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Physical Activity as a Vital Sign

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Physical Activity as a Vital Sign

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Orthopedics Sports Medicine

MMP Quality Improvement Symposium
October 7, 2020



Physical Activity as a Vital Sign



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Problem/Impact Statement:

(State the problem and critical impact(s) on patients and/or staff (safety, quality, experience, growth, finance)

- The AHA and ACSM (American College of Sports Medicine) count physical activity in terms of minutes, 150 being the recommendation. The benefits of regular exercise and physical activity are well researched, and yet many of our patients don't meet this recommendation.

Goal/Objective:

(Goals should be written using the SMART format (specific, measurable, assignable, realistic, and time-bound). The goal statement should align with the problem statement, and generally outline the deliverables.)

- By September 30, 2020:
 - Obtain a physical activity vital sign on at least 90% of all patients which we can track just like other vital signs.
 - For those under the ACSM guidelines of 150 min per week an exercise Rx will be given in the after visit summary for at least 80% of patients.

Baseline Metrics & Analysis:

(metrics for improvement, run charts, control charts, voice of customer, and/or process maps) (data analysis, 5-why, fishbone, value stream map)

Physical Activity Documentation

- Measure Description: Percentage of encounters with patients 14 years of age and older for which the patient's physical activity is documented in days per week or minutes per week
- **October 2019: 76.7%**

Exercise Prescription Documentation

- Measure Description: Percentage of encounters with patients 14 years of age and older for which the patient's physical activity is documented as less than 150 minutes per week, and an exercise prescription is documented
- **October 2019: 30%**

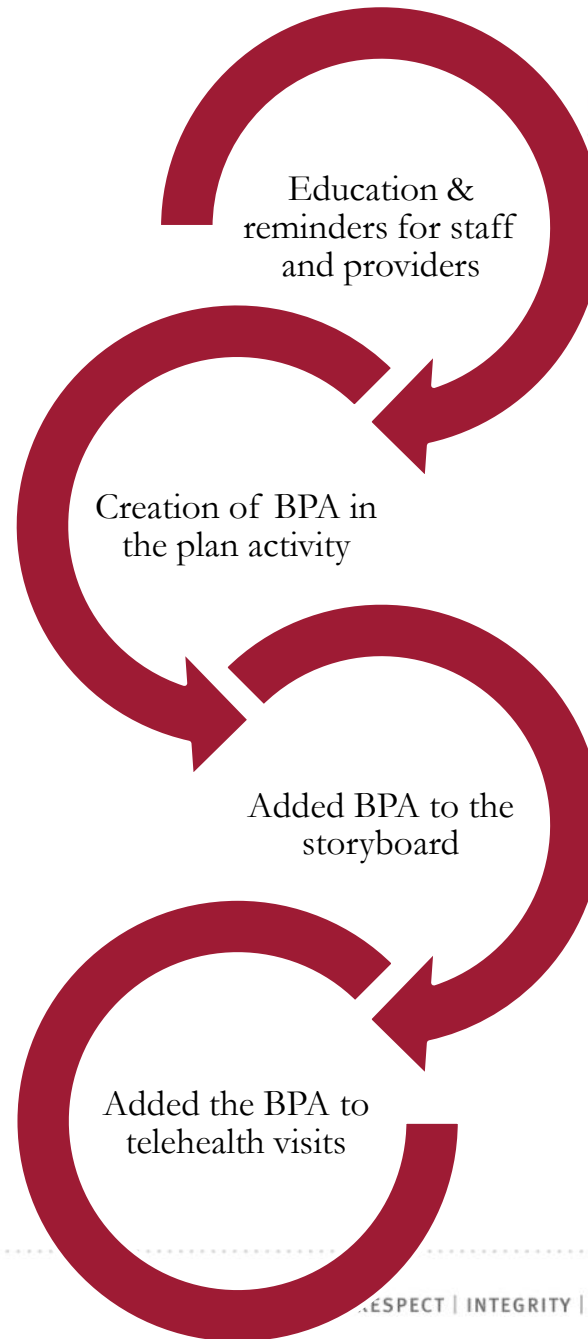
*Note: **Blue**= Complete, **Green**=meeting/exceeding, **Yellow**=not complete yet/no major barriers, **Red**=major barriers/not meeting deliverables



Countermeasures		
By When & Status*	Who	Deliverable
End Q1		Trouble shoot the existing workflow for new patients and BPA, educate providers and staff as needed to achieve 90% screening, 80% Exercise Rx
End Q2		Consider second Exercise Rx for returning patients, other referrals in smartset? **Decided to pursue MyChart Questionnaire build instead
End Q3		Implement workflow for all patients (new and existing)
End Q4		Track overall progress and re-educate as needed to meet goal (PDSA cycles)

Do

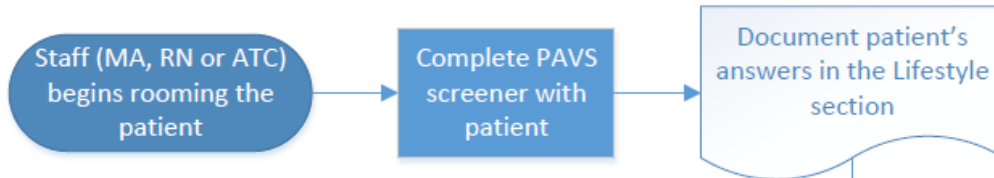
PDSA Cycles: Improving Documentation



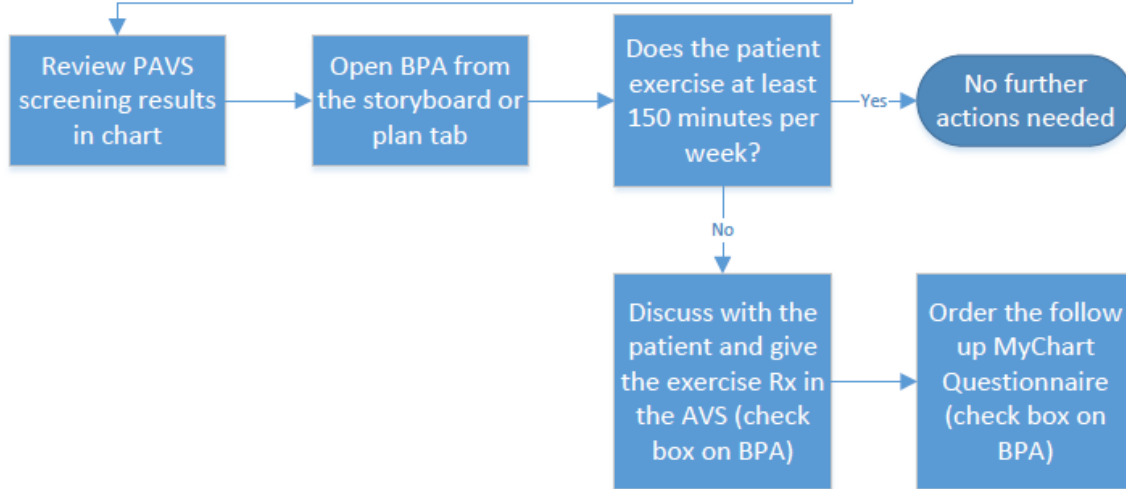
MMP Orthopedics & Sports Medicine- Physical Activity as a Vital Sign

FY20

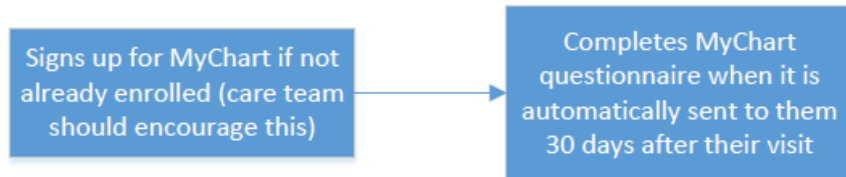
Rooming Staff



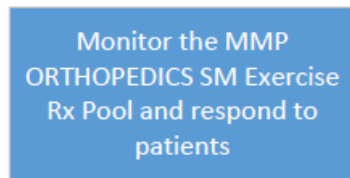
Provider



Patient



Fellows



Physical Activity

Patient refused all

On average, how many days per week do you engage in moderate to strenuous exercise (like walking fast, running, jogging, dancing, swimming, biking, or other activities that cause a light or heavy sweat)?

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days
- Patient refused

On average, how many minutes do you engage in exercise at this level?

- 0 min
- 10 min
- 20 min
- 30 min
- 40 min
- 50 min
- 60 min
- 70 min
- 80 min
- 90 min
- 100 min
- 110 min
- 120 min
- 130 min
- 140 min
- 150+ min
- Patient refused



BestPractice Advisories

Care Guidance (1)

Physical Activity Reminder: Patient screened positive for less than ACSM and AHA guideline of 150 minutes of exercise per week. Consider adding an exercise prescription to patient instructions and/or making a referral to Weight and Wellness. Collapse X

The patient exercises 0 days per week and 00 minutes per session.

Open SmartSet Do Not Open **MH HP MMP SPORTS MED EXERCISE QI** Preview

[Jump to History to update exercise data](#)

Acknowledge Reason

Contraindicated Patient declines

Accept (1)

MH HP MMP SPORTS MED EXERCISE QI Personalize

From BestPractice

Physical Activity Reminder: Patient screened positive for less than ACSM and AHA guideline of 150 minutes of exercise per week. Consider adding an exercise prescription to patient instructions and/or making a referral to Weight and Wellness.

The patient exercises 0 days per week and 00 minutes per session.

Exercise Prescription

Exercise is Medicine Prescription

Exercise Prescription

MYCHART QUESTIONNAIRE SERIES
Questionnaire Series: MH MYCHART PHYSICAL ACTIVITY QNR SERIES

Referrals

AMB Referral to MMC WEIGHT & WELLNESS
Routine

Ad-hoc Orders

Search

You can search for an order by typing in the header of this section.

Associate Edit Multiple Providers Remove Pend Sign

Physical Activity Follow-Up Survey

For the questionnaire series **Physical Activity Survey**

Based on your answers in the physical activity survey you answered at your previous appointment, your provider gave you an exercise prescription. Did you change your physical activity level after getting the exercise prescription from your provider?

Yes No I didn't know I received a prescription

[Continue](#) [Cancel](#)

Please discuss your current physical activity level with your provider at your next visit.



Physical Activity Follow-Up Survey

For the questionnaire series **Physical Activity Survey**

Please complete this survey regarding your current level of physical activity:

On average, how many days per week do you engage in moderate to strenuous exercise (like walking fast, running, jogging, dancing, swimming, biking, or other activities that cause a light or heavy sweat)?

0 days 1 day 2 days 3 days 4 days 5 days 6 days 7 days Patient refused

On average, how many minutes do you engage in exercise at this level?

0 min 10 min 20 min 30 min 40 min 50 min 60 min 70 min 80 min 90 min
 100 min 110 min 120 min 130 min 140 min 150+ min Patient refused

[Back](#) [Continue](#) [Cancel](#)

Great job and keep up the good work! If you have further questions, don't hesitate to contact us.

The screenshot shows a medical software interface with a navigation menu on the left and a main content area. The main content area displays a questionnaire submission for Teresa Laborpbmc, dated 5/6/2020 at 6:07 PM EDT. The questionnaire is titled "Mh Mychart Sports Med Physical Activity Follow-Up". The questions and answers are as follows:

Question	Answer
Based on your answers in the physical activity survey you answered at your previous appointment, your provider gave you an exercise prescription. Did you change your physical activity level after getting the exercise prescription from your provider?	Yes
On average, how many days per week do you engage in moderate to strenuous exercise (like walking fast, running, jogging, dancing, swimming, biking, or other activities that cause a light or heavy sweat)?	4 days
On average, how many minutes do you engage in exercise at this level?	30 min



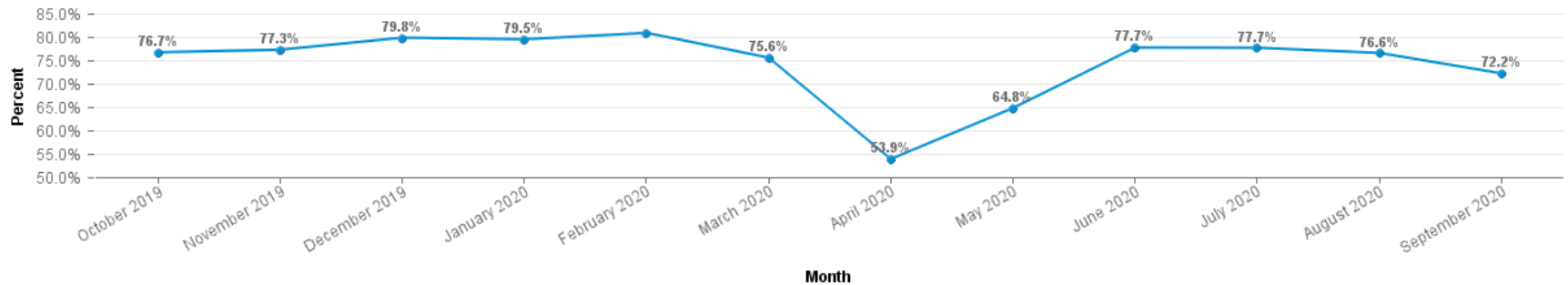
Outcomes:

(comparison to baseline: run charts, control charts, voice of customer, and/or process maps)

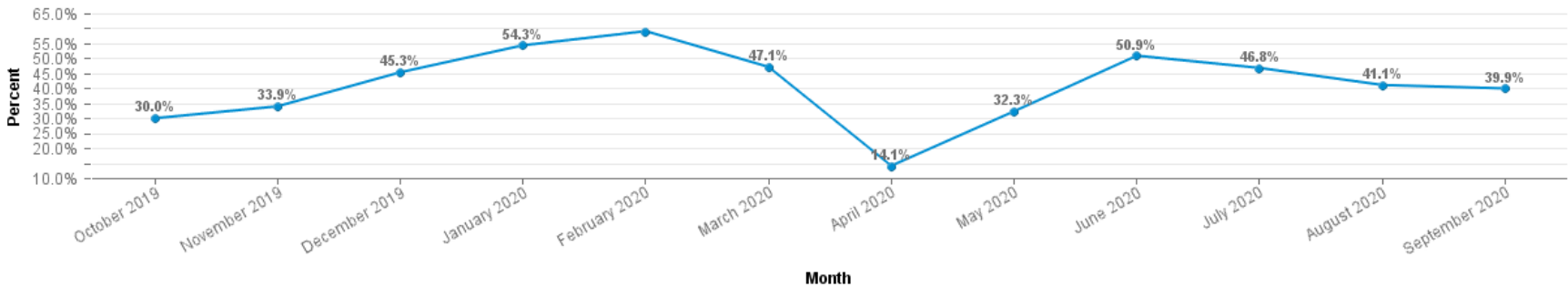
Data current as of: 9/30/20

Maine Medical PARTNERS Analytics

MMP Orthopedics and Sports Medicine Physical Activity Documentation



Exercise Prescription Documentation

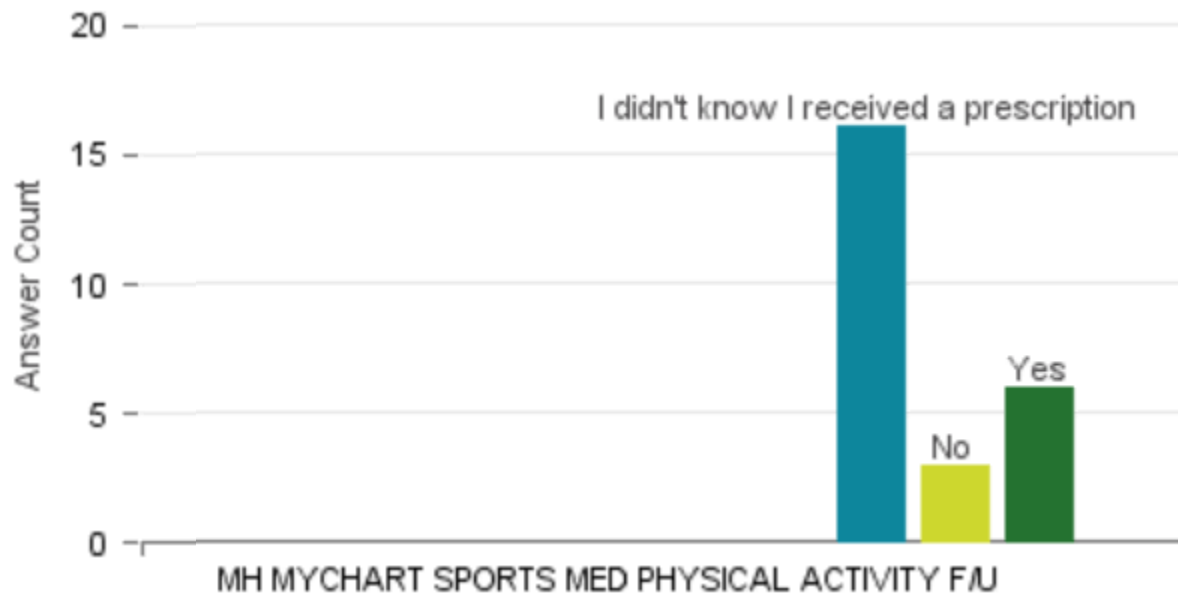




Maine Medical PARTNERS Analytics

MMP Orthopedics and Sports Medicine

Details of Physical Activity Questionnaire





Next Steps:

(plans to standardize, sustain, spread)

- Work through barriers:
 - BPAs needed to be adapted to work in telehealth visits
 - COVID-19 impacts workflows and number of visits
- Develop & Implement MyChart Questionnaire response & 2nd intervention workflow for those who haven't changed behavior (possibly incorporate referrals to W+W; 1:1 exercise Rx program w/ATCs; group visits).
- FY21 Outcome Measure: Number of patients that have changed their behavior and started exercising more

Act



CARE TEAM
WELL BEING



HEALTHY
COMMUNITIES



AFFORDABLE
CARE



PATIENT CENTERED
CARE

Questions?