

Title: Addressing Nutritional Needs in a Community Medical Center

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PROBLEM STATEMENT

- A community medical center has adequately assessed the needs of their participants but has struggled to effectively meet these needs once identified. This is often due to lack of resources.
- 65% of the participants of the wellness program are concerned with access to healthy nutrition resources.

PROJECT PURPOSE

- To improve nutritional behavior, the center must develop a protocol for providing resources, assessing behavior, and following up.
- The aim is to complete a quality improvement project which focuses on optimizing volunteer workflow within the medical center and improving nutritional behaviors of the center participants by utilizing community resources
- Among the underinsured participants at a community center, will the implementation of a healthy eating protocol improve nutritional behavior in three months as compared to current practice?

MODEL/NURSING THEORY

- Quality Improvement: Plan-Do-Study-Act (PDSA) Cycles
- Everett Rogers' Diffusion of Innovation theory

METHODS

- **Subjects (Participants)**
 - Underinsured patients/participants, minorities- African Americans, adults and older adults of lower socioeconomic status, male and female
- **Setting**
 - Urban East Tampa communities, churches within the community, in person and online options
- **Instruments/Tools**
 - Measurement: Nutritional behavior
 - Planning & Management, Selection, and Preparation of meals
 - Instrument: The Food Sensations © pre- and post-surveys
- **Intervention and Data Collection**
 - Intervention Timeline
 - Mid to late June: pre-survey and packet dissemination
 - Mid August: follow up phone calls
 - Mid to late September: post-survey dissemination
 - Data Storage
 - Excel spreadsheet
 - Name codes- MRNs
 - Medical center database for analysis

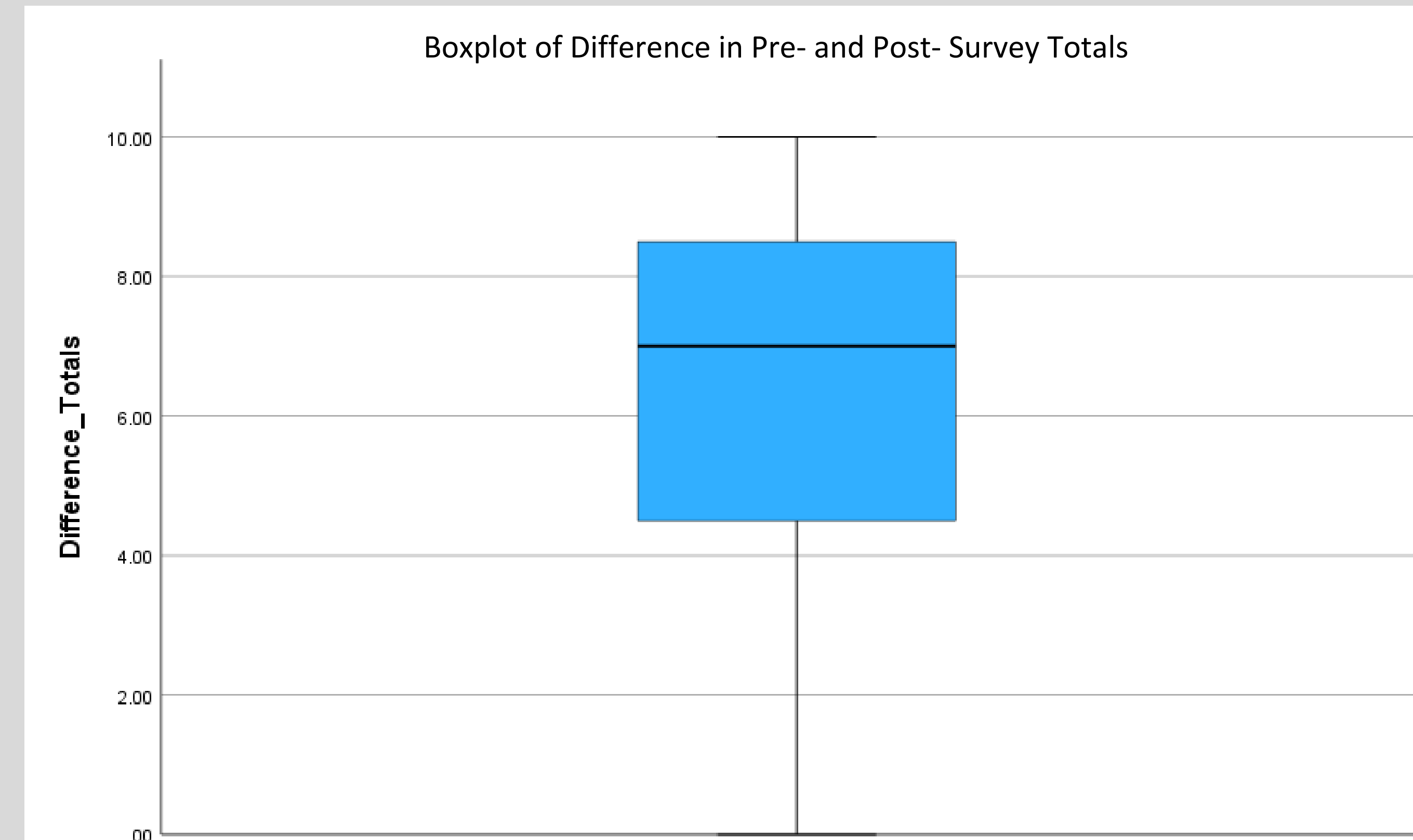
RESULTS

		Paired Samples Test								Significance	
		Paired Differences			95% Confidence Interval of the Difference		t	df	One-Sided p	Two-Sided p	
		Mean	Std. Deviation	Std. Error Mean	Lower	Upper					
Pair 1	Total - Total2	-6.143	3.532	1.335	-9.410	-2.876	-4.601	6	.002	.004	
Pair 2	Plan_Manage - Plan_Manage2	-2.143	2.116	.800	-4.100	-.186	-2.680	6	.018	.037	
Pair 3	Select - Select2	-1.714	.951	.360	-2.594	-.835	-4.768	6	.002	.003	
Pair 4	Prepare - Prepare2	-2.286	1.604	.606	-3.769	-.803	-3.771	6	.005	.009	

Demographic Data:

- **Sex:**
 - Female: 6 participants
 - Male: 1 participant
- **Race/Ethnicity:**
 - Black: 4 participants
 - White: 2 participants
 - Hispanic: 1 participant
 - American Indian/Native: 1 participant
- **Age**
 - 26-35: 1 participant
 - 36-45: 2 participants
 - 46-55: 1 participant
 - 56-65: 2 participant
 - 66 and older: 1 participant
- **Employment**
 - Retired: 4 participants
 - Unemployed: 3 participants

Use this QR code to access the packet.



Use this code to access the full reference list.



DISCUSSION

- This project improves patient outcomes and impacts outcomes at the community medical center.
- The community center providers and volunteers have the protocol, nutritional resources, and database readily available to adequately overcome health disparities with all future wellness program participants.

IMPLICATIONS FOR ADVANCE PRACTICE NURSING

- The project maintains the nutritional component of the wellness program's goal to address the social determinants of health, which is feasible for other community centers and providers.
- The assessment and referral for nutritional resource needs is now streamlined with a protocol for healthcare providers.

REFERENCES

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The participants within the community have benefitted from a personal assessment of their nutritional behaviors and feasible resources.