

# Working together: A collaborative approach to disease prevention education: Move4Health

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## Project Aim

To promote opportunities for interprofessional education and collaboration between medical, nursing and physical therapy students at Thomas Jefferson University (TJU).

## Program Goals

- 1) Develop a curriculum of inter-professional prevention education utilizing an online instruction platform.
  - Integration of learning modules into each discipline's curricula
- 2) Serve as faculty resource for student organization.
- 3) Support TJU's student service learning initiative.
- 4) Use Move4Health as a model program for educating TJU's students in principles and practice of sustainable interprofessional prevention education.



## Move4Health

TJU has established the Jefferson Center for Interprofessional Education (JCIPE). JCIPE is dedicated to improving patient care through implementing and evaluating patient-centered, interprofessional education throughout the TJU curriculum.

Move4Health, a project of JCIPE, is a student-designed and led public health program that partners faculty from TJU Department of Family and Community Medicine and the College of Health Professions with medical, physical therapy and nursing students of TJU. The goal is to improve the lifestyle of female patients with type 2 diabetes mellitus. The program encompasses weekly classes of exercise and education, created and taught by health professional students.

This integrative model of diabetes care monitors patients' progress and provides regular updates to the primary care physicians as well as being a unique experiential learning tool for students from different medical disciplines. Student participants provide care and work as a team to make an impact in chronic disease management.



## Participation

- 4 faculty
- 10 Medical students
- 2 Nursing students
- 2 PT students
- 4 patients
- Actively recruiting...



## Evaluation Methods

- Post class (after 13 week session): reflective writing exercise
- Pre and Post class: Modification of Perception of Patients' Health Scale (PHS) (Diamond, et al 2007)
- Teaching module student evaluation

## Web-based self-study learning modules

A web-based self-study curriculum was created for training student volunteers.

Module objectives include:

- 1) Team work and interprofessional roles
- 2) Teaching students to teach
- 3) Introduction to chronic disease prevention education and diabetes resources