

Project Taking Charge -- An Interprofessional Health Promotion Program: Three Year Experience



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Objectives

The two *Project Taking Charge* (PTC) objectives are:

1. use a patient/family centered, interprofessional team-based approach to provide community educational experiences for health professional students with the goal of improving health and wellness for PTC participants
2. engage underserved populations toward self-management of their health

Students and faculty from the University of Arizona Colleges of Pharmacy, Medicine, Public Health, and Nursing came together to provide multiple health promotion sessions to diverse and underserved populations to improve community health outcomes in Tucson, Arizona.

Methods

The PTC goal is to engage individuals and families in self-management of their health through screenings, education, and instruction, healthy cooking sessions, exercise and physical activities. The Project employs the *KABB health promotion strategy: increasing Knowledge leads to positive changes in Attitudes and Beliefs that leads to desirable Behavioral changes*. Each household is assigned an interprofessional student team. The faculty (pharmacy, medicine, public health, and nursing) provide mentorship, supervision, and back-up support to the student teams.

During the past three years, the PTC partnered with three community sites: Fred Archer Neighborhood Center, Sharon Seventh-day Adventist Church, and Templo La Uncion.



Individuals and families who participate in PTC learn to identify, prevent, and reduce health risks that lead to chronic conditions such as cardiovascular diseases, stroke, and diabetes by:

- using test and screening results to help participants assess changes in modifiable health risk factors
- increasing health literacy related to disease prevention and maintaining wellness
- receiving feedback on how they are doing in improving their health and discussing their health concerns.



Results

There were 86 adults (age of 18 years and older) who participated in PTC during the three years. 31 adults participated in year 1. Ages ranged from 18 to 79 years. A total of 40 adults participated in year 2 with the ages ranged from 21 to 81 years. In year 3, there were 15 adults whose ages ranged from 31 to 60 years.

There were 115 students and 27 faculty members who participated in PTC during the three years. The number in student participation had significantly increased in year 3 as compared to years 1 and 2 (see Table 1 for details)

Table 1. Project Taking Charge Students and Faculty Summary

Health Profession	Yr. 1 S	Yr. 1 F	Yr. 2 S	Yr. 2 F	Yr. 3 S	Yr. 3 F	Total S	Total F
Medicine	7	5	7	1	23	4	37	10
Nursing	0	0	0	0	12	3	12	3
Pharmacy	15	3	18	3	17	3	50	9
Public Health	5	2	3	2	8	1	16	5
Total	27	10	28	6	60	11	115	27

S = Students F = Faculty

The project session activities are described below in Table 2.

Table 2. Project Taking Charge Session Activities Summary

Activity	Examples
Screenings (Health Risk Factors)	height, weight, body mass index (BMI), blood pressure, and blood glucose and cholesterol levels
Instruction	stroke symptoms; sun safety and skin cancer; nutrition and healthy balanced meals; germ awareness and proper hand washing; oral hygiene; smoking cessation; safe use of medicines
Hands-on activities	make your own hand sanitizer, toothpaste and lip balm, and simple science experiments
Exercise	trail walking, chair yoga, chair aerobics, salsa dancing, Tai Chi, weight training, exercise bands, Chi Gong, and stretching
Diet and Nutrition presentations	black bean spaghetti squash, pico de gallo, Greek yogurt ranch dip, quinoa avocado dip, Mediterranean salad, healthy chocolate chip cookies, angel cake, oatmeal recipes, vegan chili, roast carrot hummus, and Asian tofu lettuce wrap

The Project health screening results are presented in Table 3.

Table 3. Project Taking Charge 1.0 - 2.0 Health Screenings Summary

Screening	Baseline Avg.	Follow-up Avg.	Amt. Chg.
Weight (pounds)	179.87	178.24	-1.63
Blood Glucose (mg/dl)	103.83	105.33	+1.50
Total Cholesterol (mg/dl)	183.25	169.56	-13.69
Blood Pressure Diastolic	80.40	81.54	+1.14
Blood Pressure Systolic	127.50	126.44	-1.06

Conclusion

The PTC goal and objectives had been successfully accomplished.

- PTC showed students from different health profession disciplines who worked together can engage and affect positive changes in health behaviors among community members.
- Participants improved their self-management of health, and saw health outcome improvements (reducing health risk factors).
- It was critical that faculty from different disciplines worked together to provide the framework and foundation for a successful student interprofessional experience.