
- One of four adults over 70 have a hearing loss
- Three out of four adults over 70 have abnormal testing for postural balance.
- 50% of those diagnosed with lung cancer are 70+
- 66% adults aged 65+ have gum disease
- Falls are responsible for 70% of accidental deaths in persons 75 years or older.

We believe that using a multidisciplinary team is the best approach to improve the overall health of this population and to treat all health concerns. Having multiple health care professionals involved in the primary prevention of disease in this population can help ensure our patients stay healthy.

Profession and Recommendation	CPT Code	Estimated Cost
Medicine: Transvaginal Ultrasound	99387 HR402	\$98.57
	36415	\$2.15
Nursing Counsel on importance of vaccines	Services incident to MD, PA, NP	
Physical Therapy: Physical Therapy Eval	97161	\$58.94
Audiology Hearing Aid Exam/Selection	92591	\$55.94
	92592	\$21.52
Physician Assistant: Preventative Medicine/ Counseling CT Scan	99401 HR350	\$19.72
Dental Comprehensive Oral Exam	D0150	\$47.00
Total:		\$303.84

Considerations

Benefits to patients

- Reduce repeat testing, ensure that important screening tests are not overlooked, and reduce the number of appointments

Benefits to health professionals

- More efficient communication between disciplines, better patient outcomes due to reduced morbidity and mortality.

Challenge to Implementation

- A multidisciplinary visit could potentially take a long time, which may be challenging for many patients in this demographic

Possible Solutions

- Ensuring that appointment times are appropriate by having the team meet to review the case before patient arrival

LIVING LONGER. LIVING HEALTHIER? [TIPS FOR BETTER AGING]



1900

Average life expectancy



2013

Americans
are living
longer.

National Center for Health Statistics, 2013

But nearly
61% of
Americans age 65+
have multiple
chronic conditions.



United Nations, 2011

Practice
healthy aging:

Be physically
active

Make smart
food choices

Get regular
health
screenings

Participate
in activities
you enjoy

Visit www.nia.nih.gov for more information from the National Institute on Aging at NIH, the leader in aging research.

NIH National Institute on Aging

References

- Ovarian Cancer in Elderly Women. Cancer Network. <https://www.cancernetwork.com/view/ovarian-cancer-elderly-women>. Published July 31, 2003. Accessed March 22, 2021.
- Breast cancer screening guidelines for women. CDC Published September 14, 2021. Accessed March 22, 2021. <https://www.cdc.gov/cancer/breast/pdf/breast-cancer-screening-guidelines-508.pdf>
- Cancer screening. CDC. Published July 2010. Accessed March 22, 2021. <https://www.cdc.gov/vitalsigns/pdf/2010-07-vitalsigns.pdf>
- Fuller, G F. "Falls in the elderly." American family physician vol. 61,7 (2000): 2159-68, 2173-4.
- Age-Related Hearing Loss (Presbycusis). Johns Hopkins Medicine. <https://www.hopkinsmedicine.org/health/conditions-and-diseases/presbycusis>. Accessed March 22, 2021.
- Edridge, L. (2020, July 03). How is lung cancer treated in older adults? Retrieved March 22, 2021, from <https://www.verywellhealth.com/lung-cancer-in-older-adults-2248789>
- Oral Health for Older Americans. CDC. https://www.cdc.gov/oralhealth/basics/adult-oral-health/adult_older.htm 3-4

Components of Health Box:

Medicine:

- Information brochure on symptoms of Ovarian Cancer

Nursing: Immunization brochure from CDC:

- <https://www.cdc.gov/vaccines/schedules/downloads/adult/adult-combined-schedule.pdf>
- Information brochure on breast cancer screenings.
- Information brochure on statistics of breast cancer in different age groups
<https://www.cdc.gov/cancer/breast/pdf/breast-cancer-screening-guidelines-508.pdf>
<https://www.cdc.gov/vitalsigns/pdf/2010-07-vitalsigns.pdf>

Physical Therapy:

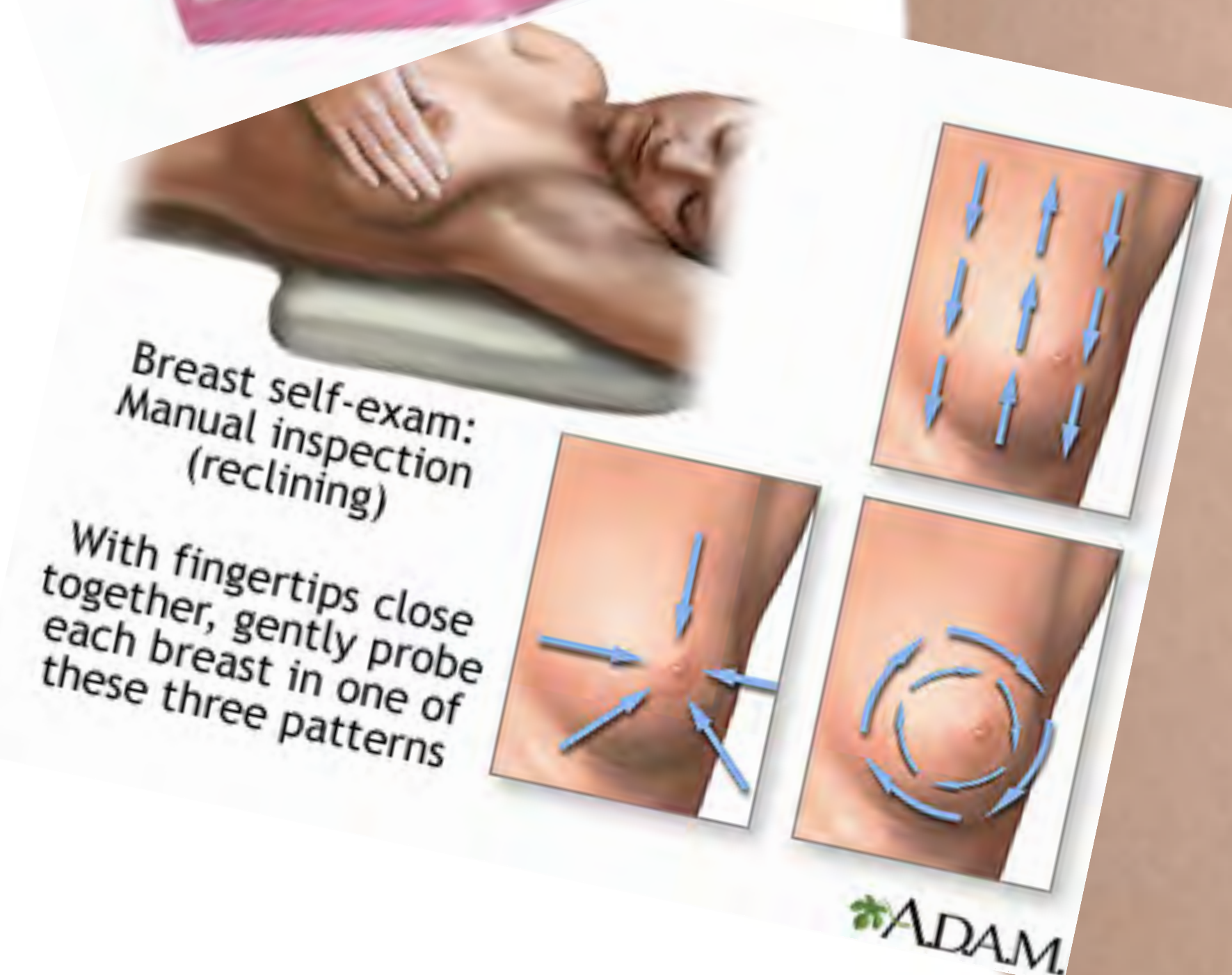
- Information brochure on fall prevention.
- Balance exercises to improve postural balance.
- 1-pound dumbbells for general strengthening exercises in order to improve general health and mobility.

Audiology:

- Information brochure on presbycusis and balance disorders ([What is presbycusis](#))
- Information brochure related to noise exposure and noise protection
- Contact list of local audiologist who dispense hearing aids

Physician Assistant:

- Information brochure containing risk factors for development of lung cancer
- Information regarding "red flag" symptoms to be aware of, when to contact a health professional, and treatment options ([Lung Cancer in the Elderly](#))



70-79 Year-Old Men

Team #28

Kayla Langley, Bailey Berrigan, Cameron Small, Christina Schaub, Jeanne Lassere, Jacob Seicshnaydre, Jonathan Selva, Kacy Hemelt, Kayla Schwartzburg, Krishna Kumar, Lindsey Callender

NURSING:

- Weight, waist circumference, blood pressure, vital signs
- Personal medical history, family history, medication lists
- Health promotion and prevention (screenings, immunizations, education, anticipatory guidance, follow-up care, discharge instructions)

MEDICINE and PHYSICIAN ASSISTANT:

- Assess activities of daily living, prior falls/fall risks, osteoporosis, cognitive impairment, and depression
- Assess vision/hearing, urinary/fecal incontinence, nutrition
- Screen for hypertension, hyperlipidemia, heart disease, diabetes, cancers (colonoscopy, digital rectal exam), substance misuse, elder abuse/neglect, and STIs
- Refer (genetics, geriatrics, cardiology, etc.)
- Monitor weight changes

DENTAL:

- Intra-oral and extra-oral exam
- Radiographic images (FMX and pano)
- Assess activities and dental oral hygiene routine
- Screen for systemic diseases that cause oral bone and soft tissue manifestations

MEDICAL TECHNOLOGIST:

- Urinalysis: Screen for kidney and liver disease, diabetes, hypertension
- Blood Work - thyroid, nutrients, metabolic, HbA1C,

PHYSICAL THERAPY:

- Falls Efficacy Scale (subjective)
- Monofilament test - sensation on feet
- Assess bed mobility, transfers, and gait
- Assess upper body strength and lower body strength
- TUG (time up and go): fall risk
- 2-minute walk test/6-minute walk test: aerobic capacity

OCCUPATIONAL THERAPY:

- Educate on fall prevention and home modifications
- Assess activities of daily living

AT RISK FOR:

- Falls
- Obesity
- Cancer
- Infection
- Depression
- Sexual Dysfunction
- Substance Abuse
- Chronic Disease
- Poor Oral Health
- Dementia
- Incontinence

RECOMMENDATIONS:

- Continue seeing primary care team
- Screen for substance use (Cessation counseling)
- Nutrition and exercise counseling
- Screen for chronic disease (heart, liver, kidney, cholesterol)
- Prostate cancer screening
- Colorectal cancer screening (should have begun at age 50)
- Screen for diabetes
- Assess risk for Polypharmacy (Beers Criteria)

BENEFITS TO THE PATIENTS:

- Prevent unnecessary complications
- Extend lifespan
- Overall improved quality of life – golden years!

BENEFITS TO HEALTH CARE TEAM:

- Reduce unnecessary spending
- Prevent healthcare team burnout

CHALLENGES:

- Link between interprofessional miscommunication & poor patient outcome
- Opposing opinions, diagnoses, clinical outlooks
- Solution: acknowledge multiple barriers present within healthcare setting & better understand each other's roles

IPEC REFLECTION:

SUB-COMPETENCY CCB

- Interprofessional collaboration enables patient safety and promotes wholistic care, while ultimately preventing healthcare error.
- Clear communication, leadership, delegation of roles, consistency, and accountability are attributes in a strong interdisciplinary team.
- Through exercise of these characteristics, issues such as polypharmacy, order errors, patient stress, and sentinel events can be drastically reduced.
- TeamUp has educated future healthcare professionals on the significance of interdisciplinary teamwork, while providing collaborative tools to achieve a more conducive environment for patient wellness.

ASSOCIATED COST:

- Medicine/PA/Nursing/Lab - \$98
- PT - \$64
- OT - \$64
- Dental - \$330
- Grand total = \$548!!

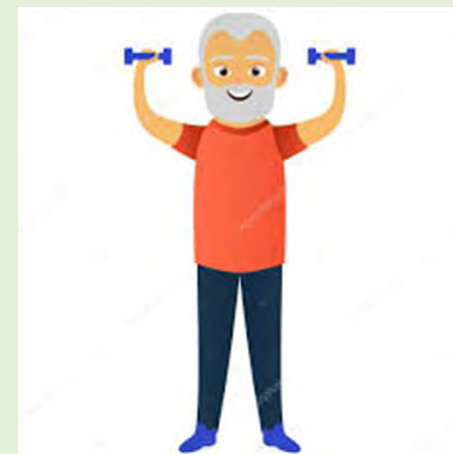
REFERENCES:

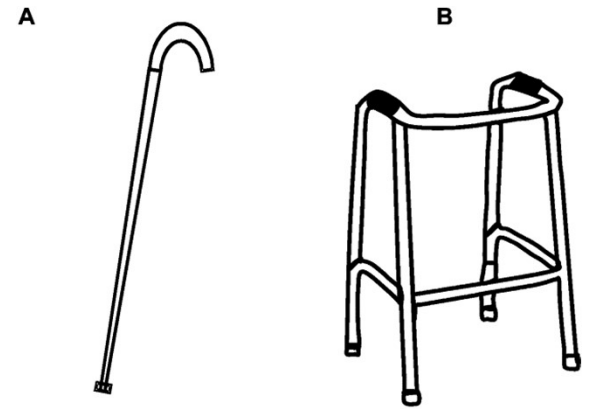
- American Academy of Family Physicians
- National Center for Health Promotion and Disease Prevention
- Caring People
- US Preventative Task Force



70-79 YEAR-OLD-MEN HEALTH BOX

- **Grippy socks**
- **Pill boxes**
- **Appointment reminders**
 - Vaccines (vaccine schedule handout)
 - Screening
 - Wellness checks
 - Dentist appointments
- **Geriatric Assistive Devices**
- **MMSE**
- **Community programs** (yoga, birdwatching, etc.)
- **Exercise programs**
- **Nutrition guide**





Alcohol Use Disorder

Joshua Shraberg (School Of Medicine), Sydney Lentz (School of Nursing), Brandi Sun (School of Medicine), Veronica Lawler (School of Nursing), Abigail Mmahat (School of Nursing), Hannah Theriot (School of Medicine). Justin Schneider (Clinical Rehabilitation and Counseling) Emily Calloway (Physician Assistant), Matthew Shields (School of Medicine), Samantha Lang (School of Dentistry)

Benefit of an Interprofessional Assessment

From the Patient/Community Perspective

- The interprofessional team can facilitate members of the community in identify patients who are suffering from alcohol use disorder or are at risk for developing an alcohol use disorder
- It is beneficial to have an interprofessional assessment in order to receive opinions from numerous healthcare professionals
- The patient can receive the help that they require after the disorder is accurately identified
- Patient's family members and/or friends can receive education on the disorder and information on how to help their loved one achieve their goals

From the Healthcare Provider's Perspective

- The healthcare providers can use other assessment tools to accurately diagnose the individual
- The use of an interprofessional assessment can increase the quality of care and decrease the possibility of errors from occurring
- The healthcare team can collectively discuss what the individual patient's needs are and how they can implement interventions that will encourage positive outcomes
- The interprofessional team can provide them with guidance to find an appropriate treatment plan including medication use, counseling, and/or support groups such as Alcoholics Anonymous or Al Anon

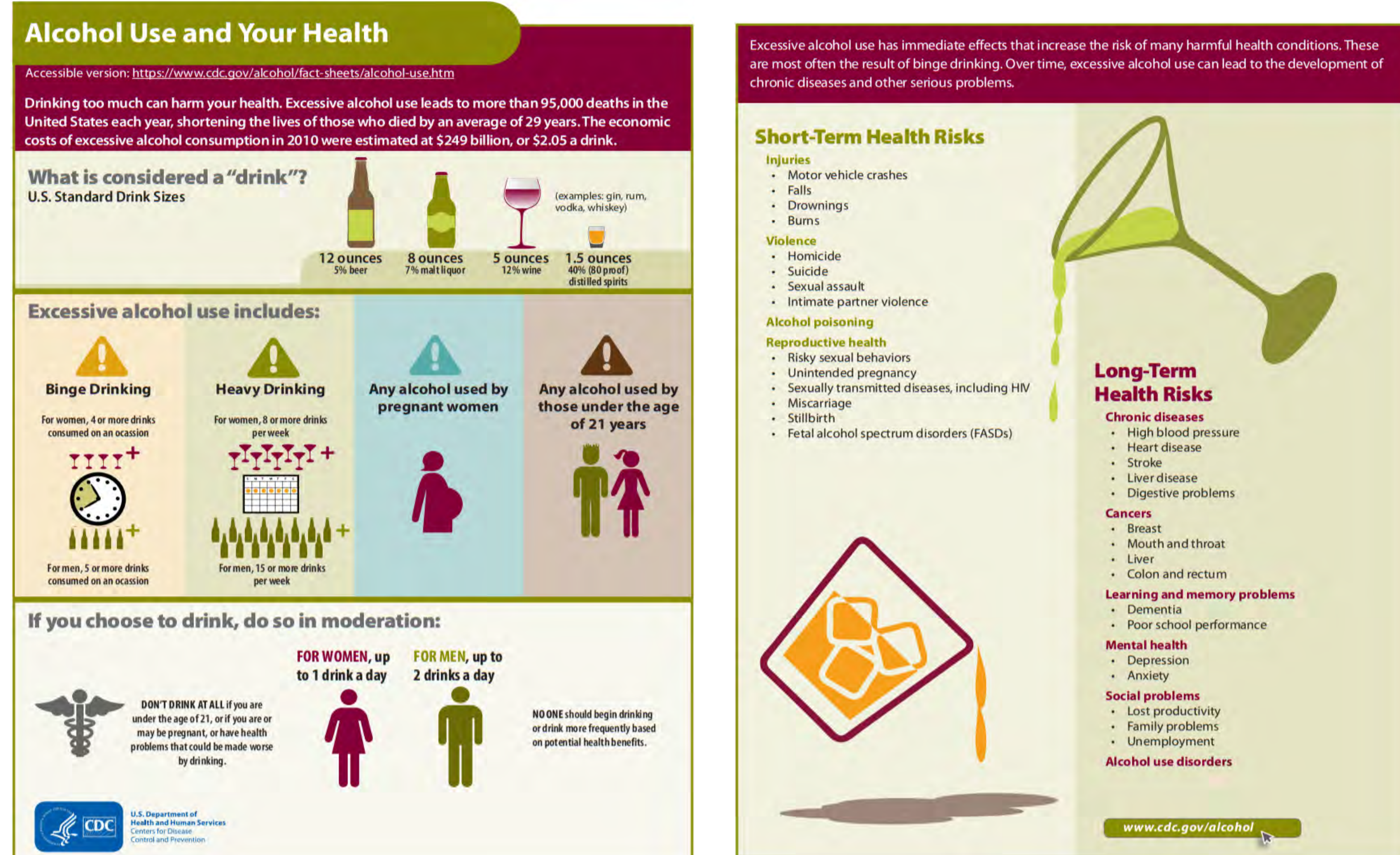
Challenge to Implementation:

Challenge:

Most people who suffer may not believe they have a problem, nor will they feel a need/want to change, especially if it helps numb pain or fill an empty void. Going forward, this could cause problems in these patients not even scheduling follow-up physical and mental health appointments.

Solution:

For starters, we need to de-stigmatize addiction within the community that addiction is a mental disorder and something that is taken just as seriously as a physical illness. First, we need to identify how the patient identifies alcohol abuse disorder. If it's a behavioral/psychosocial disorder, the patient might feel stigma approaching an interdisciplinary team in fear of being judged. This is why establishing a trusting and nonjudgmental relationship with the patient is of utmost importance. For genetic/environmental attributes, we need to help the patient understand that this is not necessarily their "fault" and that it is a disease that needs to be taken just as seriously as any other disease.

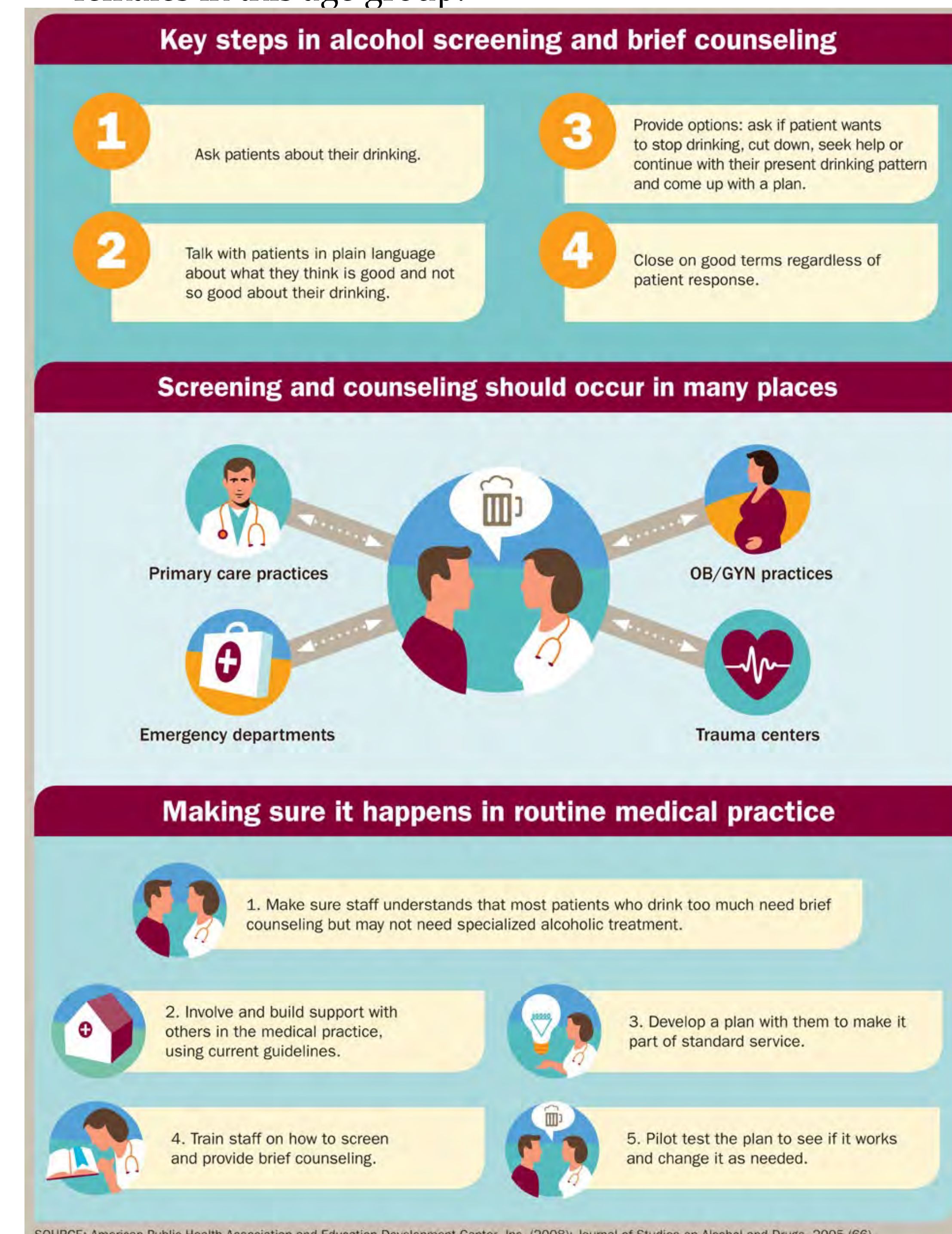


BILLING CODES

PAYER	CODE	DESCRIPTION	APPROXIMATE FEE SCHEDULE (RANGE)*
COMMERCIAL INSURANCE	CPT 99408	Alcohol and/or substance abuse structured screening and brief intervention services; 15 to 30 minutes	\$33.41 (\$10-\$70)
	CPT 99409	Alcohol and/or substance abuse structured screening and brief intervention services; greater than 30 minutes	\$65.51 (\$45-\$70)
MEDICARE	G0396	Alcohol and/or substance abuse structured screening and brief intervention services; 15 to 30 minutes	\$29.42 (\$25-\$60)
	G0397	Alcohol and/or substance abuse structured screening and brief intervention services; greater than 30 minutes	\$57.69 (\$25-\$60)
MEDICAID	H0049	Alcohol and/or drug screening	\$24.00
	H0050	Alcohol and/or drug screening, brief intervention, per 15 minutes	\$48.00

- The medical clinic could include a prescreening instrument in the forms the receptionist asks patients to fill out to ask about alcohol use, nutrition, exercise, depression, and other health-related behaviors.
- The medical assistant or nurse who rooms the patient could score the questionnaire and determine the need for a full screening instrument, such as the USAUDIT or CAGE questionnaires, and administer it when appropriate.
- The physician could engage in a brief intervention to support the patient either cutting back or quitting alcohol use.
- In practices with integrated behavioral health services, a counselor could meet with the patient for a more in-depth discussion or refer the patient to more formal alcohol treatment resources.
- Recommended professionals: Dentist, dental hygienist, family physician, nurse, behavioral counselor, psychiatrist.

- Based on most recent statistics provided by the CDC, in 2019 the prevalence of excessive alcohol use (AUD) in the United States was **14.5 million people** or **5.3 percent** of people ages 12 and older. This includes **9.0 million** or **6.8 percent** of men in this age group and **5.5 million** or **3.9 percent** of women in this age group.
- Based on the same 2019 NSDUH report, **414,000** adolescents (ages 12 to 17) or **1.7 percent** of this age group reported excessive alcohol use. This includes **163,000** or **1.3 percent** of males in this age and **251,000** or **2.1 percent** of females in this age group.



IPEC Reflection: Sub-Competency CC8

Communicate the importance of teamwork in patient-centered care and population health programs and policies.

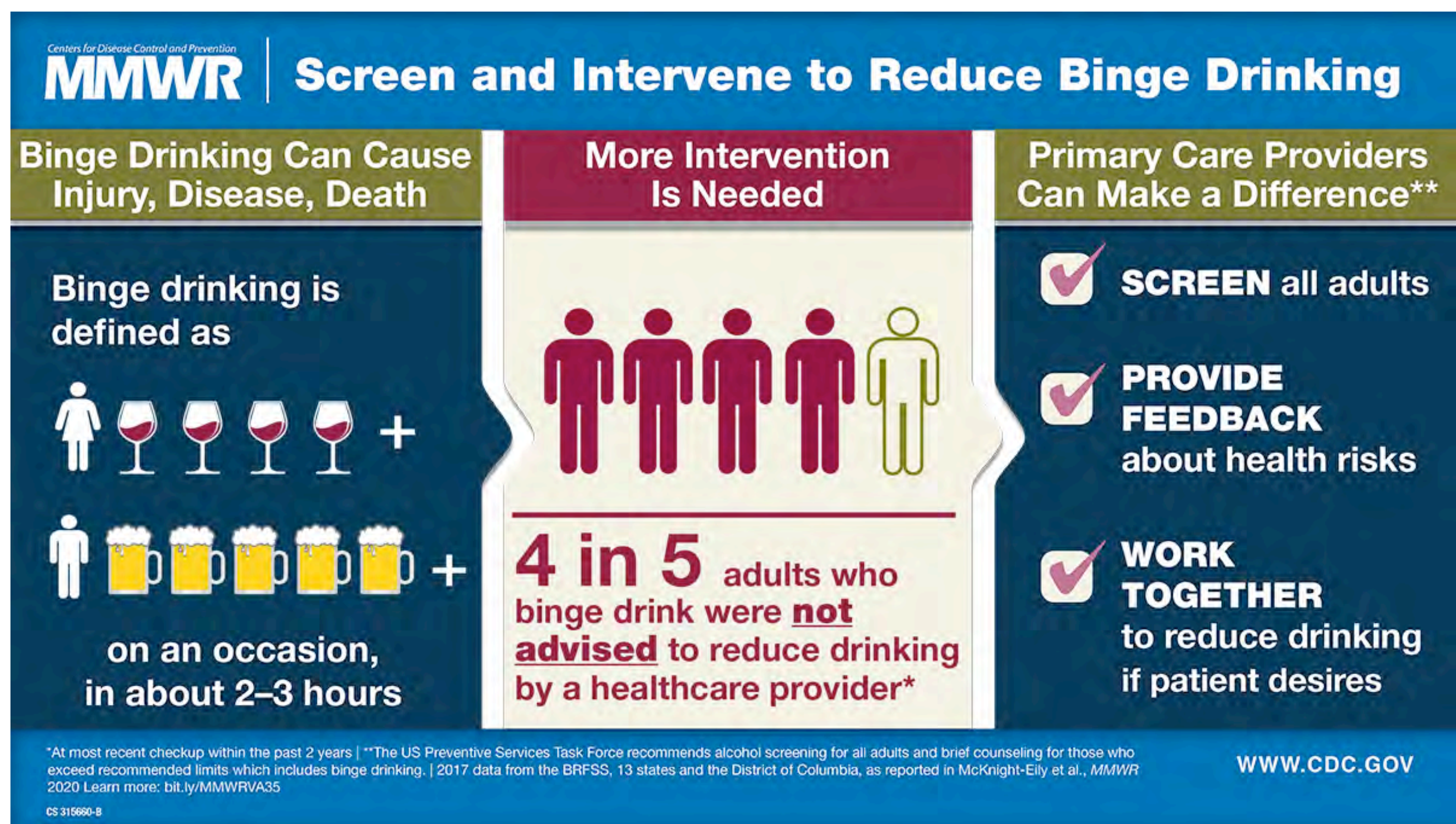
Teamwork plays a vial role in patient-centered care and population health program and polices. It has been shown that teamwork improves understanding, treatment, outcomes, and decreases errors. Each member of the team has a crucial part in identifying and treating those with this disorder. For proper patient care to be achieved the whole team must work together in order to identify those at risk, diagnosis, treat, and prevent further progression/development of this addiction.

References:

<https://www.cdc.gov/vitalsigns/alcohol-screening-counseling/index.html>

<https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/alcohol-facts-and-statistics>

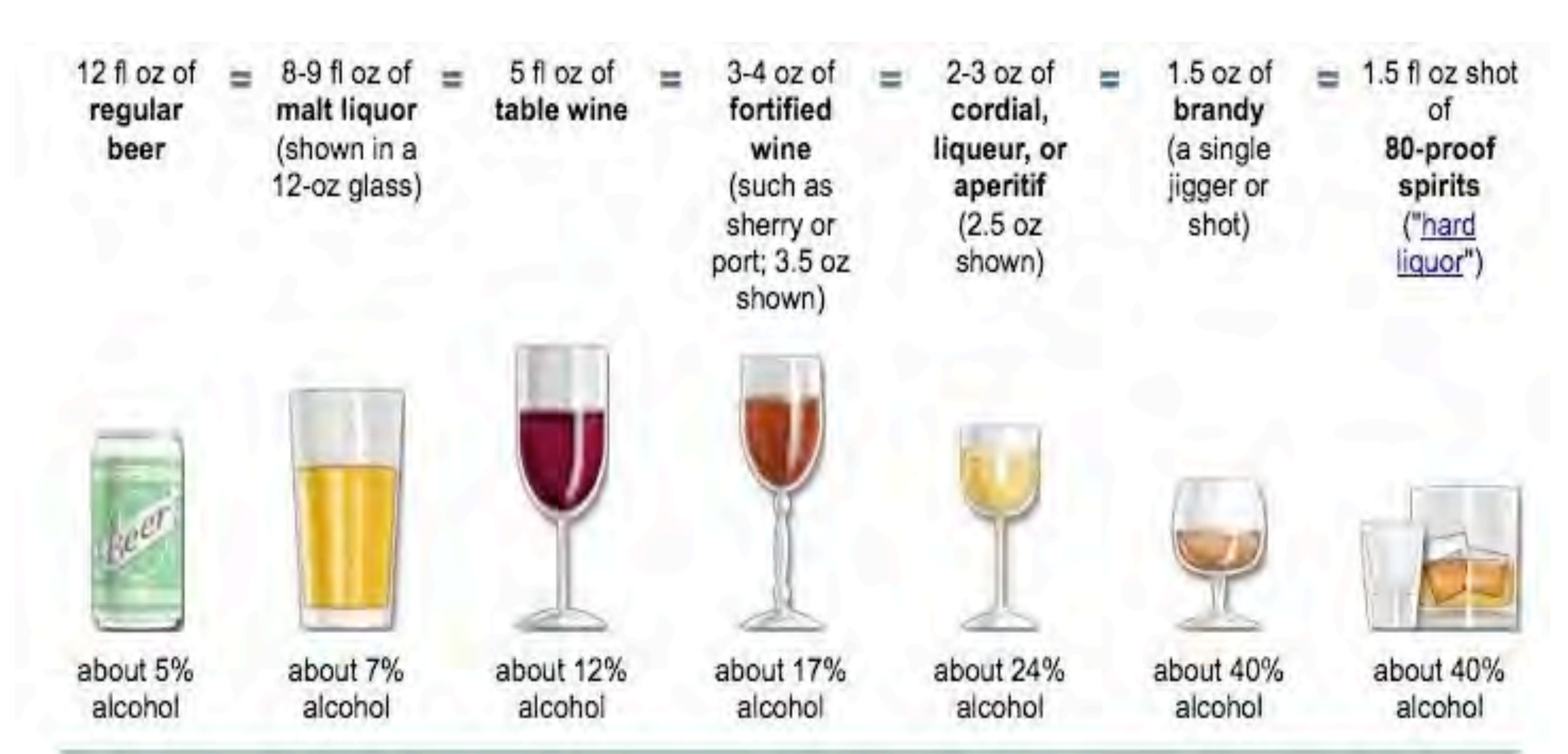
<https://www.cdc.gov/alcohol/fact-sheets/alcohol-use.htm>



We have included this item to show you how you can work together with a primary care provider to recognize and treat binge drinking.



The NIAAA Alcohol Treatment Navigator is designed to simplify the process of searching for alcohol treatment and is meant for an individual, a family member, or a friend. The goal of the *Navigator* is to provide you with the education necessary to be an informed consumer of alcohol treatment services in order to locate and access quality treatment for yourself, a family member, or a friend.



We hope this item will provide you with the ability to quantify how much alcohol you consume when you drink an alcoholic beverage. This comparison is particularly important for those individuals who are susceptible to binge drinking since the rate of alcohol absorption into your systemic circulation is similar, but the total quantity of alcohol consumed is much greater, for example, when an individual consumes the same amount of beer and 80-proof distilled spirits.



This SAMHSA hotline is a free, confidential information service that can provide you or a family member suffering from Alcohol Use Disorder with referrals to treatment facilities, support groups, and community-based organizations. It is open 24-hours-a-day, 365-days-a-year.

The *NIAAA Alcohol Treatment Navigator*® was developed by the National Institute on Alcohol Abuse and Alcoholism (NIAAA), a part of NIH, to simplify the process of searching for alcohol treatment for an individual, a family member, or a friend. The *Navigator* has no commercial ties since the NIAAA is a research agency of the federal government. The *Navigator* emphasizes evidence-based approaches based on hundreds of carefully designed alcohol treatment studies by the NIAAA. The goal of the *Navigator* is to provide the education necessary to be an informed consumer of alcohol treatment services in order to locate and access quality treatment.

<https://alcoholtreatment.niaaa.nih.gov/>

The Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline provides a confidential, free, 24-hour-a-day, 365-day-a-year, information service to individuals and family members for mental and/or substance use disorders in English and Spanish. The SAMHSA National Helpline provides callers with referrals to local treatment facilities, support groups, and community-based organizations and will order free publications and other information.

<https://www.samhsa.gov/find-help/national-helpline>

The Alcohol Rehab Guide (ARG) is owned by Recovery Worldwide, a national informational marketing umbrella for a number of addiction and recovery-related properties. ARG works with nationally recognized rehab centers to provide individuals with counseling, placement, and insurance/financial consultations for alcohol use disorder:

<https://www.alcoholrehabguide.org/resources/>

The CDC provides a list of frequently asked questions about Alcohol Use Disorder on its website for Alcohol and Public Health:

<https://www.cdc.gov/alcohol/faqs.htm>



We hope this item may help you to identify whether you are suffering from Alcohol Use Disorder (including binge drinking) based on your age, gender, and pregnancy status.

Centers for Disease Control and Prevention

MMWR

Screen and Intervene to Reduce Binge Drinking

Binge Drinking Can Cause Injury, Disease, Death

Binge drinking is defined as

+

+

on an occasion, in about 2–3 hours

4 in 5 adults who binge drink were **not advised** to reduce drinking by a healthcare provider*

More Intervention Is Needed

Primary Care Providers Can Make a Difference**

✓

SCREEN all adults

✓

PROVIDE FEEDBACK about health risks

✓

WORK TOGETHER to reduce drinking if patient desires

*At most recent checkup within the past 2 years | **The US Preventive Services Task Force recommends alcohol screening for all adults and brief counseling for those who exceed recommended limits which includes binge drinking. | 2017 data from the BRFSS, 13 states and the District of Columbia, as reported in McKnight-Ely et al., MMWR 2020. Learn more: bit.ly/MMWRVA35

CS 31096.6

WWW.CDC.GOV

We have included this item to show individuals how they can work together with a primary care provider to recognize and treat binge drinking.

12 fl oz of regular beer	=	8-9 fl oz of malt liquor (shown in a 12-oz glass)	=	5 fl oz of table wine	=	3-4 oz of fortified wine (such as sherry or port; 3.5 oz shown)	=	2-3 oz of cordial, liqueur, or aperitif (2.5 oz shown)	=	1.5 oz of brandy (a single jigger or shot)	=	1.5 fl oz shot of 80-proof spirits ("hard liquor")
about 5% alcohol		about 7% alcohol		about 12% alcohol		about 17% alcohol		about 24% alcohol		about 40% alcohol		about 40% alcohol

We thought this item would showcase how much alcohol is contained in a variety of alcoholic beverages to help individuals susceptible to binge drinking recognize the total amount of alcohol they are actually consuming when they binge drink with a particular beverage.

It's not just about getting alcohol treatment.

It's about getting the **RIGHT TREATMENT** for you.

NIAAA ALCOHOL TREATMENT NAVIGATOR

Pointing the way to evidence-based care

Learn more at AlcoholTreatment.niaaa.nih.gov

National Institutes of Health
National Institute on Alcohol Abuse and Alcoholism

The NIAAA Alcohol Treatment Navigator can be used to simplify the process of searching for alcohol treatment by an individual, a family member, or a friend. The goal of the *Navigator* is to provide the education necessary to be an informed consumer of alcohol treatment services in order to locate and access quality treatment.

NATIONAL HELPLINE

SAMHSA
Substance Abuse and Mental Health Services Administration

1-800-662-HELP (4357)

This SAMHSA hotline provides referrals to individuals suffering from substance use disorders including Alcohol Use Disorder to treatment facilities, support groups, and community-based organizations. It is open 24 hours-a-day, 365 days-a-year and is completely free of charge.

About 38 million adults in the US drink too much

Only 1 in 6 has talked about it with a health professional

For men, binge drinking is 5 or more drinks consumed on one occasion*

For women, binge drinking is 4 or more drinks consumed on one occasion*

For men – 15 or more drinks on average per week

For women – 8 or more drinks on average per week

One Drink = 5-ounces of wine, 12-ounces of beer, or 1 ½-ounces of 80-proof distilled spirits or liquor

Drinking too much includes

Any alcohol use by pregnant women

Any alcohol use by those under age 21

This item defines Alcohol Use Disorder and binge drinking with respect to gender, age, and pregnancy status.

Background

- Asthma is a respiratory condition characterized by narrowing of the airway which may cause dyspnea and wheezing
- Asthma is the most common chronic condition in children
 - 6.1 million children have asthma
 - 3.5 million children suffered an asthma attack or episode
- Asthma is the 3rd leading cause of hospitalization among children under 15
- Prevalence ranges from 5.6% to 12.0%
- Costs of asthma
 - \$56.0 billion dollars
 - 13.8 million lost school days
- Risk factors
 - Family history
 - Environmental exposures
 - Second hand smoke
 - Obesity and diet
 - Environmental allergens
 - Air pollution
 - Infection

Asthma in Pediatric Patients

Team Members

Reagan Berault: Nursing
Dakota Laseter: Dentistry
Caroline Trammell: Medicine

Hailey Biggs: Nursing
Caroline Jeandron: Nursing
Ellie Temonia: PT
Madison Cazaubon: PA

Jay Vaughan: Medicine
Parker Yount: Medicine
Xena Zheng: Medicine

Secondary Prevention Interprofessional Assessment Tool

Profession	Assessment	CPT Code	Cost
Medicine/PA	Comprehensive Medical Evaluation and Assessment	94060	\$37.34
	Spirometry/PFT	94010	\$21.23
	Allergy Testing	95018	\$16.91
Nursing	Immunizations	90471	\$15.22
PT	Evaluation of body structure & function, participation, and activity	97162	\$66.79
Dental	Periodic Oral Evaluation	D0120	\$30.00
Total			\$187.49

Challenges and Solutions

- Challenges:
- Differences in asthma triggers and severity
 - Conflicts in goals of care
 - Patient adherence with recommendations and treatment
- Solutions
- Thorough evaluation to assess each patient’s asthma
 - Team meetings to consolidate and discuss treatment plans
 - Patient education on how to correctly and effectively utilize treatments

Benefits

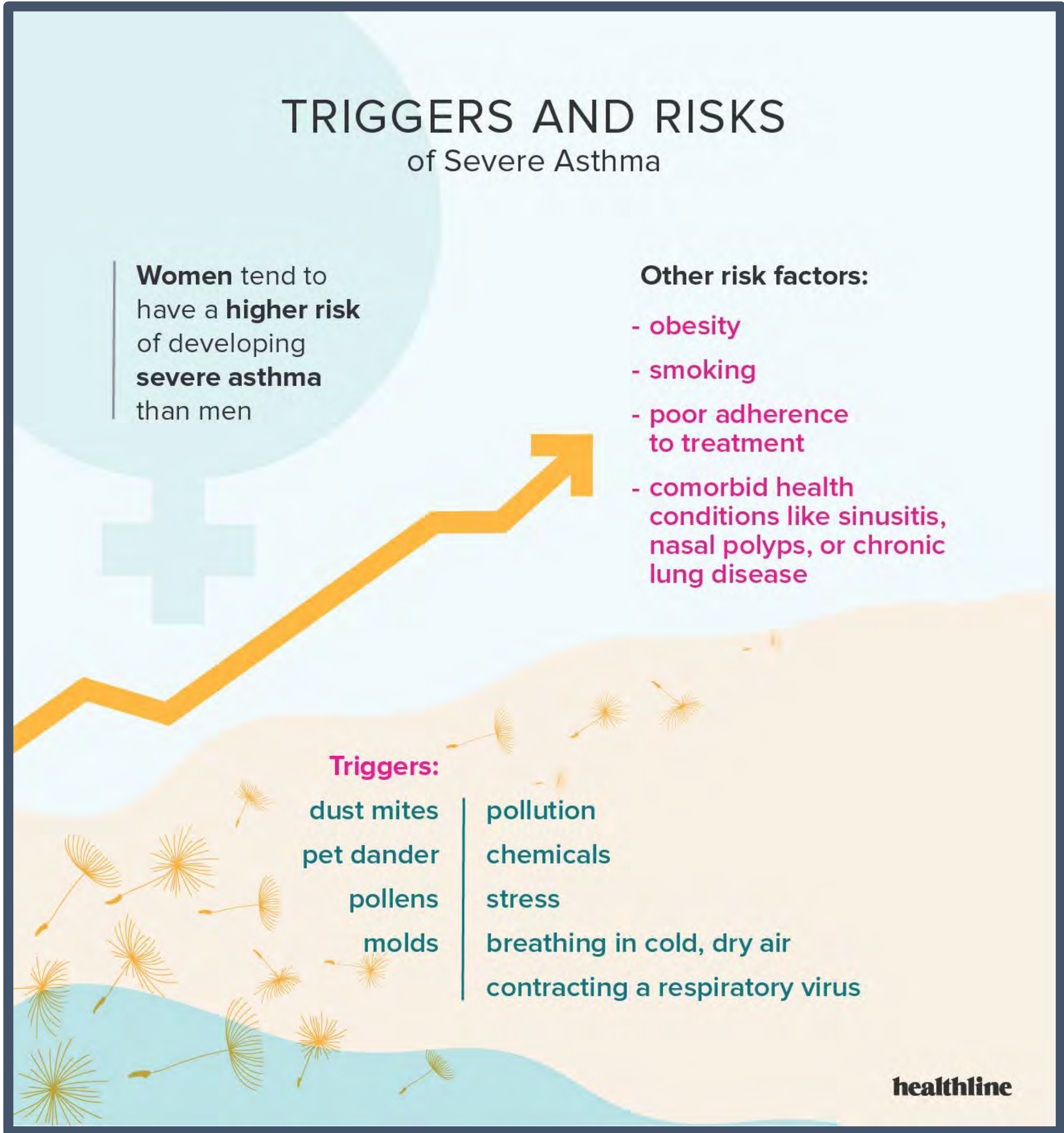
- For Patients:
 - Decrease cost for patient
 - Increased patient confidence in healthcare professionals
 - Improved coordination and quality of care
 - Better outcomes for the patient
- For Care Team:
 - Decrease error
 - Increased body of knowledge
 - Increased confidence among healthcare team members
 - Increased efficiency in treatment

Reflection

Healthcare for pediatric patients with asthma requires an interdisciplinary approach. This approach enables each member of the healthcare team to contribute their expertise that facilitates a holistic approach which is centered around the patient/family needs and goals across all aspects of care.

References

- <https://www.nejm.org/doi/full/10.1056/NEJMra054308>
- <https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma>
- https://www.lamedicaid.com/provweb1/fee_schedules/feeschedulesindex.htm
- <https://www.cdc.gov/asthma/asthmadata.htm>



What We Would Include

- Inhaler case
 - Spacer to make inhalation easier
 - Instructions on medication administration (inhaler and nebulizer)
 - Nebulizer mask
 - When should I use it?
 - Signs & Symptoms of asthmatic reaction
 - Before activity!
 - Symptoms of emergency
 - How many inhalers should I have?
-

Health Box

Know How to Use Your Asthma Inhaler Using a metered dose inhaler with a spacer

- | | |
|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1
Take the cap off the inhaler and make sure the mouthpiece and spray hole are clean. | 6
Put the mouthpiece of the spacer in your mouth and above your tongue. |
| 2
Shake the inhaler 10-15 times. | 7
Close your lips around the spacer. |
| 3
Put the inhaler mouthpiece into the end of the spacer. | 8
Tilt your head back slightly toward the ceiling. Press the top of the inhaler to spray one dose of medicine. Slowly breathe in all the air you can and hold for 5-10 seconds. |
| 4
Inhale a deep breath and breathe out all the way. | 9
Open your mouth... |
| 5
Hold the inhaler and spacer between your index finger and thumb. | 10
...and breathe out slowly. |



Interprofessional Assessment

Medicine

Assessments: Neurologic and physiologic exam (99387), Assessment of mental abilities (96116), blood tests (G0306), PET scan
Costs: 96116 = \$66.12; G0306 = MP

Nursing

Assessments: Assess cognitive status, memory, judgment, and personality changes. Assess environment of patient for safety and remove any dangerous items. Check pressure points for signs of pressure ulcers if patient is bed bound. Administer a Mini Mental Status Exam (MMSE) with a Clock Drawing Test.
Costs: Services incident to MD, PA, NP

Dental

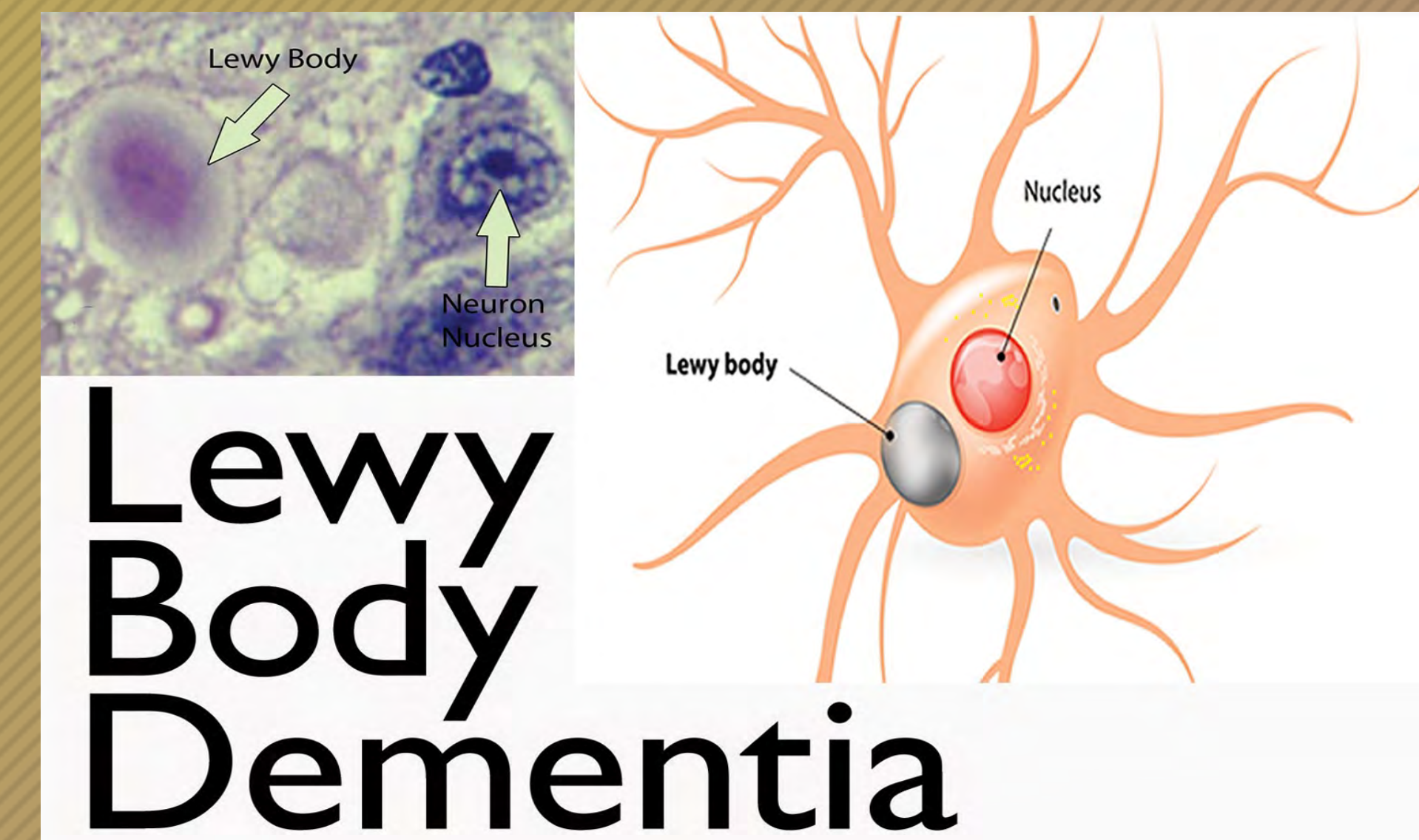
Assessments: Oral Hygiene Instruction (D1330), Prophylaxis – Adult (D1110)
Costs: D1330 = \$0.00; D1110 - \$42.00

Physician Assistant

Assessments: Diagnostic criteria: Presence of dementia, presence of two of the following: recurrent visual hallucinations, REM sleep disorder, cognitive impairment, Parkinsonism. And/or presence of biomarker.
Costs: 99387 = \$98.57

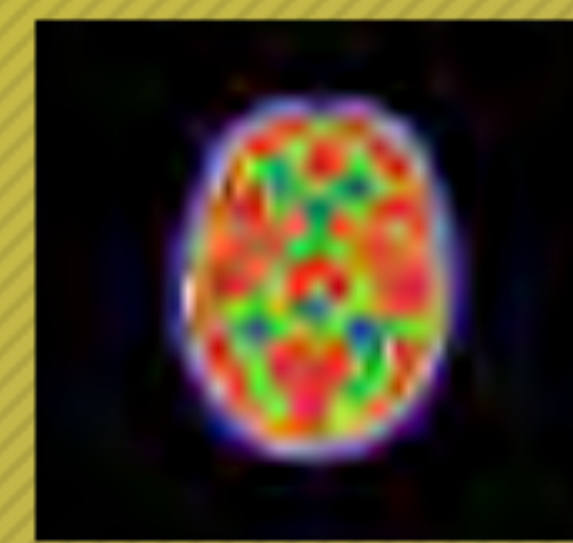
Lewy Body Dementia

Medicine: Sydni Barras, Samuel Baker, Emily Baas, Matthew Bennet;
Nursing: Charles Loupe, Lauren Lombas, Olivia Loisel; **Dentistry:** Madeline Miller, Alexander Maal; **Public Health:** Jeniece Alberts; **PA:** Lital DeCotiis



Risk Factors & Statistics

What is Lewy Body Dementia?



LBD is the second most common form of dementia following Alzheimer's making up ~10% of all dementia cases

Who is affected and at risk?



Nearly 10 million people diagnosed per year
50 million people worldwide affected

Risk increases for males over 60 with peak onset by age 70



Those with a family history of LBD are at increased risk

Signs and Symptoms

Core features that occur early specifically in Lewy Body Dementia include: **visual hallucinations, episodic delirium, Parkinsonism, and REM sleep disorder.**

Dementia is a late finding in the disease progression. Other symptoms can include: Delusions, sensitivity to antipsychotic drugs, and autonomic dysfunction (orthostatic hypotension).

Benefits to an interprofessional wellness visit:

Due to the progressive nature of the disease, regularly scheduled wellness visits will allow the healthcare team to constantly monitor the progression, train caregivers as need arises and be able to, as a healthcare team and the patient, create a plan that puts the patient in the best possible situation.

Challenges:

Being able to communicate to all healthcare team members at once needs to be addressed. The ability of the caregiver to learn and willingness to be taught will be a factor that has to be considered.

Team reflection of IPEC sub-competency CC8

CC8 is about teamwork in patient-centered care. For the present-day patient, who will see multiple health care providers, team-work is paramount to delivering the best care. Having open communication between health care professionals regarding patients is necessary to tackle obstacles such as polypharmacy and creating a treatment plan based off a correct diagnosis. TeamUp allows future healthcare workers to understand their place within every patient's healthcare team which will allow us to be more effective and efficient in our care-giving. In short, it will now be easier to do no harm.

References

Lewy body dementia. (2019, April 26). Retrieved March 02, 2021, from <https://www.mayoclinic.org/diseases-conditions/lewy-body-dementia/symptoms-causes/syc-20352025>

Hacking, Craig. "Normal Brain PET: Radiology Case." *Radiopaedia*, radiopaedia.org/cases/normal-brain-pet.

Williams, Dwayne A. 2019. *PANCE Prep Pearls*. V3. Kindle Direct Publishing Platform

Products

Team #31

- Skid resistant socks to decrease fall risk
 - https://www.amazon.com/dp/B00M0AYCXE/ref=redir_mobile_desktop?encoding=UTF8&aaxitk=zwUcLqV2mE1kii45AQB17g&hsa_cr_id=4432513840001&pd_rd_plhdr=t&pd_rd_r=db8abeb9-0ac2-4da8-bd5a-8413bb4db4d5&pd_rd_w=Sq3c3&pd_rd_wg=UNFhk&ref=sbx_be_s_sparkle_tsld_asin_1_img&th=1
- Comprehensive pamphlet to give the patient and family members which provided information about Lewy Body dementia, symptoms, pathophysiology, expected outcome, hazards to remove from the home to increase safety, and nutrition plan.
 - <https://order.nia.nih.gov/sites/default/files/2020-03/lewy-body-dementia-508.pdf>
- Other handouts for family members on information to find support groups especially ones which meet electronically such as through Zoom or social media.
 - <https://www.caregiver.org/connecting-caregivers/support-groups/>
- A pill box to organize daily medications and decrease medication errors.
 - https://www.amazon.com/dp/B087BTFMHJ/ref=sspa_dk_detail_0?psc=1&pd_rd_i=B087BTFMHJ&pd_rd_w=6JC24&pf_rd_p=4269e1a0-a218-4fbd-9748-1cd337d2f2a5&pd_rd_wg=lf3MD&pf_rd_r=DC93FR8KMV32MPKA5R2B&pd_rd_r=d4655903-a157-4d2c-b8af-2dc04d04aa4c&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEyNEVGOjNVNVdMWTRWJmVuY3J5cHRlZEIkPUEwMjQyMjk5Mk9VOUI2UUUpUVjhNRCZlbnNyeXB0ZWRBZEIkPUEwODEwNDM4MUc5TjkwN0RUVkKJUMyZ3aWRnZXROYW1IPXNwX2RldGFpbCZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=
- A daily planner to provide a routine for the patient especially when they begin to have cognitive decline.
 - https://www.amazon.com/dp/B08TR3HVGp/ref=redir_mobile_desktop?encoding=UTF8&aaxitk=p-nUJQKew6RG0oHaOn55fw&hsa_cr_id=7466257030201&pd_rd_plhdr=t&pd_rd_r=6a80aa85-00d6-4060-8fb8-9270e757e77c&pd_rd_w=F7a3p&pd_rd_wg=jceUc&ref=sbx_be_s_sparkle_mcd_asin_0_title
- Brain stimulating games such as chess, checkers, puzzles, crossword puzzles, sudoku, or scrabble.
 - https://www.amazon.com/USA-TODAY-Jumbo-Puzzle-Book/dp/0740785397/ref=sr_1_9?dchild=1&keywords=crossword+sudoku&qid=1616177230&sr=8-9
 - https://www.amazon.com/Yellow-Mountain-Imports-Magnetic-Checkers/dp/B004ADM9PC/ref=sr_1_8?dchild=1&keywords=checkers+and+chess&qid=1616177949&sr=8-8
- Handouts for the caregiver with resources that can connect them to support groups with other caregivers in order to relieve some burden of caring for someone with dementia.
 - https://www.us.KeepItPumping.com/caring-for-caregiver?utm_source=google&utm_medium=cpc&utm_campaign=KeepItPumping.com_Caregivers_Google_7.2020.S.PH.UB.CV.DTC.LIF&utm_term=Support_for_Caregivers_Exact%20%7C%20caregiver%20support%20groups&gclid=Cj0KCQjwutaC

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CAREGIVER SUPPORT GROUP
BRANCHING OUT TO CAREGIVERS
A GROUP THAT PROVIDES RESOURCES AND HEALTH CAREGIVING

• CAREGIVER STRESS • LEGAL CONCERNS • RESPITE PROGRAMS • ADULT MEDICAL DAY CENTER
• ALZHEIMER'S AND DEMENTIA EDUCATION • AND MUCH MORE...



Camden County Library
Bellmawr Branch
35 E Browning Rd
Bellmawr, NJ 08031
January 15, 2019
September 17, 2019
11:00 AM - 12:00 PM

Camden County Library
Haddon Township Branch
15 MacArthur Blvd
Westmont, NJ 08108
February 20, 2019
December 17, 2019
5:30 PM - 6:30 PM

South County
Regional Library
35 Cooper Folly Rd
Atco, NJ 08004
March 19, 2019
November 19, 2019
11:00AM - 12:00 PM

Voorhees Regional Library
203 Laurel Road
Voorhees, NJ 08043
April 16, 2019
5:30 PM - 6:30 PM

Carol Norcross
Senior Social
Wellness Center
512 Lakeland Road
Blackwood, NJ 08012
June 18, 2019
5:30 PM - 6:30 PM

Respond Day Center
441 Erie Street
Camden, NJ 08102
May 21, 2019
11:00 AM - 12:00 PM

RSVP - Erin Small Gabriel 374-2582 or erin.small@camdencounty.com

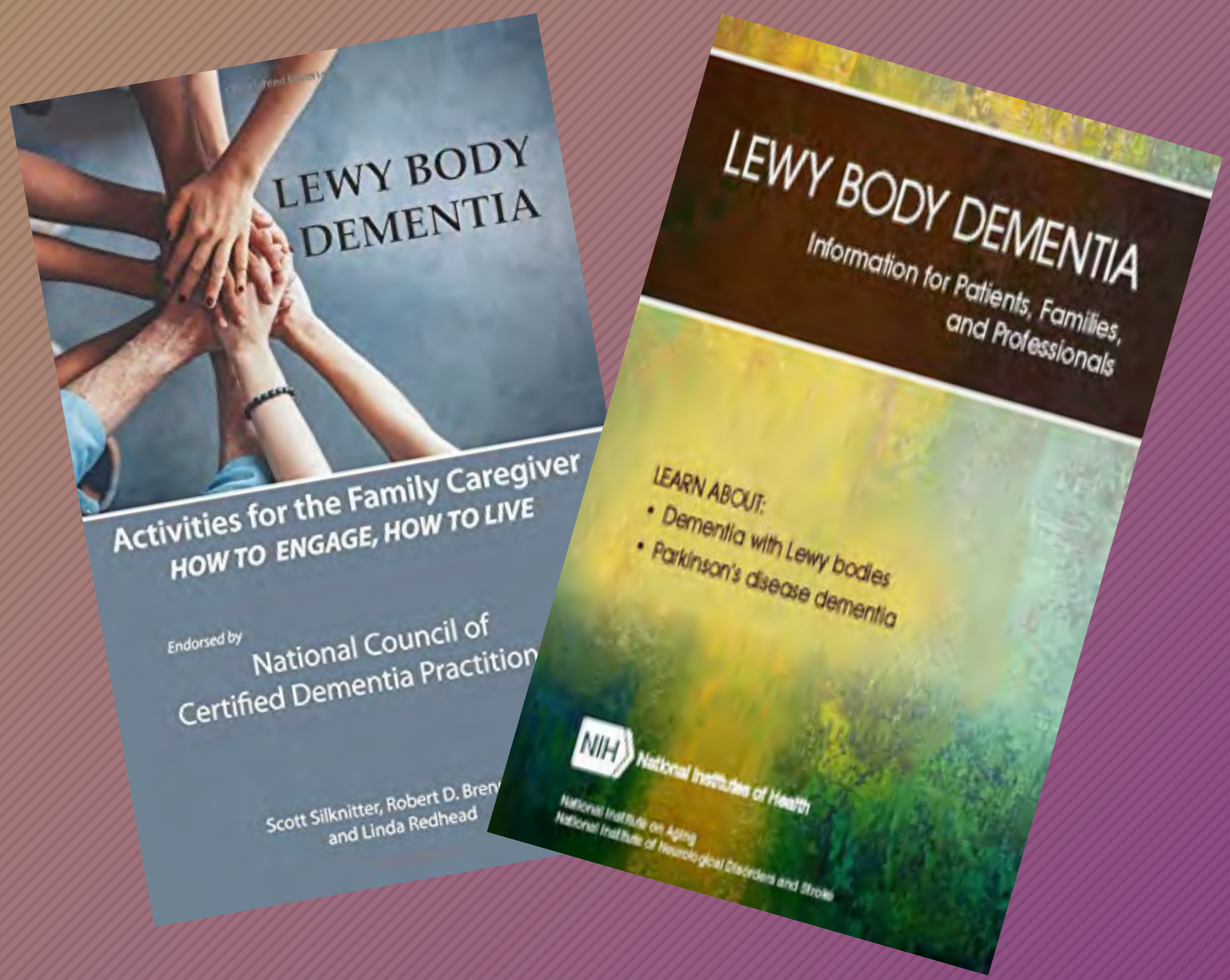
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Team #31

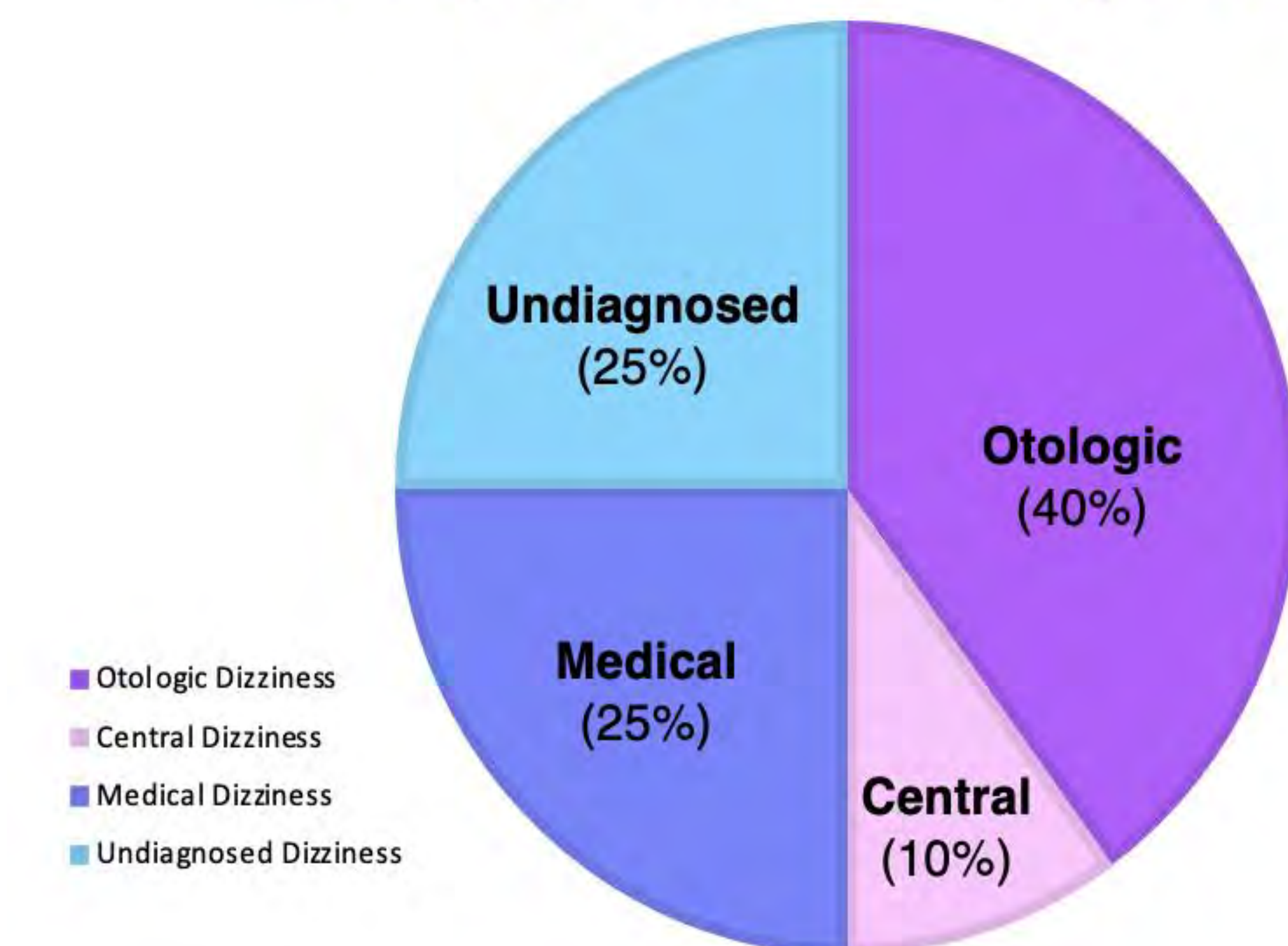


Trevor Atkins¹, Caroline Bergeron², Nikita Bess², Felix Bopp², Sydney Boudreaux², Katie LeRouge³, Ava Maraldo³, Madeleine Marchand³, Dylan Mire⁴, Megan Mitchell⁴, Madeleine Earls⁵
1. School of Public Health, 2. School of Medicine, 3. School of Nursing, 4. School of Dentistry, 5. Physician Assistant Program

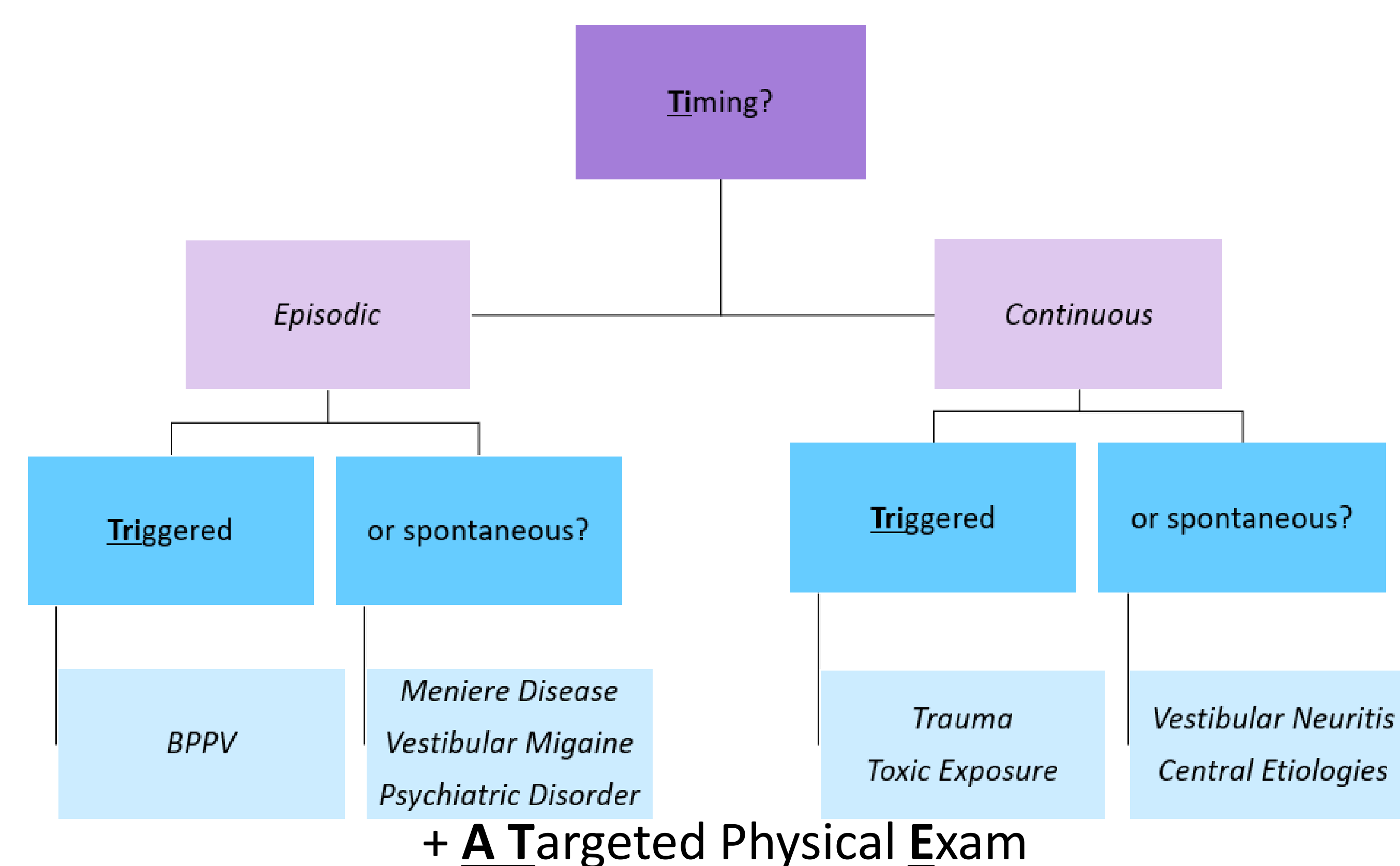
Balance Disorders are conditions causing feelings of unsteadiness.^[1]

Symptoms include **dizziness, vertigo, falling, staggering, faintness, blurred vision, and confusion.**^[1]

~15% of the US population experiences dizziness, and up to 40% after the age of 40.^[2, 3]



Differential Diagnosis: TiTrATE Approach^[3]



Possible Treatments^[3]

- Salt restriction and diuretics
- Epley Maneuver
- Brandt-Daroff exercises
- Anti-emetics and anti-nausea medications
- Anti-platelet therapy and reduce cerebrovascular disease risk

Inter-professional Annual Wellness Visit Tool

Annual Wellness Visit: Balance Disorders

Questions to Ask:

- Do you frequently get dizzy or have periods of dizziness?
- Do you have any ringing in your ears?
- Do you ever feel like you are spinning while you are seated or remaining still?
- Do you get nauseated or vomit frequently?
- Do you suffer from migraine headaches?
- Do you have difficulty walking without losing your balance or making frequent falls?



If you answered yes to any of these questions, talk to your primary healthcare provider about balance disorders.

Benefits of Tool

Professionals

- Assist with diagnosing and treatment planning
- Improve relationship with patients
- Reduce medical errors
- Reduce office accidents
- Reduce costs, time, and effort for repetitive tests
- Improve relationships inter-professionally

Patients/Community

- Prevent polypharmacy
- Decrease number of times asked about medical history
- Support better health outcomes
- Reduce spending for repetitive or unneeded treatments and tests
- Improve trust with health team

Assessment Tool and Costs^[1,4]

Medicine

- Evaluation and Management of Established Patient (99211): \$14.82
- Basic Vestibular Evaluation (92540): \$79.47
- MRI Scan of Brain (70551): \$309
- CAT Scan of Brain (70450): \$144.06

Audiology

- Caloric Irrigations (92537): \$17.87
- Rotary Chair (92546): \$51.34
- Computerized Dynamic Posturography (92548): \$71.47
- Vestibular Evoked Myogenic Potential (92700): MP

Nursing

- Blood Glucose Test (36415): \$2.58
- CBC: \$49.00
- CMP: \$49.00

Occupational Therapy

- OT evaluation (low complexity) (97165): \$75.86
- ADL/home management training (97535): \$37.52

Dental

- Oral Examination (D0150): \$47.37
- Complete Intraoral Radiographs (D0210): \$60.49

Challenges^[5]

- Cost of testing for accurate diagnosis
 - Solution: Good communication within the team to avoid repetitive or unnecessary tests

IPEC Sub-competency

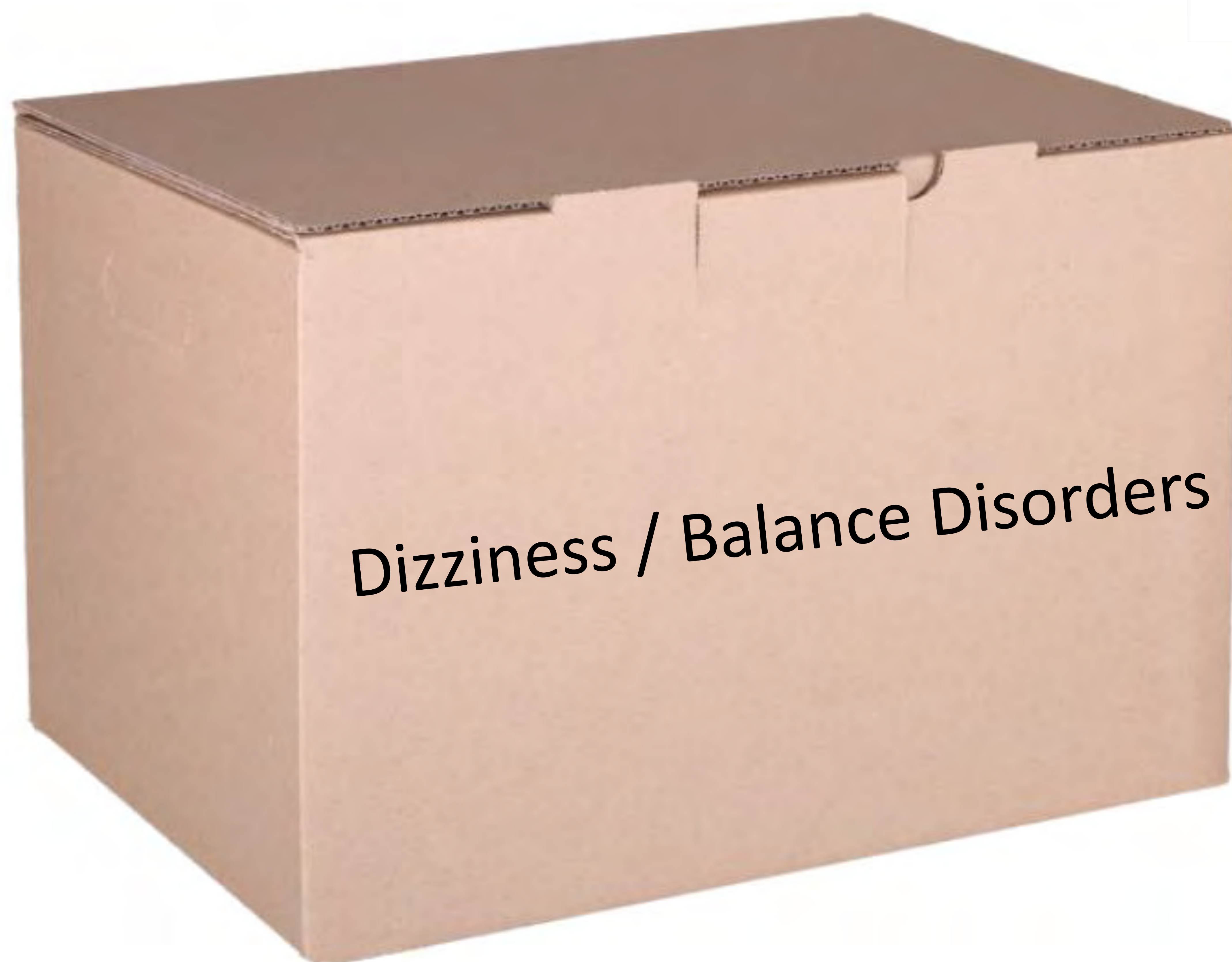
Teamwork amongst health care professionals is a very cost-effective way to ensure comprehensive and patient centered care. It can lower healthcare costs by reducing the amount of repeat diagnostic tests. It can also shorten the time it takes to receive a diagnosis and ultimately treatment which would improve patient experience significantly.

References

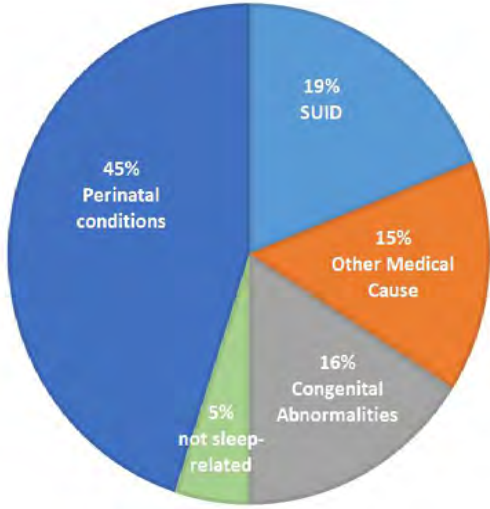
- [1] Balance Disorders, *National Institute on Deafness and Other Communication Disorders*, NIH, 2018 Mar 6.
- [2] Vestibular Disorders, *Speech-Language and Audiology Canada*
- [3] Muncie et al., Dizziness: Approach to Evaluation and Management *Am Fam Physician*. 2017 Feb 1;95(3):154-162.
- [4] LA Medicaid Professional Services Fee Schedule, effective Jan 2021.
- [5] Collaboration Improves Patient Outcomes, Lowers Cost. *AAFP* (Sept 2019).
- [6] Higdon, C., & Fuller, J. (2017, September 26). Medicare annual Wellness visit.

Health Box:

1. [Blood Pressure Cuff](#)
2. [Medication Organizer](#)
3. [Glucose Monitor](#)
4. [Water Bottle](#)
5. [Public Means of Transportation Information](#)
6. [List of Medications to Avoid](#)
7. [List of Dietary Modifications](#)



Causes of Infant Mortality in Louisiana:



Adapted from LDH Child Death Review Report

- Perinatal conditions: closely related to maternal health before and after conception
- SUID: Any sudden and unexpected death of an infant including SIDS, ASSB (Accidental Suffocation or Strangulation in Bed), or other injury
- Helping mothers to be healthy, reducing their stress levels, and giving them access to care aids in reducing infant mortality
- In Louisiana ---
 - 504 babies die before their first birthday
 - If Louisiana met the US average for infant mortality, 128 fewer

Preventing Infant Mortality:

- ✓ Establish a pediatrician
- ✓ Educate the guardians
- ✓ Teach safe sleep practices

Primary Prevention for Birth to One Year

Goals/What to Expect of Visits

- **Timeline of expected physician visits:**
 - 3-5 days after birth
 - 1, 2, 4, 6, 9, and 12 months of age
- Routine newborn screening tests to identify any abnormalities (Apgar score, blood tests, weight, height, head circumference)
- Counseling and administration of vaccinations
- Developmental screening and developmental milestones
- Family-centered approach to maintenance of infant health through parent education on milestones, nutrition, immunizations, and any special healthcare needs the child may have
- **Expected visits to dentist:**
 - Establish a "dental home" before child's first birthday
 - If anything abnormal is noticed during intraoral exam
 - Educate parents on teething, eruption patterns of teeth
 - Check flouridation of community's water – fluoride supplementation may be needed
 - Encourage parents to look in child's mouth everyday
- Medicaid reimburses the provider \$75 per visit
- Babies will have **~7 check-ups** during their first year of life
 - total would be **~\$525**
- Vaccines are free and the administration of them is covered by most insurances or the **Vaccines For Children program**
- Look into Medicaid/CHIP, or even ask your pediatrician about fee-for-service payment



SOM: Brannon Broussard, Lauren Dartez, Kelly Dille, Vincent Carey
 SON: Kaitlyn McAuliffe, Molly Marks, Ava Martin
 SOD: Haley Morgan, Iman Naeem, SODH: Maranda Hebert
 SOPA: Sebastian Florez SOPH: Mia Baker

TEAM #: 33

Barriers faced by parents/guardians:

- Cost of visits, time away from work
- Transportation
- COVID safety

Possible Solutions:

- Plan early for the total cost of check-ups, know expected cost of visits
- Provide suggestions for transportation
- Encourage early morning appointments so less time is missed from work
- Educate parents about COVID vaccine, hand washing, masks, etc

IPEC CC8:

Through our time in TeamUP our team has learned about each profession's strengths and how they enhance patient-centered care. This knowledge was useful in identifying what team member is best suited to handle specific problems for our patient population. This allowed us to more easily delegate the tasks for our assessment tool and health box projects.

Benefits of Interprofessional Approach:

- For the patient: The parents of infants can be very busy, so an interprofessional visit where multiple needs can be addressed at once is convenient and increases accessibility
- For the health professionals: It enhances the delivery of patient centered care and provides a chance to establish a baseline for the patient and assessment of risk factors

Sources:

<https://www.healthychildren.org/English/family-life/health-management/Pages/Well-Child-Care-A-Check-Up-for-Success.aspx>, <https://www.cdc.gov/ncbddd/childdevelopment/screening-hcp.html> https://www.lamedicaid.com/provweb1/fee_schedules/FEESCHED.pdf <https://www.commongroundhealth.org/insights/library/causes-of-infant-mortality> <https://www.cdc.gov/vaccines/programs/vfc/about/index.html>

Birth to One Year Health Box: Brochures, Items, and Sources

Printed on the outside of the Health Box:

- Timeline of expected visits and CDC immunization schedule
- <https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm>
- Information about safe sleeping practices
- <https://www.cdc.gov/sids/Parents-Caregivers.html>
- "Call if temperature is 100.4°F/38°C or higher"
- Place to write numbers of physician, dentist, etc

Brochures included in Health Box:

- Information on Dental Care for Babies
- <http://digital.ipcprintservices.com/publication/?m=17242&i=64415&p=1>
- Information of Breastfeeding and use of Formula
- <https://www.cdc.gov/nutrition/infantandtoddlernutrition/breastfeeding/recommendations-benefits.html>
- <https://www.cdc.gov/nutrition/InfantandToddlerNutrition/formula-feeding/index.html>
- Information on child safety, shaken baby syndrome, babyproofing a home, common hazards and how to avoid them
- <https://www.healthlinkbc.ca/health-topics/ue5131>
- Positive parenting tips
- <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/pdfs/infants-0-1-w-npa.pdf>

Items included in the health box:

- Digital baby thermometer
- <https://www.stanfordchildrens.org/en/topic/default?id=taking-a-babys-temperature-90-P02668>
- Planner/agenda for baby's first year
- For tracking appointments, vaccine schedule, or any ailments child may have
- Formula/coupons for formula/formula samples
- Even if mother does breastfeed, formula can still come in handy
- Bottles for newborn
- Pacifier
- Information for Milestone Tracker App
- <https://www.cdc.gov/ncbddd/actearly/milestones-app.html>



Health Box Highlights:

CDC Milestone Tracking Tools for Parents



- Track milestones/see what milestones look like
- Tips and activities for interacting with the baby
- Keep track of appointments
- Printable list of your child's milestones to share with physician
- Available in English and Spanish
- Available on iPhone and Android



Ideally, we would provide new parents with as many resources as possible, but due to financial constraints this is not always possible.

Items we would ideally include but would make the health box more expensive:

- Bottles, formula, pacifiers, digital thermometer

The showcased items could easily be provided to new parents. They include:

- A free app
- Printable vaccine schedule
- Printable advice on positive parenting from the CDC

CDC Positive Parenting Tips

- Teaches parents how to interact with their baby
- Encourages parents to also take care of themselves
- Has information on vital child safety – shaken baby syndrome, car seat usage, feeding, screentime, etc
- Is only 2-pages and is available in English and Spanish



CDC Infant Vaccine Schedule

Birth	1 month	2 months	4 months	6 months	12 months	15 months	18 months	19-23 months	2-3 years	4-6 years
HepB	HepB									
		RV	RV	RV						
		DTaP	DTaP	DTaP		DTaP				DTaP
		Hib	Hib	Hib		Hib				
		PCV13	PCV13	PCV13		PCV13				
		IPV	IPV			IPV				IPV
								Influenza (yearly) ²		
						MMR				MMR
						Varicella				Varicella
							HepA ³			

Opioid Use Disorder

Opioid Use Disorder

Understanding the Epidemic

The Issue

Commonly Prescribed Opioids

- Methadone
- Oxycodone (Oxycontin, Percocet)
- Hydrocodone (Vicodin)
- Oxycodone (Opana)

Fast Facts

Figure 3. National Drug Overdose Deaths Involving Any Opioid, Number Among All Ages, by Gender, 1999-2019

In 2017, more than 191 million opioid prescriptions were given

That's roughly 47 prescriptions per 100 people

In 2018, there were 67,367 drug overdose deaths in the US

Opioids were involved in 69.5% of these

In 2018, there were 4x as many opioid-related deaths than in 1999

Overdose Prevention Strategies

1 Improve opioid prescription guidelines

2 Patient education on safe use and disposal of opioids

3 Provide treatment to those with opioid use disorder

4 Expand access to and use of Naloxone

Discipline	Assessment	Assessment	Assessment	CPT Code	Fee Cost
Dentistry/ Dental Hygiene	Comprehensive Oral Exam	Intraoral-Complete Series of Radiographic Images	Oral hygiene instructions	D1050 D0210 D1330	47.37 60.17 57.05
Medicine	SBIRT – screening, brief interventions, referral treatments	Work in conjunction with healthcare team to develop comprehensive treatment plan	Review options with patient, addressing any and all concerns	99381-99385 99385 99386 99387	~ 82.50
Nursing	Assess pattern, degree of opioid usage as well as withdrawal symptoms	Use clinical opiate withdrawal scale (COWS) to determine severity of symptoms	Discharge teaching, follow-up, and rehab education materials	See Medicine	See Medicine
Physician Assistant	Perform a thorough history and physical to determine baseline status	Identify and prioritize patient concerns	Synthesize patient data and compile preliminary treatment plan	99385 99386 99387	~ 82.50
Public Health	Measure pertinent variables such as patient's access to care / financial means	Additional variables may include communication barriers, apathy towards treatment, etc.	Utilize local, state, and federal resources in determining best plan of action	N/A	N/A

Benefits of an Interprofessional Assessment

Patient Benefits

- Reduce patient mortality rate
- Lower risk of developing chronic lifelong disorder
- Increase patient likelihood of receiving opioid education, as well as diverse prevention strategies
- Patient is more likely to receive alternative pain management therapy other than opioids
- More referral options for those seeking treatment
- Reduction in the cost of treatment options

Health Professional Benefits

- Early detection of signs of opioid use disorder
- Decrease negligence error by sharing responsibility
- Prevention of over prescribing of opioids
- Identification of high-risk areas of opioid use disorders
- Increase healthcare team communication
- Increase patient confidence in healthcare team

Fast Facts (according to the CDC)

- Nearly **70%** of the 67,367 deaths in 2018 involved an opioid
- In 2018, an estimated **2.0 million** people had an opioid use disorder
- **10.3 million** people reported misuse of opioids (prescription and heroin) -- of that number, **9.9 million** had misused prescription opioids in 2018
- In 2018, an estimated **21.2 million** Americans needed substance use disorder treatment, however only **3.7 million** people received any kind of treatment in the past year (2019).

Meet our Team

Medicine-

Ben DiNapoli, Joel Epling, Kate Donnelly, Abigail Erwin

Nursing-

Mason Messina, Paige McGaha, Madison Meyer

Dentistry-

Brooke Naquin, Juliana Nguyen

Physician Assistant-

Chandler Gregory

Public Health-

Christian Beauchamp

Occupational Therapy-

Torrey Dickson

Dental Hygiene-

Brianna Davis

Challenges & Solutions

- Patient compliance
- Communication
- Legality of drug use fears
- Apathy/ lack of motivation
- Lack of access/ financial needs

- Suggest transition to inpatient treatment: Recovery housing, residential treatment programs, intensive outpatient programs (IOPs)
- Designate and utilize an effective leader
- Inform patient of confidentiality and HIPPA
- Recommend supplemental treatments: Group therapy, cognitive behavior therapy (CBT), non-opioid analgesia, antidepressants, acceptance and commitment therapy, biofeedback, hypnosis
- Develop personalized plan with healthcare team to ensure access to medications & adjunct therapy

IPEC CC8

Collaborative teamwork provides a multidisciplinary approach to patient care. By working as a team with good communication, we can combat opioid use disorder in all areas of patient health. This includes education on signs to be aware of, screening, caution when prescribing opioids, identifying social determinants putting patients at increased risk, having accessible naloxone, providing information for psychosocial therapy, methadone clinics, and being a resource for patients to find the appropriate care needed. Approaching patients from many different fields allows increased opportunities to identify and prevent opioid use disorder. It also provides multiple avenues to provide aid to those who have been identified as at risk for or having opioid use disorder. In completing this assessment tool, we realized how crucial everyone's role is in these tasks for identifying, preventing, and treating opioid use disorder earlier, preventing overdose, and providing well-rounded care.

Selected References

- Cuberos, M., Chatah, E.M., Baquerizo, H.Z. et al. Dental management of patients with substance use disorder. Clin Dent Rev 4, 14 (2020). <https://doi.org/10.1007/s41894-020-00078-8>
- Ducharme J, Moore S. Opioid Use Disorder Assessment Tools and Drug Screening. Mo Med. 2019;116(4):318-324.
- <https://www.cdc.gov/drugoverdose/pubs/featured-topics/substance-abuse-prevention-awareness.html>
- Webster LR. Risk Factors for Opioid-Use Disorder and Overdose. Anesth Analg. 2017 Nov;125(5):1741-1748. doi: 10.1213/ANE.0000000000002496. PMID: 29049118.

Health Box



Strives to provide high quality, patient focused treatment for addiction to prescription medications and other opiates such as heroin and fentanyl.

LaPlace: 128 Woodland Dr. LaPlace, LA 70068 – 985-651-3777
Hammond: 615 Pride Dr. Hammond, LA 70401 – 985-419-1666



Self-Management And Recovery Training (SMART) is a global community of mutual-support groups. At meetings, participants help one another resolve problems with any addiction.

Townsend Rehab: 3620 Chestnut Street, New Orleans, LA, 70115
Facilitator: Joe Wusnack – 504-352-5931
• jwusnack@gmail.com



Improve overall health

- **Overcoming Opioid Addiction: The Authoritative Medical Guide for Patients, Families, Doctors, and Therapists** by Adam Bisaga MD and Karen Chernyaev
- **Food for Recovery: The Complete Nutritional Companion for Overcoming Alcoholism, Drug Addiction, and Eating Disorders** by Joseph Beasley



Medication Associated Therapy

- Methadone and Buprenorphine help suppress opioid withdrawal symptoms
- Naltrexone work by reversing opioid overdose
- **Medication Treatment of Opioid Use Disorder** by James Bell and John Strang



Non-Opioid Pain Management

- Choose PT movement
- **Does Early Physical Therapy Intervention Reduce Opioid Burden and Improve Functionality in the Management of Chronic Lower Back Pain** by Shedrick Martin, et. Al
- **The Efficacy of Thermotherapy and Cryotherapy on Pain Relief in Patients with Acute Low Back Pain, A Clinical Trial Study** by Morteza Dehghan and Farinaz Farahbod

Substance Abuse and Mental Health Services Administration National Hotline:
1-800-662-HELP (4375)

Comprehensive List of Resources

- **BAART:** provides high quality patient-focused treatment for addiction to prescription medications and other opiates. Primary medical care and mental health services are integrated at BAART programs.
- There are 4 BAART programs in Louisiana, with the closest locations being in LaPlace and Hammond.
 - LaPlace: 128 Woodland Dr. LaPlace, LA 70068 – 985-651-3777
 - Hammond: 615 Pride Dr. Hammond, LA 70401 – 985-419-1666
- <https://baartprograms.com/addiction-treatment/admission-intake/>

The following information can be found on the BAART Program website

<https://baartprograms.com/after-opioid-detox-ways-you-can-feel-live-healthier/>

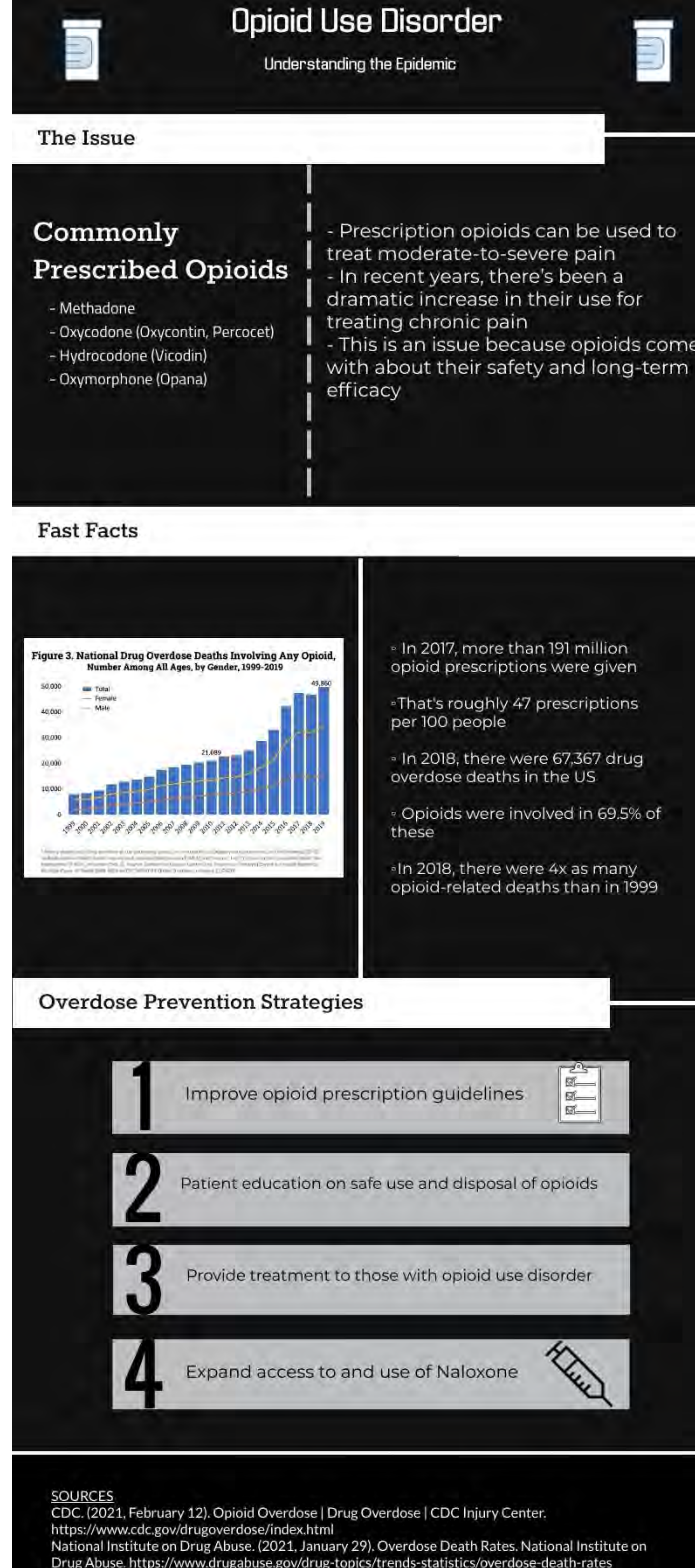
- **Improve diet:** a diet with sufficient levels of complex carbohydrates, dietary fat, omega-3 fatty acids and amino acids can reduce cravings by preventing low energy levels and ensuring the brain has everything it needs to produce mood-stabilizing chemicals. This will help recovering opioid addicts minimize cravings. Meal planning and meal prep will allow for better success.
- **Prioritize sleep:** a study from Penn State showed that recovering opioid addicts who get less quality sleep experience more cravings and worse mood.
- **Incorporate exercise:** Exercise has been shown to reduce drug cravings as well as boost your mood. A study looked at past drug users who participated in group exercise 3 times a week; a year later, 3 quarters of the participants reported decreased substance use or abstinence.
 - Amount of exercise/week recommended by the Department of Health and Human Services:
 - 150 minutes of moderate aerobic activity, 75 minutes of vigorous aerobic activity or a combination of the two
 - Two sessions of strength training for all major muscle groups
- **Address mental health:** it is important to identify the roots of your addiction and learn healthy coping mechanisms for use throughout your recovery. For many people, ongoing therapy can be instrumental in maintaining emotional stability and continuing progress in improving mental health. Journaling is an excellent way to record the state of your mental health and track it over time. Many people find journaling helps them process the day and identify any issues they need to resolve.
- **Integrate socialization and hobbies:** Socialization is important for good mental health. One way to find sober socialization is through a recovery group like SMART Recovery or a 12-step group. The people you meet in these settings understand what you're going through and can support your sobriety.

- **MAT (medication associated treatment):** MAT is the use of medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. MAT is also used to prevent or reduce opioid overdose.
 - **Opioid dependency medications:** buprenorphine, methadone, and naltrexone are used to treat opioid use disorders. These MAT medications are safe to use for months, years, or even a lifetime.
 - **Opioid overdose prevention medications:** naloxone is used to prevent opioid overdose by reversing the toxic effects of the overdose.
 - <https://www.samhsa.gov/medication-assisted-treatment>
 - Bell, James, and John Strang. “Medication Treatment of Opioid Use Disorder.” *Biological Psychiatry*, vol. 87, no. 1, Jan. 2020, pp. 82–88.
-
- **Non-opioid options for managing pain:** If you started taking prescription opioids to manage chronic pain, then you will need new pain relief options when you cut back or stop taking opioid drugs. Following are options that may help:
 - Cold/heat
 - Exercise & weight loss
 - PT/OT
 - Choose PT movement
 - <https://www.choosept.com/Default.aspx>
 - Transcutaneous electrical nerve stimulation
 - Cold laser therapy
 - <https://www.helpguide.org/harvard/opioid-addiction.htm>

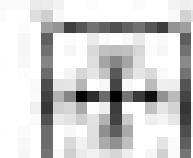
Full Reference List

- Cuberos, M., Chatah, E.M., Baquerizo, H.Z. et al. ***Dental management of patients with substance use disorder.*** Clin Dent Rev 4, 14 (2020). <https://doi.org/10.1007/s41894-020-00078-8>
- Ducharme J, Moore S. ***Opioid Use Disorder Assessment Tools and Drug Screening.*** Mo Med. 2019;116(4):318-324.
- <https://www.cdc.gov/drugoverdose/pubs/featured-topics/substance-abuse-prevention-awareness.html>
- <https://www.cdc.gov/drugoverdose/training/oud/accessible/index.html>
- Jones T, Lookatch S, Grant P, McIntyre J, Moore T. ***Further validation of an opioid risk assessment tool: the Brief Risk Interview.*** J Opioid Manag. 2014 Sep-Oct;10(5):353-64. doi: 10.5055/jom.2014.0226. PMID: 25350477.
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- McCarty D, Braude L, Lyman DR, Dougherty RH, Daniels AS, Ghose SS, Delphin-Rittmon ME. ***Substance abuse intensive outpatient programs: assessing the evidence.*** Psychiatr Serv. 2014 Jun 1;65(6):718-26. doi: 10.1176/appi.ps.201300249. PMID: 24445620; PMCID: PMC4152944.
- Prophylaxis for patients taking meds known to cause hyperplasia or xerostomia- D1110 <https://www.primewest.org/dental-billing>
- Samuels EA, Clark SA, Wunsch C, Jordison Keeler LA, Reddy N, Vanjani R, Wightman RS. ***Innovation During COVID-19: Improving Addiction Treatment Access.*** J Addict Med. 2020 Jul/Aug;14(4):e8-e9. doi: 10.1097/ADM.0000000000000685. PMID: 32404652; PMCID: PMC7236851.
- Tania D. Strout, Michael R. Baumann, Lauren T. Wendell, ***Understanding ED Buprenorphine Initiation for Opioid Use Disorder: A Guide for Emergency Nurses,*** Journal of Emergency Nursing, Volume 47, Issue 1, 2021, Pages 139-154, ISSN 0099-1767, <https://doi.org/10.1016/j.jen.2020.10.001>.
- Webster LR. ***Risk Factors for Opioid-Use Disorder and Overdose.*** Anesth Analg. 2017 Nov;125(5):1741-1748. doi: 10.1213/ANE.0000000000002496. PMID: 29049118.

Infographic



Team Up Year 1 Team Tasks, as related to Poster and Health Box Presentation and Team Reflection Assignment



	Task	Due Date	Responsible Team Member(s)
Poster Presentation Project			
Background	review the current literature for prevention strategies and risk factors associated with the assigned age category or medical condition		Abbey, Juliana
	research each professions' role in primary and/or secondary prevention as related to age or medical condition assigned to your team		All team members
	make a recommendation of the assessment(s) each profession on team would conduct.		All team members
Infographic	lead the development of an infographic		Christian
Assessment Tool	lead the development of the interprofessional annual wellness visit tool <ol style="list-style-type: none"> 1. compile list of assessments (remove duplication of services); determine profession and determine cost. 2. recommend other professions that should be on the team based upon the evidence-based prevention strategies and risk factors. 3. Recommend implementation strategy 		<u>Joel</u> , Madison

	Task	Due Date	Responsible Team Member(s)
Health Box	Lead the development of the interprofessional health box 1. compile education list of education 2. provide images of existing items or educational resources; provide copy of developed educational resource(s).		Chandler and Brooke
Team Collaboration	lead the development of the team's reflection of IPEC sub-competency CC8 as related to the development of the assessment tool.		Kate
Benefits	lead the development of benefits to the 1. patient/client/community 2. the health professional(s)		Bri. Mason
Challenge and Solution	lead the development of a 1. challenge to the implementation of an interprofessional annual wellness visit 2. a solution to overcome the challenge		Paige, Ben
References	lead the development of a reference list for the poster presentation		Juliana
Grand Rounds Presentation	lead the development of the poster		
	present at Grand Rounds		
	upload the team's poster in Moodle		
Team Reflection Assignment			
	lead the development of the Team Reflection assignment		Torrey
	upload the Team Reflection assignment in Moodle		


Three Major Causes of Injury-Related Mortality in Children Ages 11-13 Years Old

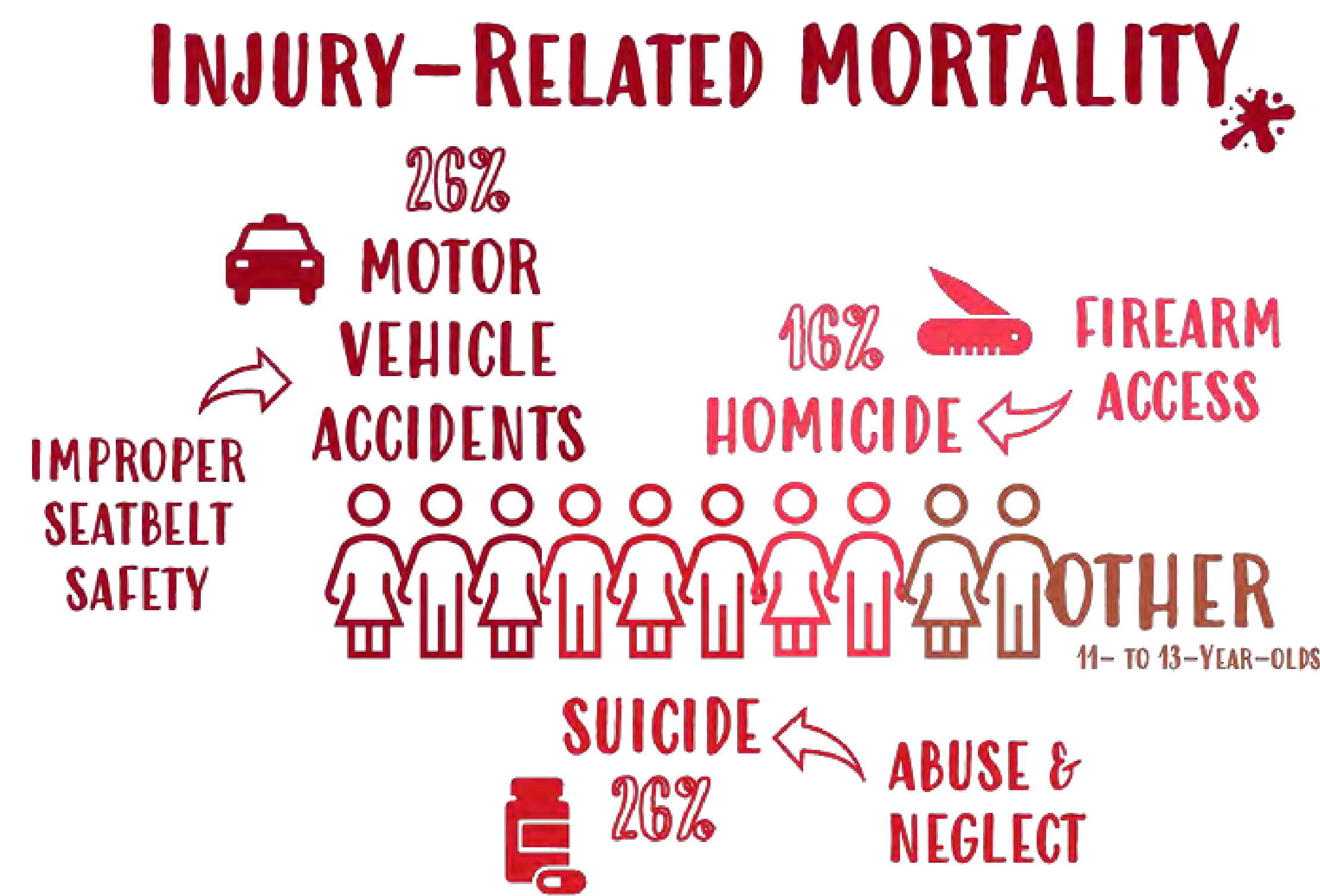
Anna Misemer (Nursing), Elaina Boutte (Public Health), Emery Miller (Nursing), Haley Hayden (PA), Isabel Miciotto (Nursing), Jessica Dupuy, Katie Henry (Medicine), Megan Escott (Medicine), Michelle Gautreaux, Patrick Parent (Dental), Phoenix Hwaung (Medicine), Skylar Deakle (Dental Hygiene)

Team #35

BACKGROUND

Three Major Causes of Death:

- 1. Motor Vehicle Accidents (26%) 
- 2. Suicide (26%)
- 3. Homicide (16%)



RISK FACTORS

- **Motor Vehicle Accidents:**
 - Most fatalities involved passengers as opposed to pedestrians, cyclers, etc.
 - The largest risk factor is improper or no safety gear use.
- **Suicide & Homicide:**
 - The largest risk factors for suicide include traumatic experiences, abuse or neglect
 - Major risk factor for both: access to firearms or other weapons

PRIMARY PREVENTION

- **Educate parents on:**
 - the safe storage and use of firearms in the home setting
 - the correct use of seat belts, car seats, and booster seats for children
- **Educate healthcare providers on:**
 - assessing for signs of abuse or neglect
 - caring for and recognizing suicidal patients
- Educate patients and families on community resources available.

PROFESSIONAL ASSESSMENTS & COSTS

Nursing	<ul style="list-style-type: none">• Full body assessment• Family assessment• Assess for car seat safety (correct use & type for age)• Assess for mental and emotional stress• Assess risk factors for violence• Injury related assessments• Suicide risk assessment (PHQ-9/ASQ)	N/A Services incident to MD, PA, NP
Public Health	N/A	N/A
Medicine	<ul style="list-style-type: none">• Psychiatric Diagnostic Evaluation - 90792• Health & Behavior Assessment - 96156• Initial Comprehensive Preventive Medicine Evaluation - 99383, 99384	<ul style="list-style-type: none">• \$218• \$63• \$77
Physical/Occupational Therapy	<ul style="list-style-type: none">• Physical Therapy Evaluation – 97161• Occupational Therapy Evaluation – 97165	<ul style="list-style-type: none">• \$70• \$64• \$90
Physician Assistant	<ul style="list-style-type: none">• Initial Comp Prev Med – 99835• Psychiatric Diagnostic Evaluation – 90792• Special Family Therapy - 90847	<ul style="list-style-type: none">• \$77• \$87• \$90
Dental	<ul style="list-style-type: none">• Comprehensive Oral Examination (New patient) - D0150• Complete series of Radiographic Images - D0210• Caries Risk Assessment & Documentation - D0601• Prophylaxis (Child) - D1120• Topical Application for Fluoride Varnish – D1206• Nutritional Counseling for Control of Dental Disease – D1310• Oral Hygiene Instructions – D1330• Sealent (per tooth) - D1351	<ul style="list-style-type: none">• \$43• \$0• \$31• \$5• \$0• \$0• \$0• \$22

INTERPROFESSIONAL ASSESSMENT BENEFITS

For the patient/client/community:

- Reduced health care costs and appointments
- Improved patient health outlook and outcomes

For health professionals:

- Reduced health care errors & morbidity/mortality
- Decreased workloads
- Increased focus on the problem at hand during appointments

CHALLENGES & SOLUTIONS

- Challenges include accurate and timely communication across all healthcare professions these patients are seeing.
- Many children in this age group may avoid or not comply with parent's request for them to see multiple healthcare providers.
- Building trust with these patients is important in them being honest and compliant with health care advice.
- Working as a team to ensure the patient is the top priority and receiving the best care will provide the best outcomes for both the patient and healthcare teams.

IPEC SUB COMPETENCY

Sub-competency CC8 is to communicate the importance of teamwork in patient-centered care and population health programs and policies. Through our research and the development of this tool we have learned that teamwork is essential to cost reduction, avoiding test redundancy, and the reduction of medical errors. Teamwork, specifically communication amongst the healthcare team, is especially crucial when it comes to addressing the age group of 11-13 years as health needs can fluctuate significantly through this period of life.

REFERENCES

1. Child Death Review Report (2016-2018). Louisiana Department of Health – Bureau of Family Health.
2. Louisiana Medicaid Fee Index. URL: https://www.lamedicaid.com/provweb1/fee_schedules/feeschedulesindex.htm

Comprehensive Health Box:

Nutrition:

- **MyPlate** - <https://www.myplate.gov/>

Mental Health Resources:

- **Behavior Health Team at LCMC**
 - https://behavioralhealth.chnola.org/?gclid=Cj0KCQjw0caCBhCIARIsAGAfUMwzPT11NHOz_SW1fNALSELPKzc3ECw7ludzfcZunaCAIK47HpK0gkQaAooqEALw_wcB
- **Animated Story about Ellie, who has depression**
 - <https://www.youtube.com/watch?v=i8EPzKxAiVw>
- **Mental Health Resources for Youth**
 - [https://www.aacap.org/AACAP/Families and Youth/Resource Centers/Depression Resource Center/Resources for Youth Depression.aspx](https://www.aacap.org/AACAP/Families_and_Youth/Resource_Centers/Depression_Resource_Center/Resources_for_Youth_Depression.aspx)
- **Information on School Counselor's**
 - <https://kidshealth.org/en/kids/school-counselors.html?WT.ac=k-ra>
- **Talking about your Feelings**
 - <https://kidshealth.org/en/kids/talk-feelings.html?WT.ac=k-ra>

Car Safety:

- **Seatbelt Safety for Parents**
 - https://www.safekids.org/safetytips/field_age/pre-teens-10-14/field_risks/and-around-cars
- **Information on Booster Seats**
 - <https://www.safekids.org/tip/booster-seat-safety-preteens>

Firearms:

- **Keeping Firearms in the Home for Parents**
 - <https://www.healthychildren.org/English/safety-prevention/at-home/Pages/Handguns-in-the-Home.aspx#:~:text=Safe%20storage.,guns%20in%20the%20car%2C%20either.>
- **Resource explained for Kids**
 - <https://kidshealth.org/en/kids/gun-safety.html>

For the Physician:

- **Integrating Mental Health Team Members and Primary Care**
 - [https://www.aacap.org/AACAP/Clinical Practice Center/Systems of Care/Collaboration with Primary Care.aspx](https://www.aacap.org/AACAP/Clinical_Practice_Center/Systems_of_Care/Collaboration_with_Primary_Care.aspx)

The 3 resources selected are dealing with the 3 highest causes of mortality in children aged 11-13.

Suicide

•LCMC Health - Children’s Hospital of New Orleans is dedicated to advancing the mental well-being of all kids. On their homepage for pediatric behavioral health, they include so many resources, links, and education for children, their parents, and their health care team. So, we included the screenshot of their resources page for parents and caregivers.

Motor Vehicle Crashes

•Safe Kids Worldwide is a nonprofit organization that focuses on preventing injuries in children. Their interactive website is very user friendly; you can specify age groups and topics you want to learn more about. We included a screenshot of their tips page for passenger safety of pre-teens. The same page also includes interactive games to motivate the children to do their part in their own vehicle safety.

Homicide

•Homicide is one of the most prevalent causes of mortality in children of our age group. One of the most common causes of homicide in children is homicide by firearm. So, our team decided to include this gun safety flyer from healthychildren.org and organized by the American Academy of Pediatrics. The flyer includes statistics for parents about gun safety in a home with children.

PASSENGER SAFETY FOR PRE-TEENS

Keeping Your Pre-teen Safe in Cars

- 1

Kids are VIPs. Just ask them. We know VIPs ride in the back seat, so keep all kids in the back seat until they are 13.
- 2

Wear your seat belt. When adults wear seat belts, kids wear seat belts. Be sure everyone in the vehicle buckles up, too. Setting that good example starts when kids turn forward facing in the car after age 2 or more. Your child has been watching what you do for years!
- 3

Talk about riding with others. Talk to your kids about riding with experienced drivers who do not drink or do drugs. Explain what "experienced" means and discuss your family rules with your child. Teach your child to buckle up in anyone's car when you are not there to protect them.
- 4

Team up with the other parents of your kid's friends. Set common rules (curfew, number kids in a car, seat belt use) so all the kids have the same rules and avoid peer pressure.
- 5

Driving before you know it. Your pre-teen will be driving before you know it. [Learn how to help them get ready to drive.](#)



Parent and Caregiver Education

- Knowing When to Seek Treatment for Your Child

•
- Answers to Questions About Your Child’s Mental Health

•
- Adolescent Mental Health

•
- Health Tip: Mental Illness Warning Signs

•
- Understanding Anxiety in Children

•
- Oppositional Defiant Disorder (ODD) in Children

•
- Bulimia Nervosa in Children

•
- Anorexia Nervosa in Children

•
- Mood Disorders in Teens

•
- Teen Suicide

•
- Obsessive–Compulsive Disorder (OCD) in Children

•

GUN SAFETY

and CHILDREN

If you own a firearm, the AAP recommends it be **stored unloaded, locked up** (lock box, cable lock, or firearm safe), with the ammunition stored separately.

About **1/3 of the homes with children** in the United States have a gun. Many are stored **loaded and/or unlocked**.

Every day, **87 children,**

teens and young adults are **injured or killed** by guns in the United States.

= death = injury

Source: CDC WISQARS, 2015-18 fatal injuries and 2015-17 non-fatal injuries.

The risk of dying by suicide is **4 to 10 times higher** in homes with guns. If you have **a teen who is at risk for suicide**, remove guns and ammunition from your house.

Children as young as **3 years** may be strong enough to **pull the trigger** on a handgun.

The **safest home** for children and teens is one without guns.

healthychildren.org
Powered by pediatricians. Tuned by parents.

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN





ALS: Amyotrophic Lateral Sclerosis



Assessment Tool

Medicine

Assessments: genetic testing, brain CT without contrast, functional assessment (activities of daily living, decision-making capacity), cognitive assessment (clinical dementia rating, GPCOG (General Practitioner Assessment of Cognition), mini-mental state exam)

Codes: 81479, 70450, 97535, 99483, 1494F, 90889
Cost: \$150,000

Nursing

Assessments: assess motor strength, presence of spasticity, skin, daily hydration status, urinary and bowel pattern, gag/cough/swallow reflexes, respiratory symptoms, airway, support systems, and coping patterns

Codes: services incident to MD/PA/NP
Cost: N/A

Dentistry / Dental Hygiene

Assessments: comprehensive oral examination, intraoral complete series, periodic oral examination, adult fluoride application, full mouth debridement

Codes: D0150, D0210, D0120, D4355, D1208
Cost: \$220.80

Speech-Language Pathology

Assessments: evaluation of oral and pharyngeal swallow function, speech sound production, behavioral and qualitative analysis of voice, and speech generating augmentative and alternative communication device

Codes: 92610, 92522, 92524, 92607
Cost: \$440.70

Additional recommended team members:

- Physical Therapy consult
- Occupational Therapy consult
- Respiratory Therapy consult

References

CPT codes: <https://www.aapc.com/codes/code-search/>
Economic Implications Direct and Indirect Costs of ALS Therapy: <https://www.ajmc.com/view/als-managed-care-considerations>
Communication for those with ALS: <https://www.tobiidynavox.com/learn/user-conditions/als/supporting-communication-for-those-with-als/>

Meet our Team:

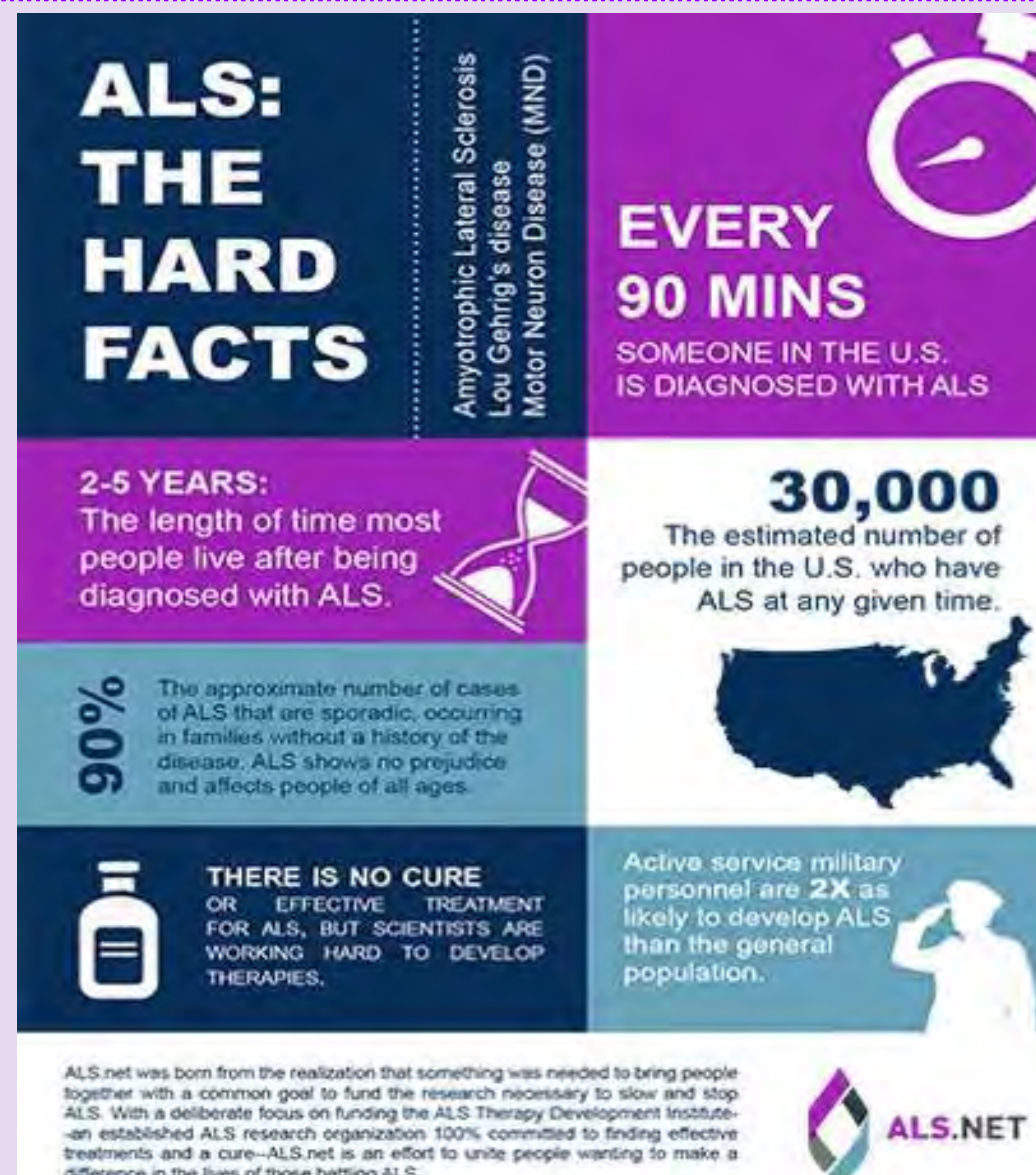
Medicine: Tara Kubilay, Caila Knighton, Lauren Jackson

Nursing: Brittany Monk, Elizabeth Bourgeois, Johana Caballero, Madelyn Leslie

Dentistry: Samuel Perry

Dental Hygiene: Jamie Defourneaux

Speech Language Pathology: Erin Arnold



Benefits

Medical Professional Benefits

- Working as a team allows medical professionals to support each other and increase comradery between others
- Working independently puts increased pressure on medical professionals. As a team, extra work is reduced allowing for an increase in job satisfaction

Patient Benefits

- When all medical and healthcare professionals work together, a more communicative environment develops allowing for a more diverse treatment plan
- Interprofessional collaboration also reduces problems such as misdiagnosis, which can lead to increased health care costs

Sub-competency CC8 Reflection

Assessing a patient is a team effort because of the specialized knowledge that each team member is trained to know. Our assessment tool has specifics from each profession required to provide our patients with the best care from all professional groups. Most importantly, team members need to communicate well and obtain the necessary information from each other in order to put together the pieces of the puzzle that is an individual patients care plan.

Teamwork requires a commitment to effective communication and active listening for the best patient outcomes. Because the patient's wellbeing is the common interest of every team member, we are incentivized to collaborate. Successful outcomes are only possible with patient-centered teamwork.

Challenge: Implementation of an interprofessional wellness visit and communication between the patient and their many caretakers

Solution:

Caretakers should educate themselves on communication devices available for ALS patients (voice amplification, text-to-speech, voice-banking, eye-tracking). They could help the patient feel comfortable with these devices by learning how to use them.

Recommendation of interprofessional annual wellness visit

- Annual visit recommendations for ALS patients focus primarily on symptom management interventions.
- Speech therapy may work with these patients to maintain as much verbal communication as possible.
- Nurses and Doctors collaborate to provide care including medications and help with activities of daily living.

Slide 2: comprehensive list of what you include in the [Health Box](#):

(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle).
Please include a comprehensive list of what you will include in your box, with links.

Voice banking and AAC informational resources:

<https://www.als.org/sites/default/files/2020-04/ALS-Association-Speaks-Communication-and-ALS.pdf>

<https://www.als.org/navigating-als/resources/fyi-guide-voice-banking-services>

Nursing Management for ALS:

[FYI: Nursing Management in ALS](#)
[| The ALS Association](#)

Oral hygiene resources for ALS patients and tools that can aide :

<https://www.als.org/navigating-als/resources/fyi-oral-care-people-living-als>

[Electronic Tooth Brush](#)

[Waterpik flosser:](#)

[Toothpaste dispenser:](#)

Information on medications that help slow deterioration

<https://alsnewstoday.com/approved-treatments/>

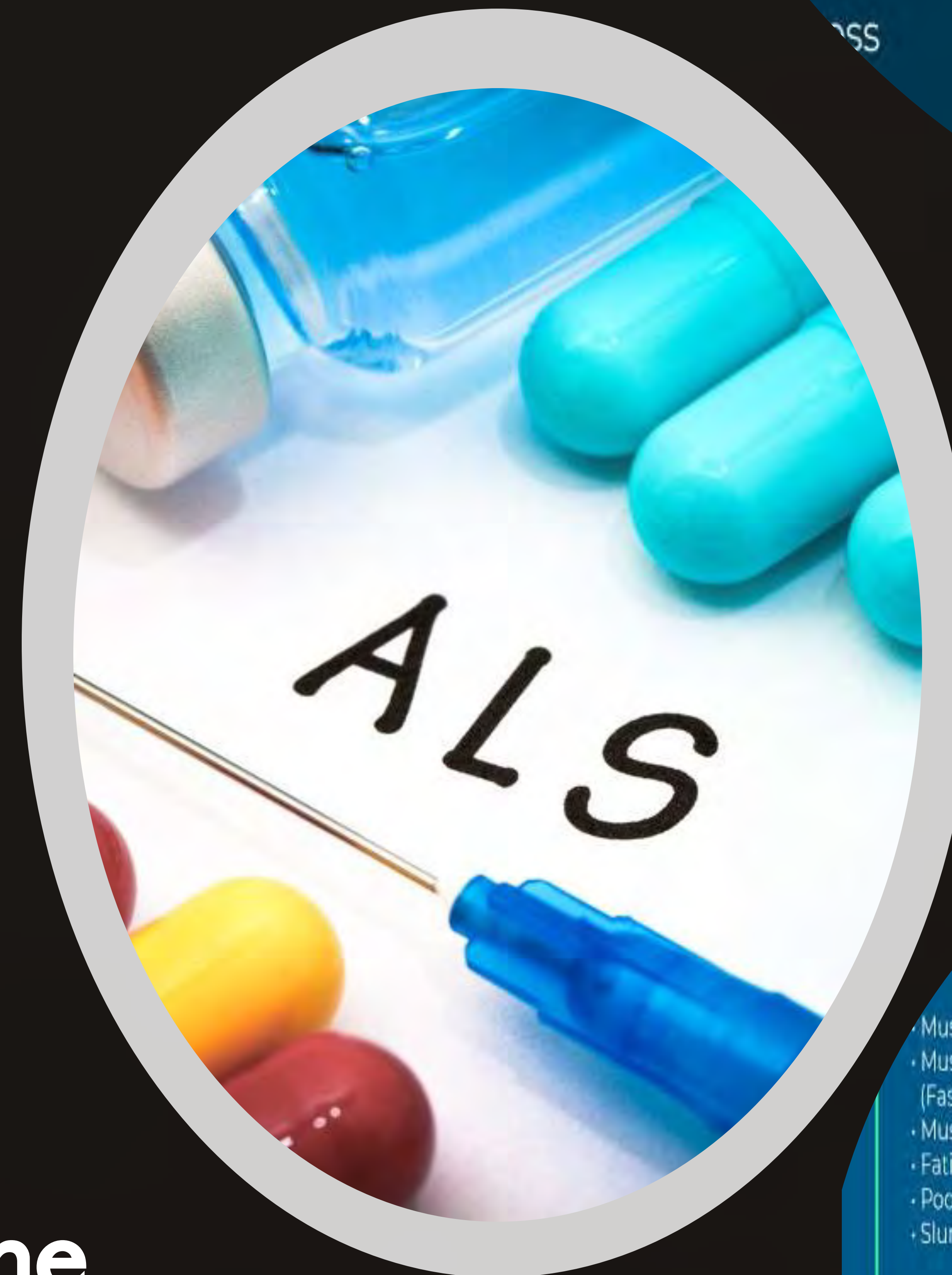
<https://www.als.org/navigating-als/living-with-als/fda-approved-drugs>

Symptoms

It is important to know and be able to recognize the major symptoms of ALS early on. Early recognition is likely to leave the patient with a better outcome.

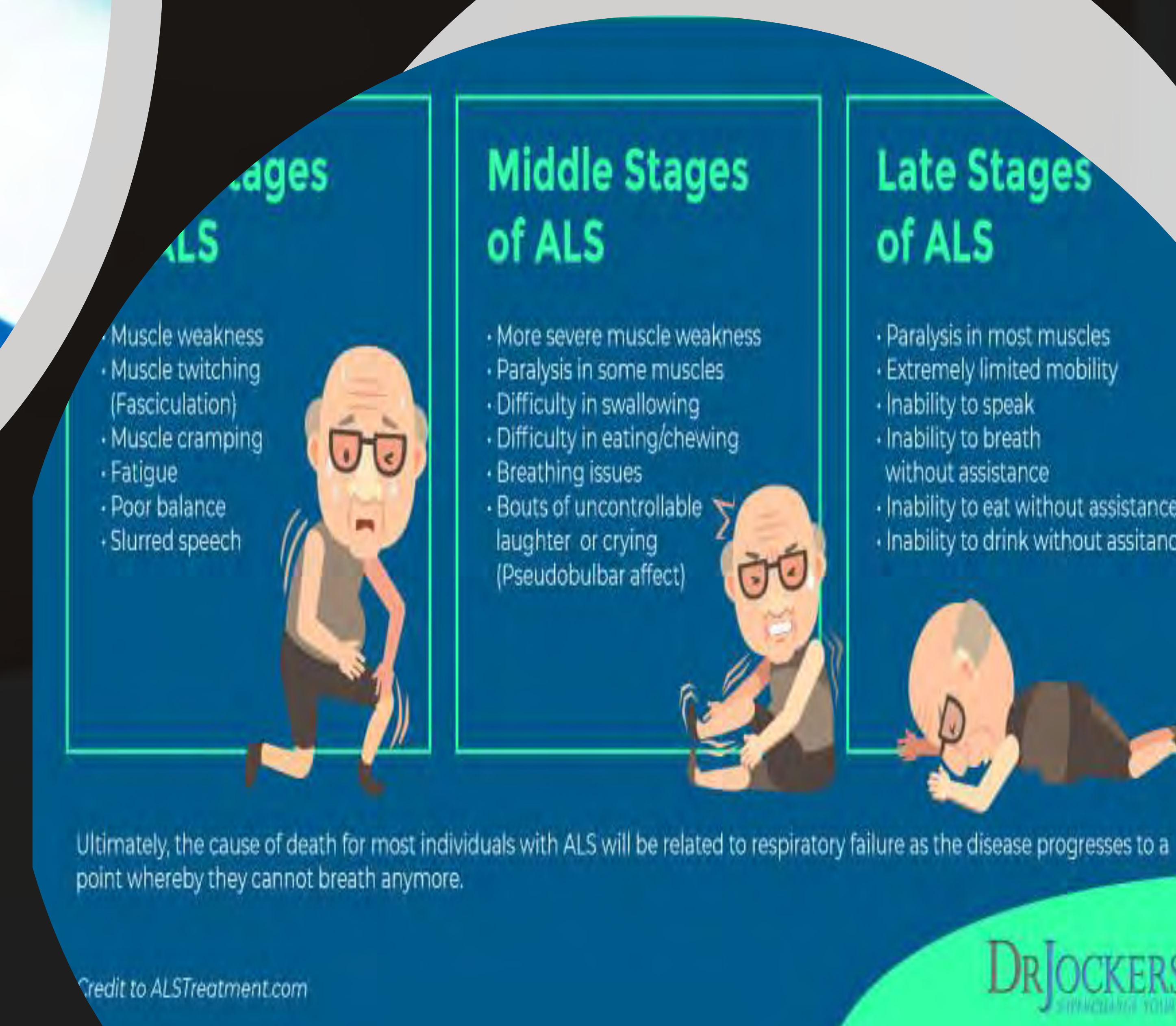
Medications

Although there is no cure, it is important for patients to know there are medications that can slow down the deterioration.



Progression Timeline

The rate in which the disease progresses differs for everyone. It is helpful for patients to know what stage they are in



Alzheimer's Disease

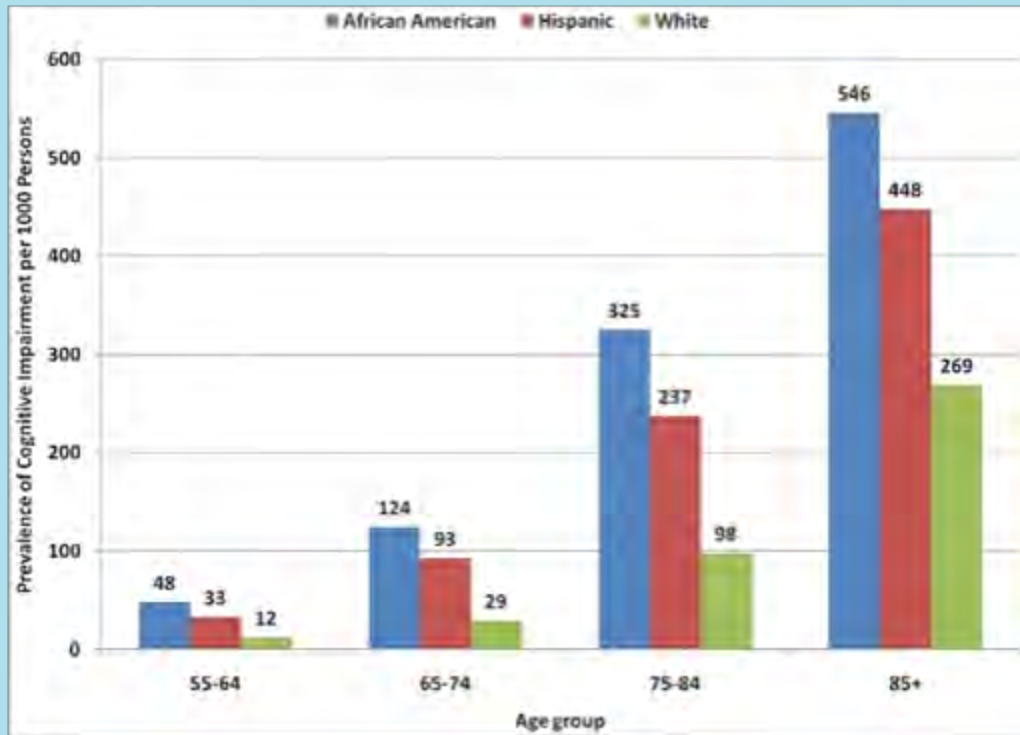
Team Up 2021

Group 37

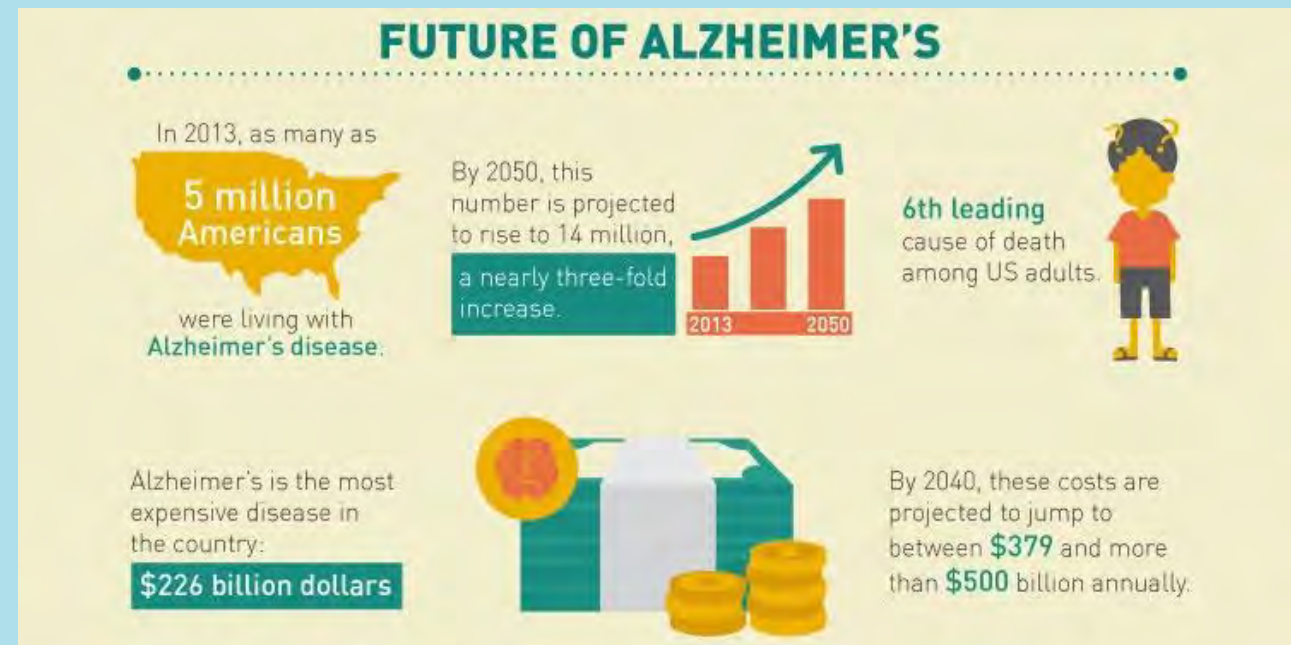
Ann Brittain, Jada Brown, Alissa Dennis,
Wynne Hobbs, Zohaib Lakhani, Daniel
Langteau, Madison Lanza, Lyndsey Myers,
Ny'Osha Nash, Mallory Navarro, Ann
Pevahouse

Alzheimer's Overview

Alzheimer's Disease Prevalence



- **Definition:** A progressive disease that destroys memory and other important mental functions; Neural connections and the neurons themselves degenerate and die, eventually destroying memory and other important mental functions.
- **Risk Factors:**
 - Older age
 - Trisomy 21
 - ApoE allele



Who should be evaluated for Alzheimer's Disease?

Individuals with memory concerns or other cognitive complaints

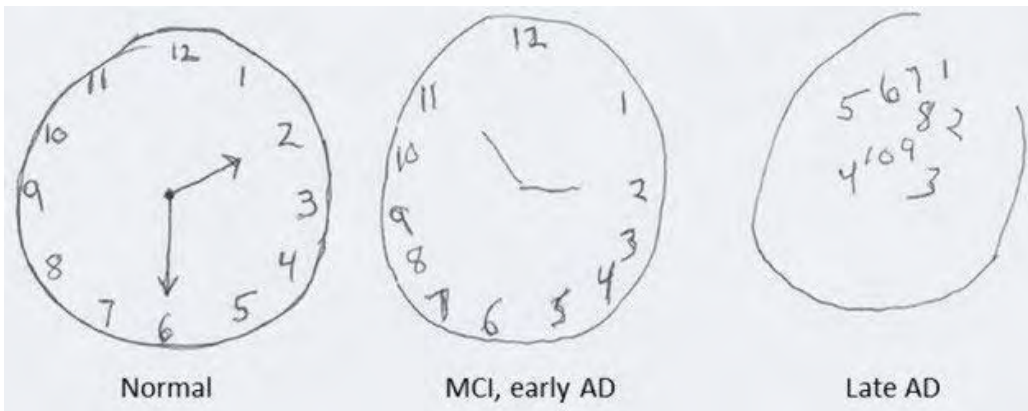
Non-memory triggers such as personality changes, depression, deterioration of chronic disease without explanation, and falls or balance issues

Family members' reports of cognitive impairment, with or without patient concurrence

Assessing for Alzheimer's Disease

Mini-Cog Assessment Tool

- 3-minute instrument for detecting cognitive impairment in older adults
- Components:
 - 3-item recall test for memory
 - Clock drawing test



Mini-Mental Status Examination (MMSE)

- Assesses a person's orientation, memory, verbal abilities, fine motor skills, and cognition
- Useful in the initial assessment of Alzheimer's patients, as well in monitoring progression
- Scored from 0-30 to determine a person's degree of impairment
 - 25-30: Questionably Significant
 - 20-25: Mild Impairment
 - 10-20: Moderate Impairment
 - 0-10: Severe Impairment

Alzheimer's Disease Health Care Team

Profession	Assessment and Plan
Medicine / Physician Assistant	Assess: measure AB42 in the CSF. Conduct cognitive testing at each office visit. Ensure medications are taken as prescribed.
	Plan: Central Acetylcholinesterase inhibitors and Memantine (NMDA receptor antagonist). Adjust medication regimen as needed. Refer patient to other members of the healthcare team
Nursing	Assess: assess severity of symptoms, safety concerns, make proper referrals for the patient and family members, follow up teaching to assure competence in understanding the disease process and how to provide proper care.
	Plan:
Dentist / Dental Hygiene	Assess: Perform Intra and extra oral, take and review X-Rays, and educate caregivers on the importance of oral hygiene at home care
	Plan: routine hygiene visits
Occupational therapy	Assess: MOCA, SLUMS, ACL, Mini Mental Status Exam
	Plan: Acute care- training in basic grooming tasks, self care tasks, command following; Inpatient- Memory strategies, medication management, setting reminders on a phone or calendar, meal prep
Public Health	Assess: Surveillance/ Monitoring new and existing cases
	Plan: Primary prevention (Risk Reduction), Early detection and diagnosis.
Speech Pathologist	Assess: Perform cognitive, functional, and behavioral assessment.
	Plan: Cognitive-Communication Stimulation therapy.

Suggestions for other members of an Alzheimer's patient's health team include:

- Social worker
- Support group for the patient and their family members

Health Box

Education for the patient and family: while memory loss is the most common symptom of AD there are often some changes in personality that involve agitation and violent behavior.

Tips on how to handle aggressive behaviors include: maintaining a daily routine, maintaining comfort, preparing them for upcoming changes.

Resources for patients and their families: Alzheimer's Association, Hope Health Care Giver Support

Health Box (Cont)

Pill Organizer

Nutrition Tips

Information regarding the genetic component of Alzheimer's for patient's family

Health Box Benefits

Interprofessional care for Alzheimer's Disease patients will give patients a better prognosis by focusing on care goals, patients' priorities, and medications that will benefit them.

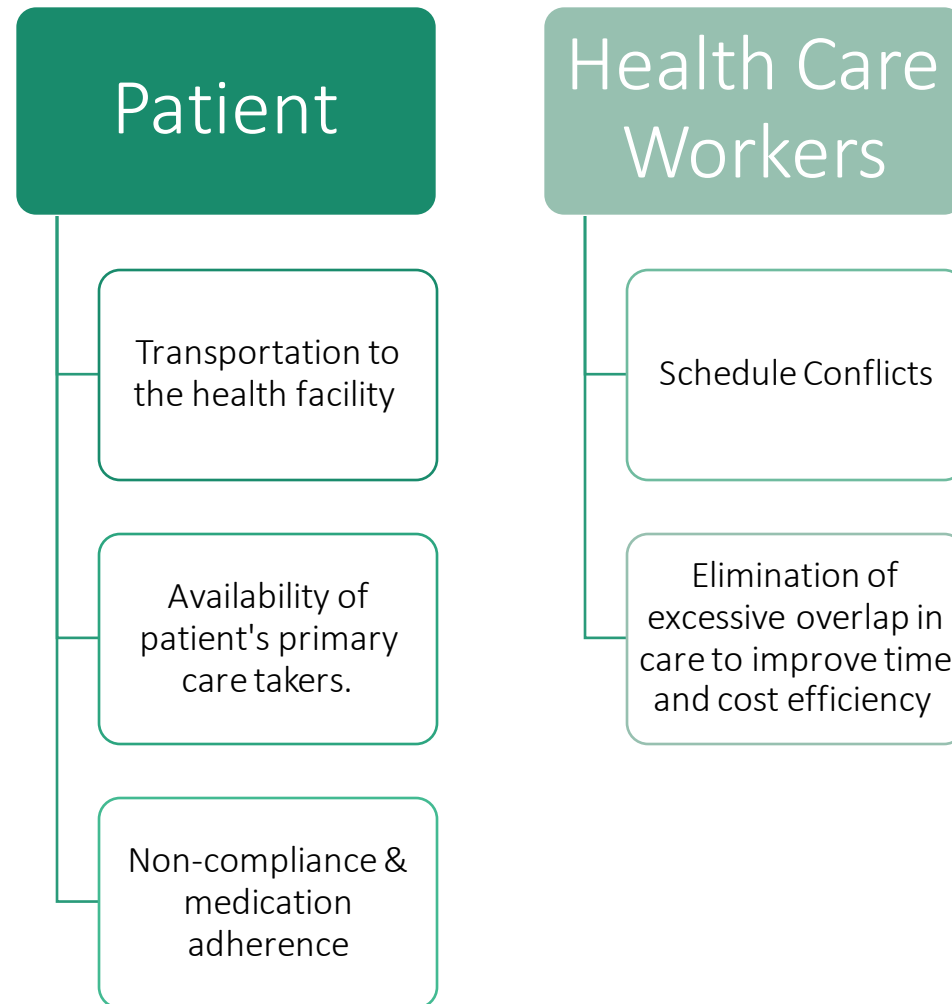
Provides patients and their families with tips and information to help them understand the disease process.

Identifies ways and techniques to provide optimal care and integrate and improve disease management.

Pinpoints medications, assessments, and healthcare providers that can all play a role in Alzheimer's Disease patients.

Foster the exchange of potential therapeutic interventions among the varying disciplines in an effort to improve healthcare outcomes.

Challenges of Implementation



Challenge

Solutions

Transportation
& Availability

Ask patient's care
providers if they need
any assistance

Effective usage of
Telemedicine

Non-
compliance

Educate patient and
family members
regarding adverse
consequences of non-
compliance

Use motivational
interviewing to identify
the cause of non-
compliance and find
solutions/plan

Scheduling
conflict and
Care Overlap

Encourage strong
communication between
healthcare team
members

Shared online platform
can update every team
member regarding
changes in patient's goals
or treatment plans.

References & Resources

- <https://www.alz.org/professionals/health-systems-clinicians/cognitive-assessment>
- <https://www.houstonmethodist.org/neurology/for-patients/patient-education/alzheimers/>
- <https://www.alz.org/help-support/community/support-groups>
- <https://www.hopehealthco.org/services/support-groups/caregiver-support-group/>
- <https://www.managedhealthcareconnect.com/articles/interprofessional-management-dementia>
- https://www.alz.org/help-support/resources/virtual_library/resource_lists
- <https://www.seniorlink.com/blog/the-36-best-caregiver-support-groups-in-louisiana>
- https://www.alz.org/louisiana/helping_you

BACKGROUND

Down syndrome is genetic disorder characterized by cognitive impairment, congenital anomalies, and increased risk for a range of medical conditions. It typically arises from an extra copy of chromosome 21 (trisomy 21) but can be caused by partial copies of chromosome 21. Estimated prevalence is 12/10,000 births in the United States

RISK FACTORS

Increased maternal age
Prior spontaneous abortions

ASSOCIATED CONDITIONS



REFERENCES

1. National Down Syndrome Society (NDSS). (2019). Down Syndrome. Retrieved from <https://www.ndss.org/about-us/what-is-it/what-is-down-syndrome/>
2. National Down Syndrome Society (NDSS). (2019). Down Syndrome. Retrieved from <https://www.ndss.org/about-us/what-is-it/what-is-down-syndrome/>
3. National Down Syndrome Society (NDSS). (2019). Down Syndrome. Retrieved from <https://www.ndss.org/about-us/what-is-it/what-is-down-syndrome/>
4. National Down Syndrome Society (NDSS). (2019). Down Syndrome. Retrieved from <https://www.ndss.org/about-us/what-is-it/what-is-down-syndrome/>
5. National Down Syndrome Society (NDSS). (2019). Down Syndrome. Retrieved from <https://www.ndss.org/about-us/what-is-it/what-is-down-syndrome/>
6. National Down Syndrome Society (NDSS). (2019). Down Syndrome. Retrieved from <https://www.ndss.org/about-us/what-is-it/what-is-down-syndrome/>

DOWN SYNDROME / TRISOMY 21 UNDER 21 YEARS OLD

ASSESSMENT TOOL

PROFESSION:	ASSESSMENT:	CPT CODE:	COST:
NURSING	Physical Examination	Services referred to MD, PA, NP	
	Lactation Consult (Neonate)		
MEDICINE	Echocardiography	93306	\$ 172.76
	Vision Screening	99173-EP	\$ 1.91
	Sleep Study	95800	\$ 662.07
	Neuro (EEG)	95717	\$ 76.69
	Behavioral Exam	96116	\$ 66.12
AUDIOLOGY	Hearing Screening	92553	\$ 38.98
CLINICAL	X-ray (neck instability)	G0130	\$ 35.25
LABORATORY SCIENCES	Thyroid Assessment	84439	\$ 8.98
	CBC	85008	\$ 3.43
	BMP	80047	\$ 9.78
DENTISTRY	Oral Exam (<3 years)	D0145	\$ 48.49
	Periodic Oral Exams	D0120	\$ 27.24

Additional recommended team members: Dental hygiene, occupational therapy, physical therapy, physician assistant, public health, respiratory therapy, speech language pathology.

POTENTIAL CHALLENGES & SOLUTIONS

Challenge: In pediatric patients with Down Syndrome, there is a wide variance in adherence to following the American Academy of Pediatrics's guidelines on Down Syndrome screenings.

Explanation: O'Neill et al. 2018 found that only 67% of children with DS followed the 2011 AAP's guidelines completely. Patients were more adherent to thyroid, hearing, and eye visits, but less adherent to atlantoaxial instability and sexuality screenings. Patients are just not making the visits to be seen by other professions. This appears to be more of a problem for physical therapists than it is for audiologists.

Solution: Fransen et al. 2019 shows that providing and organizing a multidisciplinary team consult into a single visit, including a visit to the pediatrician, speech therapist, physiotherapist will improve patient adherence.

Explanation: Healthcare professionals provided customized care for the patient with Down Syndrome in one consult that lasted about half a day. The multidisciplinary team focused on the provision of services to prevent further disabilities, improved outcomes or medical interventions, and an appropriate educational planning. By doing all in one single consult the patient and caregiver will have: less stress compared to multiple visits, reduced medical cost, reduced polypharmacy, reduced medical errors, improved quality of care, and access to electronic health record for the multidisciplinary team within the same facility (increased transparency in care).

TEAM 38

Lyndsay Nguyen, Vivian Nguyen, Rossana Deleon, Catherine Norris, Lea Mascarenas, Mike Le, Shay LaPorte, Kamryn Deslattes, Catherine Colvin, Kinzi Irving, Seth Browning, Katie Pham

BENEFITS

Healthcare Provider's Perspective

- Helpful tool that defines medical vulnerabilities and necessary screenings
- Increases the chance of detecting unmet, unrecognized, and potentially treatable health conditions
- A time to provides resources such as support groups and therapy recommendations
- Allows the individual to ask questions

Patient/Community Benefits

- Helps identify children that may require a diagnostic evaluation
- Routine developmental screening at specified markers may aid in the identification of ASD
- Educating parents and caregivers about screening and professional referrals can motivate caregivers to seek treatment

IPEC CC8 REFLECTION

Teamwork is critical to achieve patient-centered care. As discussed in our Challenges & Solutions section, a multidisciplinary team would improve outcomes of medical interventions and could potentially prevent worsening conditions. Each member of the team has a unique approach to healthcare all of which are necessary for patient wellness and satisfaction.

What's in the box?

Team 38

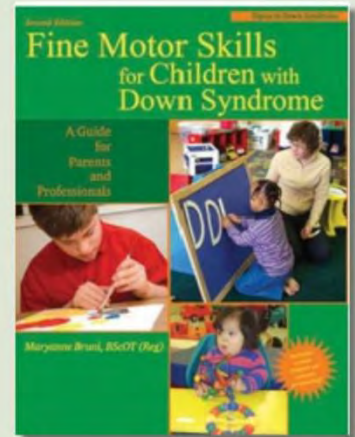
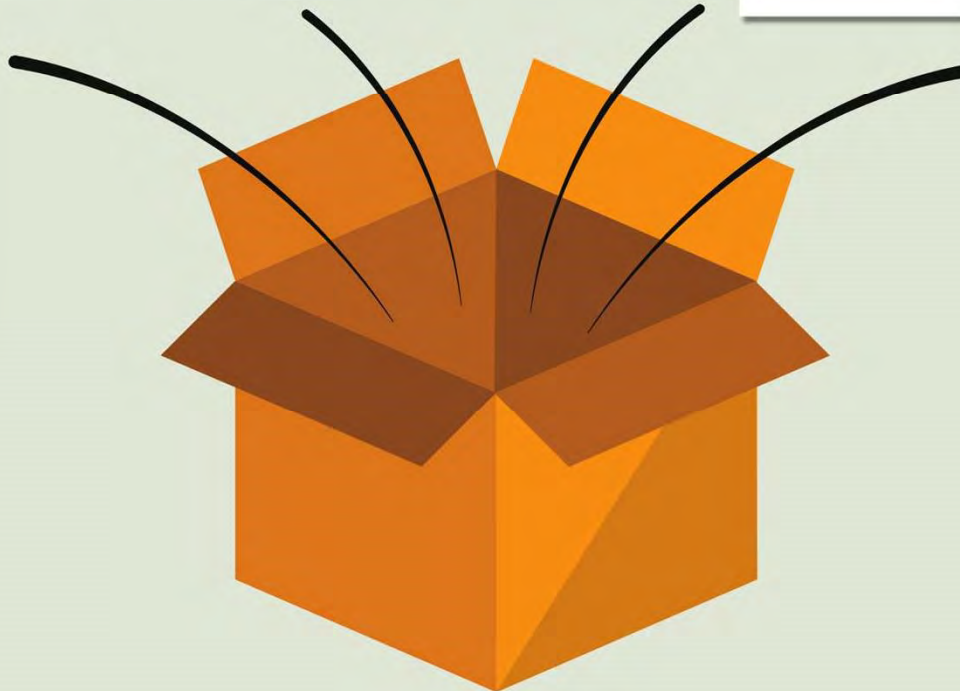


- American Academy of Pediatrics: Health Care Information of Families of Children with Down Syndrome
- Pamphlet Including Assistive Devices for Individuals with Down Syndrome
 - *10 Assistive Technologies for Individuals With Down Syndrome*
<https://disabilitycreditcanada.com/10-assistive-technologies-suffering-syndrome-2017-edition/>
- Handwriting Aids for school aged children
- Dental Aids to increase compliance of home care and reduce the incidence of dental caries or oral disease.
 - Tooth Brush
 - Floss Holder—may need assistance from parent
 - Floss Picks
 - Fluoride Tooth Paste
 - Disclosing solution tabs- used to show areas “missed” when brushing and flossing.
- Developmental milestones Informational flyer
<https://www.dsastx.org/wp-content/uploads/2018/09/DS-Developmental-Milestones.pdf>
- Journal to document developmental milestones and/or questions for the multidisciplinary team during appointments
- Suggested schedule of health checks
[Layout 1 \(dsmig.org.uk\)](https://www.dsmig.org.uk/)
- Recommendation for Owlet monitor sock to monitor baby's vital signs
- Books to assist with Motor Skill development in child with down syndrome

What's in the box?

Team 38

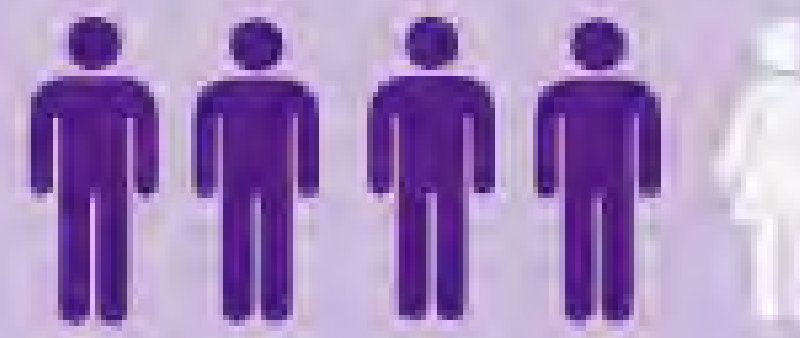
- Disclosing solution tabs- used to show areas “missed” when brushing and flossing. Individuals with trisomy 21 are typically visual learners. These tablets can effectively show how to maintain proper oral hygiene.
- Recommendation for Owlet monitor sock to monitor baby’s vital signs - a way to screen from home more consistently.
- Handwriting Aids for school aged children - Pencil grips are an inexpensive way to help learn fine motor skills.
- Books to assist with Motor Skill development in child with down syndrome



AUTISM SPECTRUM DISORDER

ages 21 & up

1 IN EVERY 45 ADULTS HAVE ASD



MEN ARE 4X MORE LIKELY TO HAVE ASD

this is consistent with the estimates of ASD in US Children

DEPRESSION AFFECTS ~26% OF ADULTS WITH ASD



SCHIZOPHRENIA AFFECTS BETWEEN 4-35% OF ADULTS WITH ASD

by contrast, schizophrenia affects an estimated 1.1% of the general population

Team Members

Nursing: Bianca Ochoa, Kelsie Ostreicher, Kenechi Okeke, Rebecca Novak; **Medicine:** Casey Norlin, Stephany Nguyen, Trey Moffatt, **Speech Language Pathology:** Tabitha Dalgo; **Physician Assistant:** Amanda Iverson; **Occupational Therapy:** Shanae Franklin; **Public Health:** Wendy Dang; **Dental Hygienist:** Cody Dixon; **Dentistry:** Matthew Pharm

Prevention Assessment Tool

Profession	Assessment	CPT Code	Cost
Medical	Comprehensive Preventative Medical Evaluation & Exam	99385-99386	\$77-90
Dental/Dental Hygienist	Oral Exam, Diagnostic Radiographs, & Oral Hygiene Instruction	D0150, D0120 D0210	\$27-47 \$60
Speech Language Pathology	Dependent on patient needs and initial presentation	Varies	
Occupational Therapy	Dependent on patient needs and initial presentation	Varies	

Additionally, we would also recommend working with a behavioral therapist if need be.

Benefits of an Inter-professional Approach to an Annual Wellness Visit

Patient's Perspective:

Early identification and intervention, and an interdisciplinary approach to a wellness visit, enables the best possible outcomes for the patient. Having several different disciplines involved in the plan of care allows for collaboration that will ensure the most effective treatment is provided to the patient.

Health Professional's Perspective:

Every member of the patient's healthcare team will be knowledgeable in terms of what specific care the patient has received. If changes to the patient's care plan must be made, the healthcare team will be well-informed. This will reduce redundancies and enable efficient patient care.

IPEC Reflection: Sub-Competency CC8

Without teamwork, a patient's care quickly becomes disjointed, suboptimal, and costly. By working as a team, we are less likely to make mistakes and more likely to provide the best possible care. Collaboration in health care has been demonstrated to **reduce preventable adverse affects**, decrease morbidity and mortality, and **optimize treatment** for patients.

Our team has **collaborated** and shared our **different perspectives** over the past two years. Over time, we established **clear communication** and efficient delegation of tasks. As a result, we have had an easy time working through assignments. We were able to leverage our teamwork and communication to produce an effective, comprehensive, and cost-efficient patient assessment tool that involves not one healthcare provider, but an entire healthcare team. Communication, collaboration, and a shared goal of offering patient-centered care will result in the most positive and painless experience for both patients and healthcare providers.

Challenges

- Adults with ASD can find it **hard to navigate the "neurotypical" world** such as visiting new doctors, getting a part-time job, or day to day tasks.
 - The smallest changes in day-to-day life may be too stressful for the individual
- Services for adults with ASD can be **very limited based on rural/urban location**. Some physicians may not be well versed in the treatment of adults with ASD (Dudley, Klinger, and Myer, 2019)
 - Treatment will vary based on the severity of the ASD based on DSM-5
- Autism is **commonly associated with other conditions** such as ADHD and anxiety, so the concurrent treatment of these conditions may be a challenge (Smith, 2019)

Solutions

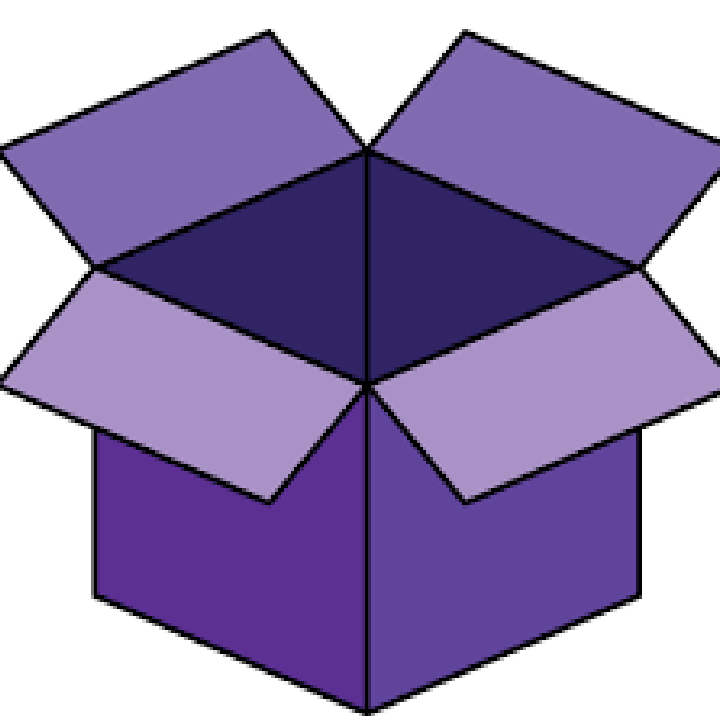
- Provide patients with an **adequate amount of time to adjust** to the rigorous demands of a "neurotypical" day-to-day life. Transitioning to new settings (unfamiliar doctor's office or workplace) can be less stressful when appropriate pacing is implemented into the patient's individualized care plan.
- Implement **household and workplace modifications**. Environmental stimuli can be distracting and disorienting to anyone, and more so with individuals with ASD. So, frequent **environmental assessments** should be implemented to evaluate for elevated noise levels, distractions, interruptions, crowding, lighting, and spacing (Hendricks, 2010).
- Encourage adults with ASD to join a **Day Habilitation program**, a vocational program that is designed to teach "pre-employment" skills and skills related to activities of daily living (Gerhardt, and Lainer, 2011).
- Educate** the patient about their individual disease process, co-morbidities, and their treatment plan. Explaining expected interventions may give the patient a sense of reassurance in knowing what might occur in the future.

References

Dudley, K.M., Klinger, M.R., Meyer, A. *et al.* Understanding Service Usage and Needs for Adults with ASD: The Importance of Living Situation.; Gerhardt, P.F., Lainer, I. Addressing the Needs of Adolescents and Adults with Autism: A Crisis on the Horizon.; Smith, Isaac C., et al. "Anxiety Moderates the Influence of ASD Severity on Quality of Life in Adults with ASD." *Please see final slide for additional references.*

Health Box: A Comprehensive List

- Toolkit developed by Autism Speaks for adults with autism to learn more about autism and how to navigate through life with autism
- A guidebook created by Autism Speaks that details useful and essential information that adults with autism can use to help them develop and maintain a financial plan
- A guidebook from Autism Speaks that helps adults with autism and their families locate safe and affordable housing
- A guidebook from Autism Speaks for adults with autism about the employment process and how to navigate through the process
- Alternative Augmentative Communication (AAC) Devices
- Fidget toys
- Networks of organizations for adults with autism to connect and interact with each other or get access to other resources:
 - Asperger/Autism Network (AANE)
 - Interactive Autism Network (IAN Community)
 - Autism Society
 - Next For Autism
- Access to mental health resources for adults with autism:
 - Autism & Mental Health Issues Guidebook by The Center for Autism & Related Disabilities (CARD) at University of South Florida
 - National Alliance on Mental Illness (NAMI)
 - Mental Health America (MHA)
- Additional information about health care:
 - IDD Toolkit: Healthcare for Adults with Disabilities [PDF] by Vanderbilt Kennedy Center
 - IDD Toolkit: Going to the Doctor [PDF] by Vanderbilt Kennedy Center
 - Additional IDD Toolkits for both patients, parents, and healthcare professions from the Vanderbilt Kennedy Center



Health Box: A Deeper Dive

Pamphlets

Toolkit developed by Autism Speaks for adults with autism to learn more about autism and how to navigate through life with autism. [Link](#) to access tool kit.

Includes the following information:

- What is Autism?
- What are the Symptoms of Autism?
- Strengths and Challenges of Living with Autism
- Personal Stories from Others
- What are Your Rights
- Disclosure... To Tell or Not to Tell?



Financial Guide and Financial Planner App

Guide created by Autism Speaks that details useful and essential information that adults with autism can use to help them develop and maintain a **financial plan**.

This pamphlet details:

- Financial Assistance
- The Basics of Budgeting: A Step in the Right Direction
- Financial Products & Instruments used in Planning
- Special Needs Trusts
- Accessing Funding through State and Federal Programs
- Guardianship and Conservatorship
- ABLE Accounts: A Savings Tool for Individuals with disabilities

[Link](#)



This app can be used to help locate financial resources for adults with autism. The app has planning tools, information about Medicaid, supplemental security income, and ABLE accounts, and links to contact local professionals who can also assist them in their journey to financial security.

Employment Booklet

A guide by Autism Speaks for adults with autism about the employment process and how to navigate:

- Job searching
- Information about Transportation Option
- Resume, Cover Letter, and Application
- Job Interview
- Accommodation & Disclosure
- Soft Skills
- Employment Rights

[Link](#) to access tool kit.



Housing Guide

Autism Speaks developed a guide that helps adults with autism and their families locate safe and affordable **housing**. It includes information about:

- Housing options and how to begin the search for housing
- Supports and services that adults with autism may need
- How to get funding for housing
- Planning Tools that list the needs and priorities

[Link](#)



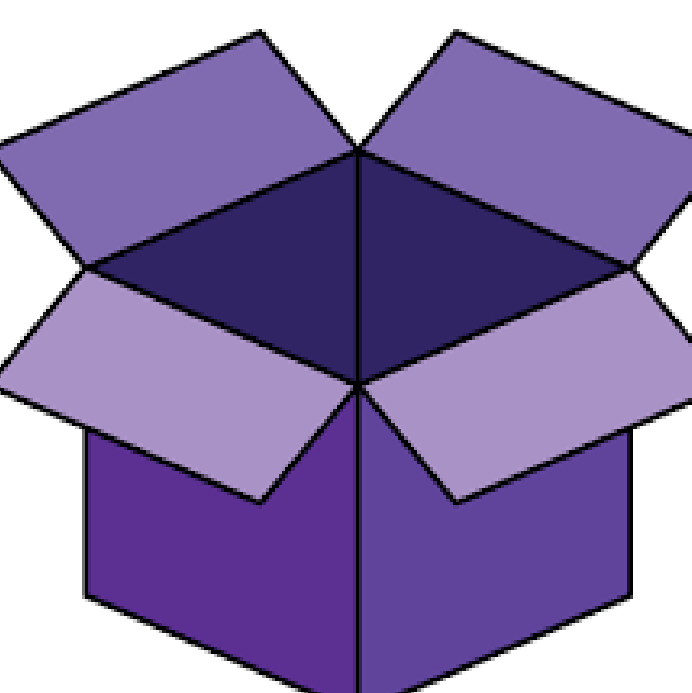
AAC Device

Some people with autism find that using pictures or technology to communicate is more effective than speaking. This is known as **Alternative Augmentative Communication (AAC)**. The individual would need to see an SLP for an evaluation to determine which AAC method is most appropriate for various needs/modes of communication.



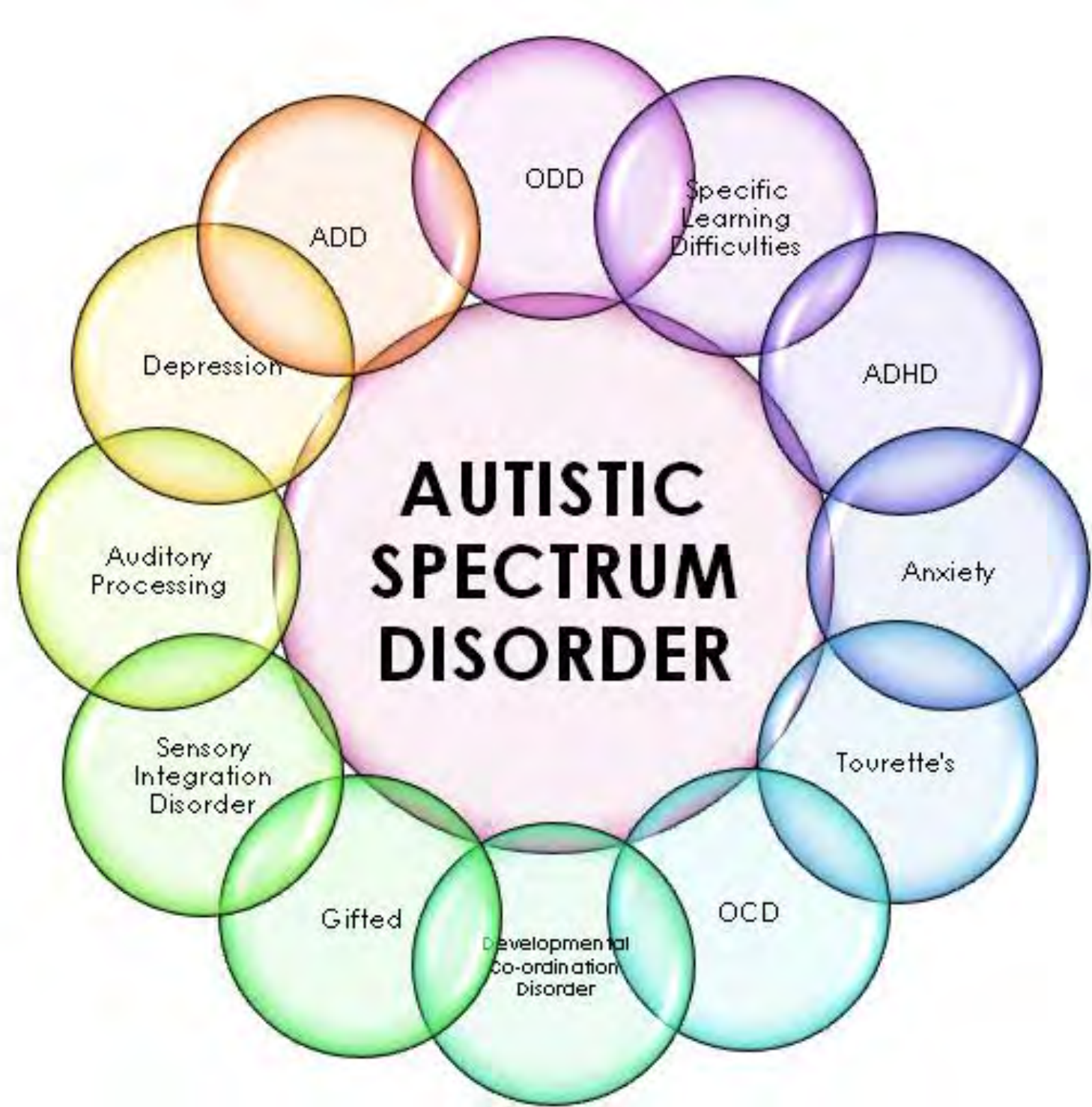
Fidget Key Ring

A tactile sensory item that can be used in stressful situations to help adults with autism decrease anxiety.



Additional References

- Bishop, S.L., Seltzer, M.M. Self-Reported Autism Symptoms in Adults with Autism Spectrum Disorders. *J Autism Dev Disord* 42, 2354–2363 (2012). <https://doi.org/10.1007/s10803-012-1483-2>
- Croen, Lisa A., et al. “The Health Status of Adults on the Autism Spectrum.” *Autism*, vol. 19, no. 7, Oct. 2015, pp. 814–823, doi:10.1177/1362361315577517.
- Dudley, K.M., Klinger, M.R., Meyer, A. *et al.* Understanding Service Usage and Needs for Adults with ASD: The Importance of Living Situation. *J Autism Dev Disord* 49, 556–568 (2019). <https://doi.org/10.1007/s10803-018-3729-0>
- Gerhardt, P.F., Lainer, I. Addressing the Needs of Adolescents and Adults with Autism: A Crisis on the Horizon. *J Contemp Psychother* 41, 37-45 (2011), [doi:10.1007/s10879-010-9160-2](https://doi.org/10.1007/s10879-010-9160-2)
- Gotham, Katherine, et al. “Characterizing the Daily Life, Needs, and Priorities of Adults with Autism Spectrum Disorder from Interactive Autism Network Data.” *Autism*, vol. 19, no. 7, Oct. 2015, pp. 794–804, doi:10.1177/1362361315583818.
- Hendricks, Dawn. ‘Employment and Adults with Autism Spectrum Disorders: Challenges and Strategies for Success’. 1 Jan. 2010 : 125 – 134.
- Henninger, Natalie A., and Julie Lounds Taylor. “Outcomes in Adults with Autism Spectrum Disorders: A Historical Perspective.” *Autism*, vol. 17, no. 1, Jan. 2013, pp. 103–116, doi:10.1177/1362361312441266.
- Howlin, Patricia, and Philippa Moss. “Adults with Autism Spectrum Disorders.” *The Canadian Journal of Psychiatry*, vol. 57, no. 5, May 2012, pp. 275–283, doi:10.1177/070674371205700502.
- Sasson, Noah J., and Kerriane E. Morrison. “First Impressions of Adults with Autism Improve with Diagnostic Disclosure and Increased Autism Knowledge of Peers.” *Autism*, vol. 23, no. 1, Jan. 2019, pp. 50–59, doi:10.1177/1362361317729526.
- Smith, Isaac C., et al. “Anxiety Moderates the Influence of ASD Severity on Quality of Life in Adults with ASD.” *Research in Autism Spectrum Disorders*, Elsevier, 15 Mar. 2019, www.sciencedirect.com/science/article/pii/S175094671930042X
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https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4530359/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4530359/)



Interprofessional Approach to Managing Patients with Autism Spectrum Disorder

Madison Ott- Nursing
Shelby Dreadin – Dental Hygiene
Gabriel Ekechukwu – Public Health
Alexandra Hamlin – Speech Pathology

Amanda Pharo – Dentistry
Robert Power – Medicine
Toni Orgeron – Nursing
Casside Parfait – Nursing

Rachel Pendleton – Nursing
Kara Plasko – Medicine
Jaude' Petrie – Medicine



Team #: 40A



About ASD

Autism spectrum disorder is a complex developmental condition that involves persistent challenges in social interaction, speech and non-verbal communication, and repetitive/ restrictive behaviors. The effects and severity of ASD symptoms is different in each person. Statistics shows that 1 in 59 children will be diagnosed with ASD and it is over 4 times more common in boys than girls. When comparing age of diagnosis, research shows that girls and children of color are diagnosed at a later age than boys and white children.

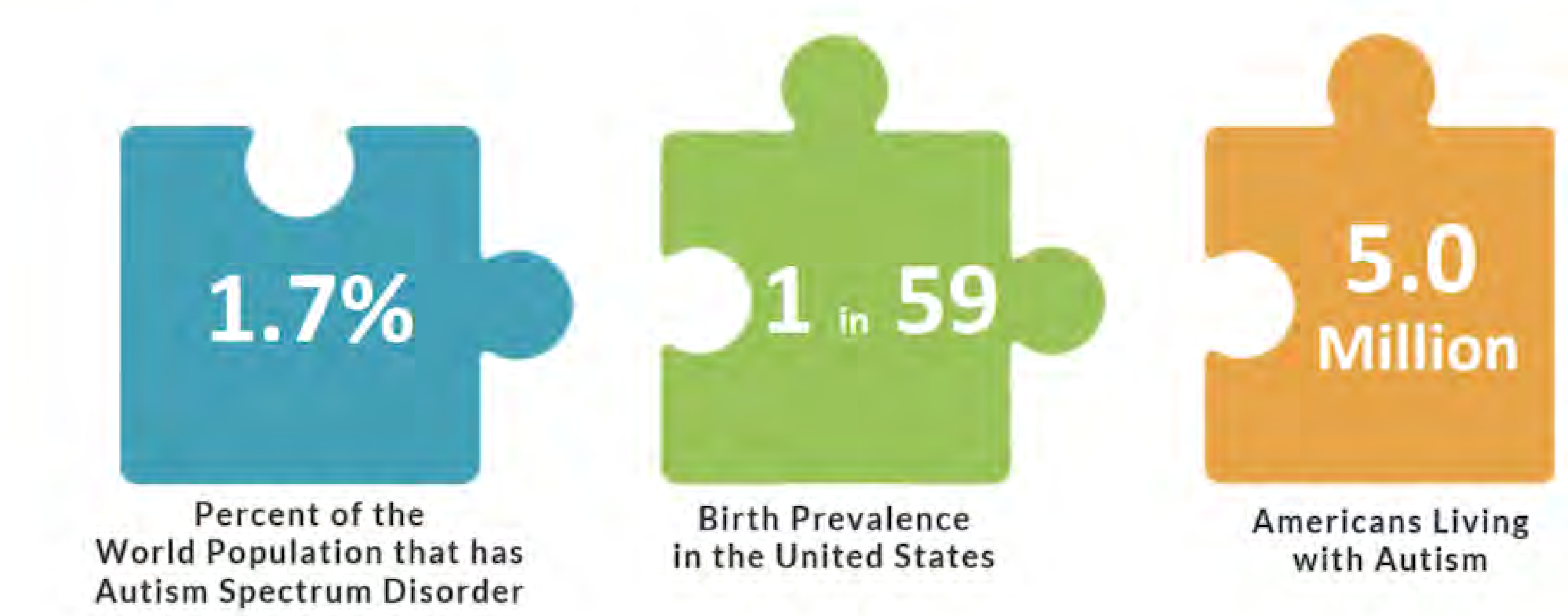
The average age of diagnosis is 3 years old. The American Academy of Pediatrics (AAP) recommends that all children be screened for developmental delays and disabilities during regular well-child doctor visits at: 9 months, 18 months , and 30 months. In addition, all children should be screened specifically for ASD during regular well-child doctor visits at 18 months and 24 months.

- Signs of ASD include:
- Repetitive and obsessive behaviors
 - Avoids eye contact and doesn’t respond to social interaction
 - Delayed verbal milestones and trouble communicating wants and needs
 - Has difficulty with change and transitioning between activities

- Early diagnosis is essential to the treatment plan of those with ASD, because it can add years to their life. Currently, the average lifespan of those with ASD is 32 years, compared with that of 72 years for people without ASD. Leading causes of death in ASD include:
- Drowning incidents
 - Choking and asphyxiation
 - Injuries from

By adopting an interprofessional approach, we can be more effective at increasing the success of interventional treatment, and ultimately enhance the quality of life for those living with ASD.

AUTISM SPECTRUM DISORDER (ASD)



Secondary Prevention Assessment Tool

Profession	Assessment	CPT Code	Cost
Medicine	Comprehensive Preventative medicine Evaluation and Management	99381 – 98385 (age of interest)	\$60.00 – \$90.00
	Physical medicine & rehab.	97129 – 97130 97533 - 97535	\$23.46
	Developmental Test	96112	\$140.39
Nursing	Nutritional counseling	97802, 97803, 99470	\$20.00
	Standardized cognitive performance test	96125	\$111.88
	Different assessment tools/questionnaires; STAT, MICHA, PEDS, ASQ		
Speech Therapist	Evaluation of speech fluency	92521	\$34.89
	Speech production	92522 - 92523	\$34.89
	Behavioral and qualitative analysis	92524	
Dental	Oral Evaluation	D0120 D0145 D0180 D0150	\$26.00 \$37.00 \$74.00
	Diagnostic radiographs	D0210 D0220 D0230 D0250 D0240 D0272	\$69.00 \$14.00 \$11.00 \$22.00 \$17.00 \$21.00

IPEC CC8

Teamwork in patient centered care is essential for children with autism spectrum disorders (ASD). The multidisciplinary approach not only helps with the initial diagnosis but the care following the diagnosis. The overall health of the patient could not be placed on only one specialty, each member of the team has a crucial role, and that was confirmed when creating this health box project. Within this project, we have each added information from our field that goes into benefiting the patient. Many ideas were brought up within our care including sufficient nutrition, GPS safety, prevention, communication devices, and organizational skills, common health risk, benefit of differing therapies, and much more. With discussion and knowledge from each of our programs we were able to better help this population and see all sides of patient centered care.

Additional Professions

- Nutritionist
- Occupational Therapist
- Speech pathology
- Developmental pediatrician
- Behavioral therapist
- Gi Specialist
- Psychologist

Benefits

- From a patient perspective: an interprofessional wellness visit can
- Reduce costs associated with visits acquired from redundant labs and assessments
 - Equip caregivers with the information and tools to holistically care for their child
 - Reduce the number of times the child has enter into new and uncomfortable environments

- From a health professional perspective:
- The work completed by members of the healthcare team can guide other members on next steps, saving time and healthcare dollars.
 - Working collaboratively for the patient can foster good communication between team members

Challenges and Solutions

- Challenges:
- Ambiguity in roles and responsibilities
 - Team members may be on different timelines in terms of completing their contributions for the treatment plan
 - Difficulty in communication resulting from differing electronic health records



- Possible solutions:
- Define clear roles, goals, and timelines for the patient’s treatment plan
 - Meet routinely to update team on treatment plan and its progress
 - Strive to ensure each team member is utilizing the same health record system

References

<https://www.texaschildrens.org/sites/default/files/uploads/Nursing%20Management%20of%20Autism%20Spectrum%20Disorder%20in%20the%20School%20Aged%20Child%20TNSA%20Revised.pdf>

<https://www.nidcd.nih.gov/health/autism-spectrum-disorder-communication-problems-children>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6102426/>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6102426/>

<https://www.reuters.com/article/us-health-autism-fatal-injuries/increased-risk-of-fatal-injury-comes-with-an-autism-diagnosis-idUSKBN1792BQ>

<https://www.uptodate.com/contents/autism-spectrum-disorder-beyond-the-basics#H15>

<https://www.cdc.gov/ncbddd/autism/data/index.html#data>

<https://www.cdc.gov/ncbddd/autism/hcp-screening.html>

Inside the Health Box

Diet

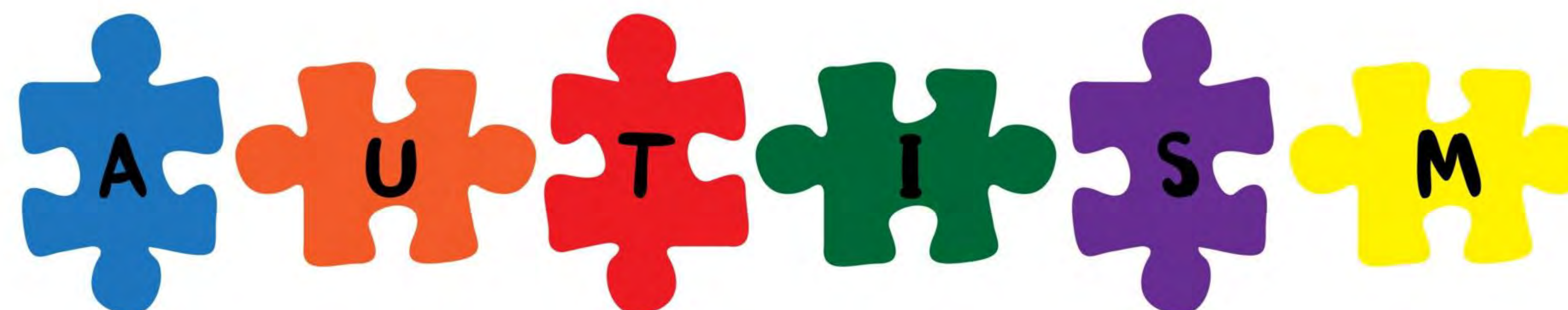
- **My plate** <https://www.myplate.gov/>
- **Marcus Autism Center** <https://www.marcus.org/autism-resources/autism-tips-and-resources/promoting-healthy-eating>
- **My Serenity Kids samples**
https://myserenitykids.com/products/serenity-kids-mix-variety-pack?currency=USD&variant=15217605902371&utm_medium=cpc&utm_source=google&utm_campaign=Google%20Shopping&utm_source=google&utm_medium=ppc&utm_campaign=12032001744&utm_term=&utm_content=122979963504&keyword=&matchtype=&tracking=&placement=&device=c&gclid=CjwKCAjw9MuCBhBUEiwAbD7v0kW7se01Dax9g4rJLipbmW3Fc4eHzbtm15E2IXR65aU7x_oNTnVRoCDdAQAvD_BwE
- **Guide to implementing a gluten free diet for your child**
<https://www.amazon.com/Getting-Your-Gluten-Free-Casein-Free-Diet/dp/1843109093>

Communication

- **Speaking of Speech** <https://www.speakingofspeech.com/home>
- **Speech tablet** <https://gusinc.com/>
- **Free Sign language classes**
<https://www.neworleanssignlanguageservices.com/free-asl-classes>

Safety

- **Angelsense** https://www.angelsense.com/autism-tracker/?utm_source=google&utm_campaign=Search Autism US Desktop&gclid=CjwKCAjw9MuCBhBUEiwAbDZ-7r9k_3q6wllm5Vq2NnmX6_ipk7FDI9Bc3EpDr7GEEwBH7E-h3SKsfxoCPBwQAvD_BwE
- **Local swim lessons**
<https://www.ymcaneworleans.org/healthyliving/swim-lessons/>
- **Local CPR training**
<https://www.cprcertificationneworleans.com/?date=2021-03-25&time=1830>
- **Routine tracker**
https://www.etsy.com/listing/586543465/morning-and-evening-routine-charts?gpla=1&gao=1&utm_source=google&utm_medium=cpc&utm_campaign=shopping us c-toys and games-toys-learning and school&utm_custom1=k_CjwKCAjw9MuCBhBUEiwAbDZ-7rLSVLxyhXryayqTjU0LfV1OaBMCvSBzd8Tk-8gAORwoB3wGWeAuiBoCvXoQAvD_BwE_k_&utm_content=go_1844178617_70025085592_346429830845_pla-352859725646_c_586543465_123942033&utm_custom2=1844178617&gclid=CjwKCAjw9MuCBhBUEiwAbDZ-7rLSVLxyhXryayqTjU0LfV1OaBMCvSBzd8Tk-8gAORwoB3wGWeAuiBoCvXoQAvD_BwE



ACCEPT ♥ UNDERSTAND ♥ LOVE

Inside the Health Box

- Swimming lessons and CPR info-** Young people with autism are about three times more likely than the general population to experience deadly injuries like choking or drowning, according to a U.S. study. About 40 percent of fatal injuries among people with autism occurred in homes or residential institutions. The most common causes were suffocation, choking and drowning
- Routine charts** - Changes in routine can be upsetting or frustrating, even causing the child to have a tantrum or meltdown. Sticking to a routine can help give the child a sense of security in their daily lives.
- Angelsense** - AngelSense is a complete safety solution that promotes well-being and independence for children with special needs and autism.
- Speaking of speech printouts-** Some children with ASD may never develop oral speech and language skills. For these children, the goal may be learning to communicate using gestures, such as sign language. For others, the goal may be to communicate by means of a symbol system in which pictures are used to convey thoughts



ALTERNATIVE SWIM LESSON OPTIONS

Learn to swim in a safe and supportive environment.

PRIVATE LESSONS

If your child learns better in a one-on-one environment, we can accommodate you. Private Swim Lessons at the YMCA are a great way to improve confidence or stroke. Instructors will work with you one on one to develop a plan to meet your swimming goals. Private lessons are great for children who thrive with individual attention, teens, and adults who are first learning to swim, or anyone looking to perfect their stroke. This class includes four 30 minute one-on-one lessons.

Members: \$125 per Participant
Non-Members: \$200 per Participant

SEMI-PRIVATE LESSONS

Our ratio for semi private lessons is 2 participants to a single instructor. A smaller group setting encourages faster learning of swim skills along with cooperation and teamwork. With only two participants the instructor is able to focus more on their individual needs and help them improve at a faster rate. Semi private lessons are great for siblings, relatives, or friends to participate in together. This class includes four 30 minute two-on-one lessons. Must have 2 participants for this type of lesson.

Members: \$100 per Participant
Non-Members: \$150 per Participant

DIVERSE ABILITIES LESSONS

The YMCA of Greater New Orleans will be continuing our program focused on reaching children with diverse abilities during the summer of 2020. Our new program will provide specialized one-on-one or small group lessons for children with various special needs. Through this swimming program, parents and caregivers will be given the opportunity to provide their children with the means to learn fundamental water safety and swimming skills in a safe environment. Offerings vary based on location. Scholarships are available based on financial need. Please see your branch for more details.

To discuss options and availability please contact:

Belle Chasse YMCA	East Jefferson YMCA	West St. Tammany YMCA	Buras or Port Sulphur YMCA
Tracey Kuhn traceyk@ymcaneorleans.org	Jess Kingston jessicak@ymcaneorleans.org	Rachael Jonas rachaelj@ymcaneorleans.org	Tracey Kuhn traceyk@ymcaneorleans.org

FOR MORE INFORMATION VISIT YOUR LOCAL BRANCH OR YMCANEORLEANS.ORG

Every AngelSense Feature Is Designed With Your Child's Needs In Mind

2-WAY VOICE

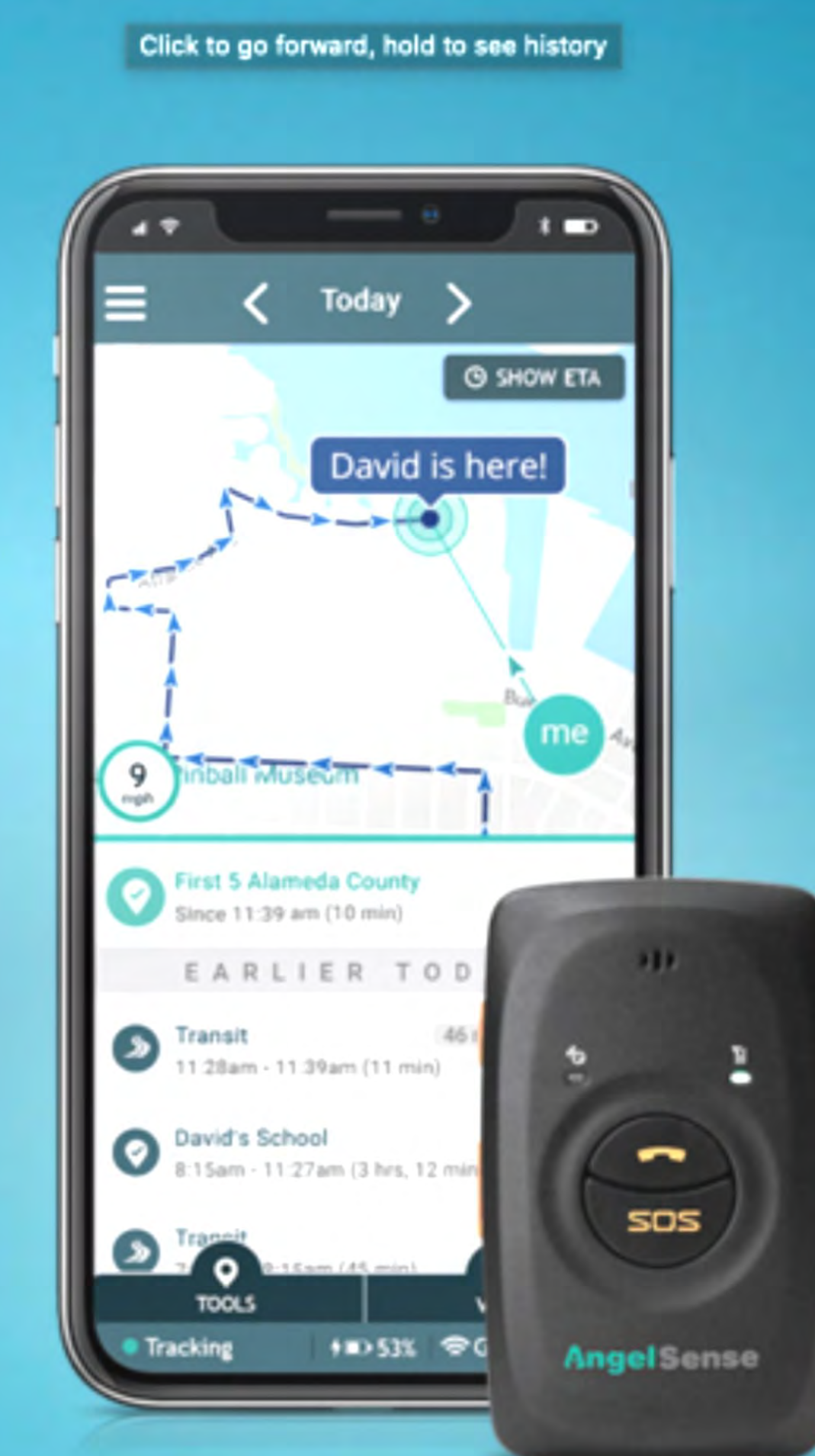
Speak to your child anytime. Requires no action on your child's part. Keep your child calm & guide them through transitions, or unexpected changes in routine. Option to add loved ones to call as well.

SENSORY FRIENDLY DESIGN

Unlike watches, AngelSense has multiple wearing options, & accessories are designed for sensory sensitivity. Tamper proof design ensures your child cannot remove or destroy the device.

FIRST RESPONDER ALARM

Get help from a personalized predefined search team! At a click, send them a live view of your child's location & directions



RUNNER MODE

A must for wanderers. Share your child's real time location with your trusted first responders, family, friends, teachers & neighbors to quickly bring your child home safe.

LATE DEPARTURE WARNING

Get alerted immediately if your child isn't on his bus or carpool.

1-WAY VOICE

Hear who your child is with. Make sure your child is well and is being treated kindly.

ALARM

Locate your child when nearby in a crowd or when hiding.

References

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- U.S. Department of Health and Human Services. (December 14, 2020). *Autism Spectrum Disorder: Communication Problems in Children*. National Institute of Deafness and Other Communication Disorders. <https://www.nidcd.nih.gov/health/autism-spectrum-disorder-communication-problems-children>
- What's on your plate?* MyPlate. (n.d.). <https://www.myplate.gov/>.
- <https://www.texaschildrens.org/sites/default/files/uploads/Nursing%20Management%20of%20Autism%20Spectrum%20Disorder%20in%20the%20School%20Aged%20Child%20TSNA%20Revised.pdf>

CEREBAL PALSY (AGE 21 & OLDER)

CPT CODES & COST

Medicine & Nursing

Established Patient Office Visit (Ages 10-59)
99212 – \$26.48
Injection, rimabotulinumtoxinB 100 units
J0587 – \$11.97
Injection, Baclofen 50 mcg for Intrathecal Trial
J0476 – \$56.66

Speech Therapy

Evaluate Speech Production – 92522 – \$45.00
Evaluation for Prescription for Speech-Generating Augmentative & Alternative Communication Device
92608 – \$51.29
Evaluation of Oral and Pharyngeal Swallowing Function – 92610 – \$86.53

Physical Therapy

Physical Therapy Evaluation: Moderate
97162 – \$66.79

Occupational Therapy

Occupational Therapy Evaluation
91766 – \$64.90

Dentistry & Dental Hygiene

Comprehensive Oral Evaluation
D0150 – \$42.87
Panoramic Image
D0330 – \$54.52
Oral Hygiene Instruction
D1330 – \$0.00

What is Cerebral Palsy?

CP IS THE MOST COMMONLY DIAGNOSED CHILDHOOD MOTOR DISABILITY IN THE U.S.

INCIDENCE

~10,000 BABIES
BORN EACH YEAR WILL DEVELOP CP

PREVALENCE

CURRENTLY ~264,000
ADULTS LIVING WITH CP IN THE U.S.

DEMOGRAPHICS

**MORE COMMON
IN MALES**

RISK FACTORS

Congenital:

- Low birthweight
- Premature birth
- Multiple births
- Assisted reproductive technology
- Infections during pregnancy
- Neonatal jaundice and kernicterus
- Mothers with thyroid problems, intellectual disability, or seizures
- Birth complications

Acquired:

- Infections of the brain
- Brain injury
- Cerebrovascular accidents

BENEFITS

From perspective of patient:

- Improve overall patient care – collaborative environment allows clear communication and assessment – fewer errors and over treatment
- Reduce patient's stress

From perspective of health professionals:

- Simplify patient's visits
- Improve staff relationships and work environment
- Reduce healthcare costs and inefficiencies

CHALLENGE

Each team member having different goals for the patient which may not align with another profession's goal

SOLUTION

Creating a system to establish and reevaluate the goals of each role regularly to ensure we are giving the best, most cohesive care

MEET THE TEAM

Medicine: Nancy Ren, Sarah Rimmer, Calvin Rome
Nursing: Carly Perez, Courtney Perrin, Kathryn Philippi
SLP: Celeste Hebert
Physical Therapy: Cameron Troxler
Physician Assistant: Victoria Klibert
Dentistry: Claire Pitts
Dental Hygiene: Ashlynn Flynn

IPEC SUB-COMPETENCY CC8

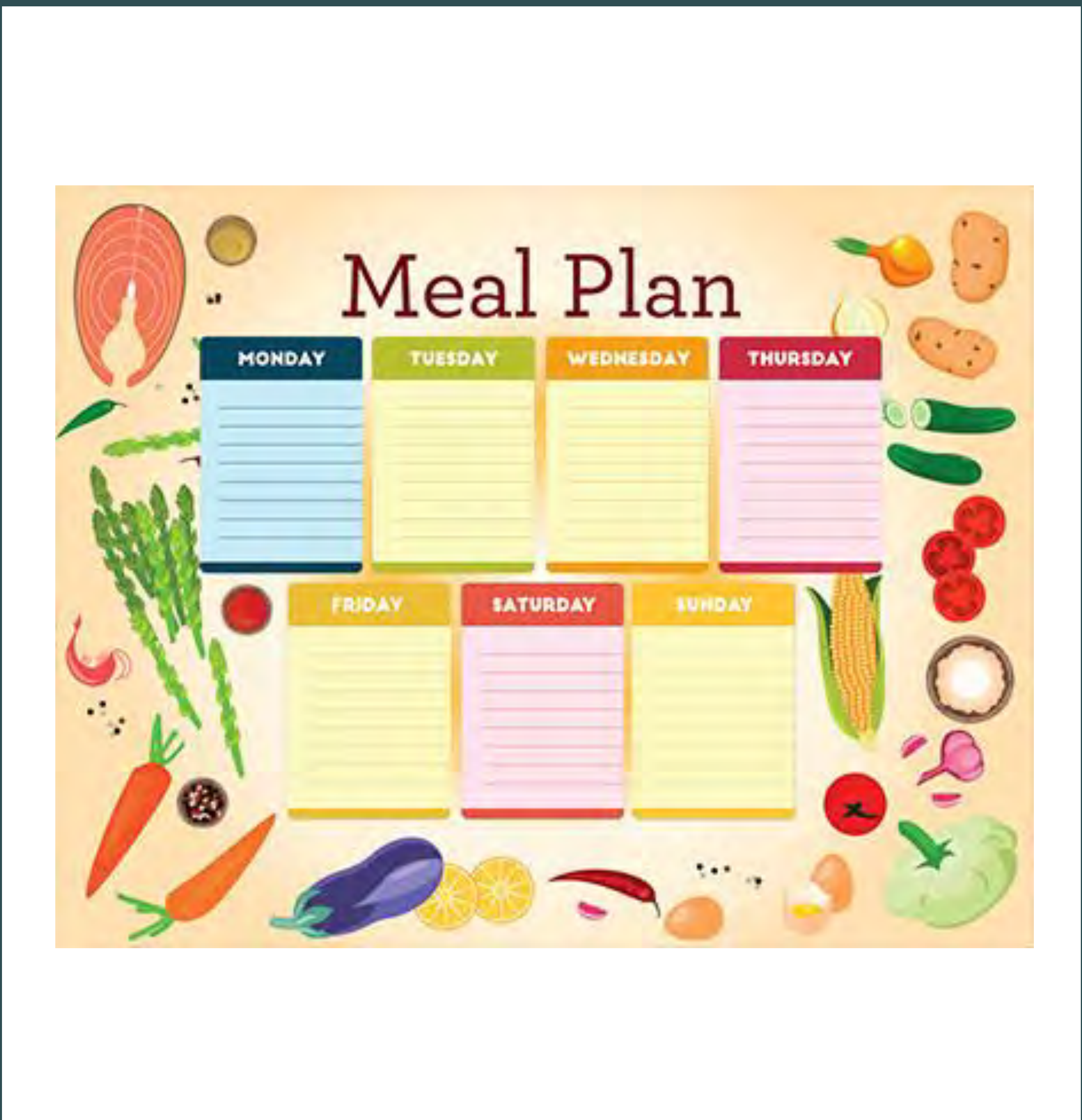
A team-based approach in communication, education, intervention, and treatment of Cerebral Palsy in Adults from multiple professions is the best practice for patient centered care. Communication and education between all professions results in the most efficient and effective intervention and treatment experience for the patient. This teamwork is necessary to provide the patient with the most well rounded and affordable plan of care

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Cerebral Palsy (Ages 21 & Over) Health Box

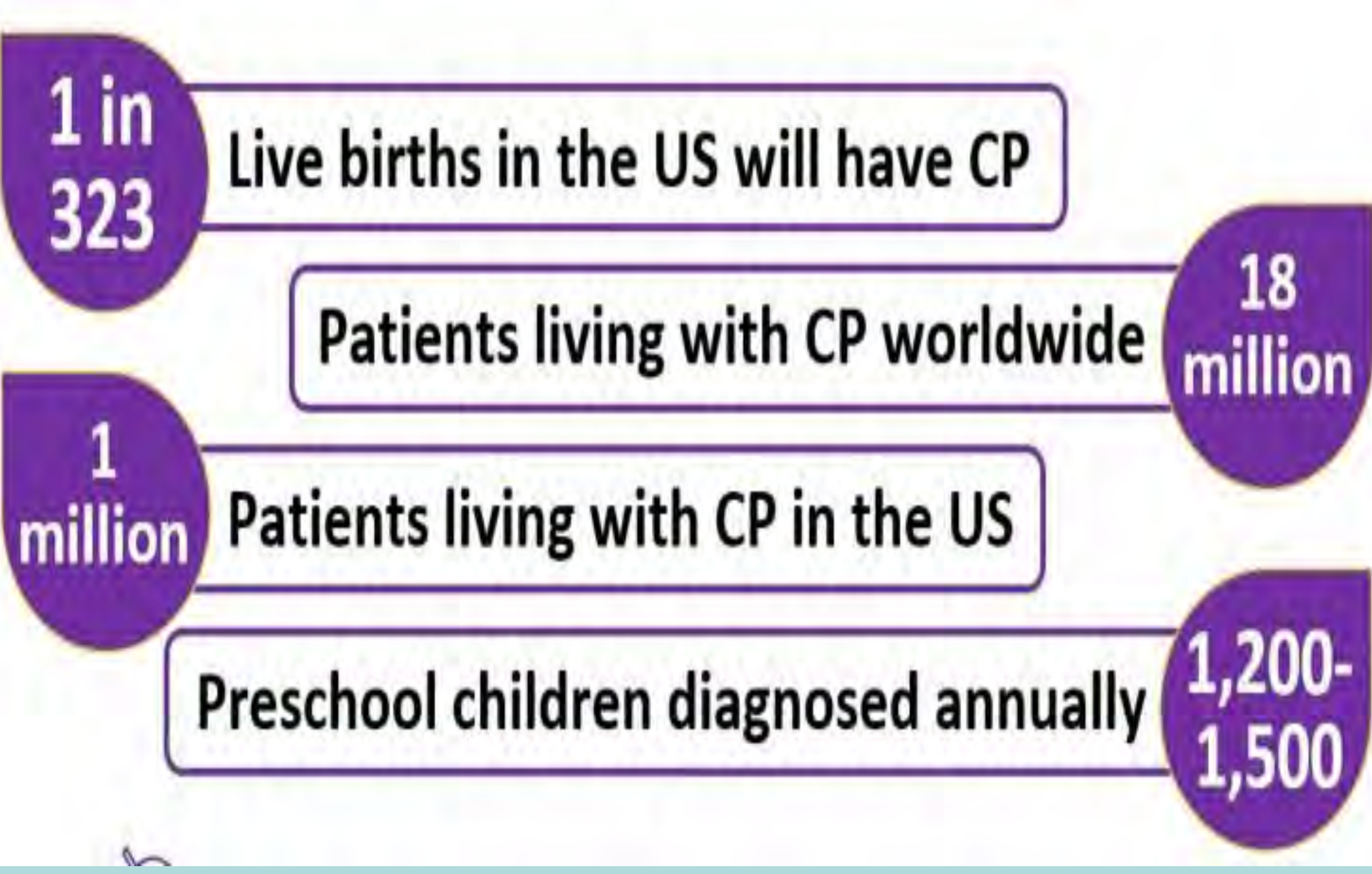
- Meal plan
- Pillbox organizer
- Assistive devices
- AFO night splint
- Physical Therapy Exercises
- Community programs
 - Exercise programs
 - Tai chi
 - Yoga
 - Pilates



EXERCISING WITH CEREBRAL PALSY

TYPE OF EXERCISE	THE RIGHT EQUIPMENT	SAFETY TIPS
MUSCLE Boosting strength and endurance	<ul style="list-style-type: none">Check that building overall strength and endurance is the main goal.Use a resistance band, not a resistance band.Use a resistance band, not a resistance band.Use a resistance band, not a resistance band.	<ul style="list-style-type: none">Resistance bandsPro weightsWeight machines for upper and lower bodyAnti-slip mats, especially if you have a hard time using your legsWear a vestFoot braces
CARDIO Raising your heart rate during extended exercise	<ul style="list-style-type: none">Start exercising at your target heart rate for 10-15 minutes.Exercise for a duration of 15-20 minutes, or more, as tolerated, at an increased level.Gradually build volume instead of pushing yourself to the limit right away.	<ul style="list-style-type: none">StaircaseRegular bike or stationary bikeSwimming poolWater exercise/swimmingCardio fitness class
FLEXIBILITY Keeping the bones and joints in motion	<ul style="list-style-type: none">Use a resistance band, not a resistance band.Use a resistance band, not a resistance band.Use a resistance band, not a resistance band.	<ul style="list-style-type: none">StaircaseResistance bandsFoot bracesWater exercise/swimming





Risk Factors

Risk factors: Low birth weight, premature birth, multiple births (twins, triplets etc.), meningitis during infancy, traumatic head injury, sickle cell disease

CC8

Our team excelled this year with communication. We were able to all meet as a group and work on our project well before it was due. Our cooperation allowed us to all work together in getting the health box done in a timely and efficient manner.

Teamwork is the most important tool when it comes to patient care and each health program. Team Up aided us in learning different ways for each of us to come together as health providers


- Team Members**
- **Samantha Prejean, Dentistry**
 - **Christina Gilfour Dental Hygiene,**
 - **Emily Hightower, Speech-Language Pathology**
 - **Sarah Uzee, Physical Therapy**
 - **Thomas Lobell, Physician Assistant**
 - **Collette Pitre, Nursing**
 - **Noah Pizzuto, Nursing**
 - **Courtney Wadenpfuhl, Nursing**
 - **Ari Saravia, Medicine**
 - **Leon Sanders III, Medicine**
 - **Sami Shahid, Medicine**

What is Cerebral Palsy?			
Cerebral palsy (CP) is a group of permanent movement disorders that appear in early childhood, affecting body movement and muscle coordination.			
PROFESSION	ASSESSMENT	CPT CODE	FEE SCHEDULE
Medicine	-PCP/pediatrician - developmental tracking and clinical/medical management of symptoms; -Orthopedist - evaluation and management (surgical) of musculoskeletal abnormalities/deformities -Ophthalmologist - evaluation and treatment of visual problems that can occur in 50-90% of patients, especially those with spastic type cerebral palsy which is the most common form -Neurologist - management of epilepsy which can be present in 30-45% of patients, especially under age 2 -ENT - early evaluation with audiologist for possible hearing loss that may occur in up to 10-20% of cerebral palsy patients and medical/surgical management as needed	PCP:99381-99385 Initial comprehensive preventive medicine eval & management (<1 year old, 1-4, 5-11, 12-17, 18-20) Orthopedist: N/A (motor exam would fall under PCP comprehensive exam) Ophthalmologist:99173 Screening Test Visual Acuity Bilateral Neurologist: N/A for annual wellness; would do EEG as needed ENT: 92557 Basic Comprehensive Audiometry	PCP:\$76.29, \$83.24, \$90.19, \$80.17 Orthopedist: N/a Ophthalmologist: \$1.91 (0-15 y.o); \$1.59 (16+) Neurologist: N/A ENT:\$36.39 (0-15 years old) \$30.32 (16+)
Physical & Occupational Therapy	Evaluation and therapy to overcome motor limitations and adopt motor skills needed for activities of daily living	97161 Physical Therapy Evaluation (0-20 years Therapeutic Activities 15 minutes (0-20 years)	\$66.79 \$27.65
Speech-Language Pathology	Evaluation and management of speech and language and developmental problems that can be present in up to 38% of patients	97161 Physical Therapy Evaluation (0-20 years Therapeutic Activities 15 minutes (0-20 years)	\$66.79 \$27.65
Dentist/ Dental Hygiene	Help maintain good oral health with frequent visits, educating parents/caregivers on how to help, and providing treatment when needed.	D0150- comprehensive oral exam D1120:prophy-child D1110:prophy-adult D0274: Bitewings (4 images)	\$47.37 \$35.02 \$48.01 \$23.00
Audiology	Early screenings for hearing loss that may occur in up to 10-20% of cerebral palsy patients.	92557 Basic Comprehensive Audiometry	\$36.39 (0-15 years old) \$30.32 (16+)
Nursing	Assessment, monitor adequate intake of fluids, encourage and help child to engage in self care, administer medications and assess effects, encourage mobility and assist with age-	N/A (“services incident to MD, PA, NP”)	N/A
References: Causes and risk factors of cerebral palsy. (2020, December 31). Retrieved March 19, 2021, from https://www.cdc.gov/ncbddd/cp/causes.html Cerebral palsy. (2020, December 24). Retrieved February 22, 2021, from https://www.mayoclinic.org/diseases-conditions/cerebral-palsy/diagnosis-treatment/drc-20354005 Gavin, M. (Ed.). (2018, June). Cerebral palsy factsheet (for schools) (for parents) - nemours kidshealth. Retrieved February 22, 2021, from https://kidshealth.org/en/parents/cp-factsheet.html Haak, P., Lenski, M., Hidecker, M. J., Li, M., & Paneth, N. (2009). Cerebral palsy and aging. <i>Developmental medicine and child neurology</i> , 51 Suppl 4(0 4), 16–23. https://doi.org/10.1111/j.1469-8749.2009.03428.x Park, M.J., Yoo, Y.J., Chung, C.Y. <i>et al.</i> Ocular findings in patients with spastic type cerebral palsy. <i>BMC Ophthalmol</i> 16, 195 (2016). https://doi.org/10.1186/s12886-016-0367-1 Prevalence of cerebral palsy. (n.d.). Retrieved March 19, 2021, from https://www.cerebralpalsy.org/about-cerebral-palsy/prevalence-and-incidence Sharan D. (2017). Orthopedic surgery in cerebral palsy: Instructional course lecture. <i>Indian journal of orthopaedics</i> , 51(3), 240–255. https://doi.org/10.4103/ortho.IJOrtho.197.16 Sehrawat, N., Marwaha, M., Bansal, K., & Chopra, R. (2014, May). Cerebral palsy: A dental update. Retrieved March 19, 2021, from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4212167/			

- Benefits of an Interprofessional Assessment**
- Patient/Client/Community Perspective*
- **Improve/maintain the patient’s motor capacity to the best of their ability**
 - **Improve/maintain the patient's vision, speech, and hearing abilities**
 - **Reduce the frequency of, and complications from epileptic episodes - minimize the chance of additional cognitive impairment as a result of unchecked seizure activity**
 - **Improve/maintain the patient’s oral health, as oral infections can affect the course and pathogenesis of a number of systemic disease**
 - **The goal of every early intervention is to improve the overall quality of life for the patient as 90%+ patients with cerebral palsy will live into adulthood.**
- Health Professional Perspective*
- **Improve overall quality of life in a patient with cerebral palsy from early on.**
 - **Reduce the number and/or severity of complications/comorbidities the patient experiences throughout their life, reducing the burden on health professionals**
 - **Enable each health professional involved in the care of this patient to be on the same page about different interventions and to have a truly coordinated messaging system between each member of the team that is focused on the patient themselves.**

Challenge of Implementation

Getting the patient and parents/caregivers to commit to the number of visits needed each year for this interprofessional plan



Possible Solution

Providing education regarding the benefits from seeing each health professional including significant improvement in patient quality of life. This could motivate the patient and family/caregiver to attend the many appointments

Slide 2: comprehensive list of what you include in the [Health Box](#):

(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle).

Please include a comprehensive list of what you will include in your box, with links.

Pillbox Organizer

https://www.amazon.com/Organizer-Day%E2%8C%99Large-Container-Push-Button-Dailylive/dp/B08GZW7NWQ/ref=asc_df_B08GZW7NWQ/?tag=hyprod-20&linkCode=df0&hvadid=475811353390&hvpos=&hvnetw=g&hvrnd=1338051223059526737&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9025155&hvtargid=pla-1148144089398&psc=1

Kinetic Sand

https://www.amazon.com/Kinetic-Sand-Purple-Molding-Creating/dp/B07GT5ZMZ1/ref=asc_df_B07GT5ZMZ1/?tag=hyprod-20&linkCode=df0&hvadid=343257911656&hvpos=&hvnetw=g&hvrnd=3639536093027883021&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9025155&hvtargid=pla-852680068712&psc=1&tag=&ref=&adgrpid=68588391345&hvpone=&hvptwo=&hvadid=343257911656&hvpos=&hvnetw=g&hvrnd=3639536093027883021&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9025155&hvtargid=pla-852680068712

Puzzle with large pieces

https://www.mudpuppy.com/products/mighty-dinosaurs-jumbo-puzzle?currency=USD&variant=26298870597&utm_medium=cpc&utm_source=google&utm_campaign=Google%20Shopping&gclid=Cj0KCQjw3duCBhCAARIsAJeFyPU-2asFcURDjRBTMs2aOy2-OOAVYHvVdglqzGZy4WPYgGWA3ix-aMsaAlx5EALw_wcB

Bilibo Chair

https://www.amazon.com/MOLUK-4K-Moluk-Bilibo-Blue/dp/B000UEQI1G/ref=asc_df_B000UEQI1G/?tag=hyprod-20&linkCode=df0&hvadid=312025969593&hvpos=&hvnetw=g&hvrnd=15760898526814051058&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9025155&hvtargid=pla-491916810679&psc=1

Slide 3: Health Box

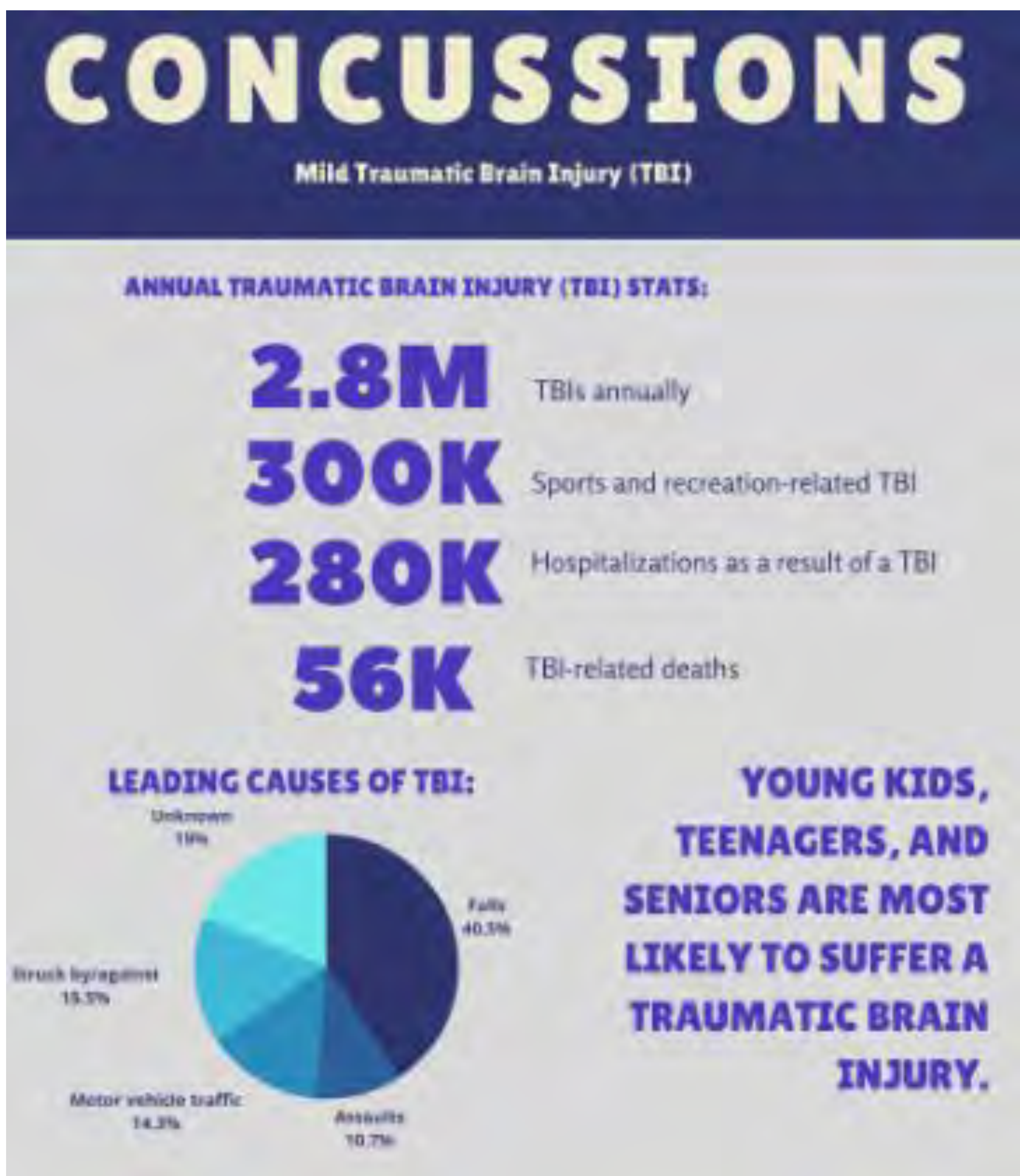
Prioritize 3-5 items to share during the presentation, include their images on this slide & explain why the team selected them.

Your team can be as visually creative as it would like to regarding this slide.



Concussions

Secondary Prevention Assessment Tool



Risk Factors and Prevention

- Athletic sports that may involve direct force to the head,
- Elderly population at risk for falls, and
- Child abuse in pediatric patients.
- Traumatic incidents including motor vehicle accidents pose a high risk of concussion
- Being in a combat scenario
- Daytime sleepiness and insomnia are also independently associated with increased risk of concussion.
- Protective headgear such as helmets, mouthguards, faceshields
- Buckling seatbelt when driving
- Education on safe contact form (for athletes)

Team Members

School of Medicine: Caroline Stafford, Ashwin Shetty, Abbas Syed
Speech-Language Pathology: Elena Marino
School of Nursing: Ashleigh Ponseti, Lillian Preston and Ava Politz
Department of Physical Therapy: Emily Vila
School of Public Health: Victoria Sacco
School of Dentistry, Grant Reggio, Mallari Guillot
Physician Assistant: Hunter Williams

Discipline	Assessment	Assessment	Assessment	CPT Code	Fee scheduling
Medicine	Assessment includes a thorough medical history and physical exam including full neurologic examination	Glasgow Coma Scale can be utilized in patients presenting with more severe neurologic symptoms. Focused neurologic examination should include assessment of the patient's mental status, full cranial nerve exam, and extremity tone assessment.	Ophthalmologic examination of retina, visual accommodation, and vestibulo-ocular reflex. Ensure that there are no signs of intracranial bleeding or raised intracranial pressure. Take a full history including any medications.	code 99283	\$42.88
Speech-Language Pathology	• <i>Scales of Cognitive and Communicative Ability for Neurorehabilitation (SCCAN)</i>	<i>Cognitive Linguistic Quick Test (CLQT+)</i> ,	<i>Montreal Cognitive Assessment (MoCA)</i> [screener available], <i>Cognistat</i> [assessment, but short]	97129	N/A
Nursing	Assess cognitive status including issues with short and long term memory, trouble concentrating, and trouble thinking clearly.	Assess language skills, reading/writing abilities, swallowing abilities MBSS usually performed by speech.	Continually assess the patient's orientation and preform neurochecks. Does the patient know who they are, where they are, the time/date, and why they are here?	No billable code services incident to MD, PA, NP etc.	N/A
Physical Therapy	Post-Concussion Symptom Scale (PCSS): self-administered test to detect a patient with a concussion and track progress and response to interventions over time	1.Cervical examination :Clear medical red flags such as upper cervical ligament instability, fracture, or vertebrobasilar involvement which may occur after trauma	1.Balance and postural control evaluation: 1. Balance Error Scoring System (BESS): tests the systems responsible for postural control and balance	Physical Therapy Code: 97161	Physical Therapy Evaluation Cost: \$66.79
Public Health	Promote public awareness and increased education on concussions, including identification of symptoms and risk management protocols	Ensuring patients have access to care and health care providers for monitoring and treatment		N/A	N/A
Dentistry	The patient's dentition may be affected by the action(s) causing the concussion. The patient should present to the dentist/hygienist for radiographs...	Intra/extra oral exam	restorative work in cases of tooth fracture or trauma to the oral cavity	D0120 Periodic oral examination – Patient of Record, \$27.24 #D0220 Intraoral – Periapical first radiographic image, \$14.69 #D0230 Intraoral – Periapical each additional radiographic image, \$12.42	\$27.24, \$14.69 \$12.42
Physician Assistant	Physical examination and assessment to evaluate for signs of concussion such as confusion, headaches, visual disturbances, dizziness and memory loss.	Cranial nerve evaluation (i.e. can the patient smile, frown, raise their eyebrows, and stick out their tongue?), balance assessments (is the patient able to successfully resist force that could otherwise cause them to fall?) gait examinations	Tests such as CT/MRI to check for noticeable tissue damage or hemorrhage (only if there is reason to suspect, as this is more costly for the patient)		

References

1. <https://www.mayoclinic.org/diseases-conditions/concussion/symptoms-causes/syc-20355594>
2. https://www.centerfoundation.org/concussion-management/?gclid=CjwKCAiA-f78BRBbEiwATKRRBGDDu7Vvx2helg_1XHxCeOJE_zo3Cs6ZB3BrHJYqge6KEJd8RKgQLhoCp0QAuVd_BwE
3. <https://pubmed.ncbi.nlm.nih.gov/31235023/>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4595921/>
5. https://www.centerfoundation.org/concussion-management/?gclid=CjwKCAiA-f78BRBbEiwATKRRBGDDu7Vvx2helg_1XHxCeOJE_zo3Cs6ZB3BrHJYqge6KEJd8RKgQLhoCp0QAuVd_BwE
6. <https://www.medscape.org/viewarticle/748528>
7. <https://pubmed.ncbi.nlm.nih.gov/27654807/>

Challenges

- Insurance coverage could lead to a major challenge as some patient's coverage may not include certain evaluations/diagnostic tools needed for such a comprehensive visit. This may prevent the patient from attending at all.
- **Solution:** a discussion should take place beforehand to ensure the patient understands what their insurance will cover and if they need to pay out of pocket costs. This would prevent a negative experience due to a surprise medical bill.

Benefits

- **For patients**
 - An interprofessional annual wellness visit provides the patient with a comprehensive evaluation and involvement with several professionals that will allow for earlier recognition and better symptom management.
 - Secondary Prevention Assessment tools reduce the risk of concussion complications like chronic traumatic encephalopathy (CTE) and post-concussion syndrome (PCS).
- **For health professionals:**
 - The interprofessional approach will help the patient keep up with physical, mental, and emotional wellbeing anc can prevent several ailments from accumulating.

Slide 2: comprehensive list of what you include in the Health Box:

(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle).
Please include a comprehensive list of what you will include in your box, with links.

● **Mouth Guard**

- [https://www.amazon.com/Venum-Challenger-Mouthguard-Red-Devil/dp/B00F2U1CTQ/ref=sxin_9?ascsubtag=amzn1.osa.ea726e35-87bd-4d9b-a822-a041339b56c8.ATVPDKIKX0DER.en_US&creativeASIN=B00F2U1CTQ&cr_id=6Y8RB19K4PEK&cv_ct_cx=sports%2Bmouth%2Bguard&cv_ct_id=amzn1.osa.ea726e35-87bd-4d9b-a822-a041339b56c8.ATVPDKIKX0DER.en_US&cv_ct_pg=search&cv_ct_we=asin&cv_ct_wn=osp-single-source-earns-comm&dchild=1&keywords=sports%2Bmouth%2Bguard&linkCode=oas&pd_rd_i=B00F2U1CTQ&pd_rd_r=7e1d43cd-6379-475e-9a15-64a3da099208&pd_rd_w=3B0AH&pd_rd_wg=06EC8&pf_rd_p=b8b7f949-20bc-41f4-afa7-4a26a4ea6875&pf_rd_r=DZTFD1FFPAZGC524H3N&qid=1614035943&srefix=sports%2Bmouth%2Caps%2C215&sr=1-2-64f3a41a-73ca-403a-923c-8152c45485fe&tag=bgr0a0-20&th=1](https://www.amazon.com/Venum-Challenger-Mouthguard-Red-Devil/dp/B00F2U1CTQ/ref=sxin_9?ascsubtag=amzn1.osa.ea726e35-87bd-4d9b-a822-a041339b56c8.ATVPDKIKX0DER.en_US&creativeASIN=B00F2U1CTQ&cr_id=6Y8RB19K4PEK&cv_ct_cx=sports%2Bmouth%2Bguard&cv_ct_id=amzn1.osa.ea726e35-87bd-4d9b-a822-a041339b56c8.ATVPDKIKX0DER.en_US&cv_ct_pg=search&cv_ct_we=asin&cv_ct_wn=osp-single-source-earns-comm&dchild=1&keywords=sports%2Bmouth%2Bguard&linkCode=oas&pd_rd_i=B00F2U1CTQ&pd_rd_r=7e1d43cd-6379-475e-9a15-64a3da099208&pd_rd_w=3B0AH&pd_rd_wg=06EC8&pf_rd_p=b8b7f949-20bc-41f4-afa7-4a26a4ea6875&pf_rd_r=DZTFD1FFPAZGC524H3N&qid=1614035943&srefix=sports%2Bmouth%2Caps%2C215&sr=1-2-64f3a41a-73ca-403a-923c-8152c45485fe&>tag=bgr0a0-20&th=1)

● **Ear Plugs**

- https://www.amazon.com/Sleeping-Canceling-Cruchan-Reusable-Moldable/dp/B08GFC7ZC4/ref=sr_1_1_sspa?cri_d=32JDBYWU917OK&dchild=1&keywords=ear+plugs+for+sleeping+noise+cancelling&qid=1614037330&srefix=ear+plugs+for%2Caps%2C202&sr=8-1-spons&psc=1&smid=A1MCZ4CTS0P6S1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPmlmaWVyPUFZMUhHMDM3VEQzTVgmZW5jcnlwdGVkSWQ9QTA5NTk2MDYySkIPWkdOODNGNVIyJmVuY3J5cHRlZEFkSWQ9QTAzMzM1NTczOVVOQjdJSkExNkEmd2lkZ2V0TmFtZT1zcF9hdGYmYWVWN0aW9uPWNsaWNrUmVkaXJlY3QmZG9Ob3RMb2dDbGljaz10cnVl

● **Eye Mask**

- https://www.amazon.com/Alaska-Natural-Sleep-Blindfold-Smooth/dp/B00GSO1D9O/ref=sr_1_2_sspa?dchild=1&keywords=eye+mask+sleeping&qid=1614037205&sr=8-2-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUeZUksyQ09CV0tRMDk2JmVuY3J5cHRlZElkPUEwNTU4ODM1MzgWODBYWTVPVjRNUCZlbmNyeXB0ZWRBZElkPUEwMTExMTY1SjhCT1NTWFFLVDNYJndpZGdldE5hbWU9c3BfYXRmJmFjdGlvbj1jbGlja1JlZGlyZWV0JmRvTm90TG9nQ2xpY2s9dHJ1ZQ==

● **Brochure on Healthy Sleep Following Concussion**

- <https://drive.google.com/file/d/1iKrjPE8xA2-5oTxIsozKM6gtX5gMauoV/view?usp=sharing>



Slide 3: Health Box

Prioritize 3-5 items to share during the presentation, include their images on this slide & explain why the team selected them.

Your team can be as visually creative as it would like to regarding this slide.



Parkinson's disease affects the nervous system which controls movement. Damage to the levels of dopamine in the brain impairs the ability to relay messages to parts of the body which control movement. While the exact cause of the disease is unknown, researchers are examining genetic causes linked to the LRRK2 gene and environmental factors.

X 100,000 = 10,000,000

Global estimate of people that have Parkinson's (2)

SYMPTOMS: Tremors, muscle rigidity, slowed movement, balance instability (1)

Men have a 1.5x greater risk than women of developing the disease. (3)

60,000

The number of people in the US that are diagnosed with the disease each year. (6)

Exposure to herbicides and pesticides may increase the risk of developing the disease.(4)

60

years old is the average onset age. (8)

14th

Leading cause of death in the U.S. (7)

Decreased ability in sense of smell, which is thought to be linked to alpha-synuclein. (5)

NOVUS BIOLOGICALS

Learn more about Parkinson's disease at www.novusbio.com/diseases/parkinson-disease.html

Team members include: Melena Hatcher (Dental Hygiene), Patrick Watlington (Physical Therapy), Abby Massey (Speech Therapy), Michael To (Medicine), Barrett Remy (Nursing), Bryceton Thomas (), Garrett Tobin (Medicine), Kaila Rayfield (Nursing) Kendall Mickal (), Kennedy Louviere (Nursing), Meghan Morris (Nursing), Patrick Roesch Dental)

PROFESSION	ASSESSMENT	CPT CODE	COST
Dental/Dental Hygiene	<ul style="list-style-type: none">Comprehensive ExamProphylaxis- AdultPeriodic ExamIntra-oral complete series of radiographsOral hygiene instructors	D0150	\$47.37
		D1110	\$48.01
		D0120	\$27.24
		D0210	\$60.17
			N/C
Medicine	<ul style="list-style-type: none">Initial Comprehensive ExamPeriodic comprehensive assessments	99385	80.17
		99395	69.69
Physical Therapy	<ul style="list-style-type: none">Therapeutic ExerciseGait TrainingPT Re-Evaluation	97110	\$29.71
		97116	\$29.71
		97164	\$67.98
Nursing	<ul style="list-style-type: none">Neurological statusAssess ability to swallow and chewProvide high calorie, high protein, high fiber soft diet with small frequent feedingsIncrease fluid intake to 2000 mL/day.Promote independence	N/A	N/A
Speech Therapy	<ul style="list-style-type: none">Voice Assessment - reduced loudness, possible tremor and dysarthria, and Quality of Life	92524	\$45.00

IPEC Reflection: Sub-competency CC8

Interprofessional teamwork and communication is essential to provide the best care possible to the patient. Interprofessional collaboration can prevent medical errors, improve patient outcomes, reduce inefficiencies and health care cost. When patient-centered care with interprofessional collaboration is delivered it will result in patient satisfaction, improved patient outcomes, and build a trusting relationship between the health care staff.

In assessing individuals with Parkinson's Disease, interprofessional care is vital to provide the patient with the resources and adequate assessments to improve their quality of life, slow disease progression, treat symptoms, and give the patient the confidence to care for themselves.

Challenges

- Difficulty in effectively communicating patient's current condition and subsequent improvements/deteriorations in between visits to different professionals
- Lack of effective screening methods before symptoms are present.

Solutions

- Set goals centered around the patient, and how effectively/ineffectively they are at completing them. Use a graded scale if applicable.

Background on Parkinson's Disease

- Parkinson's disease (PD) is a neurodegenerative disorder that affects predominately dopamine-producing (“dopaminergic”) neurons in a specific area of the brain called substantia nigra.**
- There is no cure, but symptoms can be managed with medication and/or surgery.**
- The disease itself isn’t fatal, but complications related to the disease can be serious.**
- Complications from PD is the 14th largest cause of death in the US.**

Risk Factors:

- Advancing age
- Male gender
- Genetics
- Environmental causes: exposure to farming chemicals (pesticides and herbicides), agent orange, heavy metals, detergents, and solvents.**
- History of Head trauma

Signs and symptoms

- Tremors while at rest
- Trouble starting movement
- Small handwriting (micrographia)
- Loss of smell
- Trouble sleeping- thrashing or sudden movements while in a deep sleep state
- General systemic complications (constipation)
- Soft or low voice
- Dizziness or fainting upon stnading

Benefits

- For the Patient:** allows for a team-wide assessment of patient’s current status alongside possible ways of completing their personal goals.
- For the community:** Alternative perspective on how to treat patients with movement complications. This may help prevent development of a rapid tolerance to the medication.
- For the provider:** An interprofessional approach allows for a common goal as opposed to several different goals.

References

- <https://www.uptodate.com/contents/initial-pharmacologic-treatment-of-parkinson-disease>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1298101/pdf/11089480.pdf>
- <https://www.hopkinsmedicine.org/health/conditions-and-diseases/parkinsons-disease/parkinsons-disease>
- <https://www.novusbio.com/antibody-news/antibodies/parkinsons-disease-infographic>
- <https://tigerconnect.com/blog/5-benefits-of-interprofessional-collaboration-in-healthcare/>

Items in Parkinson's Health Box:

1. Standers Car Caddy: [Standers Car Caddy mobility aid for car transfers \(caregiverproducts.com\)](https://caregiverproducts.com/standers-car-caddy)
2. Foldable Cane: [Black Adjustable Folding Retractable Ice Tip Orthopedic Handle Cane | Fashionable Canes](https://www.fashionablecanes.com/black-adjustable-folding-retractable-ice-tip-orthopedic-handle-cane)
3. Liftware Steady Starter Kit: [Liftware Steady Starter Kit](https://www.liftware.com/usa/steady-starter-kit)
4. Pill Organizer: [Amazon.com: 7 Days AM PM Pill Organizer - 2 Times a Day Large Weekly Pills Case, BPA-Free Pills Box Container Cases, Morning and Night Pill Boxes with Unique Push-Button Pop Open Design Hold Vitamin, Medicine: Health & Personal Care](https://www.amazon.com/dp/B000APLW02)
5. Weighted Handwriting glove: [Weighted Hand Writing Glove : HandiThings HandWeight weighted writing aid \(caregiverproducts.com\)](https://caregiverproducts.com/handi-things-weighted-handwriting-glove)
6. Biotène® Dry Mouth Oral Rinse moisturizing mouthwash: [Alcohol-Free Oral Rinse \(Mouthwash\) for Dry Mouth | Biotène® \(biotene.com\)](https://www.biotene.com/products/dry-mouth-oral-rinse)
7. Toothmaster: [Amazon.com : ToothMaster : Toothbrushes : Beauty](https://www.amazon.com/ToothMaster-Toothbrushes-Beauty/dp/B000APLW02)
8. Flexible Sock Aid: [Amazon.com: Maddak Deluxe Flexible Sock Aid Dressing Aid \(738520000\): Health & Personal Care](https://www.amazon.com/dp/B000APLW02)
9. 3M™ Clinpro™ 5000 1.1% Sodium Fluoride Anti-Cavity Toothpaste: [3M™ Clinpro™ 5000 1.1% Sodium Fluoride Anti-Cavity Toothpaste | 3M United States](https://www.3m.com/US/en/Products/Oral-Care/Toothpaste/3M-Clinpro-5000-1.1%_Sodium_Fluoride_Anti-Cavity_Toothpaste/index.jsp)
10. Parkinson's Information Pamphlet [Parkinson Brochure OUTLINES \(dystonia-parkinsons.org\)](https://dystonia-parkinsons.org/parkinson-brochure-outlines)

Health Box



Standers Car
Caddie



Liftware Steady Spoon
Kit



Foldable Cane



Toothmaster



Parkinson's Disease Pamphlet



Sock Aid

Team Members

David Buddell, Nursing	Jack Wilcox, Medicine
Olivia Indovina, Dental Hygiene	Lauren Woods, Physical Therapy
Rossa McClure, Speech Pathology	Sanjay Wunnava, Medicine
Leilani Perriatt, Public Health	Jeanette Zavala, Medicine
Denisha Pittman, Nursing	Marc Zucker, Medicine
Dylan Roberts, Dental	

Background

Well-child visits are important throughout a child's development and growth. Between the ages of 11 and 13, children will undergo a lot of physical and behavioral changes and it's important to have yearly checkups with a healthcare provider to track this progress. Providers should discuss with patients' topics that relate to development within their age range, including school and social issues, such as school performance and risky behaviors, and issues related to entering puberty, such as acne, body odor, and body/emotional changes. By seeing the child regularly, the provider can develop a baseline understanding of the child's health and better recognize changes in health early, leading to faster treatment and better outcomes. Wellness visits are also an important opportunity for children, as well as parents, to ask questions regarding their overall health or concerns they may have regarding their development and growth.

Assessment Tools

Commonly included assessments for a child this age are included below:

- Nursing/Medicine:
 - Review of Systems/History of Present Illness (ROS/HPI)
 - Tuberculosis Risk Assessment
 - Depression Screening Test (PHQ-9 or GAD-7)
 - Vaccination update (HPV, Meningococcal among others)
 - History guided selective screenings (i.e. Lipid Panel, Anemia risk, STI)
- Occupational Therapy
 - Mental Health Screening (PSC-35)
 - Strengths and Difficulties Questionnaire (SDQ)
- Speech Language Pathology
 - Pediatric Quality of Life Inventory 4.0 (PedsQL)
- Dental
 - Bi-annual dental cleanings
 - X-rays to assess for growth abnormalities
 - Wisdom teeth exploration

Historically, speech language pathology (SLP) has been under-represented in the care of pediatric patients. Early evaluation (even with no indication) with an SLP could identify myriad problems most significant of which are mental health and swallowing disorders (both of which have been linked to communication issues as the child grows). A simple solution to this could be to integrate the SLP screenings with the Well-Child visit questionnaires and an evaluation every three years starting when the patient is a toddler.

Fortunately, the cost of the majority of the screenings listed above are free. The cost associated with procedural items listed above i.e. X-rays or bi-annual dental screenings are often offset by insurance with patient families only paying \$30-50 per visit (for dental for example).

AGES 11-13

KEY FACTS

- 5,497 adolescents (5-14 years old) died in 2019
- Ages 11-13 are included in the age group with the lowest risk of death
- However, half of all mental health disorders in adulthood start by age 14



RISK FACTORS

- SES status, race, geography - including transportation and access to healthcare/insurance
- lack of prioritizing mental health
- bullying (school, social media, etc)



EFFORTS TO IMPROVE HEALTH OUTCOMES

- production of evidence-based guidelines to support involved health services
- raising awareness of health issues for adolescents
- collaborating with governments to establish age-appropriate health services



Read more at www.who.int and www.cdc.gov

IPEC sub-competency CC8 Reflection

Interprofessional communication is imperative for quality patient care. Patients aged 11-13 are especially dependent on adequate communication between their healthcare providers. As providers, our goal should always be to maintain a foundation of knowledge about all of the patient's current and past medical conditions, as well as to reduce polypharmacy and redundant medication. Communication between healthcare professionals is the best proven resource for this goal. Interprofessional communication has been shown to reduce adverse drug reactions, side effects, complications, and as a result: morbidity and mortality rates. Therefore, this standard of communication is detrimental for the safe and effective treatment of children and adolescents.

Benefits

From the Patient/Community Perspective:

- Prevention of disease
- Early detection and improving patient outcomes
- Reduce cost of healthcare
- Increased confidence and trust in healthcare team

From the Healthcare Team Perspective:

- Decrease medical errors
- Increased communication and collaboration within the team
- Increased confidence within the team
- Better understanding of team roles and patient treatment

Challenges & Solutions

Challenge to the implementation of an Interprofessional annual wellness visit:

- Children between the ages of 11-13, would not have the independence to go to an Interprofessional annual wellness visit on their own. Typically, children rely on their parents/guardians to bring them to these types of appointments.
- Parents/guardians may not have the financial support or the down time from work to bring their children to any appointments necessary, like an annual wellness checkup.

Solution to overcome the challenge:

- Provide parents the opportunity to take off of work in order to bring their children to the doctor.
- Insurance or government funding is a helpful way for parents to afford health coverage for their child.
 - Medicaid
 - CHIP – Children's Health Insurance Program
- Even if you do not qualify for Medicaid, your children may qualify for the Children's Health Insurance Program (CHIP), which is designed for people who earn too much for Medicaid but cannot afford coverage for their children.

References

1. Young teens (12-14 years old). (2021, February 22). Retrieved March 21, 2021, from <https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/adolescence.html>
2. Your tween: 10- to 13-year-olds. (n.d.). Retrieved March 21, 2021, from https://www.ucsfbenioffchildrens.org/education/your_tween_10-to-13-year-olds/
3. Adolescent and young adult health. (n.d.). Retrieved March 21, 2021, from <https://www.who.int/news-room/fact-sheets/detail/adolescents-health-risks-and-solutions>
4. Patient education. (n.d.). Retrieved March 21, 2021, from <https://www.fairview.org/patient-education/40889#:~:text=Between%20ages%2011%20and%2013,exam%20s%20normal%20and%20necessary>

Slide 2: comprehensive list of what you include in the Health Box:

(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle).
Please include a comprehensive list of what you will include in your box, with links.

- **Taking care of your Teeth-** A guide to dental health for kids (the health box includes a printed pamphlet) from <https://kidshealth.org/en/teens/teeth.html>
- **The Truth about Drugs-** A flip through booklet from <https://www.drugfreeworld.org/FURL/data/www.drugfreeworld.org/files/truth-about-drugs-booklet-en.pdf>
- **Be Kind-** Stand up to Bullying (the health box includes a pamphlet that identifies bullying, how to spot it and what to do if you are being bullied.)
<http://starterpack1.levelonewebdesign.com/wp-content/uploads/2019/10/Bullying-Brochure-for-Kids-.pdf>

Health Box



We decided to provide a dental health pamphlet and tooth brush because young adults at ages 11-13 are learning how to properly care for their bodies.



The health box includes a mask to remind children to wear a mask anytime they are out in public.



Children ages 11-13 are entering a stage where they will start to experiment socially which may include drugs. We decided to provide a pamphlet on drug prevention as an educational resource directed towards prevention.



Included in the health box is a pamphlet that identifies bullying, how to spot it and what to do if you are being bullied. We included this because school age kids are too often victims of bullying which may lead to depression & suicide.



14-17 YEAR OLD FEMALES



Demographics

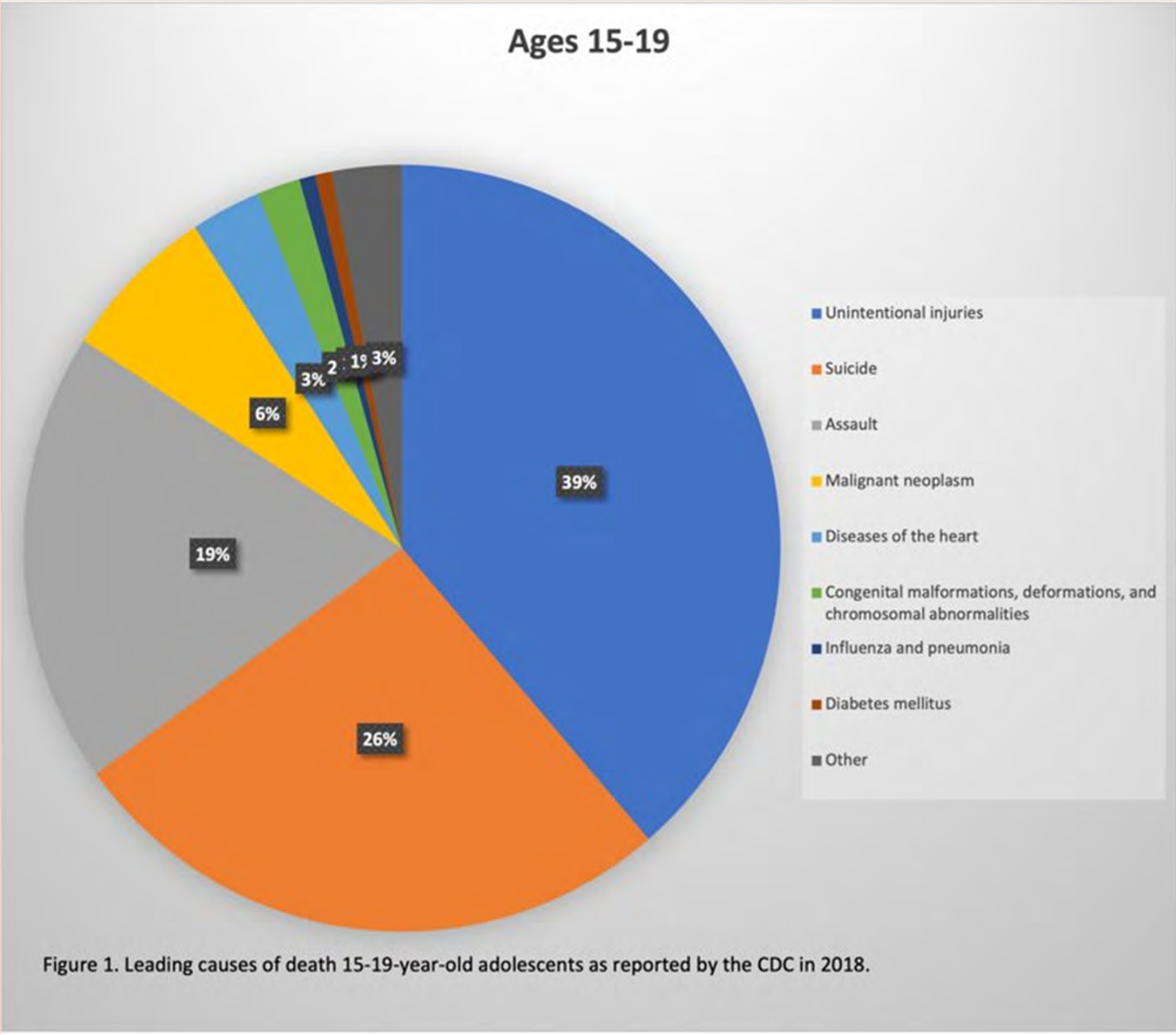


Figure 1. Leading causes of death 15-19-year-old adolescents as reported by the CDC in 2018.

- Suicide attempts are 3-9 times more common in females aged 12-26 compared to males. Risk factors for female suicide attempts included eating disorders, PTSD, bipolar disorder, being a victim of dating violence, depressive symptoms, and interpersonal problems.

- 5.3% of adolescents aged 12-17 had no usual source of health care while 6.3% had no health insurance.
- 2.7% of adolescents aged 12-17 smoked cigarettes in the past month.
- 21.2% of adolescents aged 12-19 are obese.
- Birth rate was 10% for women aged 15-17.
- Sexually active 15-19 year olds are one of the highest risk group for STIs.
- Reported chlamydia in 15-19 year old females was 3,306.8 cases per 100,000 females. For gonorrhea, 548.1 cases per 100,000 and 4.3 cases per 100,000 for primary and secondary syphilis.
- According to a 2013 report, HPV vaccination rates were at 51.1% with 38.3% reporting completion of all 3 doses among 14-17 years old females.
- In the last decade, high-school aged American women (14-18 age group) have seen a rise in the obesity rate from 8.1% to 11.9%
- 22.5% of high-school aged American women (14-18 age group) report using any type of tobacco product once or more per month.
- 31.8% of high-school aged American women (14-18 age group) report using alcohol products once or more per month.

Dental

Assess- Teenagers have an increased risk of gingivitis due to hormone changes from puberty or pregnancy, also assess for need for braces, wisdom teeth progress assesment, drugs and smoking, mouth jewelry, and any poor eating habits.

Plan- patient may have decreases motivation to maintane good oral hygiene, patient is more suseptable to gingivities, patient may not be properly educated of good oral hygiene habits

Implement- Provide oral examination, oral cancer screening, adult prophy, full mouth series x-rays and panoramic x-ray, give proper oral hygiene instructions using tell, show, do technique with brushing and flossing, provide goody bag with floss, toothbrush, toothpaste, mouth rinse, and pamphlets on good snacks to eat, proper oral hygiene, and negative side effects of tobacco.

Nursing

- Collect a family and social history
- Education of sexual health and contraception
- Assessment of potential sexual abuse
- Educate on drug use and possible addiction using fliers, packets, written information and statistics
- Services incident to MD, PA, NP

Benefits, barriers, and solutions

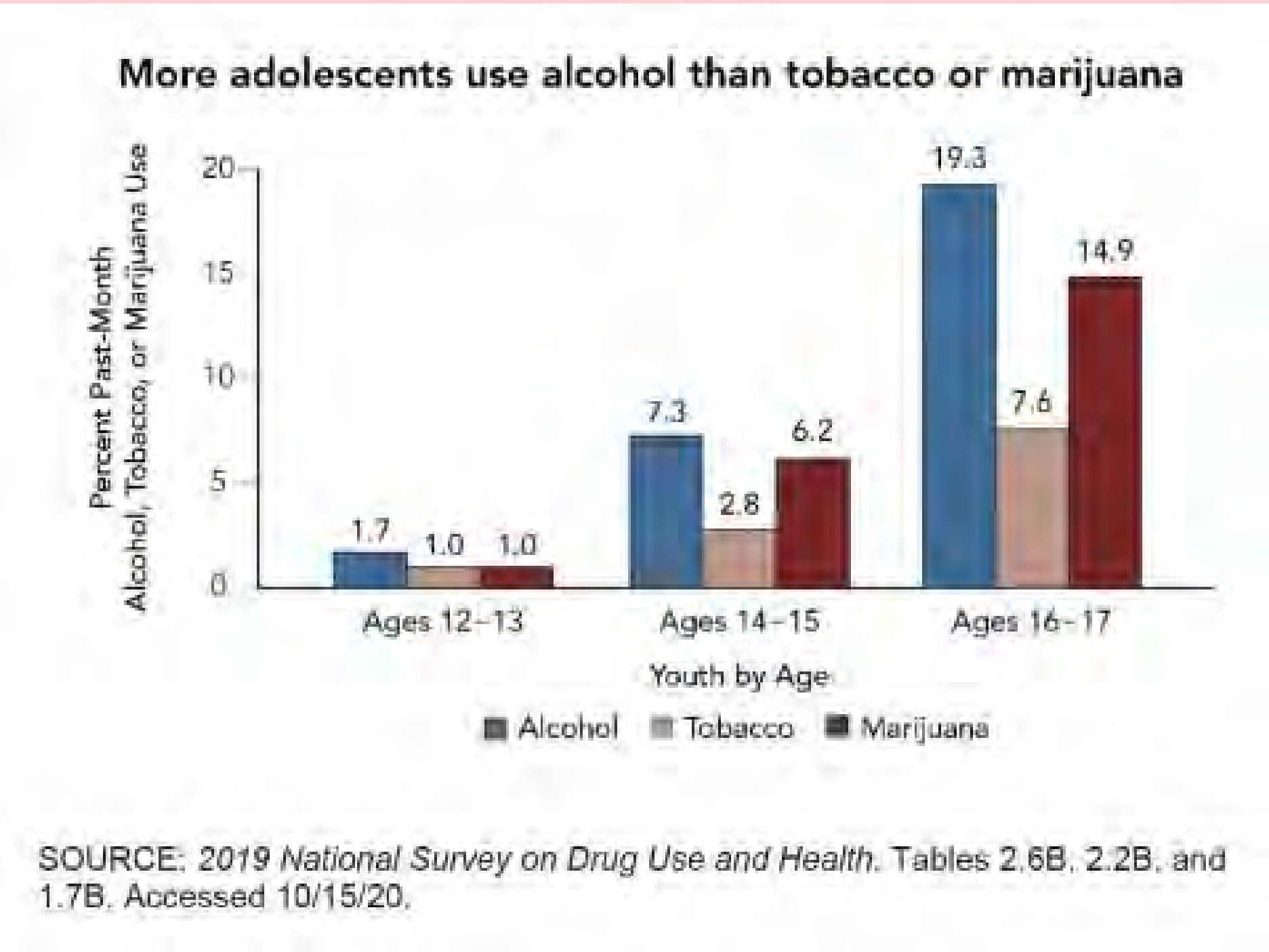
- Patients benefit from reduced cost, stress, and number of appointments.
- Healthcare workers benefit from shared information and communication in patient care.
- Both patients and healthcare workers can benefit from improved trust and ease of access.
- Cost, transportation, language, and limited education may all hinder patients' access to healthcare
- Interprofessional collaboration can diminish redundancy and optimize resource use.
- Patients can be referred to free clinic services
- Physicians can communicate via translation services

Implementation

A preventive strategy should be put in place to educate the target population on risky behaviors and the likelihood of adverse outcomes associated with such behaviors. This will include easily-digestible, evidence-based pamphlets with information on resources to avoid associated health risks.

Public Health

- USDA guidelines on estimated caloric intake based on age, gender, and activity levels. Obesity rates continue to rise among this population and can lead to physical and mental complications.
- CDC recommendations on smoking cessation; young adults who use tobacco are at a high risk for developing nicotine dependence and are more likely to continue using nicotine into adulthood. Included information to detail risks of smoking and cessation assistance resources.



SOURCE: 2019 National Survey on Drug Use and Health. Tables 2.6B, 2.2B, and 1.7B. Accessed 10/15/20.

IPEC CC8

Interprofessional communication facilitates health care workers to provide an organized service to their patients. Enhancing the quality of care, decreasing the likelihood of errors, and reducing redundancy through shared understanding, responsibility, and coordination offers better patient care. Lack of teamwork or communication can result in missed aspects of the patient's health status. This also improves our patients' experience with the healthcare system and their trust and reduces any patient stress. Collaboration is crucial for optimizing patient care.

Medicine

- Physical exam and history
- Screen- BMI, blood pressure, puberty growth, sexual history, behavioral and mental health, including substance use disorders and mood disorders, and learning disabilities
- **Vaccinations-** Meningococcal given around this age. Begin/ continue HPV series; boosters hepatitis A and B, Tdap, MMR.
- **Counsel-** sexual activity, violence, substance abuse
- Metabolic panels for patients who have pertinent risk factors and medical history

Costs

- D0150- Complete oral evaluation \$47
- D0210- Full mouth series X-ray \$43
- D0330- Panoramic x-ray \$35
- D1100- Adult prophy \$42

- 90471- Immunization administration \$15
- 90472- Each additional immunizations \$9
- 99384- Initial comp preventive medicine eval & mgt, ages 12-17 years \$90
- 99394- Periodic comp preventive medicine reeval. & mgt, ages 12-17 yrs \$78
- 92551- Audiologic screening test, pure tone, air only \$8

Speech Language Pathology

Nearly 1 in 12 (7.7 percent) U.S. children ages 3-17 has had a disorder related to voice, speech, language, or swallowing in the past 12 months. Research indicates speech or language disorders in adolescents can lead to social, emotional, and behavior issues and affect their literacy skills and academic success in schools. Research also suggests disparities between our awareness of this issue and intervention necessary.

Assess- Ensure professionals on the team are aware of signs associated with speech and language deficits and their corresponding developmental milestones

Plan- In treating adolescents with speech and language deficits, ensure Quality of Life measures (ASHA QoL Scale) are applied to gauge impact of deficits on social, emotional, and behavioral health.

Implement- Treatment of speech and language disorders and ensuring goals are patient centered and tailored to the patient will likely aid in improvement of quality of life as seen in re-administration of Quality of Life measures

HEALTH BOX LIST OF ITEMS

- Common STIs and screening recommendations.

<https://www.cdc.gov/std/tg2015/screening-recommendations.htm>

- Safe sex guidelines. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/safer-sex-guidelines>

- Birth control options. <https://my.clevelandclinic.org/health/articles/11427-birth-control-options>

- Link to pdf about sexual assault. https://www.nctsn.org/resources/teen-sexual-assault-information-teens?utm_source=Youth.gov&utm_medium=federal-links&utm_campaign=Share-with-Youth

- Healthy eating. <https://www.thewomens.org.au/health-information/staying-well/adolescent-girls/food-and-nutrition-for-adolescents>

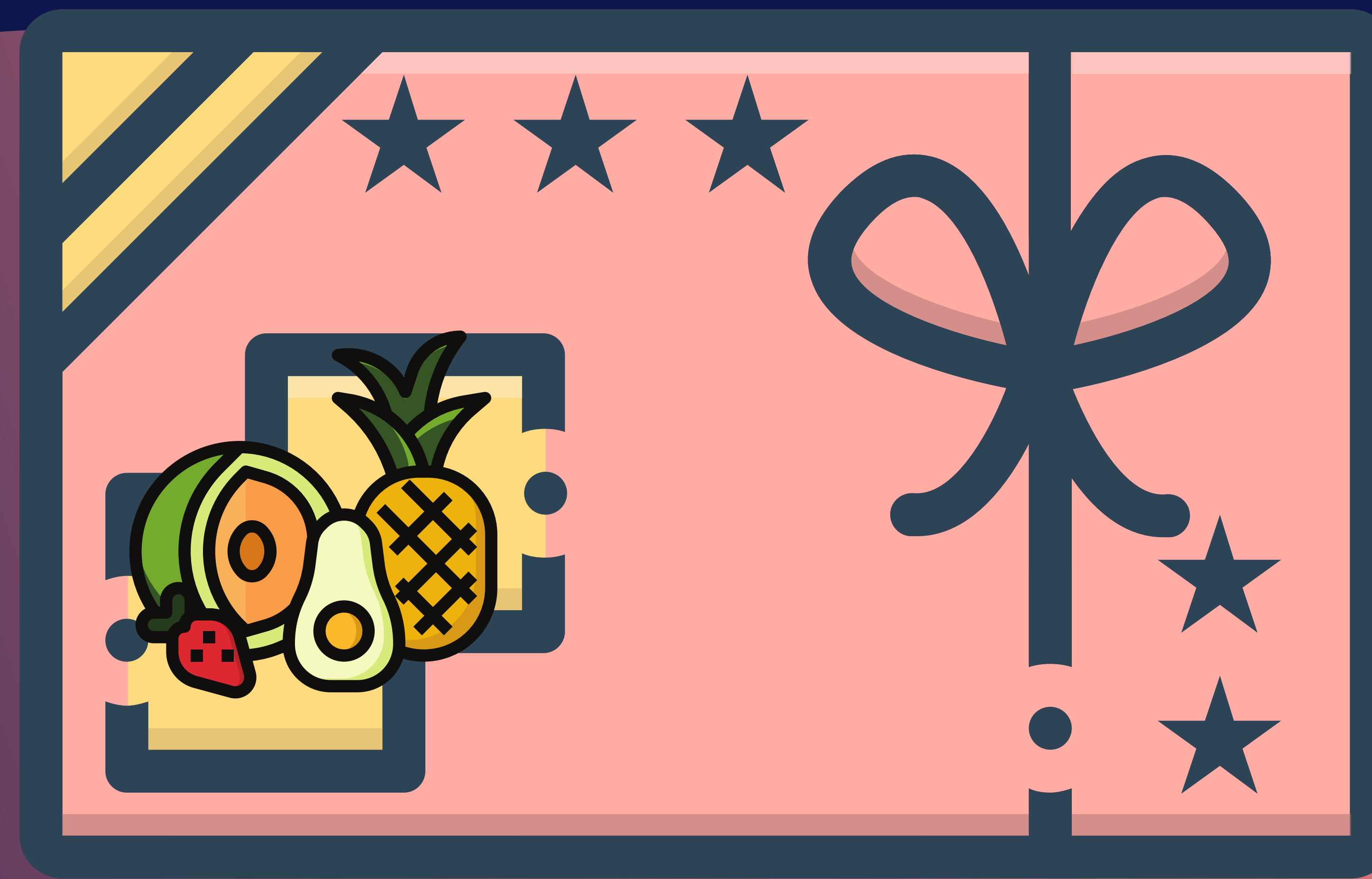
- Physical activity.

https://www.cdc.gov/healthyschools/physicalactivity/toolkit/youth_pa_guidelines_communities.pdf

- Oral hygiene. Oral Health Tips | Adult Oral Health | Basics | Oral Health | CDC

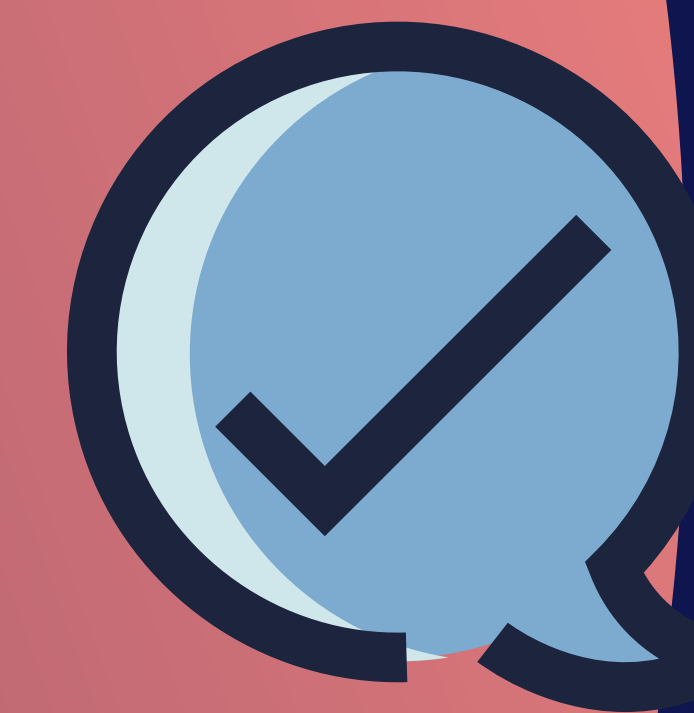
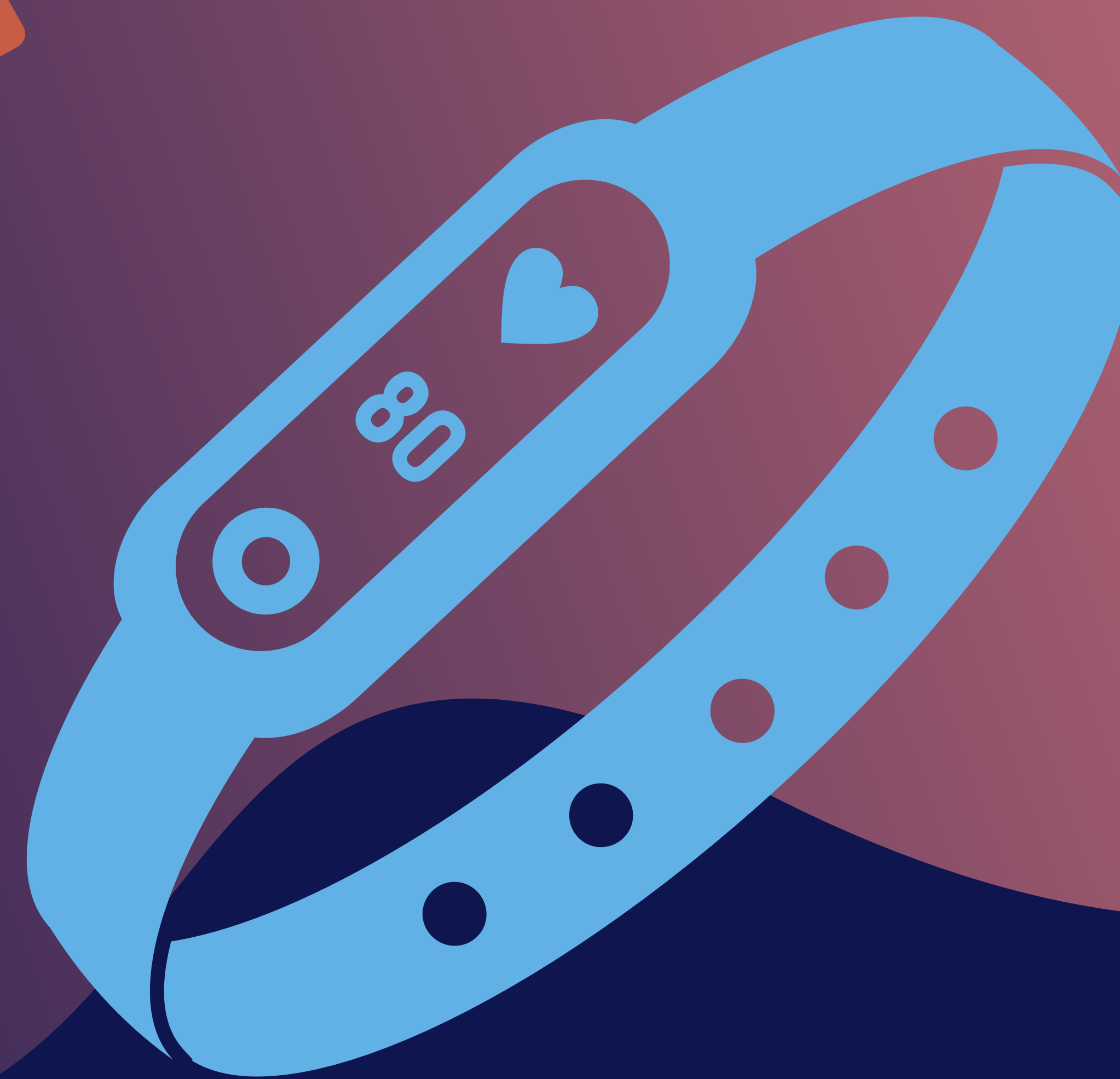
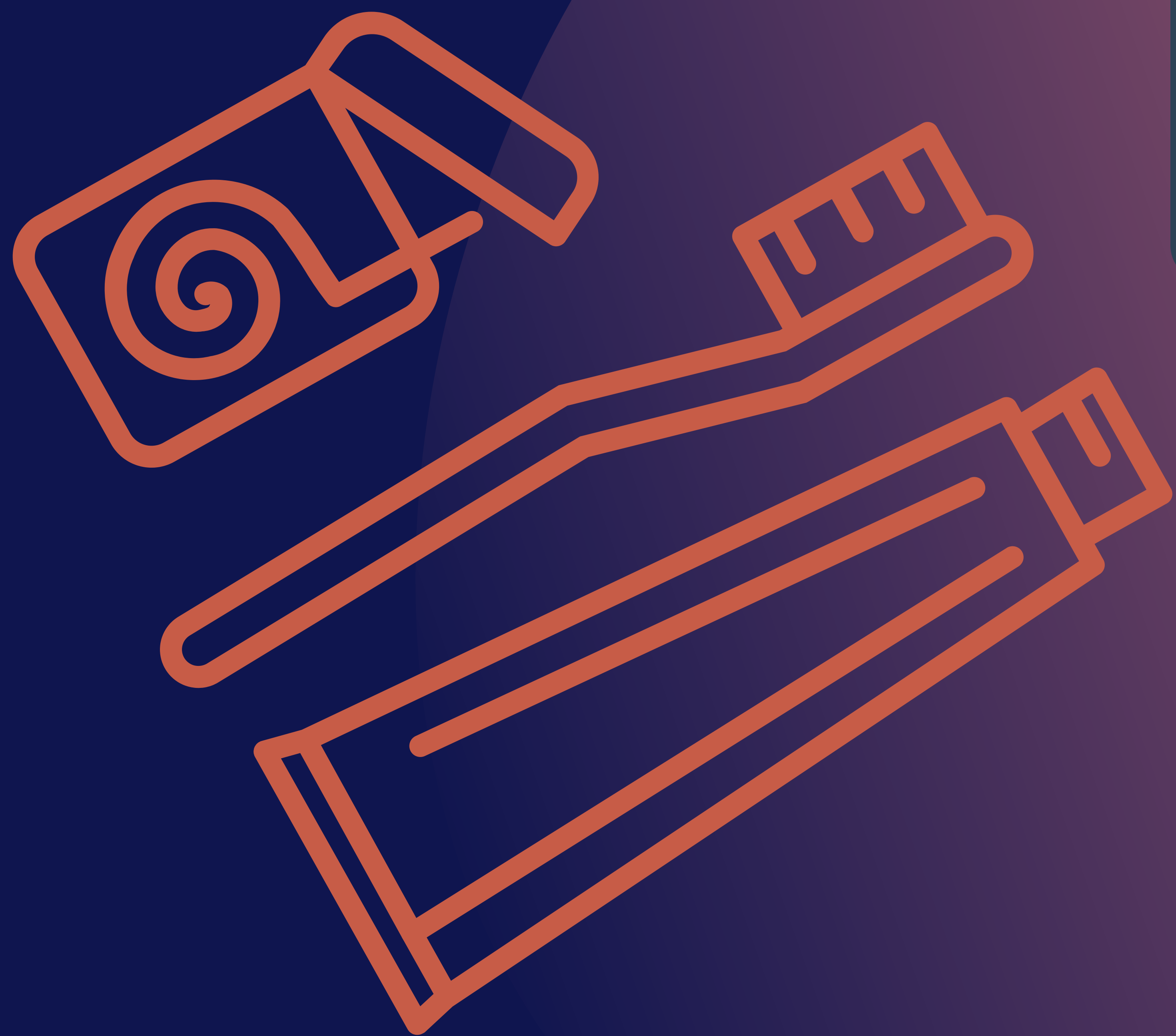
- Risks of smokeless tobacco Health Risks of Smokeless Tobacco ([cancer.org](https://www.cancer.org))

HEALTH BOX



HEALTH BOX ITEMS

1. Gift card to Farmer's Market
2. Dental hygiene products
3. Birth control options
4. Pedometer



Sophia Serpas¹, Jacob Sharkey¹, Keenan Buie², Robert Burgess², Joshua Campbell², Margaret Carey², Camille Rosas³, Maureen Russo³, Emily Branscome³, Patrick Nelson⁴, Gabrielle Gonzalez⁵, Jenna Riserendino⁶

Group 47

¹School of Dentistry, ²School of Medicine, ³School of Nursing, ⁴SAHP – Physician Assistant, ⁵School of Public Health, ⁶SAHP – Speech-Language Pathology

Wellness Visit Recommendations

Professions: For wellness visits, professions seeing patients in this age group will typically include physicians, nurses, dentists, and dental hygienists. Part of the team may also include physician assistants, respiratory therapists, and/or speech-language pathologist depending on patient needs. Public health professionals may also interact with patients in vaping cessation interventions conducted in clinics.

Exams/tests/measure: Routine health is very important for male adolescents at the age of 14-17 years old including yearly physical exams and biannual dental exams. For adolescents with suspects of vaping the dental exams will be important to catch any issues early. During the adolescent's physical exam, it is also important to listen and do a more thorough exam of their respiratory system.

Cost:

Respiratory Therapy- \$14.32

Medicine- \$97.47

Dental- \$332.38

Dental hygiene- Services incident to DDS

Cardiovascular- \$65.56

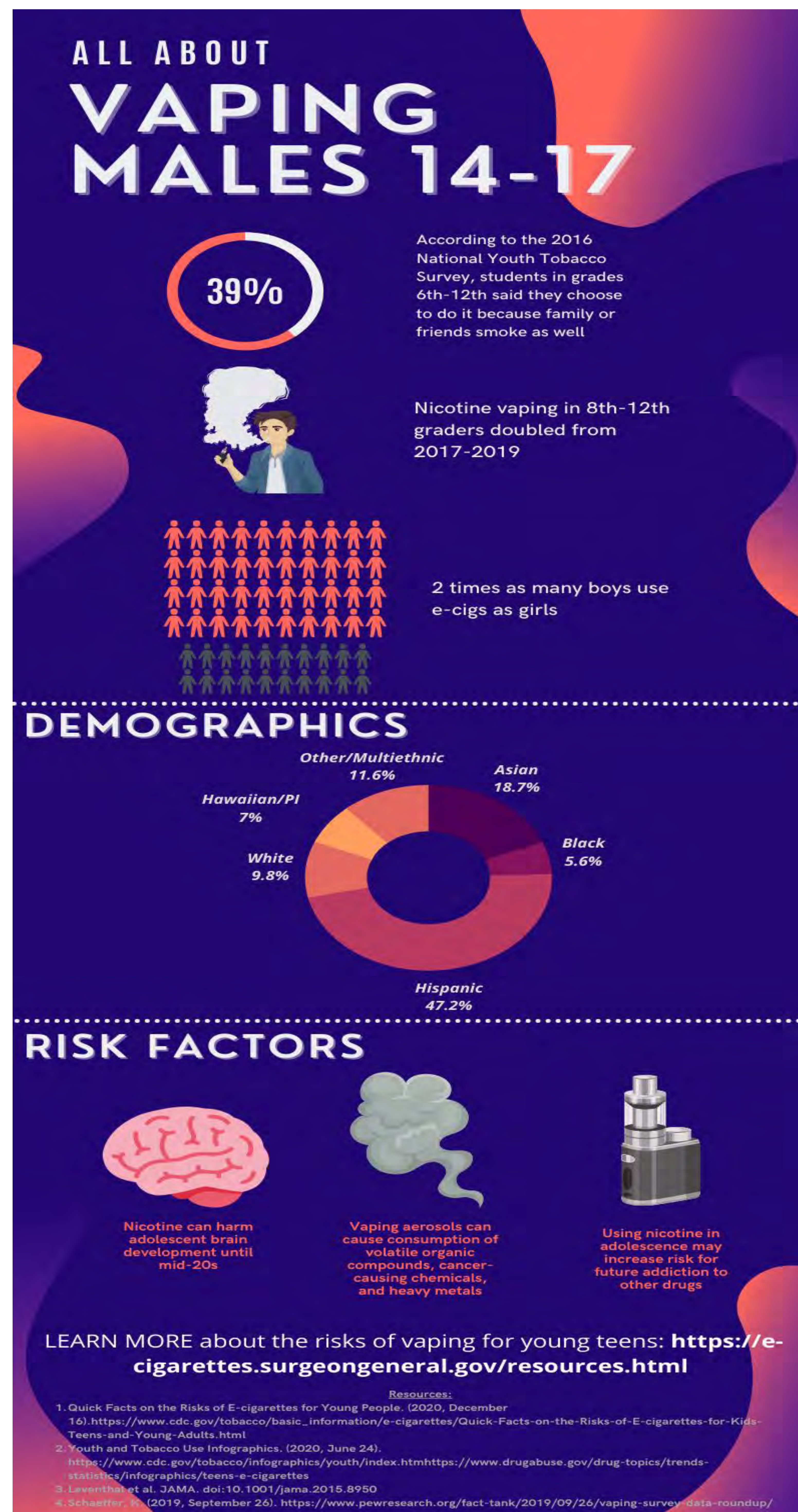
Implementation Strategy: Ask, Advise, and Act. Ask includes screening for vaping usage. Advise provides advice and education concerning the benefits of quitting vaping and starting treatment. Act involves referring current or recent vaping quitters to a cessation service.

Wellness Visit Recommendation: Health Box: Medication (Chantix or Wellbutrin), Nicotine replacement therapy (lozenges, gum, nasal spray), set a quit date, and intervention programs.

Potential Challenge Implementing Interprofessional Wellness Visit

Challenge: Transportation to the Visit—Some of our patient population cannot drive (ages 14-15), and others do not necessarily have access to their own vehicle.

Solution: When adolescent patients initially schedule their appointments, the providers will distribute a compilation of various public transportation routes in the area. Incentives, such as bus passes, can be successful in bypassing the transportation barrier.



IPEC Sub-competency CC8 Recommendation

When developing the interprofessional assessment tool and health box, our team incorporated the IPEC sub-competency CC8 in various ways to effectively provide males age 14-17 who vape with the most appropriate assessment and health box. To begin, each team member provided insight about their discipline and how it related to our topic. Members talked about various plans of care including assessments, treatments, and education. Once all the information was gathered, we condensed our findings to establish the most effective patient-centered plan of care. A key takeaway from our discussion was that while some disciplines have bigger and more important roles regarding vaping than others, it is important that everyone on the team effectively communicates their plan and participates in the patient's care to some extent in order to provide care that is appropriate, and exemplary.

Benefits

Patient Perspective:

- Decreased nicotine dependence and smoking related health issues
- More knowledge about how vaping can affect their bodies

Healthcare Professional Perspective:

- more comprehensive exams
- the ability to reinforce the negative effects of vaping at different visits

Citations:

Capital District Physicians' Health. *Keep Your Teen on Track with Preventive Care*. <https://www.cdphp.com/-/media/files/phg/guidelines-for-care-adolescents.pdf>.

¹Flavored Leventhal AM, Goldenson NI, Cho J, Kirkpatrick MG, McConnell RS, Stone MD, Pang RD, Audrain-McGovern J, Barrington-Trimis JL. Flavored E-cigarette Use and Progression of Vaping in Adolescents. *Pediatrics*. 2019 Nov;144(5):e20190789. doi: 10.1542/peds.2019-0789. PMID: 31659004; PMCID: PMC6856781.

Substance Abuse and Mental Health Services Administration (SAMHSA): Reducing Vaping Among Youth and Young Adults. SAMHSA Publication No. PEP20-06-01-003. Rockville, MD: National Mental Health and Substance Use Policy Laboratory, Substance Abuse and Mental Health Services Administration, 2020.

Abdelmutti, N., Brual, J., Papadakis, J., Fathima, S., Goldstein, D., Eng, L., Papadakis, T., Liu, G., Jones, J., & Giuliani, M. (2019). Implementation of a Comprehensive Smoking Cessation Program in Cancer Care. *Current Oncology*, 26(6), 361-368. <https://doi.org/10.3747/co.26.5201>

Slide 2: comprehensive list of what you include in the [Health Box](#):

(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle). Please include a comprehensive list of what you will include in your box, with links.

1. Medication (**Chantix** or **Wellbutrin**)
2. Nicotine Replacement Therapy (**Lozenges**, **Gum**, **Nasal Spray**)
3. Set a quit date
4. Intervention Programs
5. Will power alone

These items are important in identifying a person's willingness to commit to a daily schedule of abstinence, providing medication for symptoms of withdrawal, and comfort measures to assist in the transition towards a smoke free lifestyle.



Background

Alcohol use disorder (AUD) is described as a pattern of alcohol use that involves problems with uncontrollable drinking, being preoccupied with alcohol, continuing to use alcohol even when it causes problems, or having withdrawal symptoms due to dependence. Unhealthy alcohol use, especially in those 20+ years of age, puts a person's overall health and safety at risk. Symptoms may include urges and cravings, while also being unable to limit drinking and failing to fulfill work, school, home, or social activities.

Risk Factors

Age	Statistics show 14.4 million adults in the US ages 18+ had alcohol use disorder in 2018
Stressful life events	Death of loved one, divorce, cancer, trauma, abuse
Psychiatric disorders	Schizophrenia, depression, anxiety
Hereditary, Genetics	Family history
Socioeconomic Status, Education	Low childhood SES or poor school results can lead to problematic drinking behaviors in adulthood

Prevention

Physician

- Primary - Ask questions about the patient's alcohol consumption. Alcohol counseling, education, warning signs or symptoms to recognize.
- Secondary - Screen patients, provide patients with resources, medication, and offer support/advice.

Physician Assistant

- Primary - Ask about the patient's alcohol use. Educate about warning signs, physical dependency, and poor health outcomes.
- Secondary – Screen at risk patients, offer advice, treatment, and discuss about alcohol abuse programs.

Nursing

- Primary - Advise patients about healthy habits to prevent abuse such as exercising, reading, or meditating.
- Secondary - Screen at risk patients for the abuse disorder using assessment tools.

Dentist

- Secondary - Ask about patient's medical history and substance abuse history. Educate patients about how alcohol abuse can relate to an increased risk for oral cancer.

Dental Hygienist

- Secondary - Because alcohol abuse is correlated to an increased risk for oral cancer, each visit should consist of an oral cancer screening.

Public Health

- Primary/Secondary - Create questionnaires that best assess or diagnose a patient's alcohol condition and create rehabilitation programs that aid treatment.

Alcohol Use Disorder



Assessment Tool

Assessment

Tobacco, Alcohol Prescription medication, and other Substance use (TAPS) - Physician, Nurse, and Self-Administered

NIDA Drug Use Screening Tool: Quick Screen - Physician, Nurse, and Dental Administered

Alcohol Use Disorders Identification Test-C: Physician and Self-Administered

Alcohol Use Disorders Identification Test – Physician, PA, Nurse Administered

CAGE: Physician, PA, and Nurse Administered

Cost

According to *Costs of Alcohol Screening and Brief Intervention in Medical Settings: A Review of Literature*, as of 2012, costs ranged from \$0.51 to \$601.50 per screen and from \$3.41 to \$243.01 per brief intervention. Cost estimates were lower when activity-based methodology was used in primary care settings. The median summary cost of a screen is \$4 while the median summary cost of an intervention is \$48. Screening for hazardous drinking has shown to reduce the number of alcohol abuse, ultimately decreasing healthcare costs.

Along with physicians, physician assistants, nurses, dentists, dental hygienists, and public health professionals, others that should be included in the team are psychologists, physical therapists, occupational therapists, and alternative medicine and therapy providers. There is an opportunity for all of these professions to look out for signs of alcohol abuse and work to collaborate with providers to help patients overcome the disease.

A few ways to implement assessment tools in all practices would be to:

1. Have educational classes for all programs on the signs and symptoms to monitor alcohol use disorder
2. Have workers engage in teaching practices against alcohol use and healthy alternative methods
3. Supply all the professions mentioned with hard copies and binders with screening tools they may use and recommended therapy plans
4. Make these screenings mandatory for any first time patients
5. Public Health professionals could work together to organize mandatory sessions within the community for healthcare providers to promote working together on prevention and screening of AUD

Team Collaboration

Team 48 includes students from fields of medicine, nursing, physician assistant, dentistry, dental hygiene, and public health. The diverse profile of our team has led to discussions on how interprofessional healthcare benefits our future patients and community and helps especially with patient-centered care. An interprofessional approach is important for alcohol use disorder because it is a current issue in the US and affects many people. Teamwork between healthcare professionals is essential for screening, prevention, diagnosing, and treating alcohol use disorder. Members of Team 48 offered unique perspectives and spoke about their roles when it comes to AUD. Our team's ability to communicate effectively over various virtual platforms is a critical skill that each of us will need to continue to develop even after the pandemic.

Team 48

Medicine: David Caruso, David Crochet, Harrison Daste, Tyler Dillon

School of Public Health: Taseen Karim

Physician Assistant: Monica Nguyen

Nursing: Shelbi Schaff, Erin Schmit, Hayley Seidel

Dentistry: Celine Snow, Clayton Sorrells

Dental Hygiene: Brooke Winn

Benefits

1. Patient/Client/Community
 - Multiple viewpoints on alcohol abuse and its effect on the body.
 - Physicians and Physician Assistants are able to determine if the patient is having issues with alcohol abuse during screening while also providing education and counseling on alcohol abuse.
 - Nurses can also assess patients and help patients recover from abuse or recommend alcohol abuse programs.
 - Dentists and dental hygienists can give patients oral cancer screenings and educate patients on how alcohol abuse can increase cancer risk.
 - Public health professionals can create questionnaires that best assess or diagnose a patient's alcohol condition or create rehabilitation programs that aid treatment.
2. Health Professionals
 - Different perspectives are always helpful in the health field. Each health professional can offer advice and continually remind patients about the adverse effects of alcohol abuse and dependency.
 - A patient might not be able to see a physician every year but may see their dentist or dental hygienist and vice versa. Therefore, it is beneficial for all health professionals to remind patients about alcohol use.

Challenges

1. Young adults see binge drinking as an acceptable social behavior with no physical or mental health consequences. As they become older adults, they may be more likely to abuse alcohol.

2. The cost associated with implementation of an interprofessional annual wellness visit along with high percentage of young adults between 19-34 years old without health insurance.

Solutions

1. Education from both an interprofessional healthcare team and the community about the detrimental long term health outcomes of binge drinking and abuse.

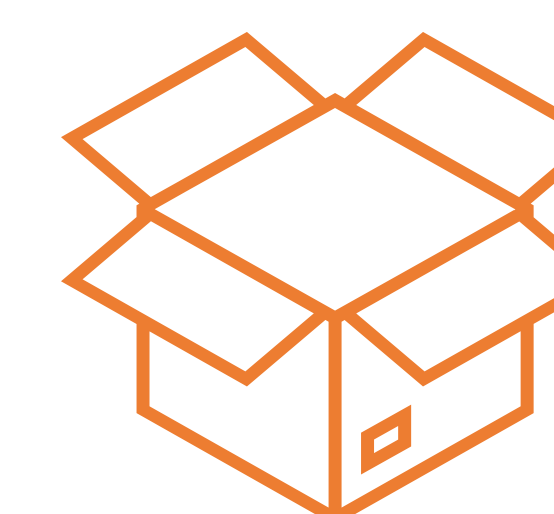
2. Teamwork and good communication among an interprofessional team of healthcare professionals reduces medical costs by preventing duplication of diagnostic exams.

References

"Alcohol Use Disorder." *National Institute on Alcohol Abuse and Alcoholism*, U.S. Department of Health and Human Services, www.niaaa.nih.gov/alcohol-effects-health/alcohol-use-disorder.
Bray, Jeremy W, et al. "Costs of Alcohol Screening and Brief Intervention in Medical Settings: A Review of the Literature." *Journal of Studies on Alcohol and Drugs*, 21 Jan. 2015, www.jsad.com/doi/10.15288/jsad.2012.73.911.
National Institute on Drug Abuse. "Screening and Assessment Tools Chart." *National Institute on Drug Abuse*, 17 Aug. 2020, www.drugabuse.gov/nidamed-medical-health-professionals/screening-tools-resources/chart-screening-tools.



Health Box: Comprehensive List



Helpline/Online Resources

- Free Helpline 1-800-662-HELP (4357)
- SAMHSA: Substance Abuse & Mental Health Services Administration, <https://www.samhsa.gov>
- Alcoholics Anonymous, www.aa.org
- Alcohol Rehab Guide, <https://www.alcoholrehabguide.org/resources/>

Recovery Center

- Townsend Detox New Orleans & Metairie – Avenues Recovery Center, <https://townsendla.com/>

Oral Health

- Listerine Total Care Mouthwash
- Oral Cancer Exam Guide
- <https://www.dentalhealth.org/drugs-alcohol-and-your-oral-health>

Mental Health

- Meditation Guide, <https://teens.drugabuse.gov/teachers/lessonplans/nurturing-my-mental-emotional-health>

Physical Health

- Multivitamin, <https://www.psychologytoday.com/us/blog/integrative-mental-health-care/201901/some-vitamins-and-minerals-may-reduce-alcohol-toxicity>
- Exercise Guide, <https://www.soberrecovery.com/recovery/the-2-things-to-prioritize-to-restore-physical-health-after-addiction>



1 Helpline + Online Resources

Helpline and online resources will be provided for those who choose to remain anonymous and are seeking help and advice.



HEALTH BOX



3 Meditation + Exercise Guide

Meditation and Exercise Guide to promote better health and coping mechanisms for those with AUD.



4 Multivitamins

Multivitamins are included because those who struggle with alcohol addiction are deficient in vitamins and minerals.

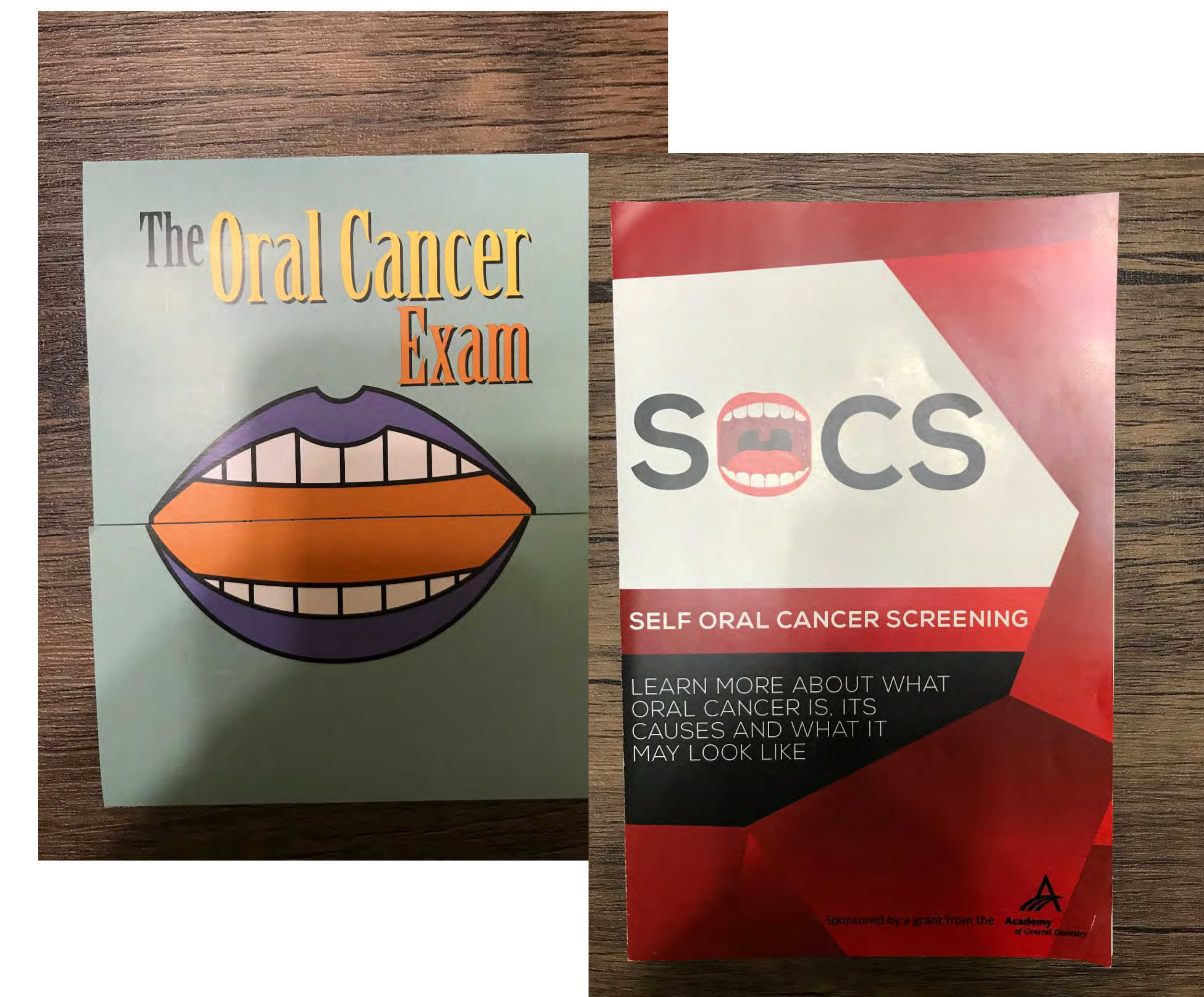


Townsend

2

Townsend Recovery Center

Recovery Center information will be included for those with AUD who are ready for recovery.



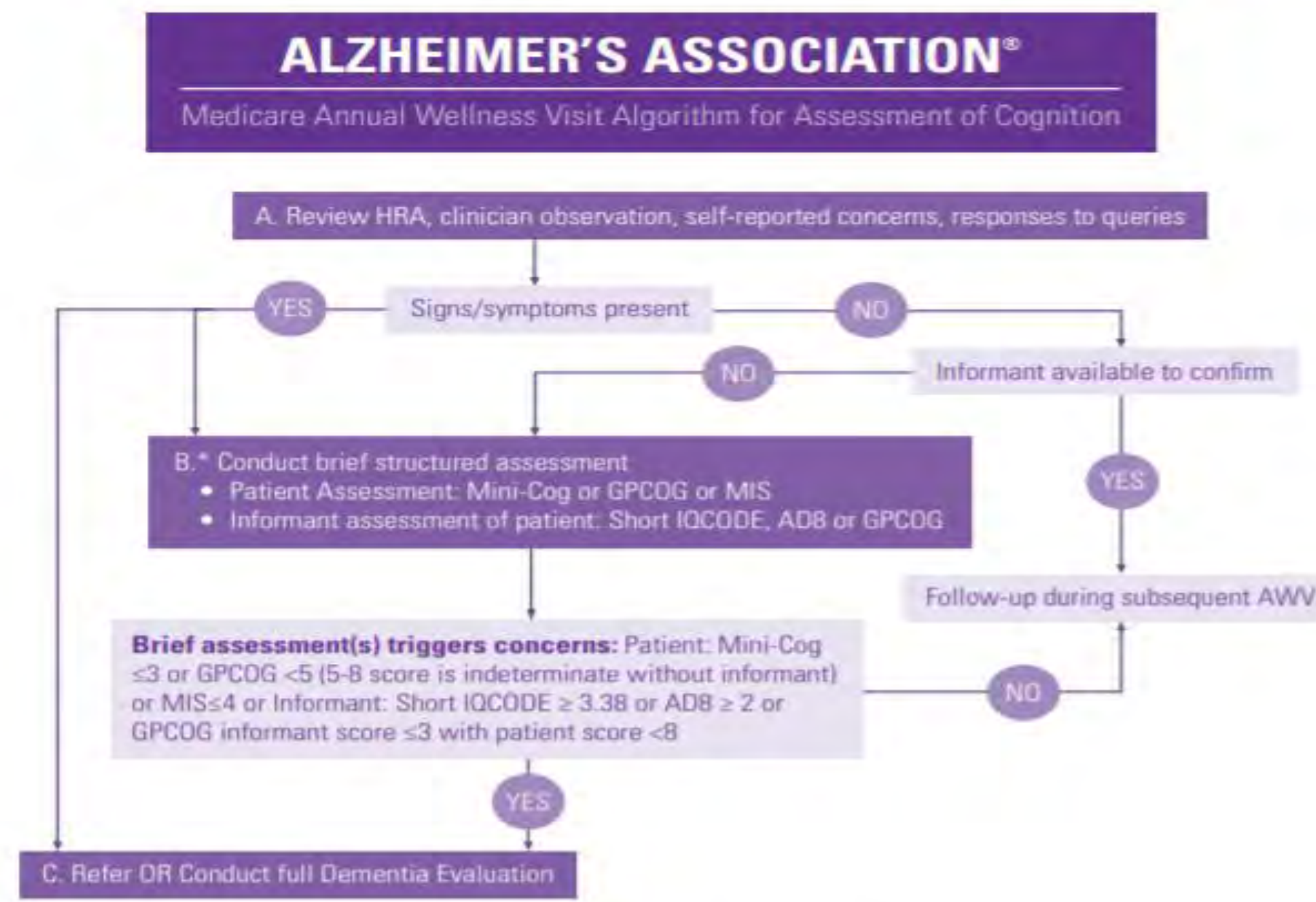
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Oral Cancer Exam Guide

Oral Cancer Exam Guide is included because those who abuse alcohol are at much greater risk for oral head and neck cancer.

Alzheimer's Disease

Mick Dubic (Medicine), Catherine Fontenot (Medicine), Jackson Fos (Medicine), Nora Maria Fuller (Medicine), McKenzie Johnson (Dental Hygiene), Jordan Owens (Physician Assistant), Victoria Peluso (Public Health), Reid Sellars (Nursing), Tiffany Shrieves (Nursing), Cole Spigener (Dentistry)



Detection of cognitive impairment is a stepwise, iterative process.

- ❖ Informal observation alone by a physician is not sufficient (i.e., observation without a specific cognitive evaluation).
- ❖ Clinical staff can offer valuable observations of cognitive and functional changes in patients who are seen over time.
- ❖ Counseling before and after cognitive assessment is an essential component of any cognitive evaluation.
- ❖ Informants (family member, caregiver, etc.) can provide valuable information about the presence of a change in cognition.

Economic modeling data indicating early diagnosis of Alzheimer's during the mild cognitive impairment (MCI) stage of the disease could save the nation as much as \$7.9 trillion in health and long-term care expenditures and per-person savings of \$64,000.

HEALTH BOX

Alzheimer's has no current cure, but treatments for symptoms are available and research continues. Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over several years. Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Providing information and activities to Alzheimer's patients and their loved ones at the time of diagnosis can help educate about activities that may slow the progression of the disease and prevent negative outcomes.

This health box project focuses on:

- Optimizing Cognitive Health
- Staying Active
- Addressing Day to Day Challenges
- Managing Medicines for a Person with Alzheimer's
- Preventing Dementia-Related Falls

2021 ALZHEIMER'S DISEASE FACTS AND FIGURES

DISCRIMINATION

is a barrier to Alzheimer's and dementia care. These populations reported discrimination when seeking health care:



1 IN 3
seniors dies
with Alzheimer's or
another dementia

MORE
THAN
6
MILLION
Americans
are living with
Alzheimer's

Alzheimer's and
dementia deaths have
increased
16%
during the COVID-19
pandemic

OVER
11
MILLION
Americans provide
unpaid care for people
with Alzheimer's or
other dementias

It kills more than
BREAST CANCER
+
PROSTATE CANCER
COMBINED

Between
2000 and 2019,
deaths from
heart disease have
DECREASED
7.3%

while
deaths from Alzheimer's
disease have
INCREASED
145%

In 2021,
Alzheimer's
and other dementias
will cost the nation
\$355 BILLION

By 2050,
these costs could rise
to more than
\$1.1
TRILLION

These caregivers
provided an estimated
15.3 billion hours
valued at nearly
\$257
BILLION

alzheimer's
association

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Alzheimer's Association is a not-for-profit 501(c)(3) organization

IPEC Sub-Competency CC8

Communicate the importance of teamwork in patient-centered care and population health programs and policies.

Alzheimer's disease cannot be treated by one healthcare worker.

- ❖ **Nurses, Physician Assistants and MDs** diagnose with physical exam, labs, and imaging; prescribe medicine to help with symptoms; address physical and psychological wellbeing; remind the patient about dental visit; and recommend community health worker, home health worker, and/or occupational therapist to patient
- ❖ **Pharmacists** fill prescriptions and help identify potential problems with side effects or drug interactions, which can be challenging if older patients have long drug lists
- ❖ **Dentists** perform oral exam, remind patient about MD, and introduces community health worker
- ❖ **Community health worker** works with all health professions and patient to ensure access to care and knowledge of disease
- ❖ **Public health officials** can continue research to better understand patterns and can review different behavioral models to understand the adoption of care by individuals.

BENEFITS

Patient, client, and community perspective

- Annual interaction with patient
- Allows monitoring of disease progression
- Build healthy and trusting relationships that are beneficial to health
- Allows for preventive care
- Future complications

Health professional perspective

- Ability to provide healthcare to those in need
- Ability to use training to help others
- Provide better care
- Monitor disease on yearly basis
- Gain patient's trust
- Allows professional to gain more clinical training
- It requires a communication between multiple healthcare workers to ensure proper care is provided

RESOURCES

Alzheimer's Association recommendations for operationalizing the detection of cognitive impairment during the Medicare Annual Wellness Visit in a primary care setting
<https://www.alz.org/media/documents/jalz-1528.pdf>
 Alzheimer's Association. 2018 Alzheimer's Disease Facts and Figures. Alzheimers Dement 2018;14(3):408-11.
 National Institutes on Aging Managing Medicines for a Person with Alzheimer's www.nia.nih.gov/health/managing-medicines-person-alzheimers and Home Safety Checklist
<https://www.nia.nih.gov/health/home-safety-checklist-alzheimers-disease>

Slide 2: comprehensive list of what you include in the [Health Box](#):

(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle). Please include a comprehensive list of what you will include in your box, with links.

- **Optimizing Cognitive Health**

- Educational pamphlet / infographic ([link](#))
 - Quit smoking – [link](#)
 - Sleep hygiene items: eye mask, ear buds or noise-cancelling headphones, white noise machine - [link](#)

- **Staying Active**

- Music – [link](#)
- Activity Books – [link](#)
- Journaling:
 - Gratitude journal – [link](#)
 - Routines journal - [link](#)

- **Addressing Day to Day Challenges**

- Toothbrush with tennis ball on handle (provides better control)
- Alarm (remind when to brush/floss)

- **Managing Medicines**

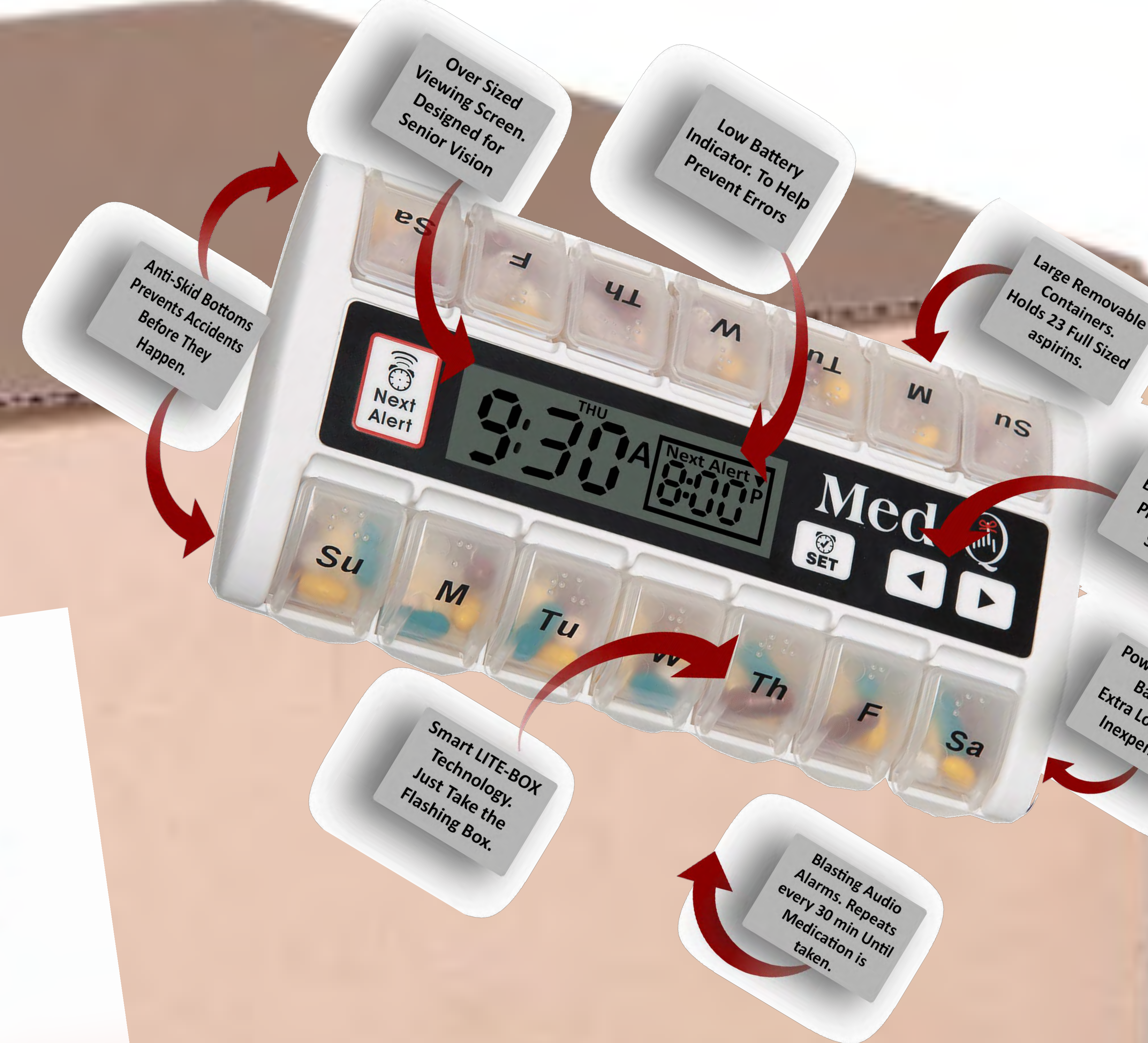
- Days of the Week Pill Box / Medication Lock Box with alarm – [link](#)

- **Preventing Dementia-Related Falls**

- Fall alert bracelet or auto detector - [link](#)
- Lights/lamps, especially motion-sensor - [link](#)
 - Install adequate lighting
 - Have stairwells well lit
- Information and reminders in a common place
 - Keep important things by the bed - [link](#)
- Handrails: [Link](#) Install handrails in the bath and by the commode
- Nonskid rugs - [link](#): clear walking paths inside the home by securing carpet edges, removing throw rugs and extension cords, and use nonskid mats: for tub or shower

- **MISC**

- Identification bracelet incase an individual gets disoriented and lost - [link](#)



MEDICINE/PA

-Relevance: If left untreated, STIs can lead to PID, infertility, ectopic pregnancy, and increase risk of gynecologic cancers

-Assessment Tool/s: Urine PCR tests, Blood (ELISA) tests, PAP smears

-Code & cost: 87088 (40\$), 86689 (109\$), 99381 (20\$)

-Recommendations: Barrier contraception, routine STI panel, complete required treatment and refer partners for treatment, HPV vaccine

DENTAL

-Relevance: Undiagnosed and untreated oral STIs can lead to cancer, affect treatment and overall health

-Assessment Tool/s: Intra/Extra oral exams

-Code & cost: D0150-Comprehensive Oral Exam (\$97)

-Recommendations: Every 6 months, and open dialog with doctor

SPEECH PATHOLOGY

-Relevance: Can cause swollen or sore throats/narrowing of the airway, leading to difficulty in feeding and swallowing (dysphagia). STIs can enter the NS, causing confusion, forgetfulness, and impaired speech.

-Assessment Tool/s: Clinical bedside swallow evaluation, MBSS, Cognitive performance test.

-Code & cost: 92610, 92526, 96125 (\$45, \$62)

-Recommendations: Visit an ENT/SLP for a screening if these symptoms occur

References

[https://apps.asha.org/eweb/olsdynamicpage.aspx?title=quality-of-communication-life-scale-\(asha-qcl\)&webcode=olsdetails](https://apps.asha.org/eweb/olsdynamicpage.aspx?title=quality-of-communication-life-scale-(asha-qcl)&webcode=olsdetails)

<https://www.cdc.gov/std/stats18/adolescents.htm>

PREVENTION OF SEXUALLY TRANSMITTED INFECTIONS (STIs) IN WOMEN AGES 18-21

WHAT IS IT?

- Disease obtained through contact with an infected individual's mouth, penis, vagina, or anus
- Symptoms: dysuria, abnormal vaginal discharge, intermenstrual/post-coital bleeding, lower abdominal pain, painful mouth sores. Possible complications in women aged 18-21: increased risk of gynecologic cancers and pelvic inflammatory disease (PID), which can lead to infertility and increased risk of ectopic pregnancy.
- The best way to decrease the risk of adverse events due to STIs is prevention through safe sex practices, frequent screening, and early intervention.

DEMOGRAPHICS/STATISTICS

- Adolescents and young adults aged 15-24 years account for half of all new STDs each year.
- The incidence of chlamydia is highest in females 15-24 years of age.

RISK FACTORS

- Unsafe sex (lack of barrier methods)
- Multiple sexual partners
- Poor hygiene
- Failure to complete treatment and/or abstain from sex until treatment completed

Interprofessional/ Team-based Approach:

It is necessary for each professional to assess, treat/refer, and collaborate when treating pts who may be at risk or exposed to STIs, to provide the best care possible for our patient.

PUBLIC HEALTH

-Relevance: STI prevention and care can reduce prevalence of transmission and promote personal sexual health.

-Assessment Tool/s: Behavioral counseling to prevent STI, Contraceptive counseling

-Code & cost: 99202 (\$50), 99203 (\$85), 99204 (\$137.48), 99205 (\$186)

-Recommendations: Yearly well woman visit, HPV vaccination, Hepatitis vaccination

NURSING

-Relevance: undiagnosed and untreated STIs can lead to PID, cancer, and infertility

-Assessment Tool/s: blood tests, Pap smears, cervical biopsies

-Code & cost: 86689 (\$109), 99381 (\$20), 57455 (\$111)

-Recommendations: yearly screenings at gynecologist's office or local testing facility, HPV vaccines, proper condom use, education

POTENTIAL CHALLENGES::

Some patients may not seek prevention and/or treatment due to stigma or embarrassment.

POSSIBLE SOLUTION:

Patients can call anonymous hotlines and/or visit planned parenthood to receive condoms & HPV vaccine for free or low costs.

TOTAL COST: approx. \$358-430

HEALTH BOX ITEMS:

- Male and female condoms
- Health Department Phone Number
- Domestic abuse hotline
- Information on the Gardasil vaccination
- Information on Hepatitis vaccinations

● Condoms

- The advantages of the condom are that it provides highly effective and inexpensive contraception as well as protection against sexually transmitted infections (STIs).
- STIs can lead to pelvic inflammatory disease which can cause permanent damage to a woman's reproductive organs. It's also important to prevent the spread of STIs to an individual's sexual partners.



● Health Department Phone Number

- By reporting to the Health Department, they can notify other individuals who were exposed and keep track of the spread of infectious diseases in the community. This is important to help determine what educational programs or resources can further mitigate the spread of STIs in Louisiana

504-568-8295

● Information on the Gardasil vaccination

- Condoms cannot FULLY protect you against HPV because they do not cover every part of the genital and anal area that can spread HPV
- HPV is the **most common** STI and causes genital warts and cervical cancer so prevention with the vaccine is essential



ANATOMY OF A PRIMARY CARE VISIT FOR MALES AGED 18 -21

Team #: 51

Shakira Harding, Alexis Hernandez, Michael Hirez, Christine Miller, Olivia Price, Matt Richard, Maddie Soileau, Sadie Stanchec, Aleia St. Germain, Cassidy St. Romain, and Macie Stultz

Vaping

- 20% of Americans ages 18 to 29 report vaping
- Risks of vaping include nicotine addiction, mood disorders, and permanently lowered senses of impulse control
- Assessment (PCP, dental): Regular oral, head, and neck cancer screenings during primary care visits
- Help set a quit date, prescribe smoking cessation products, help find a cessation program
- Barriers = lack of motivation to quit

Resources: CDC, Surgeon General

Drug and Alcohol Abuse

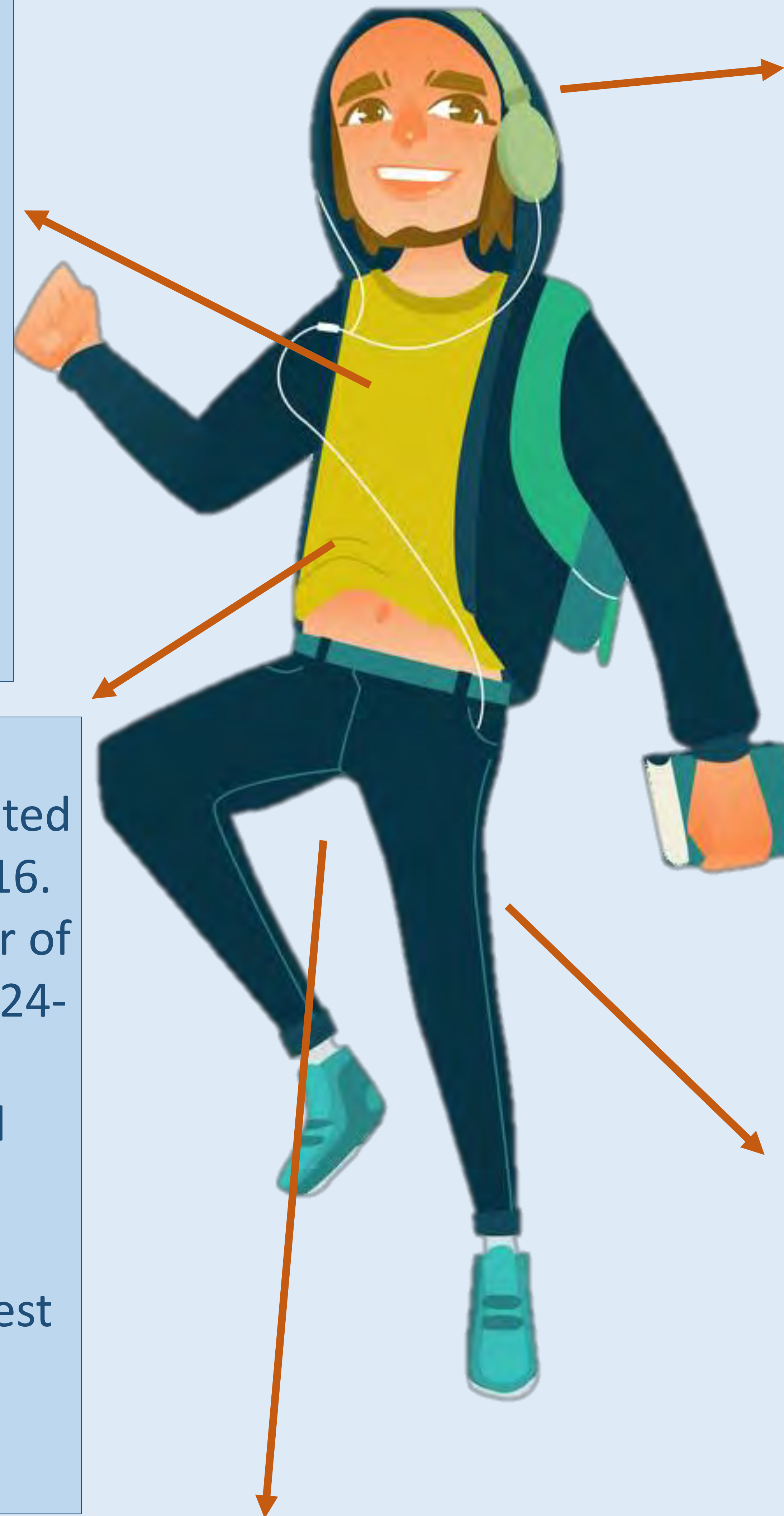
- 14% of males aged 18-24 report illicit drug use. Drug-related deaths increased by approximately 2% annually 2005-2016. Alcohol is the leading risk factor in relation to the number of life-years lost due to disability or premature death in 15-24-year-olds
- Risk factors are family history of substance abuse, mental health disorders, peer pressure, early use
- Assessment (PCP staff): CAGE, AUDIT, Tobacco, Alcohol, Prescription Medication, other Substance Abuse (TAPS) test
- Motivational interviewing + resource navigation

Resources: CDC, Substance Abuse and Mental Health Services Administration (SAMHSA)

Sexually Transmitted Infections

- 1 out of every 4 sexually-active adolescent males has an STD. Incidence of syphilis, gonorrhea, chlamydia, and herpes have all increased over the past decade.
- Risk factors: unprotected sex, multiple partners, substance use, history of prior STI, behavioral and cultural factors
- Assessment: sexual history, physical exam, labs (urine sample, oral/penile/rectal swab, blood draw)
- Dental assessment: HPV papilloma, herpes vesicles, syphilis ulcers, GC/CT pharyngitis
- Barriers to care = accessibility of quality care, embarrassment, concerns for confidentiality

Resources: CDC, Mayo Clinic



Mental Health:

- Suicide is the #2 leading cause of death among young adults aged 18-24
- For males, 51% of suicides involve firearms
- Male-specific risk factors for suicide attempt are disruptive behavior/conduct problems, hopelessness, parental separation/divorce, friend's suicidal behavior, and access to means
- Assessment (PCP staff): family history, social history, substance use/abuse, PHQ9 screening tool for depression
- The Suicide Behaviors Questionnaire-Revised (SBQ-R), a screening tool used mostly in emergency departments, asks clients four questions
- Barriers to care = societal stigma toxic masculinity

Resources: CDC, WHO, Active Minds 501c3

Risky Behaviors & Unintentional Injury

- Motor-vehicle crashes and accidents are the leading cause of death and nonfatal injury among U.S. male adolescents
- Risk factors associated with risky behaviors are substance use, depressive/suicidal/self-harm behavior, violent or aggressive behavior, and sexual risk behavior
- Assessment (PCP staff): Socioeconomic factors, social influences, family history, adverse childhood experiences
- Providers should ask open ended questions, stay calm and nonjudgmental, set rules, and teach the consequences of risky behaviors
- Barriers to care = social desirability bias

Resources: CDC, The Youth Risk Behavior Surveillance System

Health Box: comprehensive list

- Flier for *The Active Minds Initiative*. “With a presence at more than 800 campuses, schools, communities, and workplaces each year, we’re reducing the stigma surrounding mental health, creating communities of support, and saving lives.”
 - Resources include virtual and in-person workshops that teach adolescents to provide peer support, chapter-led programming, advocacy and policy support
 - Free
 - 67% of young people tell a friend they are feeling suicidal before telling anyone else.
 - Students are 20% more likely to receive treatment on campuses that are perceived to be supportive of mental issues than not.
 - Barriers to participation = stigma and shame that prevent students from reaching out
- Youth Risky Behavior Surveillance Tool
 - Patients can conduct a self assessment in order to evaluate their behaviors that contribute to unintentional injuries and violence, including:
 - Sexual behaviors related to unintended pregnancy and sexually transmitted diseases, including HIV infection
 - Alcohol and illicit drug use
 - Tobacco use
 - Unhealthy dietary behaviors
 - Inadequate physical activity
- Condoms
 - laboratory studies have shown that latex condoms provide an effective barrier against even the smallest STD pathogens
 - Barriers to implementation: must be used the correct way every time, provide less protection against STDs spread through skin-to-skin contact
 - Available for free at many health care settings or for around \$7/box of 3 at stores
- Flier for SAMHSA’s National Helpline - 1-800-662-HELP
 - Confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders
 - Provides referrals to local treatment facilities, support groups, and community-based organizations
 - Barriers to participation = requires patient willingness to quit
- Flier for “This is Quitting” is a free service for the users and extremely easily to implement. The person interested in quitting just needs to text DITCHVAPE to 88709
 - This is Quitting” is a free service for the users and extremely easily to implement. The person interested in quitting just needs to text DITCHVAPE to 88709 and someone will respond getting the general demographic of the young adult along with the tobacco product of choice.
 - This program sends messages daily motivating the young adult to quit without being pushy, in that if the young adult isn’t ready to quit the messages are focused more on building the confidence to quit. The program helps set goals and achieve those quitting goals with daily messages.

SAMHSA's
National Helpline

1-800-662-HELP (4357)
English and Spanish
samhsa.gov/treatment

active minds

WE ARE
#hereforyou

2018
IMPACT REPORT

Changing the
conversation about
mental health

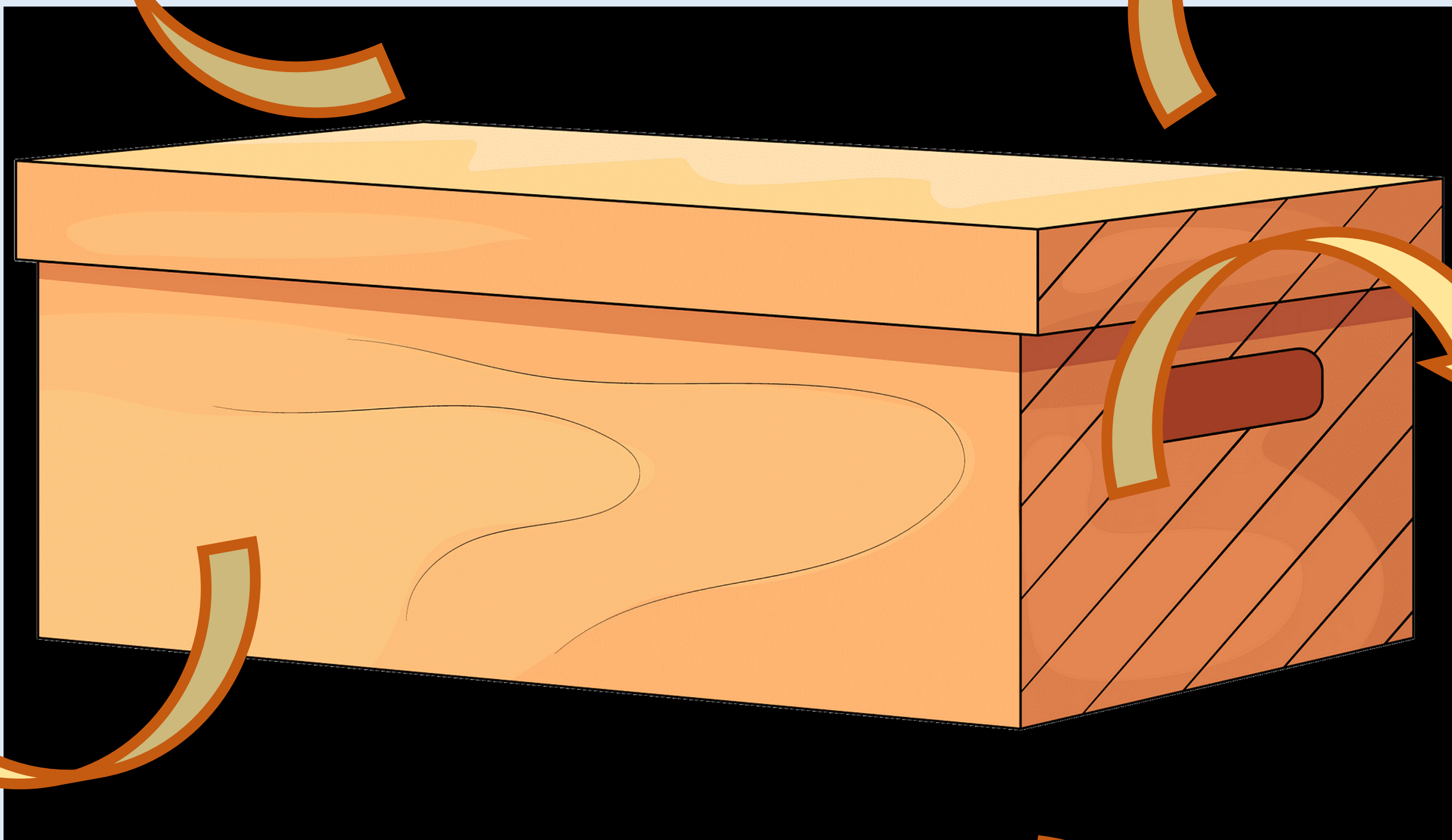
TIRED OF WEIRDLY CRAVING MANGOS
EVERY TIME YOU TRY TO LIVE YOUR LIFE?



If you've realized needing your Juul isn't a great feeling
and all your money is going to Juul pods
(or whatever vape product you formerly loved)

text DITCHJUUL to 88709
for an easy-to-use, anonymous (and free) support system at your fingertips.

truth  **THIS IS QUITTING**



	Female		Male	
	Self-Reported Normal-Weight	Self-Reported Overweight	Self-Reported Normal-Weight	Self-Reported Overweight
BMI category	6.044 (2.294)	10.392 (0.488)	6.184 (2.309)	10.484 (0.500)
Age (years)	16.136 (1.198)	16.082 (1.238)	16.273 (1.202)	16.200 (1.216)
Non-Hispanic White	0.524 (0.499)	0.374 (0.484)	0.539 (0.498)	0.451 (0.498)
Hispanics	0.240 (0.427)	0.297 (0.457)	0.229 (0.420)	0.298 (0.458)
African American	0.153 (0.360)	0.267 (0.442)	0.150 (0.357)	0.172 (0.378)
GPA	2.127 (0.908)	2.465 (1.001)	2.178 (0.916)	2.424 (0.953)
10th grade	0.249 (0.432)	0.244 (0.430)	0.244 (0.430)	0.25 (0.433)
11th grade	0.262 (0.440)	0.247 (0.431)	0.258 (0.438)	0.255 (0.436)
12th grade	0.261 (0.439)	0.248 (0.432)	0.273 (0.446)	0.257 (0.437)
Depression	0.346 (0.476)	0.402 (0.490)	0.205 (0.404)	0.217 (0.412)
Suicide	0.173 (0.378)	0.224 (0.417)	0.105 (0.307)	0.113 (0.316)
Sex	0.484 (0.500)	0.492 (0.500)	0.519 (0.500)	0.533 (0.499)
Drink	0.259 (0.438)	0.236 (0.425)	0.309 (0.462)	0.308 (0.462)
Smoke	0.522 (0.500)	0.603 (0.489)	0.576 (0.494)	0.599 (0.490)
Marijuana	0.375 (0.484)	0.407 (0.491)	0.464 (0.499)	0.459 (0.498)
Drive	0.344 (0.475)	0.327 (0.469)	0.339 (0.473)	0.351 (0.477)
Observations	19,291	6833	16,258	7859

MEET OUR TEAM:

Hiba Nafal, Claire Holmes, Danielle Stubbs, Dillian Theriot, Elizabeth Rivault, Elizabeth Roffe, Kristen Jorgenson, Mary Slay, Noel Strauss, Ryan Hoffman, Arafa Simmons, Blaise Tanner, Caitlin Stork

Are you a 22-29 Year Old Woman Looking to Prevent HPV and Associated Cancers

Background

Human Papilloma Virus (HPV) is the most common viral infection of the reproductive tract. The peak time for acquiring infection is shortly after becoming sexually active. Most HPV infections clear within 1 to 2 years, however persistent infections can progress to cancer. Cervical cancer is by far the most common HPV-related disease. However, cervical cancer may take up to 20 years to develop after an HPV infection.

Signs and Symptoms

Depending on what kind of HPV is involved warts start to appear; genital warts, common warts, plantar warts, & flat warts, abnormal pap smear results, and bleeding after sexual intercourse

Prevention
HPV Vaccine (Gardasil 9 protects against many high risk HPV strains known to cause cancer and warts including HPV 6, 11, 16, 18, 31, 33, 45, 52, & 58

Disease progression: immune compromised states (pregnancy, HIV, organ transplant recipient), late detection (lack of screening/papsmeas)

Benefits for Annual Wellness Visit Assessment for HPV and HPV Vaccine

From the perspective of the patient and community, an interprofessional wellness visit that includes a discussion of the HPV vaccine can reduce the incidence of HPV diagnoses and can prevent HPV related cancers in women including cervical cancer, vaginal cancer, and vulvar cancer, as well as many oropharyngeal cancers. Additionally, screening female patients for HPV every 3 years starting at age 21 allows for early detection and treatment of pre-cancerous conditions that might otherwise progress to carcinoma. From the perspective of health professionals, an interprofessional approach to HPV vaccination and screening in women can reach a larger population of patients. HPV vaccination is only effective if given prior to exposure. With women age 15-25 accounting for 75% of new HPV diagnoses, an interprofessional approach to patient education and vaccine access is critical for a greater portion of these women prior to exposure.

Risk Factors

People who are immunocompromised, parity (# of babies born), young age at first birth, tobacco smoking. Contracting HPV: age of first sexual contact, number of lifetime sexual partners, sexual practices, inconsistent condom use, lack of gardasil vaccine

Challenge: One of the potential challenges associated with an annual Well Woman gynecological visit is the cost of medical services; if patients are concerned about paying out-of-pocket for care or about the associated costs of tests and insurance co-pays, they may delay care or avoid it altogether.

Solution: A Well Woman visit is considered preventative care and is completely covered under most insurance plans. However, if the patient does not have insurance coverage, there are many options for low-cost or free wellness exams through organizations such as Planned Parenthood and other community healthcare centers. It is important to counsel patients about financial assistance available to them to avoid any lapses in medical care.

MEDICINE

Recommend, council, and educate on the Gaurdasil 9 vaccine, Screen for HPV related cancers at annual wellness visit, Treat HPV related conditions (cutaneous warts, genital warts, cervical, anal, and oropharyngeal cancers.

NURSING

Give HPV Vaccine, Screen patients for vaccine records

DENTISTRY

oral cancer screenings, education of HPV link to oropharyngeal cancer & promotion of HPV vaccines

Public Health

Research HPV incidence and prevalence, implement strategies for primary and secondary prevention

Speech Therapy

Screening, speech therapy for patients with HPV related pharyngeal cancers

Interprofessional Team Challenges

Financial concerns and parental attitudes towards HPV vaccines.

Estimated Costs

The economic costs of HPV related genital warts and cervical disease, including screening to prevent cervical cancer, are estimated to be at least 4\$ billion annually in the United States.

References: [https://www.who.int/news-room/fact-sheets/detail/human-papillomavirus-\(hpv\)-and-cervical-cancer](https://www.who.int/news-room/fact-sheets/detail/human-papillomavirus-(hpv)-and-cervical-cancer)
<https://www.mayoclinic.org/diseases-conditions/hpv-infection/symptoms-causes/syc-20351596>
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4538997/>
<file:///C:/Users/hnafal/Downloads/07-0499.pdf>

comprehensive list of what you include in the Health Box:

1. Pamphlet on HPV/cervical cancer and vaccines

2. Information sheet & FAQs about the Gardasil 9 vaccine

3. ASCCP app. (American Society for Colposcopy & Cervical Pathology)

4. Condoms

5. HPV fact sheet

6. Fact sheet about Gardasil safety

7. Handout with examples of foods that support a healthful diet that could prevent HPV

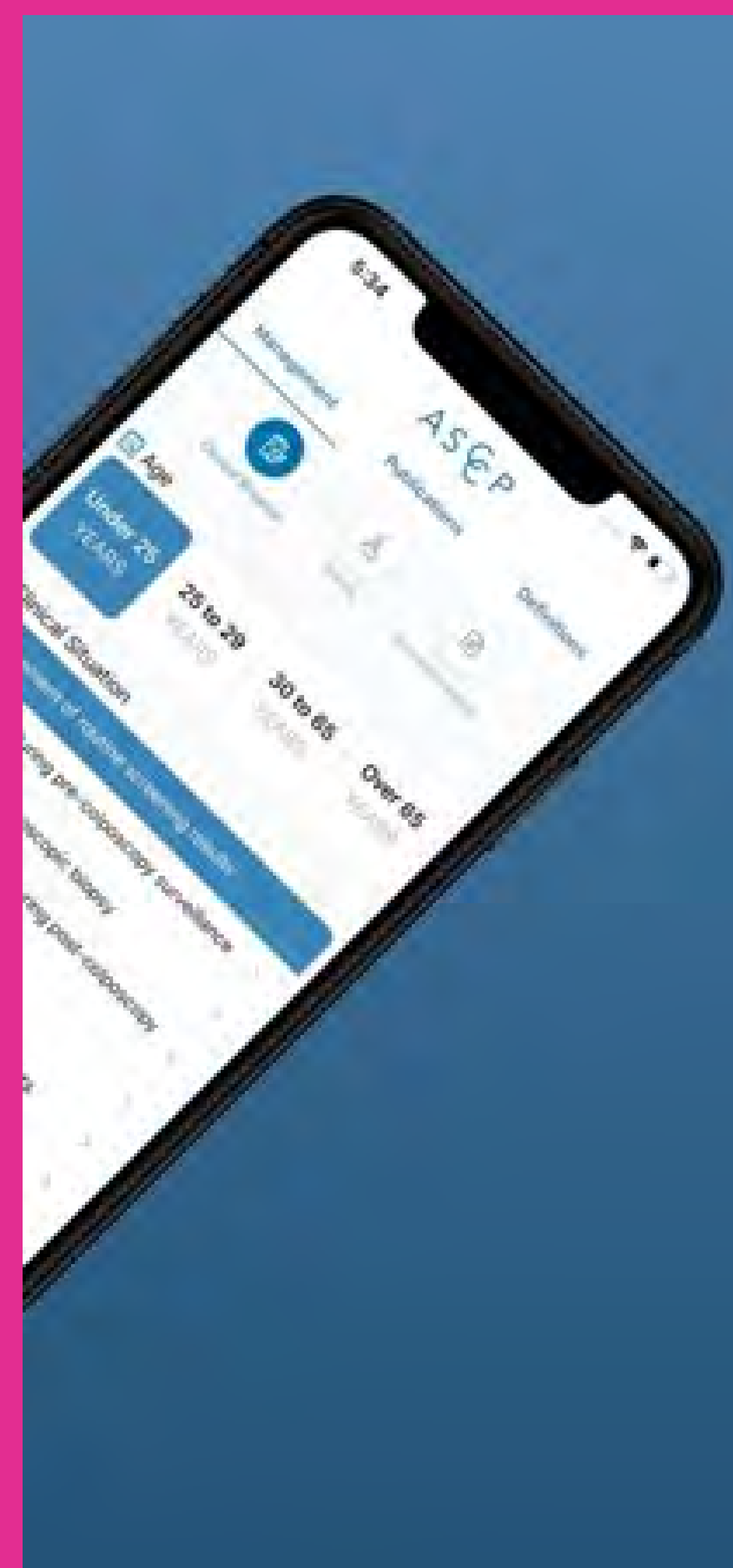
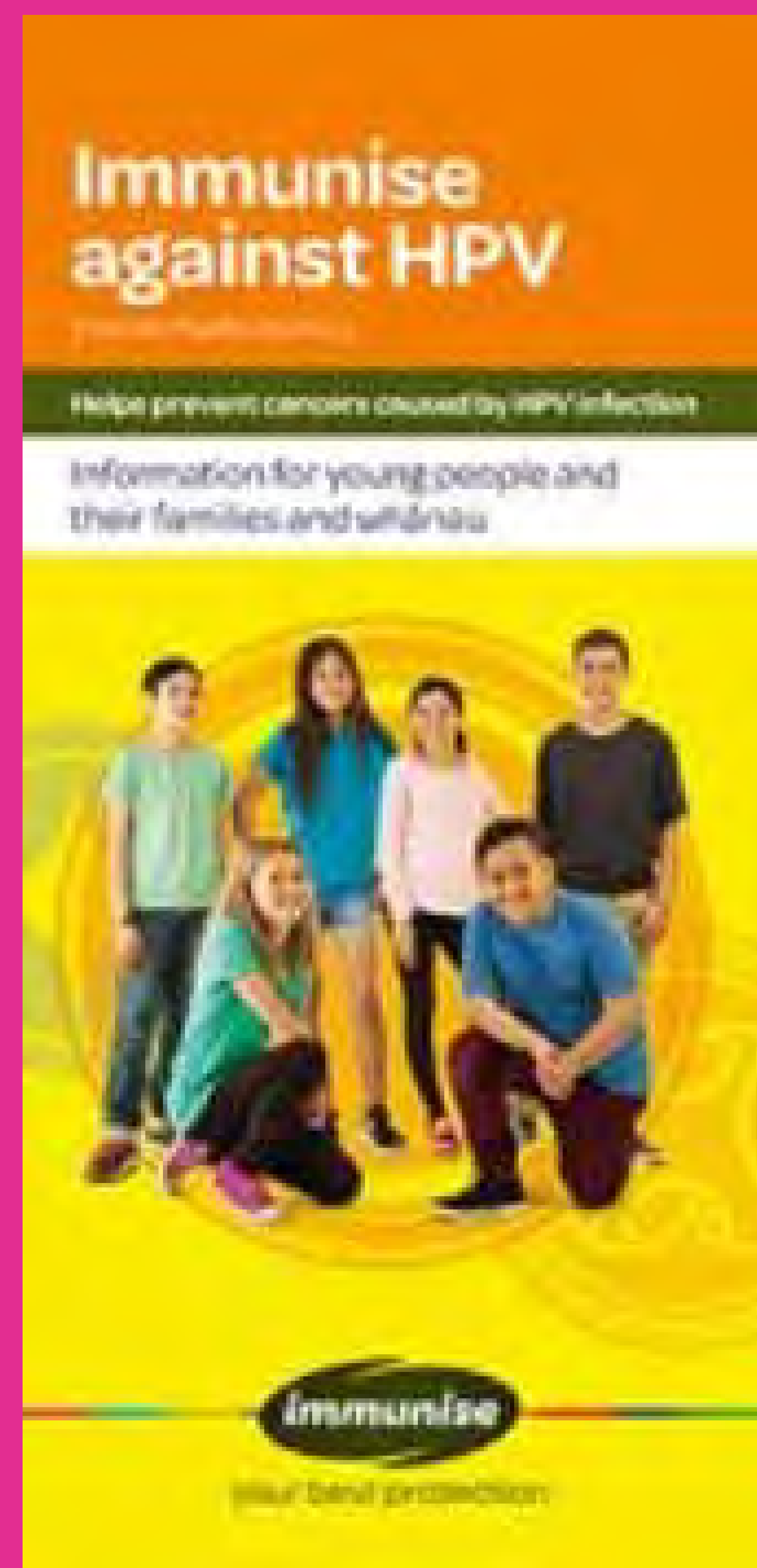
ASSESSMENT TOOL

The plan of care for HPV should be centered around early identification and prevention of infection in at risk populations, with special attention focused on children between the ages of 9 and 12. HPV can cause the growth of warts and masses on the infected individual's skin and certain strains of HPV, 16 and 18, can lead to deadly cervical cancers. Assessments of the skin around the vagina, penis, anus, inner linings of the nose, mouth and throat can help identify the early stages of HPV and allow for treatment to be started. Children in the age range of 9 through 12 should be administered the Gardasil 9 HPV vaccine which offers protection and immunization towards the cervical cancer-causing strains 16 and 18 as well as types 6, 11, 31, 33, 45, 52, and 58. Most healthcare plans will cover the vaccine with no charge if you are within the age range of 9-26, but if healthcare is not available then the price is between 400-500 dollars for the 3 series vaccine.

The use of condoms and, if desired, the avoidance of sexual encounters are ways you can reduce your risk of developing HPV.

Regular checkups and testing with your Gynecologist and other routine healthcare professionals can help with early detection of HPV and offer the care needed to stop the advancement of HPV.

Health Box Items



DEPRESSION IN AGES 21+

GROUP 53

MEDICINE:

ASSESS: All patients should be screened in any primary care setting.

PLAN: address underlying health conditions contributing to depression. Validate patients feelings.

IMPLEMENT: consult psychiatry to discuss cognitive behavioral therapy and pharmacologic management

DENTAL:

ASSESS: Many medications that treat depression can cause xerostomia, or dry mouth.

PLAN: Focus on patient motivation and start with smaller goals.

IMPLEMENT: Discuss saliva substitutes, like xylitol or biotene products

NURSING:

ASSESS: Suicide risk, inability to cope, sleep disturbances, fatigue, and social isolation.

PLAN: Focus on the phase of depression, symptoms, and personal goals toward treatment.

IMPLEMENT: Provide for the patient's physical needs, educate about depression, and stress the importance of medication compliance.

SPEECH-LANGUAGE PATHOLOGY:

ASSESS: Depression is common in patients with speech and language disorders due to affected QOL

PLAN: Assess QOL with ASHA Quality of Communication Life Scale

IMPLEMENT: Develop/implement goals to improve functional communication success

PUBLIC HEALTH:

ASSESS:Collect data to monitor depression in populations.

PLAN:Assess data and develop interventions accordingly. Involve local health departments.

IMPLEMENT:Use project management tools to implement effective programs that combat depression.

STATISTICS

- >**264 million** people suffer worldwide
- **LEADING** cause of disability in the world
- 17.1% of adults have had at least **one major depressive episode**
- Women are nearly **twice** as likely as men to have depression
- 18-25 age range has the **highest rate of major depressive** episodes at 14.4%
- Older adults over 50 had the **lowest rate of major depressive episodes at 4.5%**
- 11.5 million adults had a major depressive episode with **severe impairment** in the past year as of 2018.
- Severe depression among college students rose from **9.4% to 21.1%** from 2013 to 2018
- The rate of moderate to **severe** depression rose from 23.2% to 41.1% from 2007 to 2018.

RISK FACTORS

- **Family hx** of depression
- Major life changes, trauma, or stress
- Use of **depressant medications**
- Terminal illnesses
- **Comorbidities:** diabetes, cancer, heart disease, and Parkinson's disease

ASSESSMENTS

Assessment	Profession	Cost
Beck Depression Inventory (BDI)	Self-administered	\$146.10
The Patient Health Questionnaire- 9 (PHQ-9)	Self-administered	Free
Zung Self Rating Depression Scale	Self-administered	Free
Center for Epidemiologic Studies-Depression Scale (CES-D)	Self-administered	Free
Hamilton Rating Scale for Depression (HRSD)	Physician, Psychiatrist	Free

A TEAM BASED APPROACH

- Patients with depression benefit from a multidisciplinary team approach.
- Collaboration amongst health care professionals ensures high quality care.
- Involving the team in the patients care allows each of the members to care for the patient in a holistic way.

CHALLENGES

INCLUDE: financial/economic, societal and cultural perceptions related to mental health, medical specialization and expertise, pharmacologic interventions, health care literacy, and mental health effects on the physiologic functioning of the body.

- Stigma associated with mental health diagnoses
- Undiagnosed or missed diagnoses of mental health disorders, due to lack of expertise in and/or training for primary care providers
- Lack of mental health community resources in the lower socioeconomic neighborhoods
- Costs associated with pharmacologic interventions and mental health specialists
- Lack of communication among health care providers
- Impact of depression on chronic disease and functioning of the immune system

SOLUTIONS

1. Co-located primary care providers and mental health care specialists
2. Establish a health care model that provides screenings with a mental health care professional as part of a patient's annual wellness visit appointment
3. Cost savings due to the collaboration and/or co-location between mental health providers and primary care providers

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Sison, G., PharmD. (2021, January 21). Depression Statistics 2021. Retrieved March 20, 2021, from <https://www.singlecare.com/blog/news/depression-statistics/>

Williams, A. A. (2019). The next step in integrated care: Universal primary mental health providers. *Journal of Clinical Psychology in Medical Settings*, 27, 115-126. <https://doi.org/10.1007/s10880-019-09626-2>

Slide 2: comprehensive list of what you include in the [Health Box](#):

(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle).

Please include a comprehensive list of what you will include in your box, with links.

1. Mood Mission phone app <https://moodmission.com>

2. Fidget cube

https://www.wish.com/product/5dad0b8b112fc90075355fb6?hide_login_modal=true&from_ad=goog_shopping&_display_country_code=US&_force_currency_code=USD&pid=googleadwords_int&c=%7BcampaignId%7D&ad_cid=5dad0b8b112fc90075355fb6&ad_cc=US&ad_curr=USD&ad_price=3.89&campaign_id=7203534630&gclid=CjwKCAjw9MuCBhBUEiwAbDZ-7vHDmHtPWWckdTPPQaB0XJ-5jT1hfK449qbnzMlvzINUBXxypPOcEBoC7fkQAvD_BwE&share=web

3. list of crisis hotlines <https://www.pleaselive.org/hotlines/>

4. headphones for music

5. List of healthy foods for depression

<https://www.health.harvard.edu/blog/nutritional-psychiatry-your-brain-on-food-201511168626>

<https://www.sutterhealth.org/health/nutrition/eating-well-for-mental-health>

6. Healthy lifestyle resource for depression

<https://www.takingcharge.csh.umn.edu/what-lifestyle-changes-are-recommended-anxiety-and-depression>

Slide 3: Health Box

Prioritize 3-5 items to share during the presentation, include their images on this slide & explain why the team selected them.

Your team can be as visually creative as it would like to regarding this slide.



PRIMARY PREVENTION

Medicine

Assess - identification and management of depression; initiate referral to mental health specialists; Patient Health Questionnaire for Adolescents, the Beck Depression Inventory, Patient Health Questionnaire 9 and the Patient Health Questionnaire 2.

Ultimately, the diagnosis of MDD is made using the criteria outlined in the DSM-5

Education - mild-to-moderate depression may be managed with psychoeducation, family education, and psychotherapy. Psychoeducation is important for both the patient and the family, so everyone is aware of the treatment plan and goals.

Cost - \$50-200



Nursing

Assess - use the Beck Depression Inventory and the Assessment of potential suicide

Education - educate patient on different pharmacologic treatments, light therapy, different types of stimulations, non-drug therapies (e.g., exercise), psychotherapy, group therapy

Cost - \$103-106



Public Health

Assess - conduct wide range of observational research with a substantial cohort of subjects to find links between depressive symptoms and attributing factors

Education - call to action for local, state, or federal government to fund and implement aforementioned intervention based on efficacy; design and implement community interventions that give teens and their families a resource which they can use to mitigate and alleviate depressive symptoms

Cost - N/A



depression

UNDER 21 YEARS

Statistics:

- 3.2% of children aged 3-17 years (approximately 1.9 million) have diagnosed depression.
- Percent of emergency department visits with depression indicated on the medical record: 9.4%
- "Ever having been diagnosed with either anxiety or depression" among children aged 6-17 years increased from 5.4% in 2003 to 8% in 2007 and to 8.4% in 2011-2012.
- Nearly 8 in 10 children (78.1%) aged 3-17 years with depression received treatment.

Risk Factors:

- Biological risk factors - genetics, biochemical, alterations in hormonal regulation, inflammatory process, diathesis-stress model
- Psychological factors - learned helplessness
- Female gender
- Adverse childhood experiences
- Stressful life events (i.e., low socioeconomic status, physical abuse, emotional abuse, sexual abuse, family conflict, parental divorces, peer stress)
- First-degree family members with MDD
- Neuroticism
- Other disorders, such as substance use, anxiety, and personality disorders
- Chronic or disabling medical conditions

Demographics

- Often goes unrecognized in children and adolescents



Treatment:

- managed by mental health specialist
- focus on serious combinations of counseling, psychotherapy, family therapy, cognitive therapy, education, environmental improvement, and pharmacotherapy
- pharmacotherapy - tricyclic antidepressants, selective serotonin reuptake inhibitors

benefits

- **From patient perspective:** incorporation of a depression screening in an interprofessional annual wellness visit will allow the patient to be screened routinely (in which they would otherwise not be able to afford or are too ashamed/worried/humiliated to seek help)
- **From health care professional perspective:** increased rates of annual depression screenings resulted in earlier recognition/treatment to prevent risk for medical illnesses or risk for cognitive decline.



IPEC COMPETENCY CC8 REFLECTION

As part of a healthcare team, each career has its unique level of expertise in certain disciplines. By performing assessments unique to our fields, we can address diseases/conditions at multiple levels and at different depths. The disease that we are charged with caring for is Depression in Adolescents.

When we treat patients in our respective fields, we must assess the person from a holistic view. A lot of the time, we end up missing key influential factors when we zone in on only one aspect of a person's health. One's mental health may be seen as an independent factor; however, mental health has a huge role in one's overall health and motivation to care for oneself. By looking at our patients as "people" and not a single ailment, we can detect what ails them physically and mentally. By performing our respective assessments in our roles and being able to make a referral when needed, we can work collaboratively to not only take care of a patient's overall health but also get them help and treatment for their mental ailments. It is largely about recognizing that a patient might be going through depression, performing assessments specific to our fields or having a supportive role, and referring to a mental health specialist who is best equipped to help patients with depression. By doing so, we can get the patient's mind in a better place to be able to care for themselves and be motivated to seek medical treatment to live a happy, healthy lifestyle.

INTERPROFESSIONAL CHALLENGES

A possible challenge to implementing an interprofessional annual wellness visit could arise when trying to determine which medical professionals to involve in the plan of care. Considering the fact our patient suffers with depression, one could assume he will need a Psychiatrist and a Psychologist on the team for diagnoses and ongoing assessments. The patient will need pharmacy for medications, and even a speech language pathologist for cognition testing. Determining who else should be on the team and how to organize a visit would be challenging for anyone to accomplish alone. A solution to this problem could be as simple as having a good case manager to coordinate care and ensure all the proper health care professionals are on board. Having the appropriate providers as well as an organized plan will improve the health outcomes for the patient.

TEAM MEMBERS

Medicine - Casey Landreneau, Rachel Landrum, Nicholas LeBlanc

Dental - Patricia Pham, Miranda Walters

Nursing - Kayla Ridsdale, Joshua Toomey, Amanda Tran, Christine Tran

Physician Assistant - Jeremy Russell

Speech Language Pathology - Erika Selzer

Public Health - Eric Wharton

REFERENCES

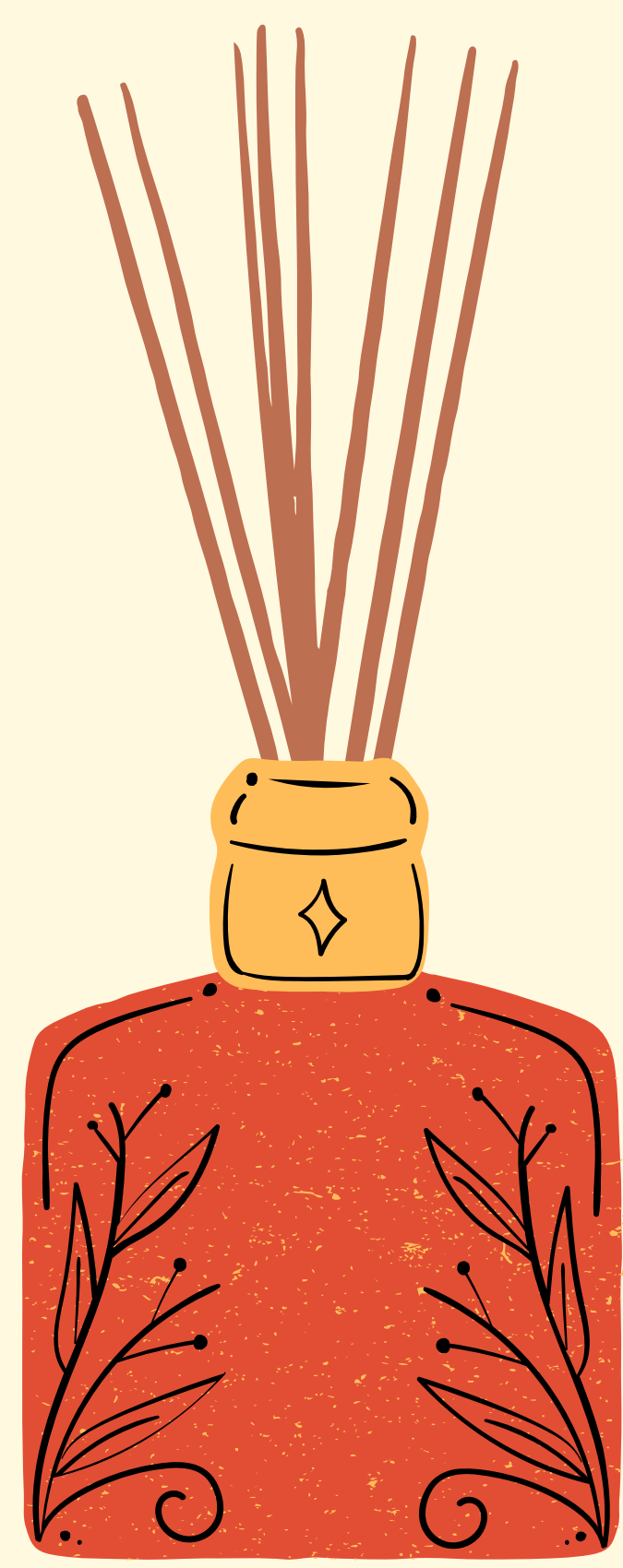
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McLaughlin K. A. (2011). The public health impact of major depression: a call for interdisciplinary prevention efforts. *Prevention science: the official journal of the Society for Prevention Research*, 12(4), 361-371.

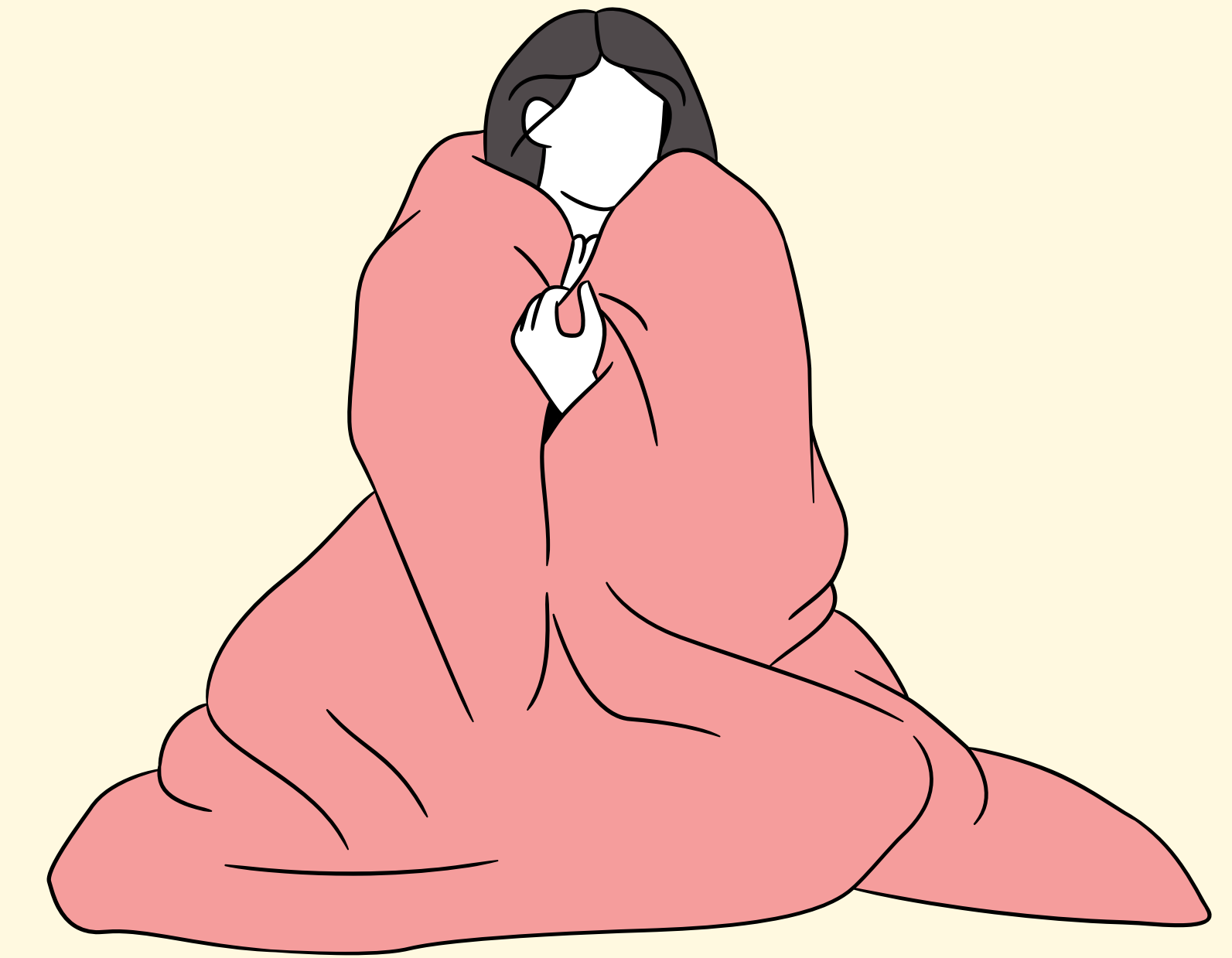
<https://www.cdc.gov/childrensmentalhealth/data.html>

SECONDARY PREVENTION

Dental, Occupational Therapy, Speech Language Pathology



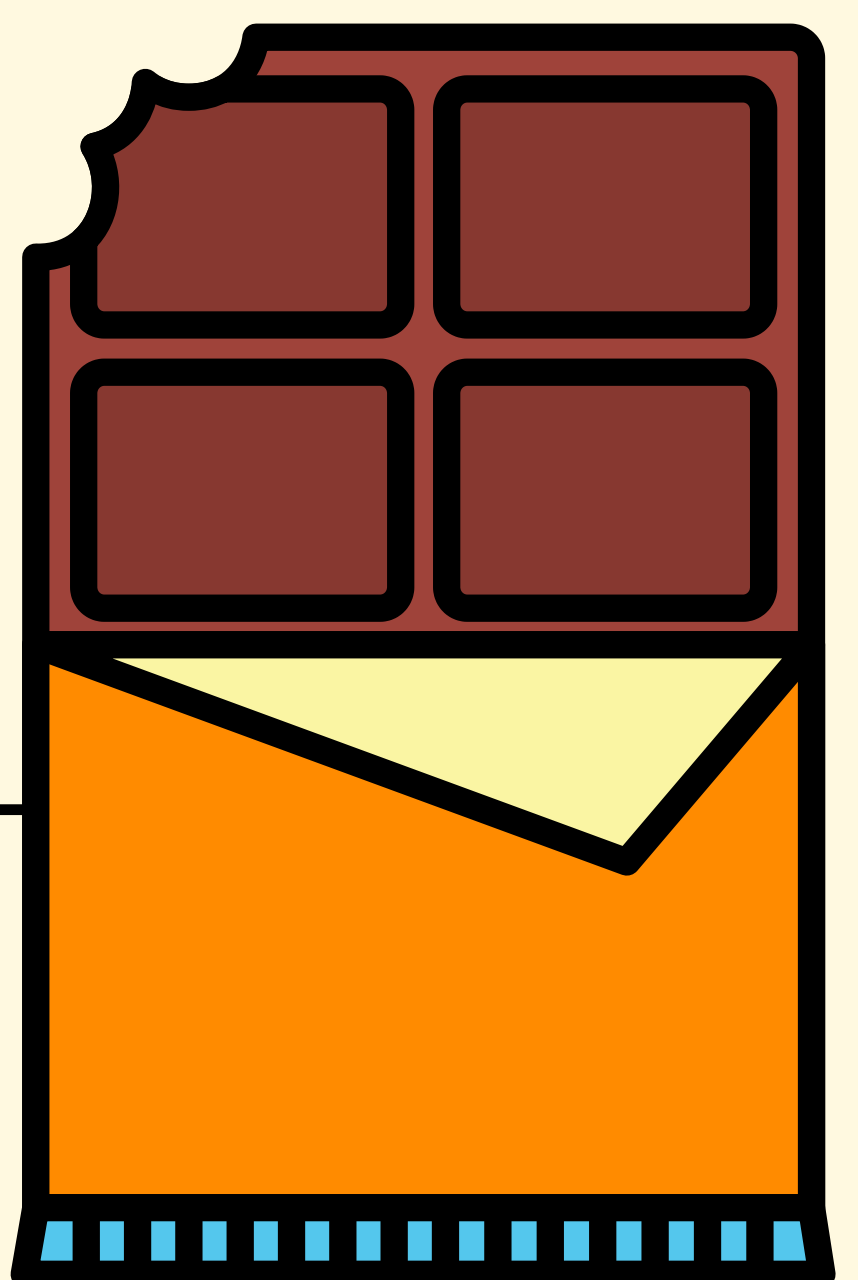
WHAT TO INCLUDE IN THE *health box*



- <https://www.mentalhelp.net/depression/psychotherapy-evidence-based-treatment/> - EBP
- EBP for older adults- <http://www.dmh.ms.gov/pdf/SAMHSA%20Toolkit.pdf>
- Diets that may help with depression- <https://www.webmd.com/depression/guide/diet-recovery>
- Weighted blanket
- Pill case
- Essential oils or aromatherapy
- Heating/ massage pad
- Candles
- Art supplies
- Omega-3 fatty acids - linked by scientific studies to the improvement of mental health including depression



- Stress ball
- Dark chocolate- dark chocolate is a good mood booster, as it enhances serotonin production
- Exercise options- <https://www.health.com/condition/depression/these-are-the-best-exercises-for-anxiety-and-depression>



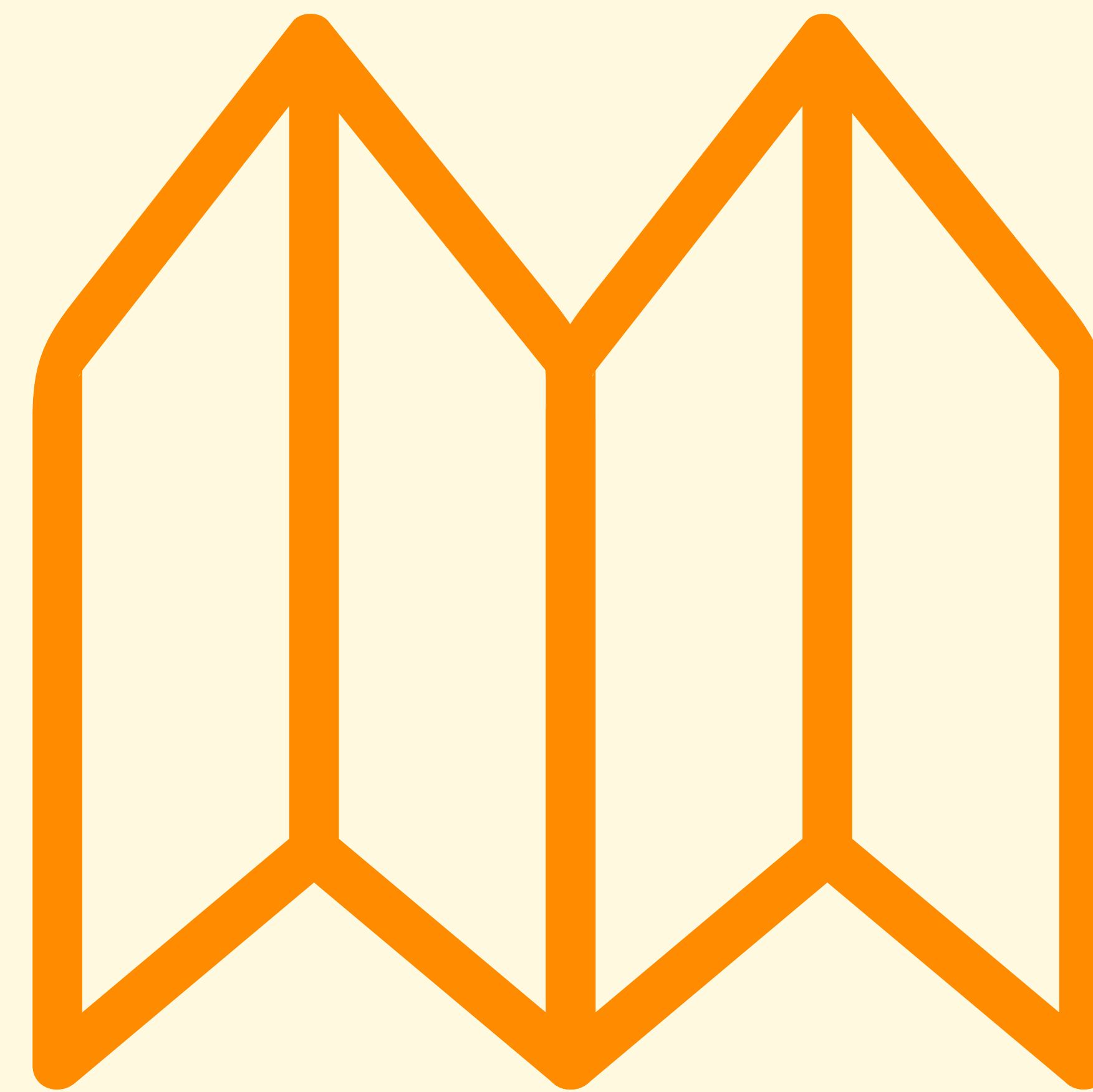
Omega-3 Fatty Acid Pills

- Found in fish and have been linked by scientific studies to the improvement of mental health including depression



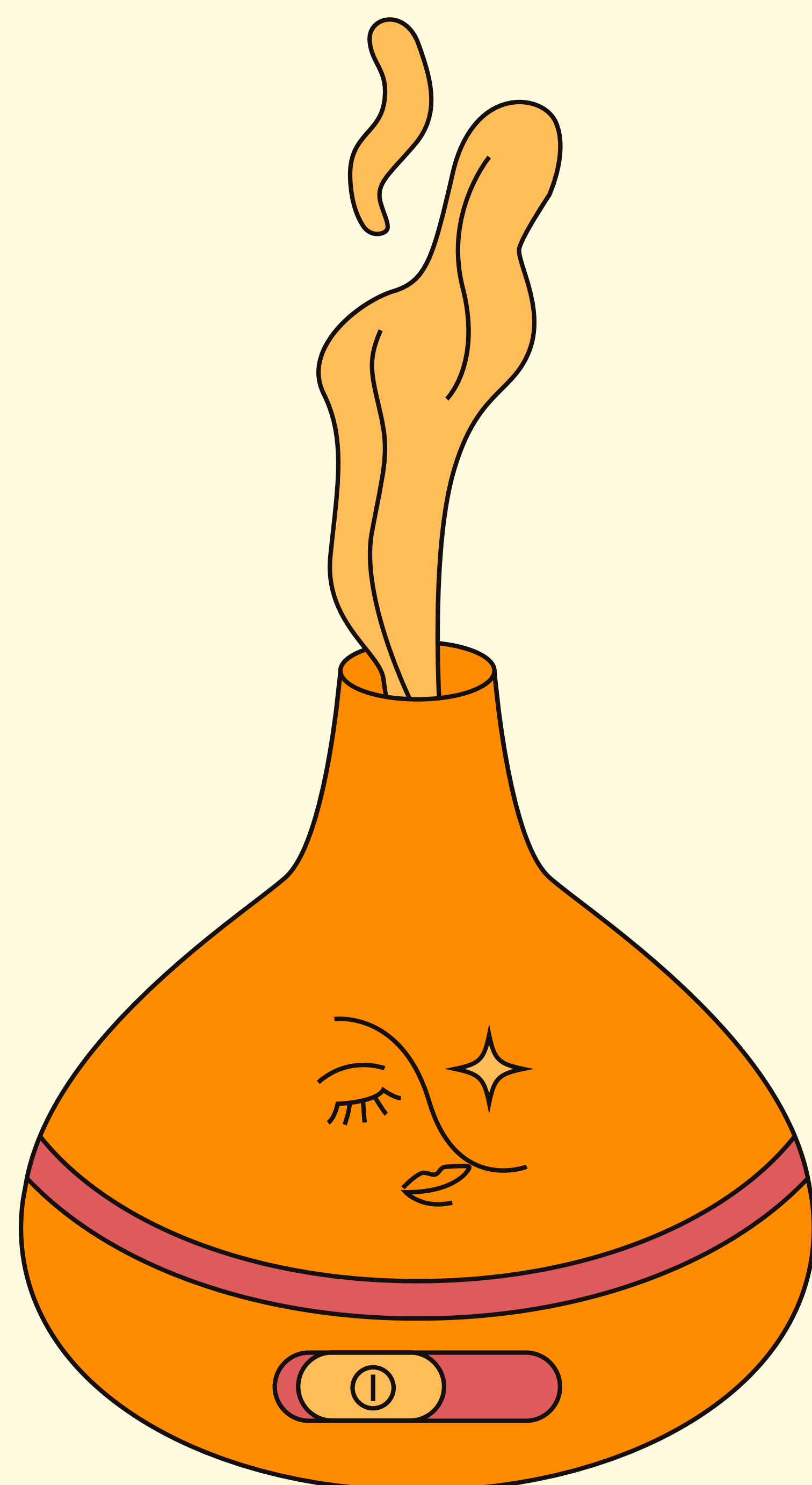
Tri-Fold Brochure

- Pamphlets go over the basics of depression including but not limited to the symptoms, possible causes, common drug side effects, depression hot lines, and commonly asked questions.



Essential oils

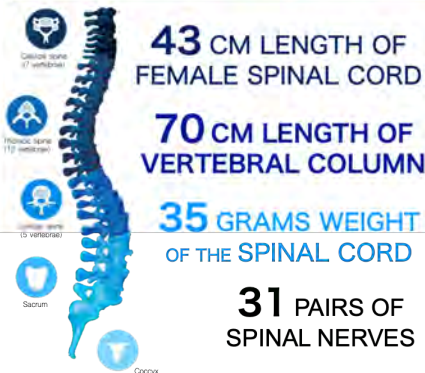
- Wild ginger essential oils - researchers found that stress-challenged mice that inhaled wild ginger oil experienced less stress. They also exhibited less depression-like behaviors. It's thought that the oil may activate the serotonergic system, which is a system of brain transmitters associated with depression
- Bergamot oil aromatherapy significantly reduced anxiety in patients awaiting outpatient surgery. Although depression and anxiety are different disorders, they often happen at the same time. Anxiety is also a possible complication of depression.





FACTS ABOUT THE HUMAN SPINE:

**13,500,000 NEURONS
IN THE SPINAL CORD**



SPINAL CORD INJURY IN FEMALES STATISTICS

CAUSES OF SCI



TYPES OF SCI



⚠ RISK FACTORS ⚠

- Being between the ages of 15 and 19
- Being older than 60
- Engaging in risky behavior → diving in shallow water, sports, motor vehicle crashes
- Having a bone or joint disorder
- Non-Hispanic whites are at higher risk



SPINAL CORD INJURY (SCI) IN FEMALES



SECONDARY PREVENTION ASSESSMENT TOOL

Profession	Assessment	CPT Code	Fee
Dentistry/Dental Hygiene	<ul style="list-style-type: none"> Due to the lack of hand dexterity when the location of the spinal cord injury is above thoracic vertebrae, dental hygienists increase the frequency of oral hygiene evaluation and dental cleaning. Dentists monitor the quality and quantity of saliva secretion and the caries risk every 3 to 4 months. 	D0120, D0145, D0150, D0180, D0330, D4341, D4908	\$50 - 200
Medicine	<ul style="list-style-type: none"> Neurologist/neurosurgeon for annual assessment of repair status to injured spinal cord and related peripheral nerves. CT scan. Orthopedist for potential surgical/non-surgical fixes to the spinal vertebrae or other physical accommodations that come with spinal cord injury motion challenges. Pain management physician assesses patient's pain and management strategy. Gastroenterologist for assessment of bowel dysfunction. Obstetrics and gynecology for gynecologic evaluation, contraceptives, and fertility planning 	99381-99387 (new patient eval) 99391-99397 (annual checkup) 99241 (Consult) 59400 (OB)	\$120 - 150 \$250 - 375 \$31.83 - 72.01
Nursing	<ul style="list-style-type: none"> Head-to-toe assessment including range of motion, reflexes, deep tendon function, and muscle tone; vital signs; and lab values including complete blood count (CBC) & comprehensive metabolic panel (CMP). Neurological and pain assessments including Brief Assessment of Cognition (BAC) & Glasgow Coma Scale (GCS). Psychosocial assessment including self-perception, emotional needs, grief over loss of function, and support system. Patient education about new medications and devices needed after discharge. Home assessment including physical support, safety, and transportation needs. 	Services incident to MD, PA, NP	\$7.77 \$10.56
Physician Assistant	<ul style="list-style-type: none"> Primary Care PA for annual screenings for diet, exercise, depression, and other age-appropriate screenings such as osteoporosis and mammograms. Primary Care PA's can also assess and treat for potential SCI-related UTI's and bowel dysfunction. Women's Health PA for contraceptives and fertility planning. 	99385, 99386, 99387	\$80 - 100
Public Health	<ul style="list-style-type: none"> Coordination of healthcare services as per recommendation by the physician. Education and awareness on SCI prevalence data and prevention strategy. Assessment of potential risk factors like age, sex, race, profession, and location. Introducing to support groups, Facebook groups, twitter, and activities group dedicated to SCI. Assessment of insurance coverage for medical supply and services. 	N/A	N/A
Speech Pathology	<ul style="list-style-type: none"> Depending on the location of the spinal cord injury and the patient's concerns, a comprehensive motor speech evaluation, clinical swallow examination or voice evaluation could be conducted. 	92521, 92522	\$45
Consultants outside our team	<ul style="list-style-type: none"> Physiotherapy → assessment of muscle strength, sensation, muscle tone, reflexes, joint range of movement, balance, activity, pain, general mobility, gait, and upper limb and hand function. Occupational therapy → Activity of Daily Living (ADL) and personal care assessment. Respiratory Therapy → comprehensive respiratory examination, and cardiovascular fitness tests. Dietician → nutritional assessment, dietary education and counselling, and dietary treatment and management. Psychology/Neuropsychology → assessment of cognitive, perceptual, and emotional/behavioral problems. 	97161 97165 94010, 94060, 94150 97802 96130, 96131	\$85 \$189.81 \$26 \$32.92 \$155.44

Benefit of an Interprofessional Assessment

PATIENT BENEFITS

Prevent polypharmacy and preventable side effects.
Don't get asked the same questions from every health professional you see.



HEALTH PROFESSIONAL BENEFITS

Aware of the patient's treatment regimen which allows the health professional to be aware of not only their treatment history across multiple disciplines, but also what has worked for the patient and what has not.



Team #: 55

Potential Challenges and Solutions

CHALLENGE:

The lack of an appropriate mechanism to communicate and share information confidentially between all the patient's healthcare providers.



SOLUTION:

Design an electronic record system that allows all healthcare providers, but specifically only the providers caring for the patient, a means to communicate and share important patient information.



IPEC CC8

Interprofessional communication is fundamentally important to provide quality patient centered care. The combination of each profession's expertise and assessment helps determine the best course of action for the patient. A collaborative healthcare team greatly prevents the chance of medication errors, improves patient experience, and improves patient care and outcomes — all of which can reduce healthcare costs.



TEAM MEMBERS

Dental Hygiene: Kori Pinell

Dentistry: Manqi Wang

Medicine: Karla Martin & Jeffrey Mauras

Nursing: Elizabeth Rosenthal, Celia Travers, Rachel Tregre, Katherine Treuting, & Katherine Triche

Physician Assistant: Jeanne Steyer

Public Health: Naina Singh

Speech Pathology: Paige Thompson

REFERENCES

- http://sci.washington.edu/info/forums/reports/women_sci.asp
- https://www.physio-pedia.com/Interdisciplinary_Management_in_Spinal_Cord_Injury#:~:text=note%3A4-6
- https://www.physio-pedia.com/Assessment_of_Spinal_Cord_Injury
- <https://trauma.reach.vic.gov.au/guidelines/spinal-trauma/early-rapid-neurological-assessment>
- <https://www.sci-info-pages.com/spinal-cord-injury-facts-and-statistics/>
- https://samples.ibpub.com/9780763766542/41764_TrullioLondrigan_Appendix.pdf

Slide 2: comprehensive list of what you include in the Health Box:

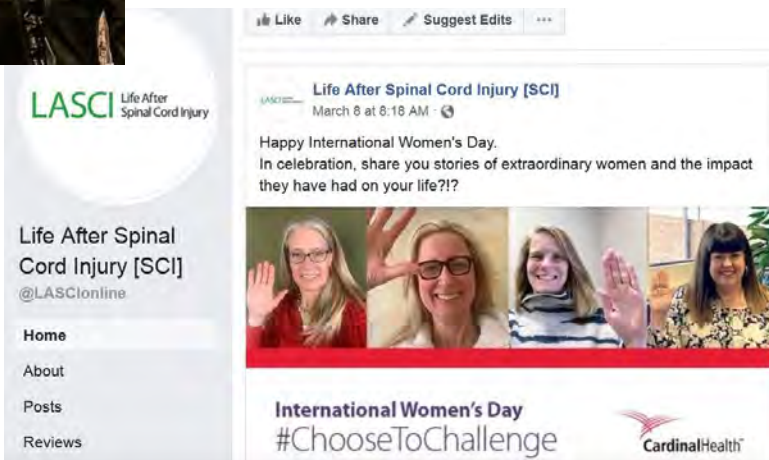
(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle). Please include a comprehensive list of what you will include in your box, with links.

1. Basic cleanliness items (all areas of the body) + information for caregiver on proper hygiene: [A Caregiver's Guide to Personal Hygiene - The Care Issue \(jaga-me.com\)](#)
2. Easy to chew food ideas/recipes: [2019EasyToChewEasyToSwallowFoodIdeas.indd \(bccancer.bc.ca\)](#)
3. Public transportation options in the area: [Your Guide to Non-Emergency Medical Transportation — Snug Safety](#)
4. Oral Care assistance for caregivers: [Dental Care Everyday - A Caregiver's Guide \(nih.gov\)](#)
5. Oral hygiene aids (electric toothbrush, toothbrush grips, floss holder, Waterpik, FL rinse/toothpaste) + information on how to use them for people with limited dexterity: [Cavity Prevention for Dexterity Challenged People : 6 Steps - Instructables](#)
6. Dental care cost assistance information: [Finding Low-Cost Dental Care \(nih.gov\)](#)
7. A guide to exercises with a set of resistance bands: [The Ultimate Full-Body Home Exercise Program for Spinal Cord Injury \(flintrehab.com\)](#)
8. Vitamins to assist in nutrition: [Vitamins for Spinal Cord Injury: Are You Taking These 7 Essentials? \(flintrehab.com\)](#)
9. A list with contact information for different members of the patient's care team for easy access provided by the doctor's office (no link)
10. Link to support groups and Facebook page: [www.180medical.com](#), [https://unitedspinal.org/group/new-orleans-spinal-cord-injury-support-group/](#)
11. Link to updated social events and activities like handcycling race. [http://www.samaritanactsneworleans.org/adaptive-sportsinclusive-recreation.html](#)
12. Spinal cord awareness month September, updated statistics and resources can be accessed on [unitedspinal.org](#) (United Spinal Association).
13. City specific wheelchair friendly sites and activities. [https://www.neworleans.com/plan/accessibility/wheelchair-friendly-guide-to-new-orleans/](#)
14. WheelMate App: information on securing wheelchair accessible parking and clean public toilets designed for handicapped individuals [WheelMate™ on the App Store \(apple.com\)](#)
15. Information on caregiver burnout (help to get help plus prevention tips): [Caregiver Stress and Burnout \(helpguide.org\)](#)
16. Information on Fertility through the United Spinal Association: [https://askus-resource-center.unitedspinal.org/index.php?pg=kb.page&id=1586](#)
17. Sexual Function Resource: [https://craighospital.org/resources/sexual-function-for-women-after-spinal-cord-injury](#)



There are many local stores that carry mobility equipment meant to serve any need of someone in a wheelchair. Examples of equipment include wheelchairs, exercise bands, and wheelchair gloves. Exercise bands give these people the chance to work out their arms. Stores specifically for mobility equipment include Mr. Wheelchair and Total Access Mobility Services, whereas national chains such as Walmart and Walgreens also carry mobility equipment. This information is important to share because it is relevant to the patient. It is important to know where to buy necessities. Due to Walmart being a chain, it allows these people easy access to obtain these items.

As a local or tourist, information regarding wheelchair-accessible sites is important. This information can come from neworleans.com, the Wheel-Mate app, and many more. Being able to do things with loved ones such as visit the WWII Museum or St. Louis Cathedral in Jackson Square promote better quality of life. Being wheelchair-bound should not exempt a person from being able to view all life has to offer.



Emotional support is essential in promoting the wellbeing of anyone, especially someone with disabilities. Resources such as New Orleans Spinal Cord Injury Support Group, Facebook groups such as Life After Spinal Cord Injury, and even Touro hospital, are there for individuals with spinal cord injuries, their families, and their caregivers to be a part of a community of people who understand what they are going through and to provide motivation and support.

Chronic Obstructive Pulmonary Disorder

THE BURDEN

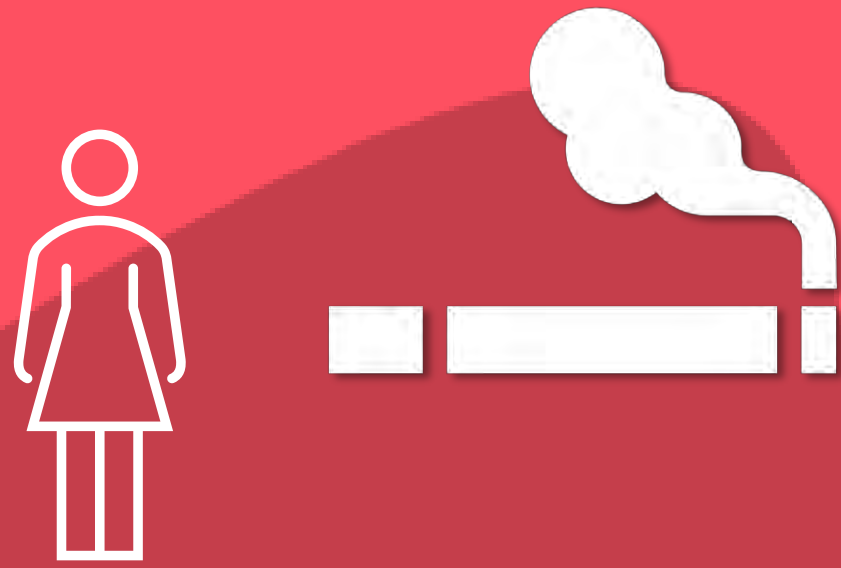
Incidence

12.7 million adults >18 in the US
3rd leading cause of death in the US



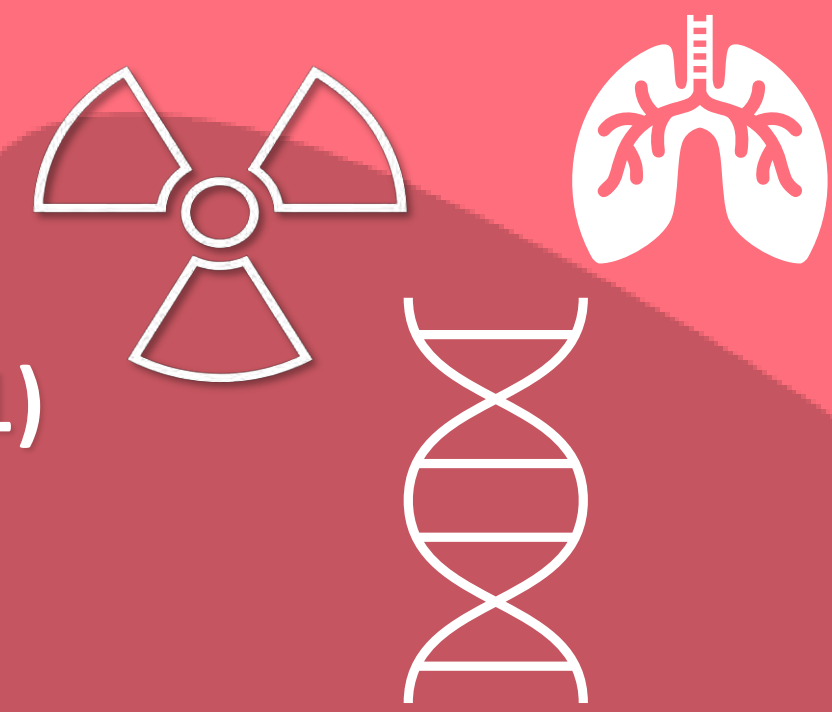
Demographics

Adults >40 years
Smokers
Increasing in Women



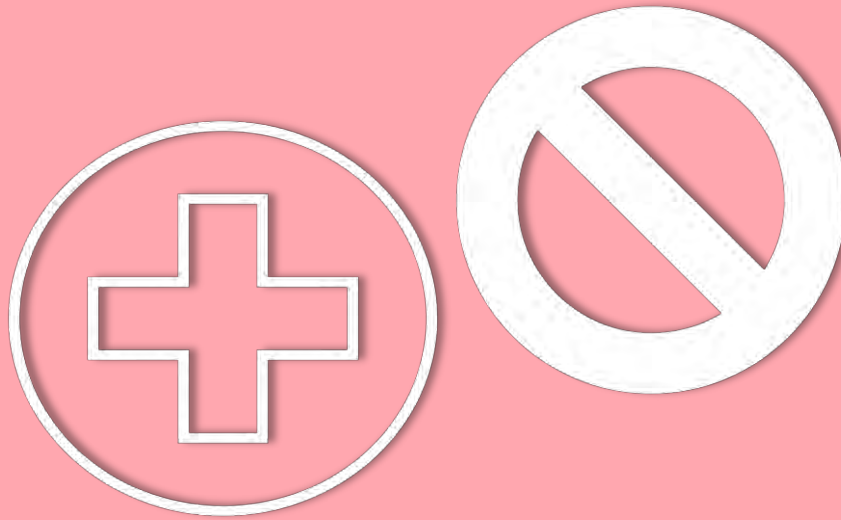
Risk Factors

Smoking (80-90%)
Genetic Factor (Alpha-1)
Daily Air Environment



Preventable?

Early Smoking Education
Be Aware of Air



CHALLENGES

Many patients work with several medical providers and may have trouble keeping track of who is who.

Potential solutions->
An essential step for patients & providers is to organize a list of past, present, & current providers including pharmacies & medical equipment providers so everyone is on the same

page. Another solution is a patient portal system. The system would track all upcoming & past appointments along with recommending when a checkup or vaccination is due

BENEFITS

For Patients->
Keeps the patient up to date on their health state from various perspectives, increases early detection

rates, increases patient satisfaction that various health needs/ concerns can be met from one visit, and increases patient education opportunities.

For Providers-> different perspectives. It decreases the likelihood of errors with multiple professions looking at the same issues, and it may offer various treatment suggestions from

45 MINUTE ASSESSMENT TOOL

MEDICINE

- Assessment/Diagnostic:
 - family, occupational, and smoking histories
 - full physical exam
 - Order and interpret pulmonary function tests
 - Order and review chest imaging
 - Disease progression and severity grading based off CAT, MMRC, GOLD Assessment, NICE Assessment
- Treatment/Secondary Prevention:
- Case and care management
 - COPD Action Plan (AAFP)
 - Smoking education and cessation counseling
 - Prescribe pharmacotherapy
 - Prescribe long term oxygen therapy
 - Pulmonary rehabilitation referral

NURSING

- Assessment:
 - Observe and record functional health patterns
 - Smoking cessation readiness
 - Activities and abilities
 - Documentation of patient information
 - Family & Social Histories
- Treatment/Secondary Prevention:
 - Medication administration
 - Education
 - Disease education
 - Medication education/device usage
 - Lifestyle modifications
 - Trigger avoidance
 - Smoking cessation techniques
 - Vaccination administration
 - Influenza & Pneumococcal

RESPIRATORY THERAPY

- Assessment:
 - Assess patient, family, occupational, and smoking histories
 - Cardiopulmonary physical exam
 - Perform pulmonary function testing
 - Perform 6 Minute Walk Distance Test
- Treatment/Secondary Prevention:
 - Ventilatory Management
 - Oxygen administration and management
 - Medication administration
 - Manage pulmonary rehabilitation
 - Provide chest physiotherapy/airway clearance therapy
 - Education
 - Disease education
 - Chronic bronchitis vs. Emphysema vs. Combination
 - Home care - oxygen/equipment education

DENTAL & HYGIENE

- Assessment:
 - Oral, head, & neck cancer screening
 - Periodontal disease screening
 - Dental Caries screening
- Treatment/Secondary Prevention:
 - Smoking cessation techniques and oral education
 - Treatment of any periodontal disease or caries detected during screening process

We recommend speech pathology joining the patient care team if there is a concern of speech/voice/swallowing problems. Additional professions we feel could be utilized as needed are dietetics, physical therapy, occupational therapy, social work, and psychology.

MEET OUR TEAM

Medical: Madelyn Peavy, Thien-Huong Pham, George Rees
Nursing: Olivia Trosclair, Sarah Trosclair, Jenna Verges, Ana Valladares
RT: Rebecca Rousselle
Dental: Riley Reynolds, Antoinette Watson
SLP: Jena Vizzini

CPT CODES AND COST

<u>Medical:</u>	Outpatient visit:	99204 \$97
	Smoking cessation:	99407 \$22
<u>Nursing:</u>	Services incident to MD, PA, NP	
<u>RT:</u>	COPD w/ acute exacerbation	491.21
	Ventilation & management	94001 \$62
	Pulmonary Function Tests:	94010 \$21
		94726 \$35
		94729 \$34
	Smoking Cessation	99407 \$22
	Pulmonary Rehab:	G0424 \$53
<u>Dental:</u>	Comp Oral Examination	D0150 \$47

IPEC SUBCOMPETENCY C08

To provide patient-centered care utilizing a multidisciplinary approach, each member of our team contributed to the production of a comprehensive, collaborative assessment tool. We discovered that interprofessional teamwork is essential in providing high quality, well-rounded care to patients. This was especially proven true regarding the evaluation of a patient with COPD.

Given the potentially broad presentation of symptoms associated with this disease, each professional carried out an important role in creating a complete assessment. Our team has developed a deeper appreciation for team-based work within a healthcare setting and strengthened our knowledge of how each profession offers different perspectives and thoughts during the evaluation process.

RESOURCES

Kuzma, AM, Meli, Y, Meldrum, C, et al. Multidisciplinary care of the patient with chronic obstructive pulmonary disease. *Proceedings of the American Thoracic Society*. 2008, 5(4): 567-571. doi:10.1513/pats.200708-125et

Am Fam Physician. 2017 Apr 1;95(7):433-441.

Lewis, S. L., Bucher, L., Heitkemper, M. M., Harding, M. M., Kwong, J., & Roberts, D. (2017). *Medical-Surgical Nursing: Assessment and Management of Clinical Problems* (10th ed.). St. Louis, MO: Elsevier

Health Box for COPD

- **Disease Education:**

- [ALA Facts about COPD](#)
- [The What's COPD Foundation](#)
- [Nutrition & Pulmonary Disease](#)

- **Smoking Cessation:**

- [EGJH Smoking Cessation](#)
- [LA Smoking Cessation Trust](#)
- [Inside look at Quitting Smoking](#)
- [Smokefree.gov](#)
- [Nicotine Replacement Therapy](#)
- [Smokefree Text Messaging](#)
- [QuitSTART App](#)

- **Lifestyle Modifications:**

- [Valved holding chamber](#)
- [Threshold IMT](#)
- [Pocket PEP](#)
- [MDI How to Use](#)
- [Pursed Lip Breathing](#)
- [Diaphragmatic Breathing](#)
- [When you can't Breathe](#)
- [Controlled Coughing](#)

- **Rehabilitation:**

- [EJGH Pulmonary Rehab](#)
- [Tulane Pulmonary Rehab](#)
- [Better Breathers Club](#)

Top 5 Items

1. Louisiana Smoking Cessation Trust

If you're a Louisiana resident and smoked a cigarette before September 1, 1988, we can help you quit. You qualify for cessation services, support and medication—at no cost to you.

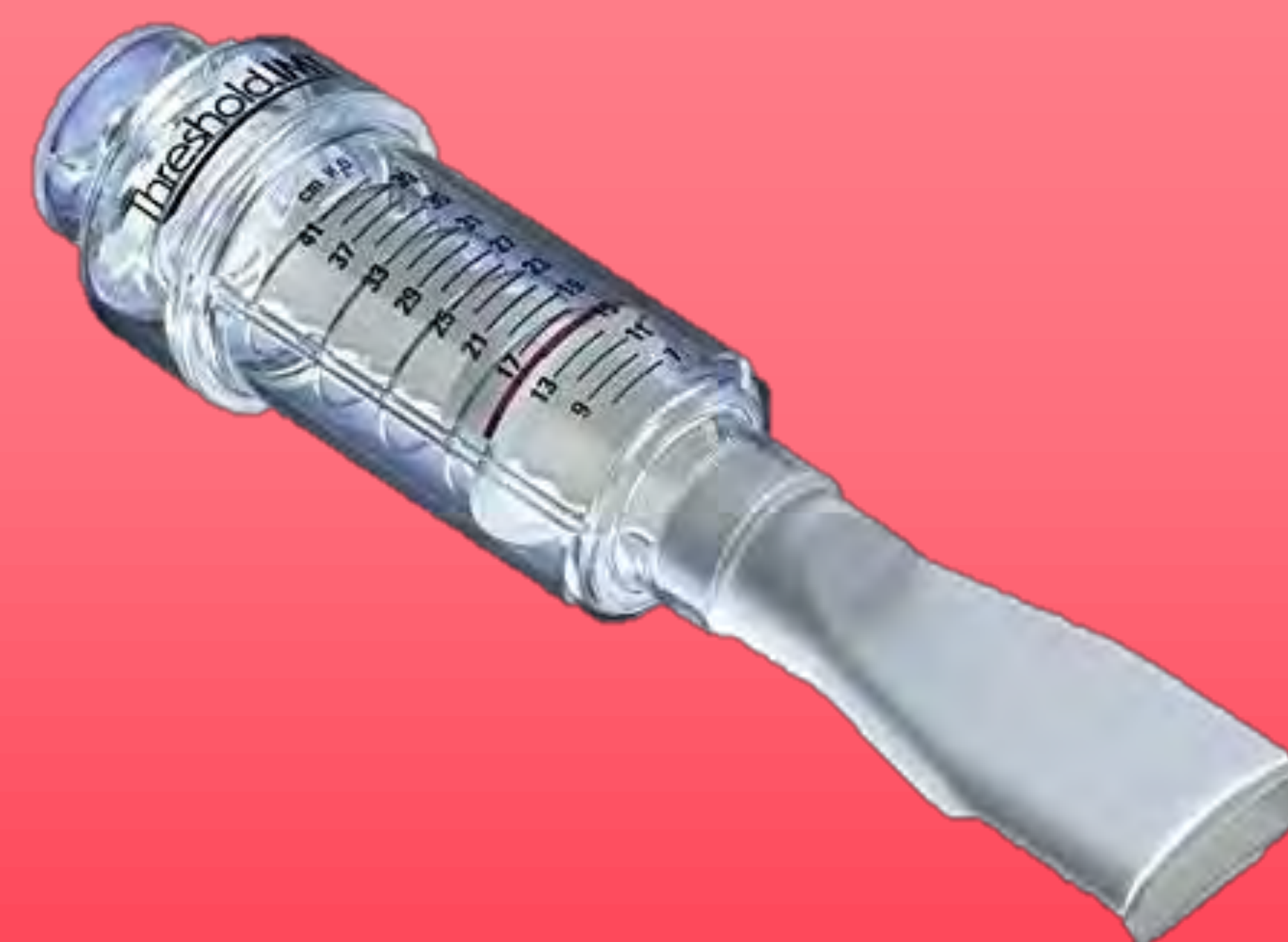
2. Better Breathers Club



3. AeroChamber Valve Holding Chamber



4. Inspiratory Muscle Trainer



5. Pocket PEP



CYSTIC FIBROSIS

Cystic fibrosis is a progressive, genetic disease that causes persistent lung infections and limits the ability to breathe overtime.

INCIDENCE

More than 30,000 people are living with cystic fibrosis (more than 70,000 worldwide). Approximately 1,000 new cases of CF are diagnosed each year.



DEMOGRAPHICS

- This disease occurs in 1 in 2,500 to 3,500 white newborns.
- Cystic fibrosis is less common in other ethnic groups, affecting 1 in 17,000 African Americans and 1 in 31,000 Asian Americans

RISK FACTORS

A person is at high risk for having cystic fibrosis if one or both parents is a carrier of a mutated CFTR gene or has cystic fibrosis.

A person is also at higher risk if a sibling, half - sibling or first cousin has cystic fibrosis.

References:

- About Cystic Fibrosis. CF Foundation. <https://www.cff.org/What-is-CF/About-Cystic-Fibrosis/>.
- U.S Department of Health and Human Services. Cystic Fibrosis. National Heart Lung and Blood Institute. <https://www.nhlbi.nih.gov/health-topics/cystic-fibrosis>.
- U.S. National Library of Medicine. (2020, August 18). Cystic fibrosis: MedlinePlus. <https://medlineplus.gov/genetics/condition/cystic-fibrosis/#frequency>.
- Medication Fee Schedule: lamedicaid.com

MANAGING CYSTIC FIBROSIS IN ADULT PATIENTS

Annual Wellness Visit

Team Member	Assessments	Codes	Cost
Medicine	Physician's Office Visit	99212	\$204.15
	Psychological Testing	96136	
	Prescription Management	90863	
	*Chest X-ray	71046	
	*Prenatal/Postpartum Counseling	99204 TH	
Nursing	Immunizations	90756	\$219.12
	Labs:	91300	
	Vitamins A, D, E	80050	
	General Health Panel	84590	
	Glucose Tolerance Test	82306	
	Health Behavior Assessment	84446	
	BMI	82951	
	Vital Signs	96156	
	*Family Counseling	90847	
Respiratory therapy	Microbial Sputum Cultures	89220	\$100.93
	Spirometry	87070	
	Respiratory Stress Test	87076	
		87116	
		87187	
		94010	
Occupational Therapy	Evaluation	97750	\$76.85
	Physical Performance Test	97166	
Speech & Language Pathology	Evaluate Swallowing Function	92610	\$112.39
	Evaluate Speech Production	92522	
Dental	Comprehensive Dental Exam	D0150	\$107.86
	Oral Radiographs	D0210	
Dietetics	Individual Medical Nutrition	97802	\$20.08
Genetics	*Genetic testing: cytogenetics	81220	\$304.19
	DNA probe	88271	
	CFTR testing		

Total Visit Cost: \$1145.57 (\$651.79 w/o extra assessments)

Benefits

→ Patient Perspective:

- ◆ The interprofessional collaboration of all health care team members will allow for patients to get individualized care and avoid unnecessary tests that would create further stress for the patient.
- ◆ This will allow the patient to receive multiple resources for education on how to manage their health more efficiently.

→ Health Professional Perspective:

- ◆ Increased collaboration of health care team members will create a more productive work environment.
- ◆ The interprofessional team can develop the best treatment plan working together, thus improving patient outcomes.

Meet the Healthcare Team

Dentistry: Catherine Weber

Dental Hygiene: Kaylee Roussel

Medicine: Jonah Rittenberry, Lacey Rogers, Sarah Saunier

Nursing: Tre' Dorsey, Katelyn Stanich, Hannah Victor

Occupational Therapy: Elizabeth Soileau

Respiratory Therapy: Lauren Smith

Speech and Language Pathology: Shea Moreau

Implementation Strategy

- At initial visit with patient, primary care physician makes sure to obtain previous health records, provides patient with health box, and completes history and physical exam.
- Subsequent visits will ensure that patient is seeing all members of their healthcare team, meeting their wellness goals, and achieving symptom management

Challenge:

- ❑ There is no cure for cystic fibrosis; therefore, ongoing, interprofessional wellness visits will be required throughout the patient's lifespan.
- ❑ As the patient grows older, more professionals may become a member of their team, the patient may move to a different state, professionals may retire, etc.
- ❑ There are a number of ever changing parts as the patient continues to grow older that may challenge professionals to maintain proper communication with other disciplines which may negatively impact the patient from receiving the best care possible.

Solution:

- ❑ Thorough documentation to ensure proper communication among professionals on the healthcare team.
- ❑ Encourage and remind the individual to seek out the documentation of the additional professionals on the patient's healthcare team.
- ❑ Collaboration between professionals prior to the visit (email, note reading, phone call) to have a better idea of the patient's current status and ensure that our own recommendations are in line with the rest of the team.

Sub-Competency CC8:

In patient-centered care for populations with chronic disease, teamwork among health professionals is often the difference between life and early death for vulnerable patients. Effective communication among healthcare team members and their patients is paramount for improving patient quality of life and achieving effective management of their chronic disease.

Health Box Contents

1. Exercise Routine Tailored for Someone with CF and Resistance Bands

<https://www.cff.org/Life-With-CF/Daily-Life/Fitness-and-Nutrition/Fitness/Creating-a-Fitness-Plan-That-Works-for-You/>

<https://www.amazon.com/Fit-Simplify-Resistance-Stretching-Flexbands/dp/B0875JW9TF>

- a. Dynamic activity of moderate intensity- walking, jogging, swimming, dancing, etc.
- b. Resistance Exercise- free weights, weight machines, rubber exercise bands, etc

2. Water Bottle

https://www.amazon.com/Elvira-Motivational-Removable-Leakproof-Non-Toxic-Grape/dp/B08GHTV5V3/ref=sr_1_5?dchil_d=1&keywords=water+bottle&qid=1616362302&s=sporting-goods&sr=1-5

3. List of Best Foods to Eat with Cystic Fibrosis

<https://www.medicalnewstoday.com/articles/326511#vegetables>

4. Know your mutation infographic

<https://www.cff.org/Care/Clinician-Resources/Network-News/August-2017/Know-Your-CFTR-Mutations.pdf>

5. Sanitary Practices Information Card

<https://www.cff.org/Life-With-CF/Daily-Life/Germs-and-Staying-Healthy/IPC-Passport-Card.pdf>

6. Support groups to help manage difficulties and mental health issues that may accompany CF

www.cff.org

7. Maintaining your oral health with CF (information cards)

a. Increase fluoride intake <https://www.mouthhealthy.org/en/fluoride-superhero>

- i. Recommend rinsing with xylitol product after consuming drink/snack with sugar.

<https://www.ralphs.com/p/epic-dental-dental-xylitol-mouthwash-spearmint/0089841400110>

b. How to control dry mouth <https://www.nidcr.nih.gov/sites/default/files/2019-06/dry-mouth.pdf>

c. Tobacco smoking <https://cystic-fibrosis.com/smoking-vs-secondhand-smoke>

RESISTANCE BAND WORKOUTS

UPPER BODY



CORE



BACK



LOWER BODY



TOTAL BODY



QUICKFITPOSTERS.COM

Consult a physician before beginning any exercise program. Properly hydrate and warm up or stretch before physical activity. If you experience any feeling of dizziness while exercising please stop activity immediately. © 2019 Fitness



MY NAME:

MY CF CARE CENTER CONTACT:

CF CARE CENTER PHONE:



cff.org/GermSmart

I HAVE CYSTIC FIBROSIS.

To reduce the risk of me getting and spreading germs from others who have CF or an active infection, please:

- Escort me to a private room as soon as possible
- Provide me with a surgical mask
- Wash or sanitize your hands before and after contact
- Follow contact precautions (wear gown and gloves)
- Clean all surfaces before and after contact

SMOKING & ORAL HEALTH

7 DANGERS OF SMOKING FOR ORAL HEALTH

1. HIGHER ORAL CANCER RISK



Smoking and/or other tobacco use are the leading causes of oral cancer.

2. GUM DISEASE AND BONE LOSS



Periodontal disease is common in smokers and eventually leads to lost teeth and bone as the inflammation and infection spread.

3. CAVITIES



More nicotine use and breathing dry air through the mouth both increase the likelihood of tooth decay.

4. YELLOW TEETH



Smoking leads to internal staining as it prematurely ages teeth and external staining via nicotine, tar, and other chemicals.

5. BAD BREATH



The dry mouth and periodontitis caused by smoking both lead to very bad breath, which is difficult to cure.

6. LEUKOPLAKIA



Thick, white patches on the inside of the mouth are one issue caused by tobacco products. They're one of the first signs of oral cancer.

7. POOR HEALING FROM DENTAL WORK



For smokers, up to 20% of all dental procedures fail the oral microbiome and immune system don't have the power to recover.



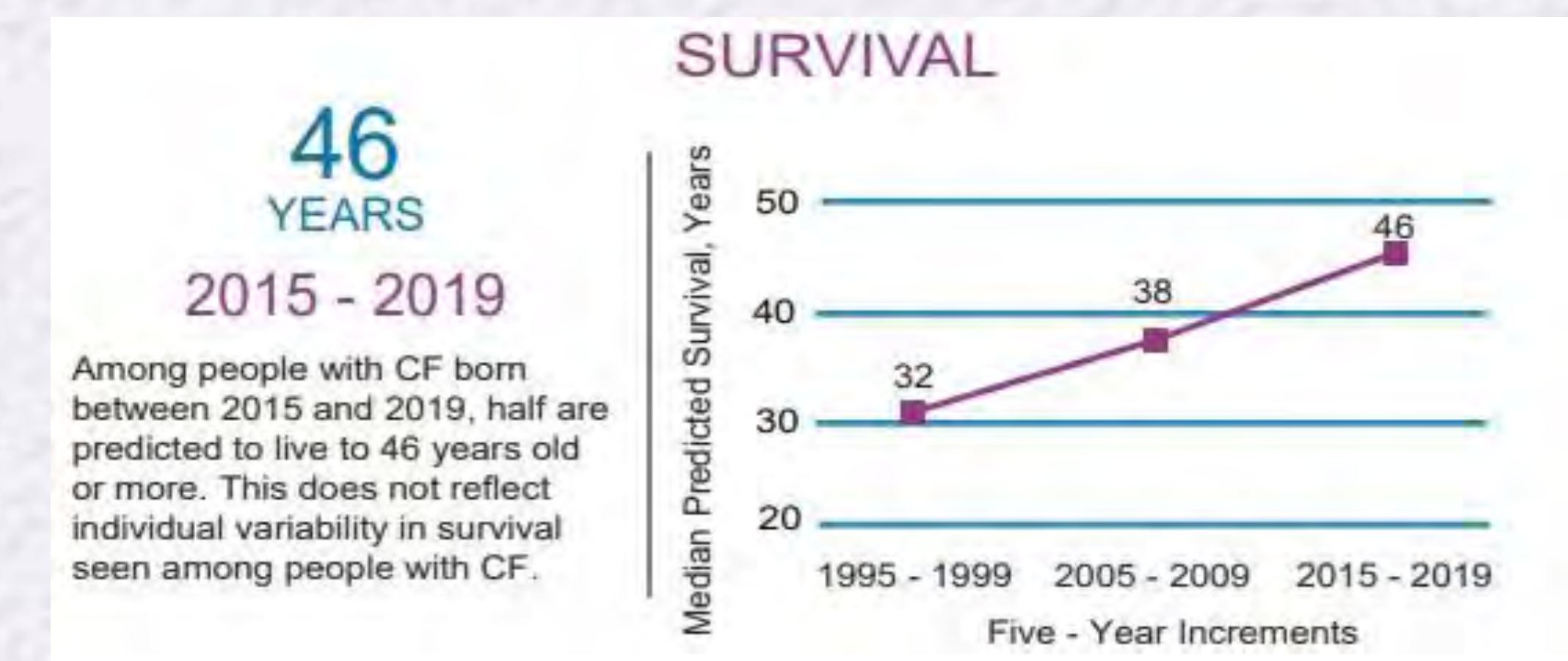
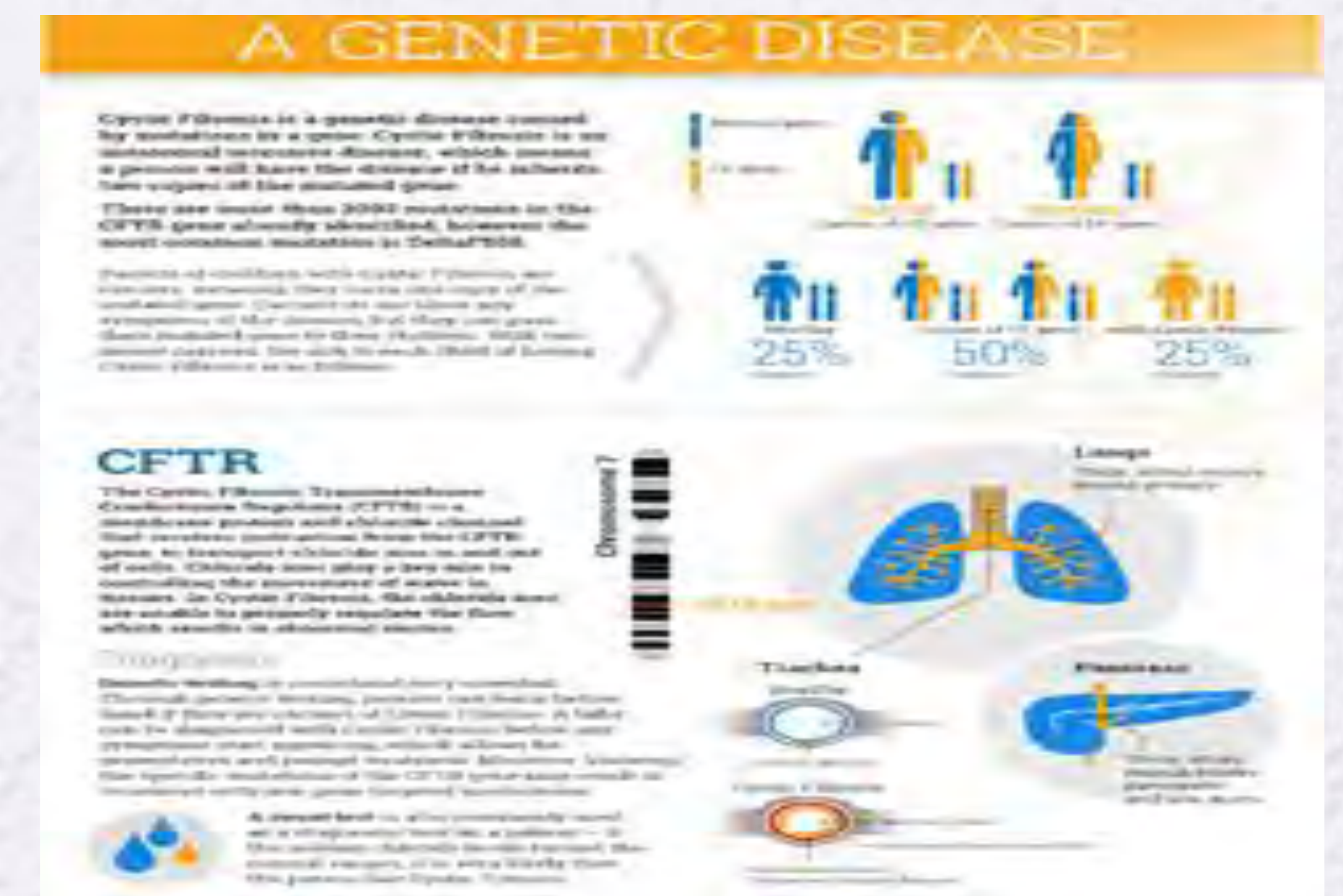


Cystic Fibrosis (under 21 years old)



Team Members:
 Leslie St. Pierre, Archie Whelan, Britley Wells,
 Danielle, Sketchler, Dominique Drago, Emma
 Walsh, Gabrielle Stoute, Jackie spangenberg,
 Jennifer Tran, Lilli Patton, Tiffany West

Interprofessional Tool for Annual Wellness Visit:



Benefits of An Interprofessional Tool Patient Perspective:

- Having all health providers information in one place will help the patient understand the different roles of each discipline in their management
- The patient will become less overwhelmed and be able to understand the chronic disease diagnosis with ease because an interprofessional tool addresses all aspects of care in one place.

Health Care Professional Perspective:

- Promotes a more collaborative environment which will ultimately provide better outcomes and management for health professionals and the patient
- A team-based approach will allow providers to answer questions a patient may have that are not normally addressed under their care.

Challenges/Solutions to Barriers of Interprofessional Tools

Challenges:

- lack of respect or trust
- different mindsets
- bad listening skills
- knowledge deficits

Solutions:

- more in-person interaction between fields
- positive reinforcement
- be engaged in team work
- build strong relationships between teams

- Nursing → medical, genetic, and family history(\$30); NaCl level monitoring (\$15.99)
- Medicine → medical management of diseases and routine check ups (\$180)
- Respiratory Therapy → review most recent spirometry testing (\$42) and sweat chloride testing (\$250)
- Dental → routine check up and general oral screenings (\$21)
- Physical Therapy → physical assessment of daily activities (\$35)
- Occupational Therapy → occupational profile to gather the person's perception of their current state of health and illnesses (\$71.66)

Implementation Strategy and Cost

Establish Communication:

- Goal: role modeling
- to ensure that all of the different professions are always aware of the
- current care strategy
- This committee will ensure that all interdisciplinary teams remain on the same page

Implementation:

- Goal: cue participation and mobilization
- To implement the program, face-to-face training should be given to all participating members
- Information should be provided in the form of pamphlets and guides that can be referenced when needed

Monitoring and Feedback

- Onsite support will be monitored by the interprofessional committee
- this continued communication allows the opportunity to conduct training boosters when necessary

IPEC

CC8: Communicate the importance of teamwork in patient-centered care & population health programs and policies.

With many patient being financially troubled during this time, it is important for the team to collaborate and formulate treatment plans. These plans should be comprehensive in care, while also having the patients' finances in mind. Having a treatment plan catered by the entire team allows the patient to know that they are the focal point of care. The team's collaboration guarantees the continuity of care.

References:

- "What is Cystic Fibrosis - Infographic." CysticFibrosis.com. 21 June 2017. Accessed, 15 March 2021.
<http://cysticfibrosis.com/infographic/>
- "2019 Cystic Fibrosis Foundation Patient Registry Highlights" Bethesda, Maryland. ©2020 Cystic Fibrosis Foundation.
- Cystic Fibrosis Foundation. *Patient Registry 2014 Annual Report*. Bethesda 2015
- <https://www.cff.org/Research/Researcher-Resources/Patient-Registry/Understanding-Changes-in-Life-Expectancy/>

Health Box Contents

Exercise pamphlet

Local support group resource

Nutritional pamphlet

Educational pamphlet on CF

Portable pulse oximeter

Xylitol gum and toothbrushes

Electrolyte packets and vitamins

Exercise band

Inside the Cystic Fibrosis Health Box

Packing High Calorie, High Fat Snacks

Living with Cystic fibrosis often means eating extra calories. Busy schedules can get in the way. Here are some suggestions for using foods that are quick to grab and pack for the day!

Grab 'N Go Snacks

- High fat deli meat and cheese "roll ups"
- Cheese sticks (peel and eat varieties, i.e. gouda, cheddar, string cheeses)
- Whole milk yogurt
- Yogurt drinks
- Hummus dip in a small container with sliced pita
- Avocado and slice of bread/pita
- *Peanut butter in a small container and crackers
- Whole-rich pudding
- *Trail mix
- Single serving fruit cups
- Tuna kit (tuna fish, crackers,



Always Available

- Granola, protein, snack bars
- Cheese and cracker packs
- *Nuts
 - Almonds, cashews, walnuts, peanuts
- Whole milk
- Canned/bottles shakes
- *Trail mix
- Fresh fruit
- Butter
- Margarine
- Cool whip/whipped cream
- Oils
 - Olive, coconut, avocado
- Cream cheese
- Sour cream
- Ranch



EXERCISE FOR CF PATIENTS

WHY EXERCISE?

Exercise can benefit all patients with CF, no matter what their lung function. Exercise is linked to better maintenance of lung function and fewer hospitalizations. It may help in clearing sputum from the airways, improve appetite, and assist in obtaining optimal body weight. Exercise increases muscle strength and functioning, improves bone health and pain management, and relieves stress.

TIPS

- ✓ Start slowly and build up gradually.
- ✓ Listen to your body and stop if you feel pain or dizziness.
- ✓ Stay hydrated.
- ✓ Wear your seatbelt and use proper safety techniques.
- ✓ Consult your healthcare provider for personalized advice.

1-6 YEARS OLD **60 MIN/DAY** OF DEVELOPMENTALLY APPROPRIATE ACTIVITIES

AEROBIC ACTIVITY AND RESISTANCE TRAINING

Full-body activities that increase breathing and heart rate, and use body weight to increase muscle strength.

Jumping, climbing, walking, running, biking, swimming, sports like soccer or basketball, playground activities, like monkey bars or climbing walls.

13-18 YEARS OLD **60 MIN/DAY** OF DEVELOPMENTALLY APPROPRIATE ACTIVITIES

AEROBIC ACTIVITY

30-60 min, at least 3/wk

Should be breathing somewhat hard but still able to carry on a conversation

Walking, running, swimming, biking, dancing, team sports, outdoor adventure activities, active video games.

Take classes, join a team, league or club

RESISTANCE TRAINING

Activities that use body weight to strengthen muscles and bones

Running, jumping and ball games

Encourage normal motor development, including agility and balance/coordination

Did you know? Self-reported exercise participation rates peak at age 10

19+ YEARS OLD **150 MIN/WEEK** OR MORE (PREFERABLY 300 MIN) IN VARIETY OF ACTIVITIES OF CHOICE

AEROBIC ACTIVITY

30-60 min, at least 3/wk

Should be breathing somewhat hard but still able to carry on a conversation

Walking, running, swimming, biking, dancing, team sports, outdoor adventure activities, active video games.

Take classes, join a team, league or club

RESISTANCE TRAINING

Formal resistance training 2-3 times/wk per muscle group; incorporate upper and lower limbs and trunk muscles; complete 1-3 sets of 8-12 reps

Consult a healthcare provider for advice on adapting physical activity for complications such as CFRD or low bone density

[Flip over for more information](#)

7-12 YEARS OLD

60 MIN/DAY IN A VARIETY OF ENJOYABLE ACTIVITIES, ESPECIALLY WITH FAMILY OR FRIENDS

AEROBIC ACTIVITY

30-60 min, at least 3/wk

Should be breathing somewhat hard but still able to carry on a conversation

Walking, running, swimming, biking, dancing, team sports, outdoor adventure activities, active video games.

Take classes, join a team, league or club

RESISTANCE TRAINING

Activities that use body weight to strengthen muscles and bones

Running, jumping and ball games

Encourage normal motor development, including agility and balance/coordination

Did you know? Self-reported exercise participation rates peak at age 10

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Assessment Tool

Medicine	<ul style="list-style-type: none">- educating mothers about prenatal Maternal health-preventable conditions like vitamin deficiencies, congenital malformations, Torches infections, teratogens, etc-advising mothers if there is a congenital malformation/complications during pregnancy and what the next steps would be.-proper nutrition postpartum for mother and baby-discuss breastfeeding-importance of vaccinations-developmental milestones-monthly infant assessments	CODE 99382 Healthy new patient to 1 year \$64.85 CODE 90471 Immunization administration (subcutaneous or IM injection), one vaccine \$14.70 CODE 90472 Immunization administration, (subcut. or IM injection) ea additional vaccine \$9.13
Nursing	<ul style="list-style-type: none">explains the different benefits from breast milk vs. formula-administers vaccinations and educates the family on them- takes vitals at every check up to ensure child is developing properly	
Respiratory	<ul style="list-style-type: none">APGAR at the time of birth- advises parents about the dangers of secondhand smoking such as frequent asthma attacks and respiratory infections-educates on the proper ways to administer respiratory medications- educates parents about SIDS and SIDS prevention	CODE 99464 attendance at delivery when requested \$49.28
Dental	<ul style="list-style-type: none">Advise parents about the effect of early fluoride exposure on children's primary teeth-Educate parents of general eruption dates of teeth	Oral examination <3yearsold \$48.49 code:DO145 Topical fluoride varnish; therapeutic application for moderate to high caries risk patients (under 6 years of age) : Code. D1206

Vaccine	Birth	1 mo	2 mos	4 mos	6 mos	9 mos	12 mos	15 mos
Hepatitis B (HepB)	1 st dose	← 2 nd dose →			← 3 rd dose →			
Rotavirus (RV): RV1 (2-dose series), RV2 (3-dose series)		1 st dose	2 nd dose	See Notes				
Diphtheria, tetanus, acellular pertussis (DTaP <7 yrs)		1 st dose	2 nd dose	3 rd dose				← 4 th dose →
Haemophilus influenzae type b (Hib)		1 st dose	2 nd dose	See Notes			← 3 rd or 4 th dose →	See Notes
Pneumococcal conjugate (PCV13)		1 st dose	2 nd dose	3 rd dose			← 4 th dose →	
Inactivated poliovirus (IPV <18 yrs)		1 st dose	2 nd dose	3 rd dose			← 4 th dose →	
Influenza (IV)								Annual vacch
Influenza (LAIV4)								
Measles, mumps, rubella (MMR)					See Notes		← 1 st dose →	
Varicella (VAR)							← 1 st dose →	
Hepatitis A (HepA)					See Notes			2-dose series

Benefit

Patient Benefit Perspective:
Prevention. Your child gets scheduled immunizations to prevent illnesses that could otherwise be deadly.
Tracking growth and development. See how much your child has grown in the time since your last visit and talk with your doctor about your child's development. You can discuss your child's milestones, social behaviors and learning. Catching lack of growth and developmental milestones early can allow for **early intervention and prevent disease** of future disability.
Raising concerns. Make a list of topics you want to talk about with your child's pediatrician such as development, behavior, sleep, eating or having a good relationship with other family members.
Team approach. Regular visits create strong, trustworthy relationships among pediatricians, parent and child. The AAP recommends well-child visits as a way for pediatricians and parents to serve the needs of children.

Health Professional Perspective
Reduced mortality and future complications for patients
Better relationship formation with patient and family through repeated visits
Stronger clinical understanding of wellness both objectively for practice and intrapersonally for patient care

Baby 1-Year Old

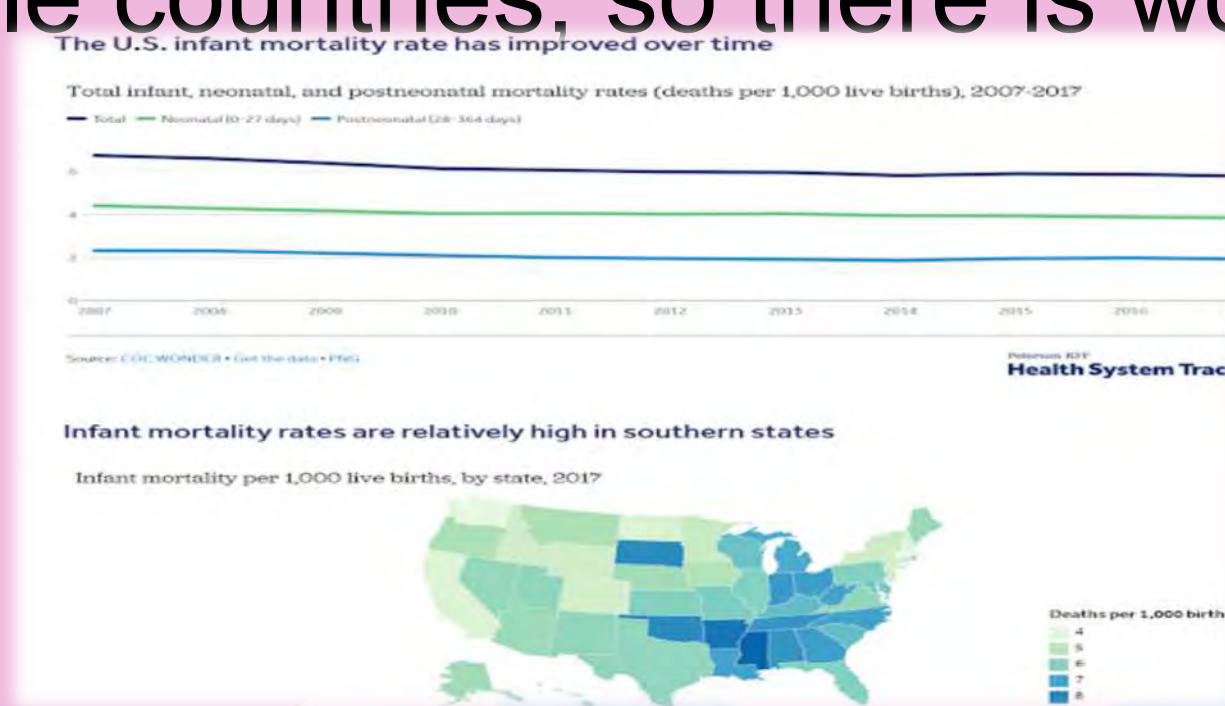
Team Member: Hailey T., Alexis W., Amanda W., Brett S., David S, Tam H., James S., Jenna V., Lamiya T., Md Abdul., Spencer W.,

Background

Infant mortality is defined as “the death of an infant before his/her first birthday.” Investigating this phenomenon gives us a window into maternal and fetal health, but also our society in general. The most preventable causes of infant mortality will be investigated here!

Top 3 Risk factors: congenital malformations, SIDS, accidents

Infant mortality has been slowly decreasing in recent years in the U.S. but the rates are **highest in the South** and especially for the Black/American Indian population. The U.S. still has a higher IM rate than comparable countries, so there is work to be done



Demographics

Women of Reproductive Age: From 2006 to 2016, daily multivitamin use declined among women of reproductive age in the United States

-Birth defects are the leading cause of infant deaths, accounting for 20% of all infant deaths

-3,500 sudden unexpected infant deaths (SUID) in the United States per year

-SUID rates per 100,000 live births for American Indian/Alaska Native (212.1) and non-Hispanic Black infants (186.9) were more than twice those of non-Hispanic White infants (84.9).

-SUID rates per 100,000 live births were lowest among Hispanic (54.1) and Asian/Pacific Islander infants (34.4)

Breast vs Formula

Breastfeeding comes with many benefits for both the mother and the infant. According to the American Academy of Pediatrics, benefits for the infant include, decreased risk of: SIDS, respiratory tract infections, asthma, celiac disease, Crohn’s disease, leukemia, type 1 and type 2 diabetes, and childhood obesity. According to the World Health Organization, “Improving breastfeeding rates around the world could save the lives of more than 820,000 children under age 5 every year.” Benefits to the mother include decreased risk of the following: breast/ovarian/endometrial/thyroid cancers, hypertension, type 2 diabetes, and rheumatoid arthritis. The only 2 contraindications for breastfeeding include infants with galactosemia or mothers infected with HIV. According to the CDC, “infants should be exclusively breastfed for about the first 6 months with continued breastfeeding along with introducing appropriate complementary foods for 1 year or longer.”

Risk Factor

Sex: Boys are slightly more likely to die of SIDS

-Age: Infants are most vulnerable between the second and fourth months of life.

-Race. For reasons that aren't well-understood, nonwhite infants are more likely to develop SIDS.

-Family history. Babies who've had siblings or cousins die of SIDS are at higher risk of SIDS.

-Secondhand smoke. Babies who live with smokers have a higher risk of SIDS.

-Being premature. Both being born early and having a low birth weight increase your baby's chances of SIDS

One Solution:

Interprofessional care is important for infants with such disorder. Early recognition of these conditions is key to creating successful treatment plans. For example, a pediatrician is seeing a child with Down’s syndrome at a wellness visit. In order to create a successful plan of care, the physician would refer the child to a cardiologist, audiologist, physical therapist, occupational therapist, and speech language pathologist in order to provide early intervention

Team #:59

IPEC SUB-Competency CC8:

Teamwork is important in-patient centered health care programs.

Our team was able to communicate this importance through working together to create a health box for our patient. Working as a multidisciplinary team can benefit the patient by providing the best quality care. As health professionals work together, they can communicate the assessment of the patent relating to their work. This results in avoiding mistakes and increasing patient compliance.

Reference:

<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm> ,
<https://www.healthsystemtracker.org/chart-collection/infant-mortality-u-s-compare-countries/#item-accounting-for-differential-reporting-methods-u-s-infant-mortality-remains-higher-than-in-comparable-countries>

<https://www.mayoclinic.org/diseases-conditions/sudden-infant-death-syndrome/symptoms-causes/syc-20352800>

<https://services.aap.org/en/patient-care/breastfeeding/breastfeeding-overview/>
<https://www.cdc.gov/breastfeeding/faq/index.htm#:~:text=Top%20of%20Page-,How%20long%20should%20a%20mother%20breastfeed%3F,for%201%20year%20or%20longer.>

<https://www.cdc.gov/sids/Parents-Caregivers.htm>



Slide 2: comprehensive list of what you include in the [Health Box](#):

(Information, goods, and/or evidence-based practices to maintain a healthy lifestyle). Please include a comprehensive list of what you will include in your box, with links.

- Breast Vs formula milk
- Vaccines
- Risk factors : sex, age, race, family, second hand smoking, being premature

<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm> ,
<https://www.healthsystemtracker.org/chart-collection/infant-mortality-u-s-compare-countries/#item-accounting-for-differential-reporting-methods-u-s-infant-mortality-remains-higher-than-in-comparable-countries>

<https://www.mayoclinic.org/diseases-conditions/sudden-infant-death-syndrome/symptoms-causes/syc-20352800>

<https://services.aap.org/en/patient-care/breastfeeding/breastfeeding-overview/>
<https://www.cdc.gov/breastfeeding/faq/index.htm#:~:text=Top%20of%20Page-,How%20long%20should%20a%20mother%20breastfeed%3F,for%201%20year%20or%20longer.>

<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm#:~:text=The%20five%20leading%20causes%20of,Maternal%20pregnancy%20complications.>

<https://www.cdc.gov/vaccines/schedules/hcp/imz/child-adolescent.html#note-mening>

Centers for Disease Control and Prevention. (2020a). *Infant mortality*.
<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm#:~:text=The%20five%20leading%20causes%20of,Maternal%20pregnancy%20complications.>

Centers for Disease Control and Prevention. (2020b). *Sudden unexpected death and sudden infant death syndrome*.
<https://www.cdc.gov/sids/Parents-Caregivers.htm>

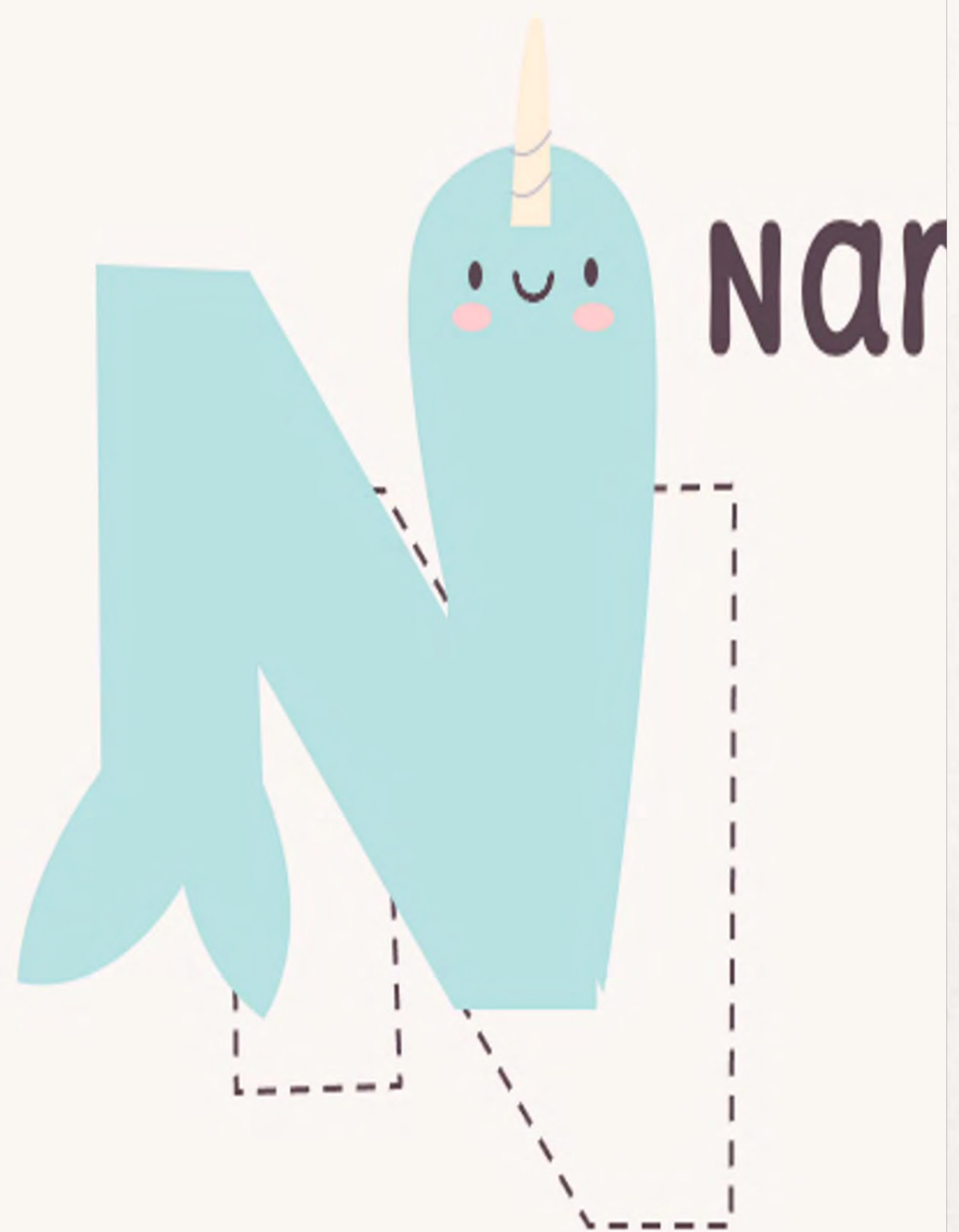
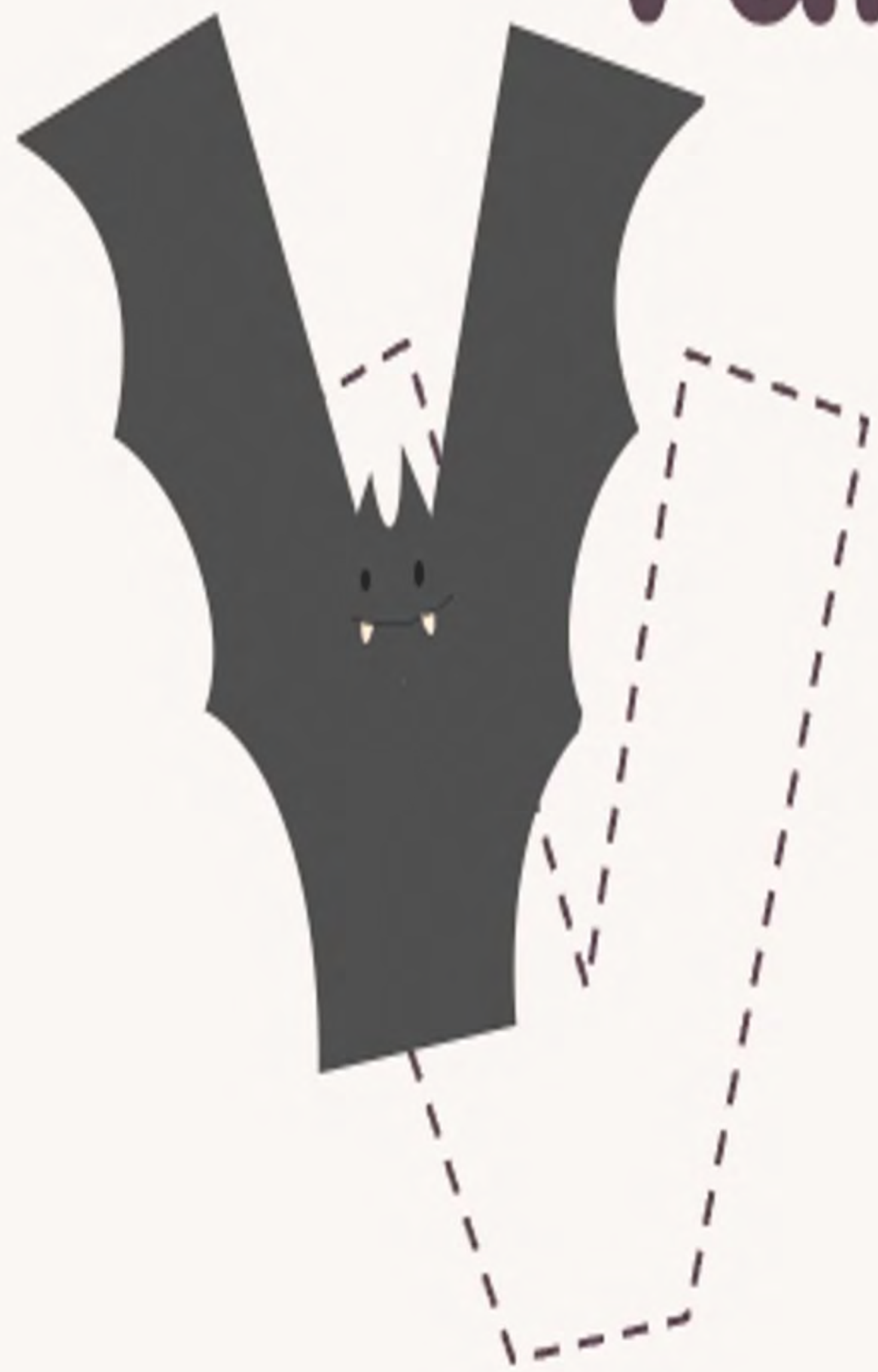
Data & statistics on birth defects. (2020, October 26). Retrieved March 20, 2021, from <https://www.cdc.gov/ncbddd/birthdefects/data.html>

Data and statistics for SIDS And suid. (2020, November 10). Retrieved March 20, 2021, from <https://www.cdc.gov/sids/data.htm>

Information on folic acid use to help prevent neural tube defects (ntds). (2019, August 12). Retrieved March 20,

Vaccine	Birth	1 mo	2 mos	4 mos	6 mos	9 mos	12 mos	15 mos	18 mos	19-23 mos
Hepatitis B (HepB)	1 st dose	← 2 nd dose →			← 3 rd dose →					
Rotavirus (RV): RV1 (2-dose series), RVS (3-dose series)		1 st dose	2 nd dose	See Notes						
Diphtheria, tetanus, acellular pertussis (DTaP <7 yrs)		1 st dose	2 nd dose	3 rd dose			← 4 th dose →			
Haemophilus influenzae type b (Hib)		1 st dose	2 nd dose	See Notes		← 3 rd or 4 th dose, See Notes →				
Pneumococcal conjugate (PCV13)		1 st dose	2 nd dose	3 rd dose		← 4 th dose →				
Inactivated poliovirus (IPV <18 yrs)		1 st dose	2 nd dose	← 3 rd dose →						
Influenza (IIV)					Annual vaccination 1 or 2 doses					
Influenza (LAIV4)										
Measles, mumps, rubella (MMR)					See Notes	← 1 st dose →				
Varicella (VAR)						← 1 st dose →				
Hepatitis A (HepA)					See Notes	2-dose series, See Notes				

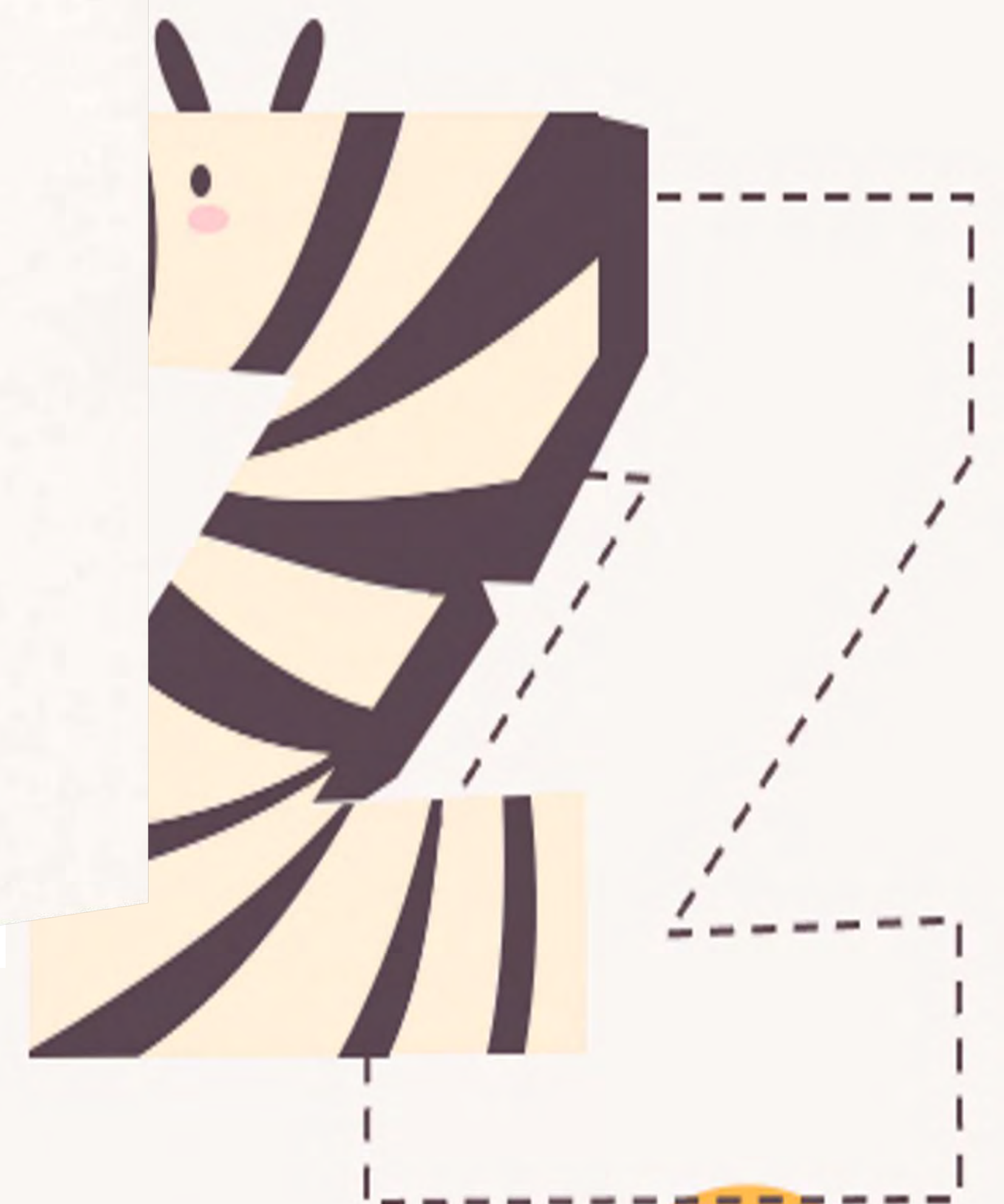
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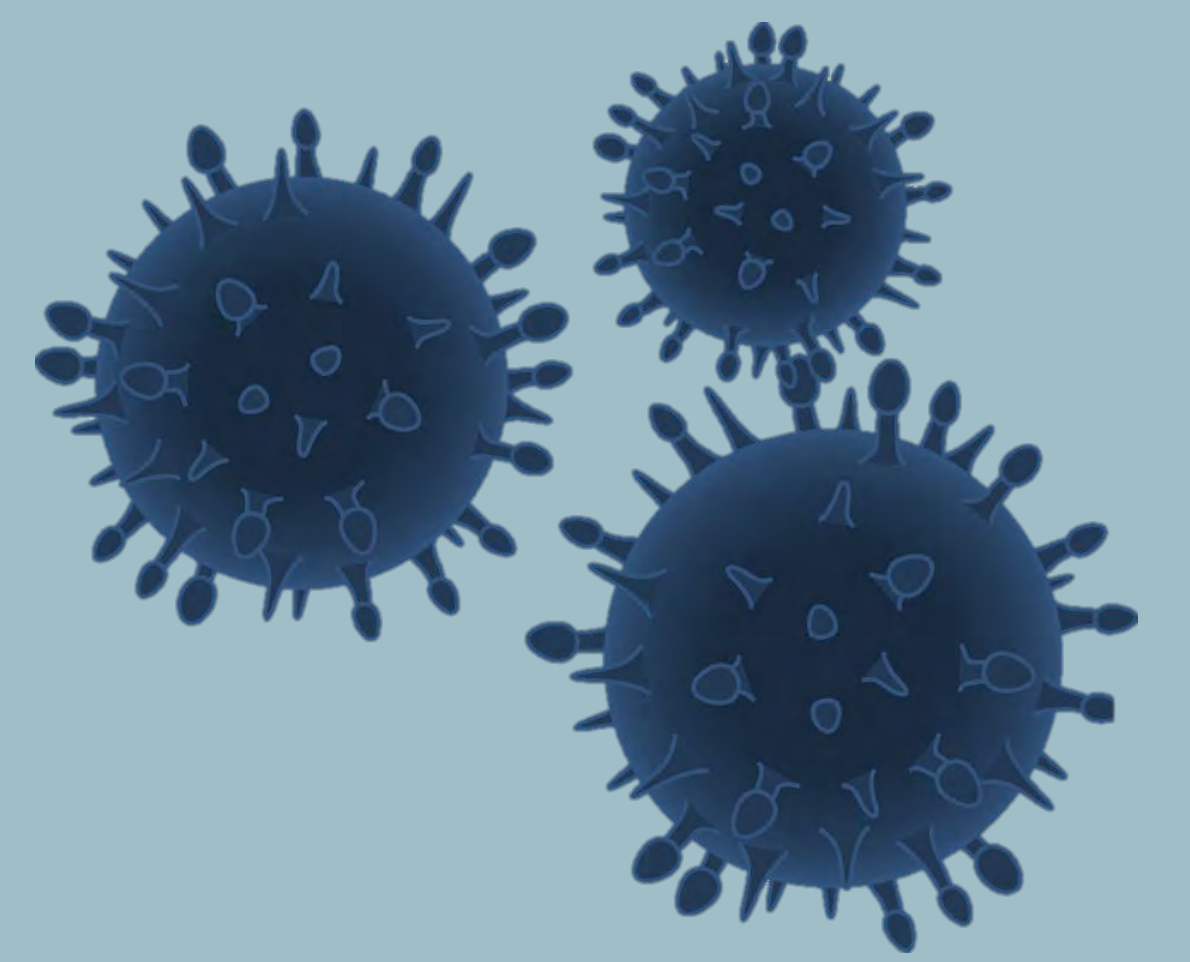


Human Immunodeficiency Virus (HIV)

Team #: 60

Moore, Whittney¹, Tonry, Hannah², Tusa, Ada², Vu, Lien², Waguespack, Shanon³, Wheeler, Carolyn², Wiggins, Hannah⁴, Wise, Ryan⁵, Wittmann, Sydney⁶, Yaeger, Julianne⁶, Zaini, Zainab⁵

Public Health¹; Medicine²; Dental Hygiene³; Physician Assistant⁴; Dentistry⁵; Nursing⁶



BACKGROUND AND INFOGRAPHIC

HIV: Know the Numbers

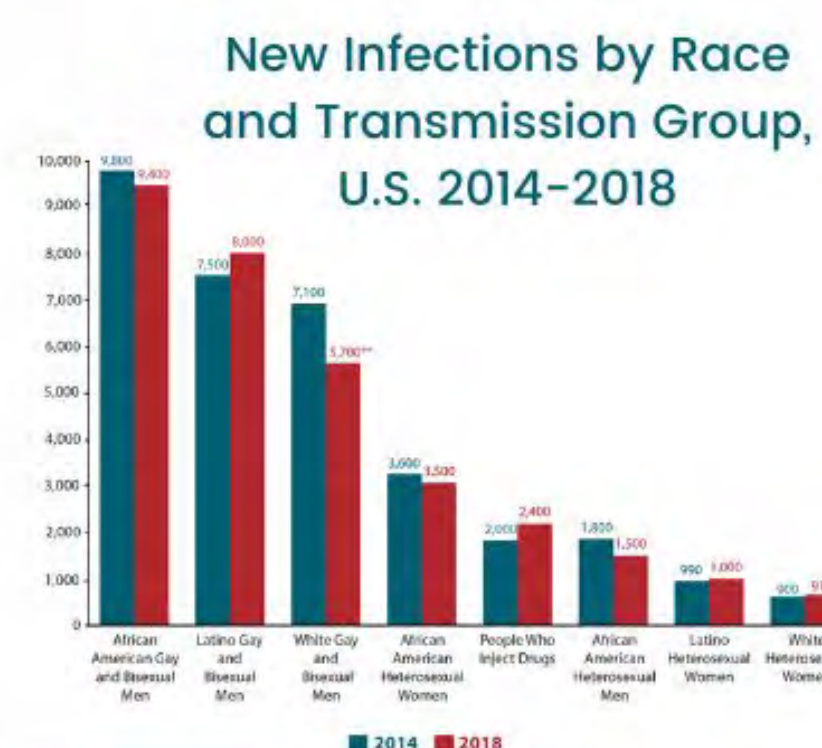
Demographics

Approximately 1.2 million people in the U.S. are living with HIV. 1 in 7 of these people don't know it.



Incidence

The estimated number of HIV infections in the U.S. was 36,400, and the rate was 13.3 per 100,000 people.



Risk Factors



"Behaviours and conditions that put individuals at greater risk of contracting HIV include:

- having unprotected anal or vaginal sex;
- having another sexually transmitted infection (STI) such as syphilis, herpes, chlamydia, gonorrhoea and bacterial vaginosis;
- sharing contaminated needles, syringes and other injecting equipment and drug solutions when injecting drugs;
- receiving unsafe injections, blood transfusions and tissue transplantation, and medical procedures that involve unsterile cutting or piercing; and
- experiencing accidental needle stick injuries, including among health workers"

—World Health Organization

Resources
"HIV/AIDS." World Health Organization, World Health Organization, 30 Nov. 2020, www.who.int/news-room/fact-sheets/detail/hiv-aids.
"U.S. Statistics." HIV.gov, 17 Mar. 2021, www.hiv.gov/hiv-basics/overview/data-and-trends/statistics.



Assessment Tool



Profession	Assessment	Assessment	Assessment	CPT Code	Cost
Medicine	Prescribe antiviral medication	Monitor progression of disease	Refer to specialized providers	99385	\$80.17
Dentistry	Dental head and neck examination	Oral cancer examination	X-rays and use of fluoride	D0150	\$47.37
Nursing	Head to toe nursing assessment	Draw labs; Coordinate care	Educate	Services incident to MD	N/A
Pharmacy	Drug screenings and management	Prescription of antiviral drugs	Attention to adverse effects	99211	\$22.00
Nutrition	Provide a well balanced diet	Attention to the eating and drinking actions of the patient		97802	\$24.09
Social Work	Coordinate appointments	Provide local programs for support	Provide info regarding disease	90791	\$140.00
Mental Health	Screen for depression-PHQ-9	Counseling on a regular basis		90832 96127	\$4.07 for screening, \$59.13 per session

IPEC CC8 REFLECTION

Teamwork contributes to patient-centered care and population health by prioritizing patient safety, accountability, and the efficient use of resources. Exemplary teamwork can change health outcomes by preventing unnecessary costs and patient harm. Because of the nature of HIV, an interdisciplinary approach to healthcare is necessary for any effective, comprehensive treatment strategy. Our ultimate goal was to establish an assessment tool that reflected the knowledge and skills of each team member based on their future profession's role in treatment. With a collaborative delegation of tasks and responsibilities, we were able to successfully identify thorough intervention strategies. When designing the health box, we used different modes of communication to discuss the barriers of treatment, risk and protective factors of HIV to form evidence-based interventions.

Challenges & Barriers to Implementation

Interprofessional collaboration requires sharing of resources, mutual authority, and a high level of interaction, which can lead to conflict and difficulty with collaboration in a system that historically has not emphasized interprofessionalism. Each profession has its own history, values, customs, biases, social hierarchies etc., (Green & Johnson, 2015) so in order to work together, conflict should be expected, and a standard of conflict resolution should be implemented in interprofessional practices in order for annual wellness visits to best benefit the patient and the entire team.

How to help: Education about roles of various professions (starting in training and continuing through practice), as well as clear expectations of each provider, and continued encouragement of communication to all of those in the IP team.

References

- Fee Schedule for Community/Private Mental Health Centers, Medicaid. <https://medicaid.ms.gov/wp-content/uploads/2014/03/CommunityMentalHealthCenter.pdf>
- Green BN, Johnson CD. Interprofessional collaboration in research, education, and clinical practice: working together for a better future. *J Chiropr Educ.* 2015;29(1):1-10. doi:10.7899/JCE-14-36
- "Infographics for HIV." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, 10 Mar. 2021, www.cdc.gov/hiv/library/infographics/index.html.
- Reimbursement for Social Worker Services in Louisiana. <https://www.simplepractice.com/blog/median-therapy-session-rates-by-state-and-city-cpt-codes/>
- Treatment, care, and prevention for people with HIV. (2020, February 06). Retrieved March 21, 2021, from <https://www.cdc.gov/hiv/clinicians/treatment/index.html>

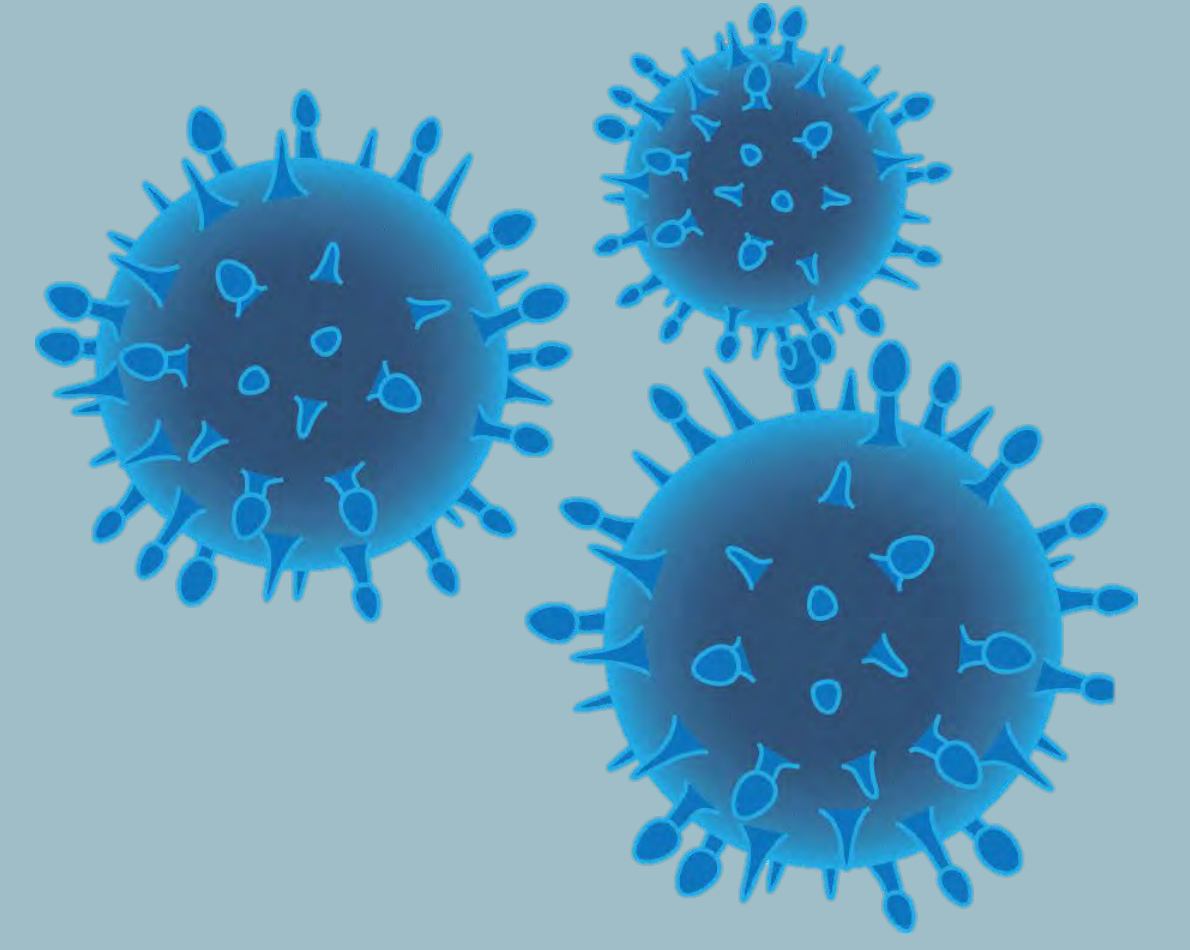
IMPLEMENTATION STRATEGY

- Primary care physician will educate the patient upon initial diagnosis and help to establish interprofessional care.
- The patient's Health Box will also be distributed at first visit.
- Patient education and reassurance will be offered at all visits.
- Blood laboratory tests will be conducted every 6 months to monitor immune cell levels and response to therapy.
- Mental health support will be offered at regular intervals or as needed.



BENEFITS

- From the perspective of the patient, an interprofessional approach will:
- Make continuation of care easier - less visits means less time taken off of work and needing transportation
 - Better patient education - more opportunities to ask questions and fully understand the importance of care
- From the perspective of health professionals, an interprofessional approach will:
- Decrease communication barriers - avoid misunderstandings and misdiagnosis
 - Shorter lag time between treatments, referral appointments, prescription of medications, overall treatment
 - Holistic medicine: integration of nutrition, exercise, mental health, and medical therapies



Health Box for Patients with HIV

1. Weekly/daily medication organizer
2. Calendar app for appointments
3. Dose reminder alarm
4. Condoms for barrier protection of HIV spread
5. Vitamins for strengthening immune function
6. Online support group

Links for purchasing/obtaining the Health Box items:

1. [Amazon - 3 Times A Day 7-Day Portable One Week Pill Organizer](#)
2. [App Store - Google Calendar App](#)
3. [TabTime - Pill Alarm Reminder with 8 Alarms](#)
4. [Lola Condoms for Prevention of Viral Transmission](#)
5. [Resistor - Immune Support Supplement](#)
6. [The 7 Best HIV Support Groups of 2021](#)

Health Box for Patients with HIV

Team #: 60



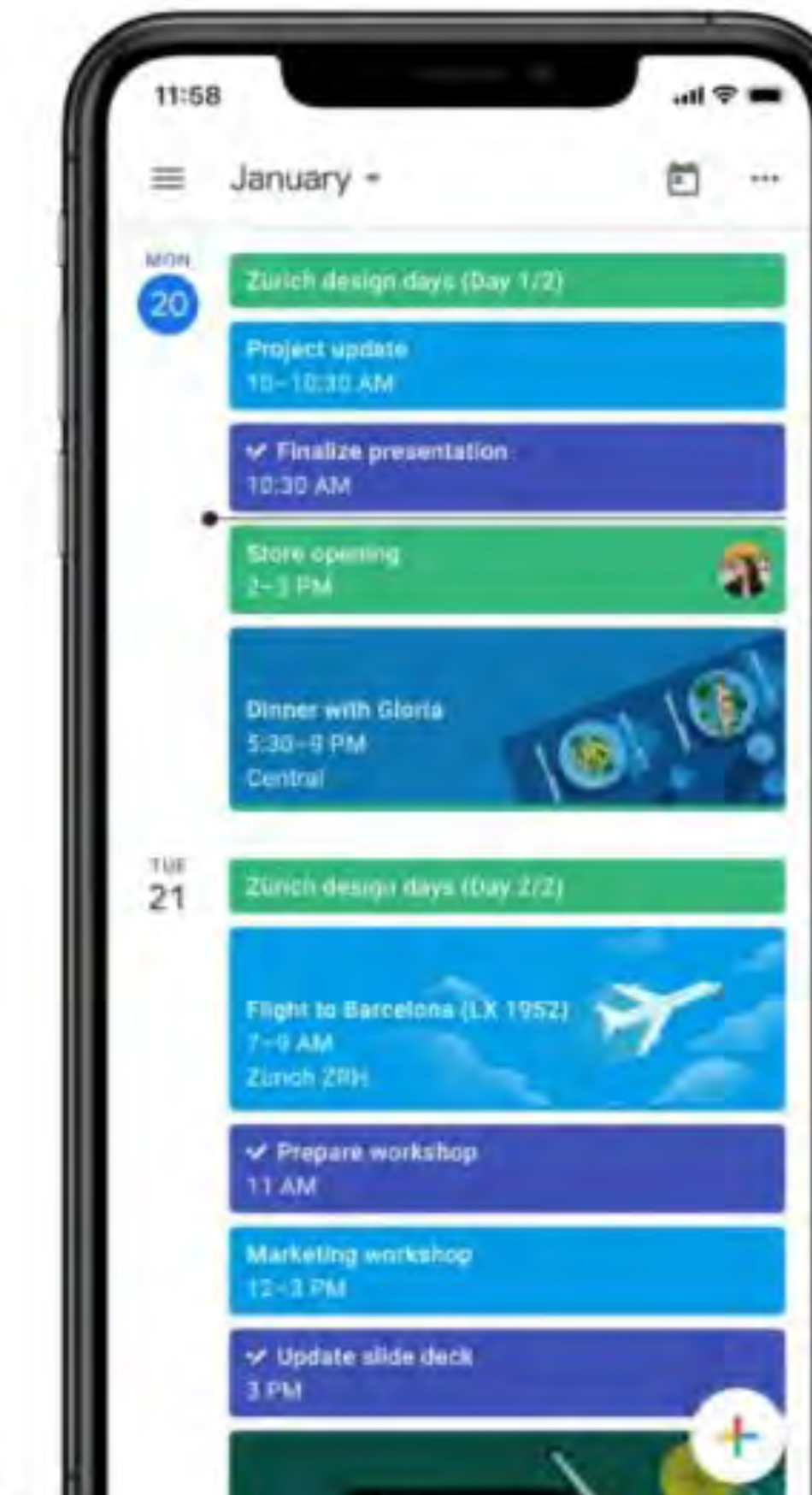
Weekly medication organizer:

Taking antiviral medications as prescribed is essential to the proper treatment of HIV. This set of medication containers will help the patient organize pills as needed.

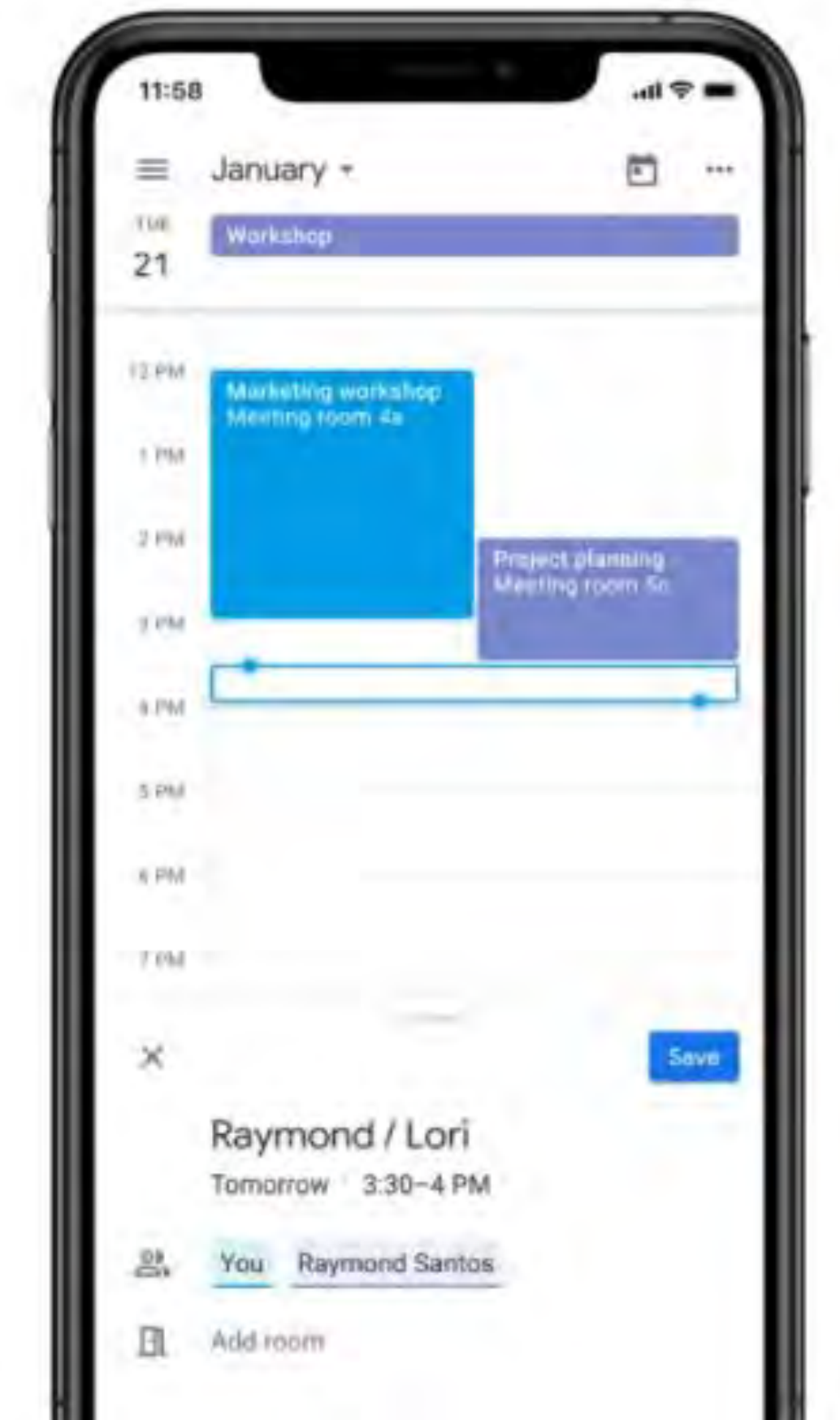
Google calendar:

Calendar apps serve as an invaluable tool for tracking health progress, noting appointment dates and times, and setting reminders for medication refills. Calendar entries can be synced across devices and even shared with loved ones.

Intelligently manage work, school, and personal calendars



Quickly create and schedule meetings



The 7 Best HIV Support Groups of 2021

Best Overall: [POZ Community Forum](#)

Best for Women: [The Well Project](#)

Best for African American Gay Men: [THRIVE SS](#)

Best Facebook Group: [Poz Place](#)

Best Peer-to-Peer Support: [TherapyTribe HIV/AIDS Tribe](#)

Best for Teens and Young Adults: [Positive Peers](#)

Best HIV Support App: [myHIVteam](#)

Support Groups:

Living with a chronic and progressive disease can be taxing on the mind as well as the body. Thankfully, there are many online and in-person support groups where patients can share their experiences while supporting each other on their respective health journeys.



Dose reminder alarm clock:

In a busy day it is easy to lose track of time and forget to take doses. This portable alarm clock allows up to 8 different reminders to be set.