An Innovative Model to Provide Nutritional Education and Intervention for Older Adults in the Community

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HRSA - NEPQR Award

**HRSA** – Health Resources and Services Administration (Federal Agency)

**NEPQR** – Nurse Education, Practice, Quality and Retention

**IPCP-AGES** Grant Background Info:

1. Fall 2012 to Fall of 2015
2. Awarded to School of Nursing at University of Tennessee at Chattanooga
3. Two-part encompassing grant
   a. Provide educational services & care to geriatric patients with heart failure.
   b. Interprofessional education of students from a variety of health care professions.
Providing Advanced, Culturally Competent Care through Clinical Training for Interprofessional Geriatric Care

1. Enhance complex learning in nursing education and practice in advanced practice nursing & interprofessional programs in the region

2. Enhance the FNP workforce to implement best practices for geriatric care and promote patient safety by working in interprofessional teams within diverse health care settings serving the geriatric population
IPCP-AGES Project Goals

1. Establish Inter-Professional Collaborative Practice (IPCP) environments across a range of health settings
2. Create virtual IPCP environments with a focus on effective communication
3. Implement the House Calls initiative, creating an IPCP environment focused on the critical transitions between hospital and home
4. Create and maintain a robust roster of IPCP environments with accessibility of this model for universities of all sizes
Medical Nutrition Education Project

Goals

1. Provide opportunities for students enrolled in the Medical Nutrition Therapy course (MNT) to increase understanding of interprofessional collaboration

2. Enhance students’ understanding of nutrition education via observation of the registered dietitian/nutritionist (RDN)

3. Provide students with the opportunity to assist RDN in presenting nutrition education materials in a controlled setting

4. Have students evaluate their experiences via a reflection survey
Required Assignments in the MNT Course

1. Completion of a video-based learning module
   http://www.pact4.com/moduleone.html
2. Observation/participation in either a geriatric-focused health fair or in-home/clinic counseling with clients
3. Assist in guided presentation of nutrition education with the RDN
4. Completion of a reflection about the interprofessional experience
Learning Experiences

1. Measured bone mineral density using Sahara™ Bone Sonometer (health fair only)
2. Observed/assisted RDN in nutrition education (health fair, homes, clinic)
3. Topics discussed:
   a. Dietary Approaches to Stop Hypertension (DASH Diet)
   b. Fluid intake for congestive heart failure
   c. Food label reading
   d. Low sodium lifestyle
   e. Bone mineral health
Nutrition Education Materials Created by Dietetic Students/RDN

1. Sodium intake
2. Fluids
3. Diabetes Mellitus
4. Healthy fats for cardiovascular health
5. Basic nutrition and food label reading
Health Fair Student Participants
Student Reflection Questions

1. What types of clients did you see during your experience (home visits/health fair)?

2. Did you feel prepared to provide nutrition information to the individuals you met with along with the RDN at the health fair or in-home visits?

3. Do you feel this experience of observing and participating in home health visits or at the health fair with the RDN enhanced your counseling abilities? Why or why not?

4. Do you feel this activity was important to participate in as a future nutrition professional? Why or why not?
Do you feel this activity was important to participate in as a future nutrition professional?

**Results: N = 28**

**Four Interprofessional Competencies**

1. Value/Ethics for interprofessional practice
2. Roles/Responsibilities
3. Communication of interprofessional nature
4. Teams and Teamwork
Other reflections…

• Role play in class was helpful but responses from clients in real world gave “true feel” and “honesty” to the home visit
Other reflections…

1. Uncomfortable issues (knowledge base/too much time)
2. Need more of these interactions
3. Confidence
4. Did not get to speak with clients
5. Nutrition was not mentioned
Challenges of the Project
Resources

1. Link to HRSA Grant Information
   http://www.utc.edu/nursing/projects/ipcp/index.php
2. Core Competencies for interprofessional practice,
   http://www.aacn.nche.edu/education-resources/ipecreport.pdf