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

Team Members: Drs. Krys Bigosinski, Heather Gillspie, Bill Dexter, Linc Avery, Heidi Walls; Sierra Kendall, Nichole Benway, Lauren Atkinson

**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%
**Countermeasures**

<table>
<thead>
<tr>
<th>By When &amp; Status*</th>
<th>Who</th>
<th>Deliverable</th>
</tr>
</thead>
<tbody>
<tr>
<td>End Q1</td>
<td></td>
<td>Trouble shoot the <strong>existing workflow for new patients</strong> and BPA, educate providers and staff as needed to achieve 90% screening, 80% Exercise Rx</td>
</tr>
<tr>
<td>End Q2</td>
<td></td>
<td>Consider second Exercise Rx for returning patients, other referrals in smartset? <strong>Decided to pursue MyChart Questionnaire build instead</strong></td>
</tr>
<tr>
<td>End Q3</td>
<td></td>
<td>Implement workflow for <strong>all patients</strong> (new and existing)</td>
</tr>
<tr>
<td>End Q4</td>
<td></td>
<td>Track overall progress and re-educate as needed to meet goal (PDSA cycles)</td>
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*Note: Blue = Complete, Green = meeting/exceeding, Yellow = not complete yet/no major barriers, Red = major barriers/not meeting deliverables*
PDSA Cycles: Improving Documentation

- Education & reminders for staff and providers
- Creation of BPA in the plan activity
- Added BPA to the storyboard
- Added the BPA to telehealth visits
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**Rooming Staff**
- Staff (MA, RN or ATC) begins rooming the patient
- Complete PAVS screener with patient
- Document patient’s answers in the Lifestyle section

**Provider**
- Review PAVS screening results in chart
- Open BPA from the storyboard or plan tab
- Does the patient exercise at least 150 minutes per week?
  - Yes → No further actions needed
  - No → Discuss with the patient and give the exercise Rx in the AVS (check box on BPA)
- Order the follow up MyChart Questionnaire (check box on BPA)

**Patient**
- Signs up for MyChart if not already enrolled (care team should encourage this)
- Completes MyChart questionnaire when it is automatically sent to them 30 days after their visit

**Fellows**
- Monitor the MMP ORTHOPEDICS SM Exercise Rx Pool and respond to patients
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

Best Practice Advisories

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

MH HP MMP SPORTS MED EXERCISE QI

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.
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.
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
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Details of Physical Activity Questionnaire

- I didn't know I received a prescription
  - No
  - Yes

Answer Count

MH MYCHART SPORTS MED PHYSICAL ACTIVITY FAU
### Next Steps:

(plans to standardize, sustain, spread)

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<tr>
<th>Act</th>
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<tbody>
<tr>
<td>Work through barriers:</td>
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<tr>
<td>• BPAs needed to be adapted to work in telehealth visits</td>
<td></td>
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<tr>
<td>• COVID-19 impacts workflows and number of visits</td>
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<tr>
<td>Develop &amp; Implement MyChart Questionnaire response &amp; 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).</td>
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<tr>
<td>FY21 Outcome Measure: Number of patients that have changed their behavior and started exercising more</td>
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Questions?