Presentation Objectives

- Identify potential benefits of cross-institutional collaborations to advance quality of patient care and interprofessional education for health professions students.
- Identify strategies to facilitate collaboration with institutional representatives directly involved in an innovative cross institutional clinical experience.
- Evaluate necessary resources and methods to overcome barriers to successful interprofessional collaborations.

Historically the Health Professions have Trained in Silos With little emphasis on team dynamics

UNTHSC Department of Interprofessional Education and Practice (IPE/P) Established 2012 To lead IPE/P initiatives
Interprofessional Collaboration

“Collaborative practice occurs when multiple health workers from different professional backgrounds work together with patients, families, care givers, and communities to deliver the highest quality of care.” (WHO 2010)

Interprofessional Collaborative Practice is Important

- “The needs of patients and communities can be better met by the use of teams.” (Institute of Medicine 1972)

- Effective Interprofessional Collaboration is a factor in support of the Institute of Healthcare Improvement’s Triple Aim:
  - Improving the patient experience of care
  - Improving the health of populations; and
  - Reducing the per capita cost of health care.

Interprofessional Education

IPE occurs “When students from two or more professions learn about, from and with each other to enable effective collaboration and improve health outcomes.” (WHO 2012)

IPE is an avenue to help prepare a collaborative, practice ready health workforce.” (WHO 2012)
UNTHSC and TCU Collaborate to Train Health Professions Students for Collaborative Practice

Over 1,200 students from medicine, nursing, physical therapy, SLP, physician assistant studies, dietetics, pharmacy, athletic training, public health, social work and biomedical sciences train together in teams on core IPE competencies.

- Texas Christian University within 4 miles of the UNTHSC campus offers health professions programs not available at UNTHSC.
  - Nursing
  - Dietetics
  - Social Work
  - Speech Language Pathology
  - Athletic Training

A Patient Population Concern Was Identified

- Pediatric Clinic Population: Overweight or Obese
  - Nationally 1/3 children/adolescents
  - UNTHSC pediatric clinic 50%
  - Obesity is beginning at an early age
  - More likely to continue into adulthood
  - Complications are occurring earlier
  - U.S. life expectancy decreasing

A Parallel Academic Concern

Few health professions’ curriculums provide adequate practical integration of nutrition and eating behavior on health management and quality of life, creating a need for shared learning experiences between nutrition and dietetics and other health professions.
An Innovative Question Surfaced

"Can we move closer to developing a medical home for our patients, utilizing a Pediatric Clinic Dietetics Internship to help improve patient outcomes and teach Interprofessional collaboration in an outpatient clinical setting?"

Nusrath Habiba MD
Assistant Professor
Pediatrician UNT Health Pediatrics Clinic

The UNT Health Pediatrics Clinic

- A major pediatric outpatient facility in Tarrant County, Texas.
  - 8 physicians (5 DOs and 3 MDs), 2 PAs
  - 1 Part Time Social Worker, No Dietitian
  - Patients are newborn up to age 18
  - Clinic hours 8am-8pm M-Th, Fri. 8am-5pm
  - 22,000 patient visits per year
  - About 80% of the children seen live below 200% of federal poverty level (FPL).
  - Medical and PA students and Residents rotate through the clinic

Pediatric Patient Demographics

- 39% Hispanic
- 25% Black
- 24% Caucasian
- 12% Other

We Approached our Established TCU Partner With the Dietetics Internship Idea

Lyn Dart PhD, RD, LD
Associate Professor
Coordinator, Dietetics Supervised Practice
We Established Clinical and Academic Program Objectives

- Improved Quality of Care
  - Nutritional Assessment and Education are available during a pediatrics office visit.
- Improved educational experience for Medical and PA Students
  - Students have an opportunity to learn about nutritional assessment and education as they engage dietetics interns to complement their own expertise in developing strategies to meet specific patient care needs.

Dietetics Core Competencies For Dietetic Interns

Dietetics Students have an opportunity to demonstrate core dietetics competencies within a pediatrics clinic population.

Supervised practice experiences satisfy eligibility requirements and accreditation standards of the Academy of Nutrition and Dietetics.

Dietetics Core Competencies

- Professional Practice Expectations:
  - Beliefs, values, attitudes and behaviors for the professional dietitian level of practice.
- Clinical and Customer Services:
  - Development and delivery of information, products and services to individuals, groups and populations.
- Nutrition Education:
  - Develop educational materials and use interpersonal communication skills to inform/educate patients.

Collaborative Practice Objectives Were Established

Medical, PA, and Dietetics students demonstrate competency development in interprofessional practice skills in teamwork and communication while learning about their unique and shared roles and responsibilities as members of a health care team.

IPEC Core IPE Competency Domains:
- Values/Ethics
- Roles and Responsibilities
- Interprofessional Communication
- Teams/Teamwork

We Defined the Function of the Student Team

- The student team (dietetics interns, medical students, and PA students) review the patient’s medical record.
- The team works with the patient on the H & P and Nutrition Assessment.
- The team meets with the physician to discuss the patient case and the patient’s Diet Prescription.
- The Diet Prescription and Nutritional education are delivered to the patient and patient family.
- The Nutritional Assessment and Diet Prescription are entered into the medical record.

Medical and PA Students Clinical Objectives

- Collaborate with dietetics interns to
  - Obtain age-appropriate nutritional assessments on infants, children and adolescents
  - Create concrete and practical lifestyle recommendations
    - To optimize growth and minimize health problems related to suboptimal nutrition and activity
      - i.e. Overweight/Obesity, Failure-to-thrive, iron deficiency anemia)
  - Demonstrate the ability to
    - Interpret growth (height/length, weight, head circumference, BMI) using standard growth charts
    - Measure and assess the weight, height/length, and Body Mass Index (BMI) of children aging 0-18 years using standard growth charts.

We Piloted the Internship Spring Semester 2014

http://www.kaltura.com/tiny/3otpq
Summer 2014 Moved to Program Implementation for Fall 2014

Program success, now desire to implement year round!

JUST ONE PROBLEM: TCU Dietetics interns best prepared to participate in the spring of each semester.

SOLUTION: Building off existing relationships between TCU and TWU Dietetics faculty, TWU was invited to participate in the program helping move closer to creating a year round dietetics internship.

- Unique 3 institution collaboration
- Creates improved pediatric patient and family access to nutrition screening, education and counseling
- Provides a rich opportunity for Interprofessional Education in a clinical setting.

A New IPE Partnership is Established

Martha Rue MS, RDH, LD
Associate Clinical Professor
Dietetic Internship Director

Texas Woman’s University Dietetic Internship – Master’s

- Graduate level program ~
  - MS Nutrition or Exercise and Sports Nutrition
  - 16 interns annually
  - Rotations in Summer and Fall semesters
    - Perfect fit for UNT HSC IPE!
  - Post pediatric experience
    - Ready for working with families in pediatric clinic

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Student Reflections…

- “Enjoyed rapport between staff and students”
- “We learned so much about each other’s professions – how to work better together”
- “Downtime discussions about recognizing verbal/non-verbal cues by patients”
- “Families were open to suggestions made by dietetic interns – easy tips for healthy eating”
- “Hot Dog Dilemma – solved!”

Overcoming Our Challenges

- Creating Institutional Clinical Agreements
- Knowledge about pediatric nutrition/dietetics
- Working with multiple providers, students and establishing rapport
- Being unfamiliar working within a medical team and utilizing communication skills (SBAR)
- Student role within the medical team different with different providers
- Working without an RD/RDN on staff
- Scheduling constraints

Looking to the Future

- More formalized program evaluation and assessment
- Team peer evaluation of collaborative practice skills
- Engaging other professions to be a part of the student team
- An onsite RD/RDN preceptor to mentor dietetics interns
- Taking care to not get stretched too thin with additional opportunities (Need for nutrition screening and education through pediatric mobile unit and school screening opportunities)
Questions About Our Program?