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Bhavini Prajapati  
*Maine Medical Center*

Laura Onderko  
*Maine Medical Center*

Darcy Chandler  
*Maine Medical Center*

Sanjeev Francis  
*Maine Medical Center*

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# Social Determinants of Care in the MMC Cardiology Fellow's Clinic

Bhavini Prajapati, MD Laura Onderko, MD, Darcy Chandler, RN, Sanjeev Francis, MD  
Maine Medical Center, Portland, ME

## Introduction

- Social determinants of health are upstream risk factors for cardiovascular disease.
- Patients seen in the Cardiology Fellow's Clinic at MMC are a diverse group that are burdened by many socioeconomic issues.
- Addressing these disparities has the potential to prevent the development of other comorbidities known to increase the risk of a cardiovascular event.
- The aim of this project was to identify the prevalence of these factors in the cardiology fellow's clinic

## Methods

- Patients of the MMC Cardiology Fellow's Clinic were screened with a questionnaire asking if they had experienced:
  - financial resource strain
  - food insecurity (anticipated, experienced)
  - inadequate transportation (limiting activities of daily living (ADLs), limiting medical care)
- Data collection occurred April to December 2021.

## Results

- 366 patients included (see Table 1 )
- Financial strain was most frequently reported followed by food insecurity and transportation barriers
- All individuals who screened positive were connected with community resources

## Discussion

- Recognizing socioeconomic barriers is the first step to mitigating the disparities that lead to negative downstream effects on patient populations that are already vulnerable.
- Our study showed a significant portion of patients seen in the MMC Cardiology Fellow's clinic struggle with financial strain, food insecurity, and transportation needs.
- This provides an opportunity to connect our clinic population with community resources and ultimately improve the health of our patients.

On average, social determinants of health affect up to 43% of the Cardiology Fellow's Clinic patients.



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## Results

Table 1: Prevalence of social determinants of health by month						
Month	N	Financial resource strain	Food insecurity - anticipated	Food insecurity - experienced	Transportation - limiting ADLs	Transportation - limiting medical care
April	28	39%	43%	46%	36%	39%
May	50	48%	48%	36%	28%	32%
June	51	43%	47%	37%	18%	27%
July	39	36%	38%	23%	13%	13%
August	15	53%	60%	47%	40%	33%
September	51	35%	10%	25%	12%	12%
October	36	52%	36%	36%	25%	25%
November	52	35%	29%	29%	17%	19%
December	44	52%	32%	27%	18%	16%
Total average %	366	43%	39%	33%	21%	23%