

# **Preventive Vital Signs: Results of Formative Research**

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# Project Goals

- **Develop simple methodology and tools for consistent preventive lifestyle recording in medical practices**
- **Test the ease of adoption of the methodology**
- **Test the utility of the tools and resources**

# Process

- **Consulted family practice physicians statewide**
- **Developed the methodology and materials and translated advice sheets into Spanish**
- **Recruited and trained staff and provider in one clinic to act as an alpha site for 1 month**
- **Enrolled 4 clinics, providing training, materials and other resources to adopt the methodology for 1 month**
- **Individually interviewed all relevant staff**



# Preventive Vital Signs

Minutes of weekly Physical Activity = (Min PA) \_\_\_\_

Fruits and Vegetables per day = (F/V) \_\_\_\_



Smoking or tobacco exposure = (Tobacco) Y/N



BP ____	P ____	R ____	BMI (or wt.) ____
Min PA ____	F/V ____	Tobacco	Y/N

# Practitioner Outcomes

- **Five clinics implemented the methodology for four weeks each**
  - **5 of 6 practitioners said they will continue using the PVS**
  - **1 practitioner was unsure (The outcomes in this clinic were confounded by the concurrent adoption of a lengthy patient questionnaire.)**

# Office Staff Outcomes

- **Took 1-2 weeks to get in the habit of asking the questions**
- **Staff didn't see it as extra work**
- **Challenge is to help staff learn how to make the process brief but complete**

# Patient Outcomes

- **Most patients requested information on fruit and vegetable intake and physical activity.**
- **The smoking handouts were not accepted or requested nearly as much.**

# **Next Step: Funding for Further Research**

- **Determine actual percent utilization (chart audits)**
- **Determine impact on self-reported patient behaviors (chart audits)**
- **Determine impact on clinical outcomes (chart audits)**
- **Improve training of staff to increase their use of resources and decrease their tendency to lecture**