INTRODUCTION/BACKGROUND

MOC PART IV EDUCATION
- American Board of Family Medicine (ABFM) requires all recertifying physicians and all FM residency graduates to complete a Performance in Practice Module (Part IV) for board certification.
- Physicians have reported that MOC requirements are:
  - Distractions from their “real work”
  - Tedious and time consuming
  - Disconnected from their daily work and clinical quality accountabilities.

NUTRITION IN PRIMARY CARE
- On average, family physicians spend 55 seconds on nutrition counseling.
- Nutrition education must impact physician’s nutrition knowledge and their attitudes about their ability to make a difference with patients.
- Primary care physician (PCP) self-report studies reveal that PCPs are:
  - 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 MoL credit and improve clinical quality targeted metrics.

METHODS: WORKFLOW

MOC Part IV Module Team
- Chair/Residency Program Director: Identified
- Team Members: Radiology Content Experts
- Module Conceptualization & ABFM Proposal Approval
- Module launched & Kirkpatrick Data

Module Conceptualization & ABFM Proposal Approval
- Module objectives determined using curricular needs, patient metrics, literature review
- Edu & CME Spec drafted proposal = best instruction & design = Part IV Works
- Proposal Approved by ABFM for Part IV MOC

Module Launched → Kirkpatrick Data
- Level 1: Reaction/Satisfaction
- Level 2-3: Learning & Behavior
- Level 4: Impact/Results

RESULTS: KIRKPATRICK LEVEL

LEVEL 1: REACTION/SATISFACTION
- To Date: # Enrolled = 66 # Complete = 28
  - Having this course available to complete my ABFM part IV was very helpful to me.

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

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

DISCUSSION & FUTURE WORK

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

REFERENCES

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- American Board of Family Medicine for guidance and expertise in module preparation
- Department of Family Medicine, Office of Continuing & Professional Development, Aurora Health Care
- Physicians:
  - Residents, faculty and staff in Aurora’s Family Medicine residency program
- Sponsoring Organization:
  - Production Director: Mary Nelson; Videography: John Schneck

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
- Development/Launch Timeline
  - Submitted to ABFM For Part IV Approval Dec 2013: Approved: Mar 2013

MODU LE 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 a Brazil Nut?] 3

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?] 3

MODU LE DESIGN – INTERACTIVE METHOD 2
- Music Video with key concepts
- Authored by Family Medicine Residents & Faculty
- Feature Roles: Aurora Health Care President & Family Physicians

MUSIC VIDEO – CURING DISEASE
- Dr. Kyle J. Nelson, MD & Vanessa Abejuela-Matt, DO

REFRAIN: Oh yeah life’s prolonged
When you make your food Mediterranean strong (x2) (And then walk on)

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