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.
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
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