

Developing Pediatric Nutrition Intuition and Mini Exercise Programs

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Introduction

- Overview

 - Background, Methods, Results, Discussion, Recommendations

- Personal Interest in childhood nutrition and exercise

- Matthew Walker Comprehensive Healthcare Clinic

 - Assessed patient knowledge on nutrition and exercise

 - Disseminated handouts on reading food labels

 - In-examination room education session



Background

- At the heart of medicine is the doctor-patient interaction. Any disconnect leads to an ill-informed patient.
- Ill-informed patient = noncompliant patient
- Through simple measures such as pre and post assessment, and subsequent education, increases in healthy eating and exercise are possible.



Methodology

- Patient Pre And Post Assessments

Questions for assessing knowledge on nutrition and exercise

Jun 17th – July 11th

Completed by patient before and after seeing the provider.

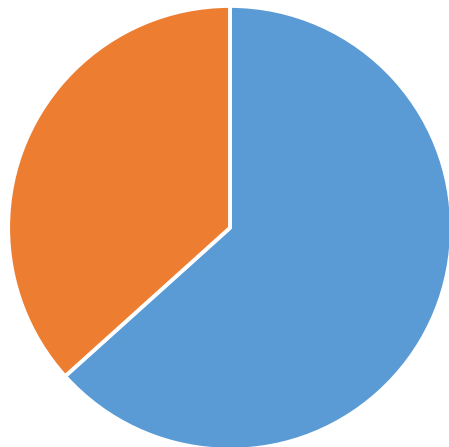
- Handouts On How To Read A Food Label

A breakdown of the major components of a food label and, depending on the section being discussed, what type of patients should pay extra attention to that part of the food label.

Patient Pre And Post Assessments Results

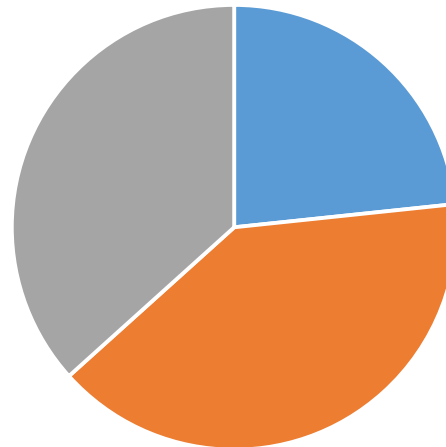
- Most respondents were females aged 9-12. The most common questions they had unanswered involved sex.

Gender



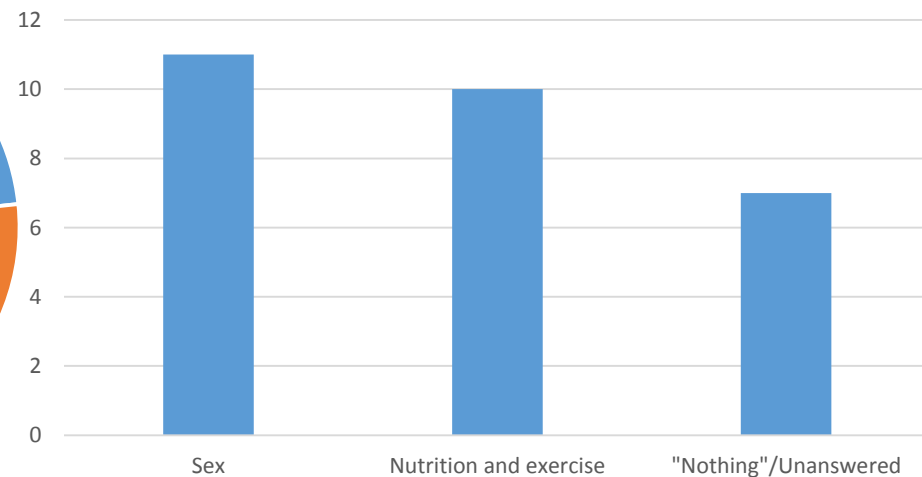
■ Female ■ Male

Age



■ 0 to 8 ■ 9 to 12 ■ 13 to 17

I Want To Talk To My Doctor More About...



Discussion

- Patient Population Much More Knowledgeable Than Previously Assumed.
- The problem is intuition, but implementation.
- Limitations: Language barriers, patient appointment cancellations and/or no shows, patient questionnaire burden.
- Questions Raised:

How adequately are Hispanic/Latino patients being informed?

How much more effective would patient education be if Matthew Walker was a “medical home.”



Recommendations

- Have the triaging medical assistant add a short sex/nutrition/exercise screening to their patient workup.
- Nutritionist on staff to counsel patients on how and where to find more affordable healthy food options and free or cheap ways to exercise.



Conclusion

- Important and Prevalent Issues!
- Continuous Assessment is key.
- Improve Health
- Lower Cost



Acknowledgements

- Site Supervisor, Dr. Ida M. Williams
- MWCHC Pediatric Department Healthcare Team
- Medical Assistant Michael Desjardines
- Healthcare Team at MWCHC's Clarksville, TN location.

