

Project PlantWise

Pilot Project Review



USING THE FILM *PLANTWISE* IN A HEALTHCARE SETTING

A Pilot Project Review

EXECUTIVE SUMMARY

The medium of film can be a powerful tool to change viewers' perceptions and behavior. AdventHealth's Family Medicine Residency (FMR) is incorporating the motivational film *PlantWise* into an innovative pilot project to inspire their type 2 diabetes patients that the disease can be reduced or put into remission. After viewing the film, the program empowers patients with the tools and support they need to choose and access an effective treatment plan. This paper lays out the parameters of the pilot project so others who may be interested in developing a similar project can see how AdventHealth designed this pilot.



BACKGROUND

AdventHealth's FMR has trained residents for over forty years and is one of the U.S.'s largest allopathic family medicine residency programs. The lifestyle treatment of disease is a long-standing interest within the hospital and FMR's administration. Through their Center for Family Medicine (CFM) outpatient clinic, FMR has successfully carried out an Intensive Lifestyle Intervention program for a number of years. The innovative pilot project utilizing *PlantWise* seeks to increase engagement among those patients, in particular, the patients with type 2 diabetes (T2D).

Evidence shows that people with type 2 diabetes can put their condition into remission. However, physicians may not have the time or expertise to educate their T2D patients, or the patients themselves may doubt their abilities, lack the motivation, or question the possibility of effecting a change in their condition.

Project PlantWise Pilot Project Review

This pilot project was conceived and is being led by Dr. George Guthrie, MD, MPH, CDE, an FMR faculty member, with support from dietitians and other AdventHealth experts. Dr. Guthrie believes that a novel patient engagement process utilizing the motivational film *PlantWise* within the hospitalization and discharge process—while patients are open to making changes—can move the needle in terms of long-lasting engagement with lifestyle interventions.

The novel project expands educational outreach to patients in two categories:

1. Type 2 diabetes patients hospitalized in AdventHealth's 382-bed acute care facility in Winter Park, Florida.
2. AdventHealth's outpatient Center for Family Medicine (CFM) patients and enrollees in CFM's Intensive Lifestyle Intervention program

The project also trains and certifies interested Diabetes Institute staff in health coaching to improve engagement and follow-up after enrollees view the film.

PILOT DESIGN

The steps taken in the pilot program may be easily reproduced in other clinical settings. Some of the details of this pilot include:

1. **Motivational Film** – The film *PlantWise* was carefully crafted to focus on metabolic syndrome diseases and to avoid topics that might distract from the main message.
2. **Order Sets** – An invitation to watch the film is incorporated into standard clinical diabetes admission order sets (opt out) in the electronic medical record system of the hospital. This required obtaining approval from the endocrinology, internal medicine, and both the Medical and Nursing IT committees.
3. **Accessibility** – The film can be accessed on Vimeo by interested outpatients of the CFM and community referrals.
4. **Recruiting** – All patients with T2D are recruited by admitting diagnosis to AdventHealth Winter Park hospital as well as referrals of AdventHealth outpatients. Patients are given the opportunity by various resources to watch *PlantWise* and are contacted by chronic disease management staff until they visit an introductory session or request opting out.
5. **Lifestyle Intervention Programs** – Introductory Sessions are presented once or twice a month to patients to introduce them to the lifestyle intervention programs—including those discharged from the hospital, patients of the CFM, and others referred with T2D.
6. **Tool Set** – Interventions center on programs and group classes held remotely that educate and create a social network. Classes include Diabetes Undone and Full Plate Living. Individual medical nutrition therapy, shared medical appointments, and an alumni support group are offered. The team includes a physician, coordinator, registered dietitian, and secretarial assistance. Activities include:

- a. **Shared Medical Visits**—provided on a continuous biweekly basis.
- b. **Medical Nutrition Therapy**—individual sessions of 1.5 hours are provided by the RDN for patients with diabetes or kidney disease, as needed by the patient.
- c. **Media-based Educational Programs**—Group education programs are offered weekly on a continuous and rotating basis, including:
 - i. **Diabetes Undone** focuses on maximizing plant-based food intake and lifestyle treatment for type 2 diabetes. It is also offered as an internet-based program with phone coaching.
 - ii. **Full Plate Diet** is a seven-step group-based program for weight loss.
 - iii. **Diet ID** was engaged to provide validated app-based nutritional assessments for participants. However, changing the System EMR has delayed the addition of this tool into the clinic practice.
- d. **Health Coaching Training**—Training was conducted by Wellcoaches for two Diabetes Institute staff to motivate patients in the current and expanded Intensive Lifestyle Intervention program. Certification is by the National Board of Medical Examiners and the National Board for Health and Wellness Coaching. Health coaches assist with patient recruitment and engagement.
- e. **Data** – Data collection and analysis is ongoing as patients enroll in the program throughout the year. Biometric measures, claims data, and engagement are being followed as available through existing systems.



CONCLUSION

The toll on human health and the burden on the medical system by metabolic diseases is enormous. Through the film and classes, the pilot project combines inspiration and education to help patients make incremental lifestyle changes based on the best evidence in science.

ACTION

The pilot team at AdventHealth encourages other clinicians to use a similar approach with their patients. The intervention continues at the present time with ongoing efforts to improve patient engagement through the PDSA cycle.

If you are interested in using a similar approach in your practice or clinic, please go to the link on this website for the Resources Kit. The Kit provides samples, examples, and the wording of the exact tools we are using in our pilot. You are welcome to use and personalize these resources for your setting without obtaining permission from AdventHealth. Together, we can help mitigate the epidemic of diabetes and the other metabolic conditions in our society.

