



CAMPBELL UNIVERSITY

Community Care Clinic INITIATIVE





James Muller - 2017 Co-Director

**Kailey Remien - 2017 Fundraising &
Marketing Chair**

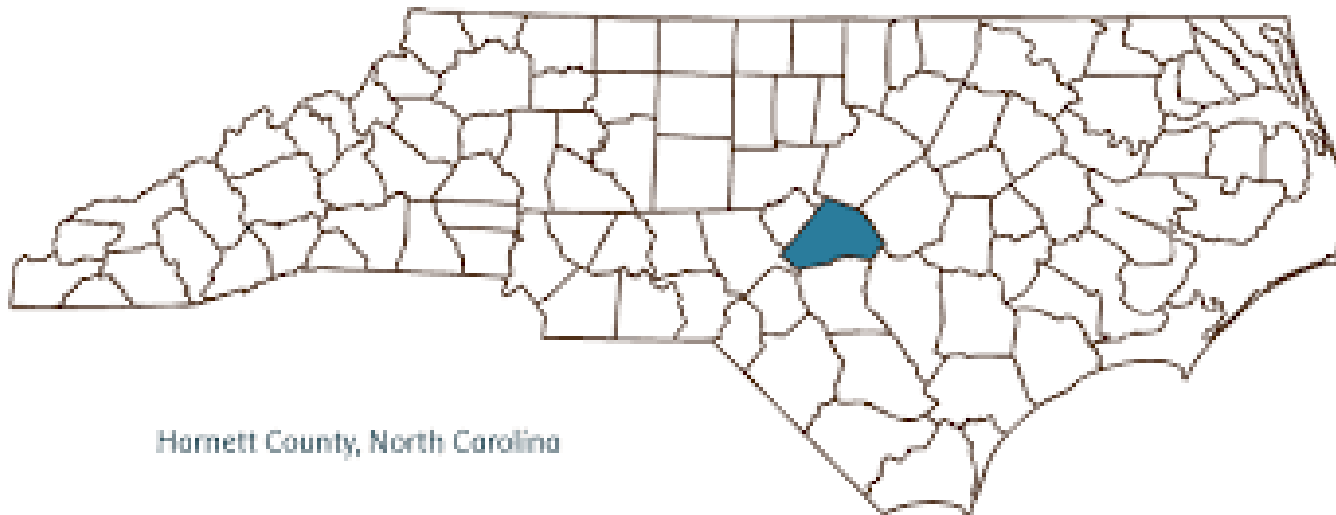
CAMPBELL UNIVERSITY COMMUNITY CARE CLINIC

- A student-run free clinic solely managed by the CUCCC Board of Directors comprised of 26 first-year medical students.
- Hours of operation: Tuesday, 5-9 PM
- Location: Campbell University Health Center, 129 T.T. Lanier Street, Buies Creek, NC 27506
- 10-12 patients per night



OUR COMMUNITY

- Harnett County: Home to ~130k people
- 594.99 mi²
- 18.2% below the poverty line
- 13% of Harnett county's population classified as uninsured
- 6 fully functioning grocery stores, 14 fast food restaurants
- CUCCC served ~150 patients in 2018
- CUCCC serves about 0.88% of the uninsured population (13%)



Harnett County, North Carolina



HEALTH AND WELLNESS INITIATIVE

- Initiative started in 2017
- 83% patient population obese with a BMI > 30.0
- Two students, the H&W Initiative Director and the Community Outreach Director, who are passionate about preventative medicine and see the need for proper nutrition, smoking, and exercise counseling in a primary care setting.
- EVERY patient will receive approximately 20-30 minutes of health and wellness counseling EVERY time they come to the clinic.



GENERAL CLINIC FLOW

Patient encounter: HPI & physical exam
(45 minutes new patient)
(30 minutes follow-up patient)



HEALTH
AND
WELLNESS
INITIATIVE

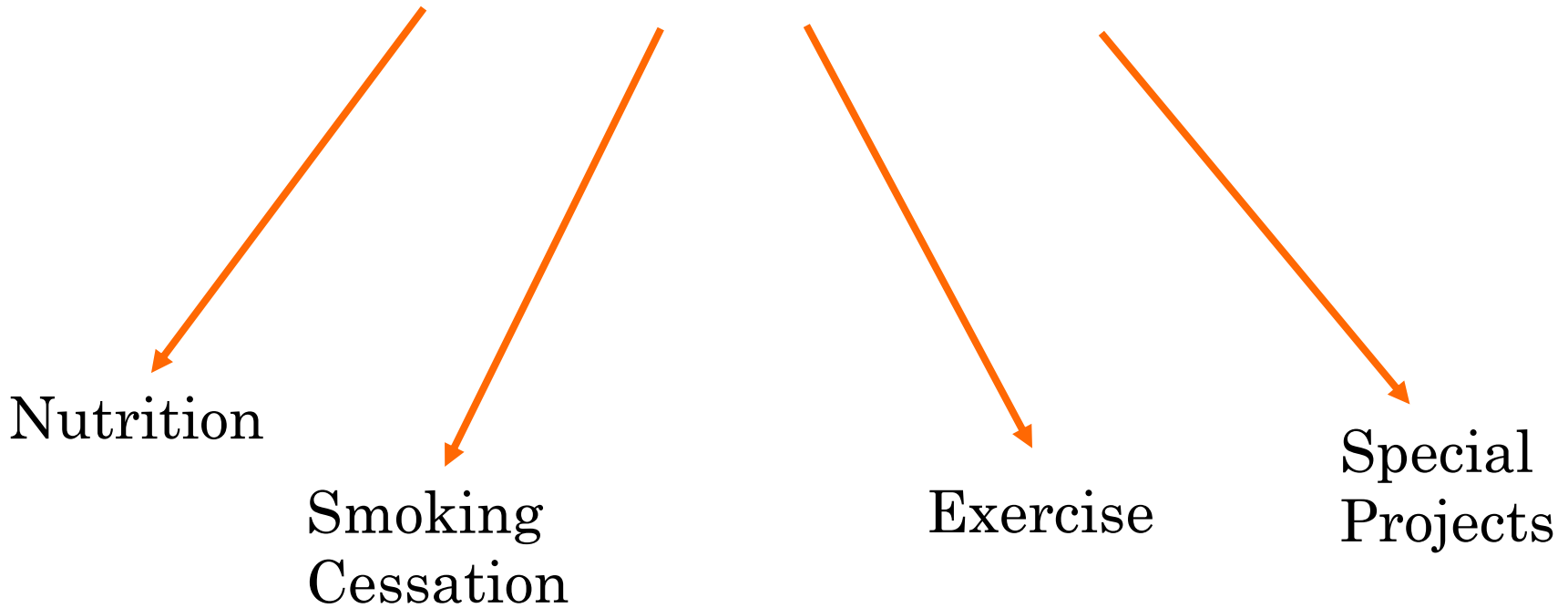
Gather your thoughts/ ddx/ possible treatment
plans
~5-10 minutes



Present to the Attending Physician
May request labs/ imaging at this time



HEALTH AND WELLNESS INITIATIVE



NUTRITION COUNSELING

- Nutrition Survey
 - Scanned into every patient's record
- Health and Wellness counseling occurs after the student team encounter
- Address patient concerns and survey results
- Offer motivational interviewing
 - Allow patient to set their own goals & partner with them to accomplish these goals
- Offer specialty diet and other nutrition education
- Special notes in EHR for Health and Wellness team members



CUCCC Nutritional Survey

How Many Sugar-Sweetened Beverages Do You Consume Per Day? _____

Note: This includes sweet tea, soda, and fruit juice.

Do You Eat Breakfast? ____ YES ____ NO

How Many Times A Week Do You Typically Eat Fast Food?

For breakfast ____, For lunch ____, For dinner ____, Between meals ____

How Many Glasses of Water Do You Consume Per Day? _____

How Many Cups of Coffee Do You Consume Per Day? _____

What do you put into your coffee? _____

How Many Drinks of Alcohol Do You Consume Per Week? _____

Note: This includes wine(5oz/drink), beer(12 oz/drink), and spirits(1 shot/drink).

How Many Meals Do You Eat at Home Per Week?

For breakfast ____, For lunch ____, For dinner ____, Between meals ____

What Time Do You Usually Finish Your Last Meal? _____

How Many Snacks Do You Have Per Day? _____

Please List Your Typical Snacks Below:

Portions Size:

Do you fill your plate all the way up? ____ YES ____ NO

When eating outside the home, do you typically select the largest portion meals? ____ YES ____ NO

How many times a month do you eat at buffet restaurants? _____

Do you always finish your plate? ____ YES ____ NO

What do you think is the least healthy part of your diet?



BIGGEST AREAS OF FOCUS

- Sugar Sweetened Beverages
 - 12 oz can of soda
 - 16 oz glass
- Fast Food Consumption/week
 - Meals eaten at/from fast food restaurant
- Portion Size
- Cost effective and simple ways to make changes in the diet



SMOKING CESSATION PROGRAM

- Every patient who is a smoker is offered smoking cessation
- Best method to quit
- Progress recorded at every office visit
- First line intervention: nicotine replacement
- Second line intervention: medication



SMOKING CESSATION PROGRAM

- All patients offered enrollment in Campbell University Smoking Cessation Program
 - 12 week program
 - Client paired up with coach, who is a Campbell medical student
 - Offered encouragement through quitting process
 - Smoking cessation booklet
 - Discuss quit date, smoking triggers, likes/dislikes about smoking
 - Student will be assigned to patient
 - Meet with patient on Tuesday nights during clinic and call patient on the phone



EXERCISE COUNSELING

- Exercise prescriptions plans
- Stretching routines
- Chair exercises
- Yoga routines
- Walking club - in the works



DATA AFTER ~6 MONTHS OF COUNSELING

- 67 patients included
- Average counseling sessions: 3.088
- Average Weight Loss: +0.38 lbs.

Sugar Sweetened Beverages	
Entrance	Exit
2.35	1.42
Fast Food Consumption/week	
Entrance	Exit
1.97	1.04
Weight	
Entrance	Exit
221.68	222.53
BMI	
Entrance	Exit
37.18	37.61



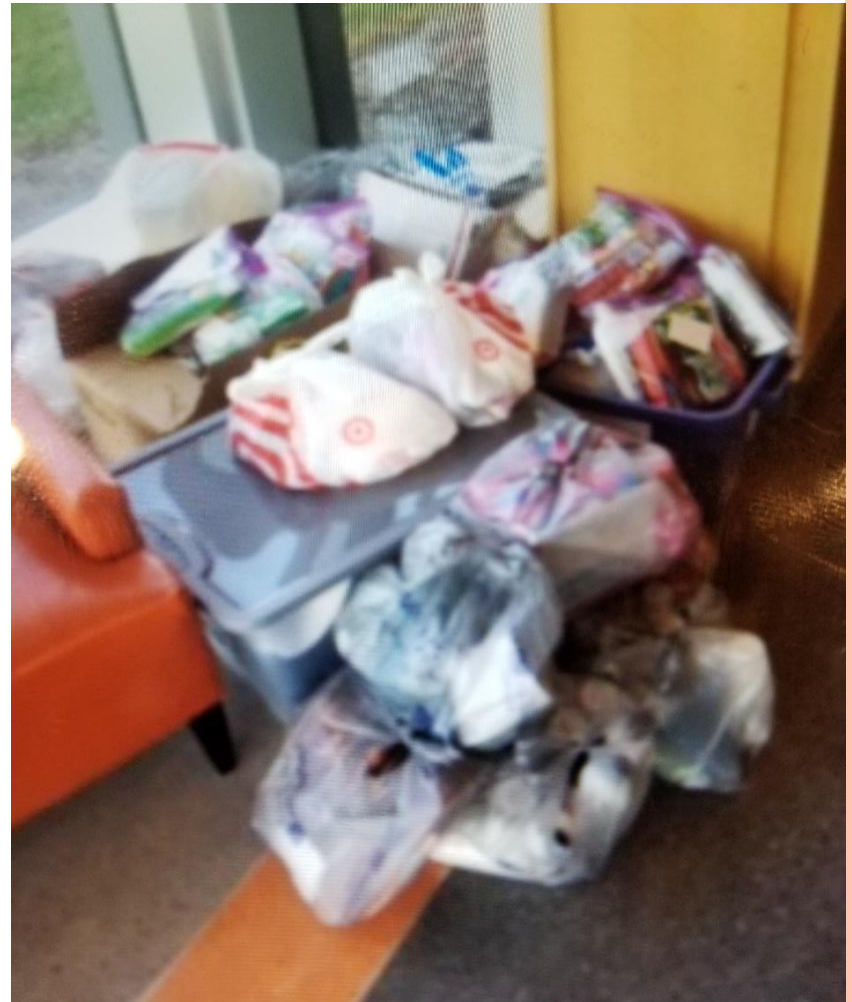
SPECIAL PROJECTS

- Campbell University Social Work Program
 - Two undergrad students
 - Receiving class credit as an internship
- Orange Apron
 - Every patient gets to take home a meal package kit with the recipe, fresh meat and produce



SPECIAL PROJECTS

- Hygiene Kit Drive
 - Collected and created hygiene kits to be given to all patients
 - Kits include: toothbrushes, toothpaste, wash cloths, shampoo, conditioner, body wash (full bottles), bars of soap, body lotion, combs, hairbrushes, deodorant
 - Make it a competition!



FUTURE EXPANSIONS

- We would like to establish a permanent space for Health and Wellness counseling
- Establish specific appointments for patients who just want Health and Wellness counseling
- Incorporate more hypertension and diabetes diet plans into counseling for these specific patients



UPDATES

- Patient Resource Coordinator
 - Collect health information that is deemed most needed for the clinic patients.
 - Monthly health newsletters
 - Pamphlets on topics such as “How to Eat Healthy on a Budget”
 - Collecting information regarding specific diets (e.g. DASH diet) when implicated.
 - These materials will be available for use by the Health and Wellness Co-Directors at clinic each week and can be taken home by clinic patients for them to keep and utilize.
 - Work on starting health information sessions that clinic patients can attend outside of clinic hours to learn more about various aspects of health and wellness.



QUESTIONS?

Feel free to contact us with any additional inquiries:

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