

### BACKGROUND

- Healthcare workers do not have nearly enough time to build trust and educate their patients during a standard medical visit.
- Walk With a Doc is a program that was created to help lead patients in the right direction to achieve their patient-centered goals and to benefit them in their overall quality of life<sup>1</sup>.
- This program is a multi-collaborative project that was created between members of a variety of different healthcare settings, including pharmacy and physicians
- We provide an outlet for our patients to ask questions related to their health condition and educate patients about various healthcare topics to help further their understanding and give them the power to live a healthier life
- Our program encourage physical activity in relation to the ACC/AHA and ADA guidelines to promote healthier living.

### METHODS

- 12-month plan open to all patients of the SIU Family Medicine Residency Program of Alton, IL
- 12 monthly sessions in which patients of the clinic and healthcare professionals congregate at a public meeting place in the community such as a local park.
- Multiple patient-friendly handouts to discuss various disease states and strategies to promote healthier living
- A variety of healthcare professionals involved, pharmacists, student pharmacists, physicians, and residents
- 5-10 minute discussions about various handouts while walking with patients.
- Opportunity for patients to connect and build trust with healthcare provider.

### HANDOUTS

- Stress Management
- Blood Pressure Management
- Cardiovascular Disease
- Dealing With Mental Health
- Importance of Weight Management and Exercise
- Vitamins
- OTC Pain Management
- Managing Smoking Status and Alcohol Consumption

### CONCLUSIONS

- Walk With a Doc is a program intended to better patients' lives in both clinical outcomes as well as overall quality of life.
- Planning of the implementation of the program has been completed. The next step is for promotion and recruitment to be performed followed by execution of the learning sessions to take place.
- Grant funding has been received, and planning is under way to purchase and distribute equipment to benefit patients.

### REFERENCES

- J;, Sabgir D;Dorn. "Walk with a Doc-a Call to Action for Physician-Led Walking Programs." *Current Cardiology Reports*, U.S. National Library of Medicine, <https://pubmed.ncbi.nlm.nih.gov/32561999/>
- <https://walkwithadoc.org>
- Birkhäuser J, Gaab J, Kossowsky J, et al. Trust in the health care professional and health outcome: A meta-analysis. *PLoS One*. 2017;12(2):e0170988. Published 2017 Feb 7. doi:10.1371/journal.pone.0170988