METHODS: WORKFLOW

A well designed Part IV Module on Nutrition will meet MOC certification. Nutrition education must impact physician’s nutrition knowledge AND their attitudes about their ability to make a difference with patients.

**Nutrition in Primary Care**

- On average, family physicians spend 55 seconds on nutrition counseling.
  - More likely to counsel on physical activity than on diet or weight control
  - > 70% of PCPs reported using Rx to treat overweight patients
  - Yet, studies of dietary counseling by physicians indicate that even brief nutrition messages can influence behavior.
  - Nutrition education must impact physician’s nutrition knowledge AND their attitudes about their ability to make a difference with patients.

**Hypothesis: Intersecting Part IV MOC & Nutrition → Quality Care**

A well designed Part IV Module on Nutrition will meet MOC certification requirements, address negative perceptions about MOC requirements, offer more credit and improve clinical quality targeted metrics.

**Methods: Part IV Module Design**

**ABFM Part IV Module Nutrition Module**
- Focus “Diabesity” with Diabetes (A1C or LDL), HTN and Obesity as metrics
- Goal for Part IV set a minimum of >10% from provider’s baseline
- Emphasizing metrics impacted by diet/nutrition strategies
- Development/Launch Timeline
  - Submitted to ABFM For Part IV Approval Dec 2013; Approved: Mar 2013

**Module Design – Interactive Method 1**
- Nutrition / Diet Jeopardy
- **Diet & Disease for 40:** Eating more fruit, vegetables and whole grains, and less processed meats can help prevent this disease (What is Cancer?)
- **Vitamins & Minerals for 50:** Consumption of just 2 of these nuts/day will provide adequate selenium, which is important for thyroid health. (What is a Brazil Nut?)

**Module Design – Interactive Method 2**
- Music Video highlight s key concepts
- Authored by Family Medicine Residents & Faculty
- Feature Roles: Aurora Health Care President & Family Physicians

**Results: Kirkpatrick Level**

**Level 1: Reaction/Satisfaction**
- To Date: # Enrolled = 66 # Complete = 28
  - Having this course available to complete my ABFM part IV was very helpful to me.

**Level 2-3: Learning & Behavior**
- Value of MOC Activities to you/your patients relative to time expended?
  - Mean: 2.8 (Scale: 3 = Excellent to 1 = Poor)
  - I learned a lot and was able to complete my requirement and help my patients. Please continue to offer more Part IV practice improvement courses.

**Level 4: Impact/Results**
- All completers reported min 10% achievement targeted clinical metrics
  - Excellent / It was great to be able to watch the numbers—HGBA1C
  - Glycemic load discussions with my patients who have diabetes and metabolic syndrome
  - This course has already impacted my practice. I talk to patients more about diet and give Mediterranean diet handouts to pts. I try and incorporate more motivational interviewing with patients.

**Discussion & Future Work**

- MOC designed applying principles of adult on-line learning, can make a difference for:
  - Physicians: Strong learning outcomes and appreciation for the module
  - Sponsoring Organization: Education aligns with quality metric accountabilities
  - Our Patients: High quality care
- Replication of this approach in other Part IV modules with data tracking is underway

**References**


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- **Music Video**
  - Dr. Nick Turkal (AHC President & CEO) & Kyle Nelson, MD – Lyrics & Vocals
  - Production Director: Mary Nelson, Videography: John Schmes
  - Residents, Faculty and Staff in Aurora’s Family Medicine Residency Program

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