

Building Community Capacity through a Nurse-Managed Mobile Health Clinic-An Innovative Educational Opportunity

MARIANNE COCKROFT, PHD, RN

JUNE 1, 2019



UNC
SCHOOL OF NURSING

Objectives

At the end of the presentation, the learner will be able to:

- Describe 3 nursing interventions to promote the health of individuals and families experiencing financial crisis.
- Using an approach of appreciative inquiry, identify potential community partners to build a culture of health in the community.
- Explain how the mobile clinic creates an environment that promotes attaining full potential for health and well-being.

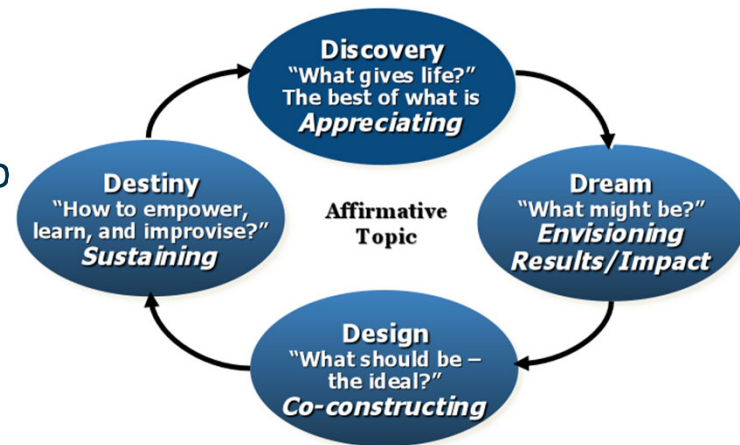




The Process

Strength-based approach of *appreciative inquiry* (Whitney & Trosten-Bloom, 2010)

- Discovery Stage: What **more** can we do to address the health needs of members of our community?
- Dream Stage: Envisioning the future
- Design Stage: A new academic-community partnership and the creation of a nurse-managed health clinic providing free services to clients of local crisis ministries.
- Destiny Stage: Sustainability



Needs Assessment

- Food insecurity, unemployment, and threats of homelessness are stress-producing realities for individuals and families served at Dorcas Ministries and Western Wake Crisis Ministry.
- Stress is associated with many chronic illnesses, including hypertension, depression, asthma, and diabetes and is a strong predictor of poor health behaviors
- 73% of clients surveyed reported at least one chronic health condition



Mission Statement

Recognizing the impact of stress on health, we aim to promote wellness, assist those who are at risk for health problems, and help individuals to manage chronic diseases.



Goals

- To promote health and wellbeing
- To prevent complications of chronic disease
- To reduce hospital admissions



Services Provided

Blood Pressure Checks

Diabetes Assessments

Cholesterol Assessments

Mental Health Screening

Education on Chronic Diseases

Nutrition Information

Connecting to Local Resources

Smoking Cessation Resources

Sick care visits

HIV/STD Testing*

Retina Screening**

Dental Screening***



Nursing Interventions

BSN, RN-MSN students-Public Health Clinical, Summer Interns, FNP students-clinical practicum

- Assessments: Individual, family, community
- Teaching: Individual, small and large group
- Communication skills: counseling, motivational interviewing
- Community engagement: connection to community resources
- Sick visits
- Case Management
- Referrals
- Advocacy



Outcomes

- Over 400 client visits in 1st year, 546 in year 2, 556 in year 3
- 21 nursing students
- 2 paid staff, 13 faculty volunteers
- 3 community volunteers
- Over \$60,000 in funding



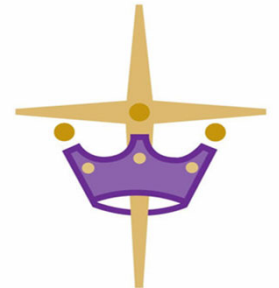
Community Partners



UNC
SCHOOL OF NURSING

 Prevent
Blindness
North Carolina®
Our Vision Is Vision®

dorcas
MINISTRIES
Christian Community in Action



Christ the King
Lutheran Church

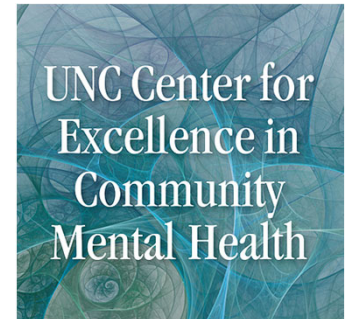


 NAFC
The National Association of
Free & Charitable Clinics



 Advance
Community Health

Human
Services



 First United Methodist Church Cary
Sharing the Heart of Christ from the Heart of Cary

 UNC
SCHOOL OF MEDICINE

References

Doom, J. R., & Haefel, G. J. (2013). Teasing apart the effects of cognition, stress, and depression on health. *American Journal of Health Behavior*, 37(5), 610-619. doi:10.5993/AJHB.37.5.4

Morris, T., Moore, M., & Morris, F. (2011). Stress and chronic illness: the case of diabetes. *Journal of Adult Development*, 18(2), 70-80. doi:10.1007/s10804-010-9118-3

Osborn, C. Y., Mayberry, L. S., Wagner, J. A., & Welch, G. W. (2014). Stressors may compromise medication adherence among adults with diabetes and low socioeconomic status. *Western Journal of Nursing Research*, 36(9), 1091-1110.

Smyth, J. M., Zawadzki, M. J., Santuzzi, A. M., & Filipkowski, K. B. (2014). Examining the effects of perceived social support on momentary mood and symptom reports in asthma and arthritis patients. *Psychology & Health*, 29(7), 813-831. doi:10.1080/08870446.2014.889139

Steptoe, A., & Kivimäki, M. (2013). Stress and cardiovascular disease: an update on current knowledge. *Annual Review of Public Health*, 34337-354. doi:10.1146/annurev-publhealth-031912-114452

Theoharides, T., Enakuaa, S., Sismanopoulos, N., Asadi, S., Papadimas, E., Angelidou, A., & Alysandratos, K. (2012). Contribution of stress to asthma worsening through mast cell activation. *Annals of Allergy, Asthma & Immunology*, 109(1), 14-19

Whitney, D., & Trosten-Bloom, A. (2010). *The power of appreciative inquiry. A practical guide to positive change*. San Francisco, CA. Berrett-Koehler Publishers, Inc.



Thank You!

