Implementation of an evidence-based physical activity screening and promotion program into UC San Diego’s primary care clinics

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“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”
$76.6 billion
If exercise could be purchased in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.

--Robert H. Butler
Physical Activity Vital Sign (PAVS)

Two self-reported questions:

1. On average, how many **days per week** do you engage in moderate to strenuous exercise like a brisk walk?

2. On average, how many **minutes** do you engage in exercise at this level?

\[(\text{days}) \times (\text{minutes}) = \text{total min/week}\]
Your Prescription for Health

Exercise is Medicine®

Name: __________________________ Date: ____________

☐ Aerobic Activity

Type: Walk  Run  Swim  Bike  Other___________

Frequency (days/week):  2  3  4  5  6  7

Intensity:  Light  Moderate  Vigorous
(A Casual Walk)  (A Brisk Walk)  (Jogging or Running)

Time (minutes/day):  10  20  30  60  60 or more

Steps/day:  2,500  5,000  7,500  10,000  More than 10,000

Instructions:
- Engage in at least 150 minutes of moderate-intensity aerobic activity per week, or 75 minutes of vigorous-intensity aerobic activity per week.
- Aim for a total of 10,000 steps per day.
- Start with a feasible goal and gradually increase your activity level to achieve your target.

Tips:
- Incorporate physical activity into your daily routine.
- Choose activities you enjoy to make them more sustainable.
- Monitor your progress and adapt your plan as needed.
- Seek support from friends, family, or professionals to stay motivated.

Tips for beginners:
- Begin with lighter exercises and gradually build up.
- Choose activities that are manageable and enjoyable.
- Set realistic goals and celebrate small victories.

Tips for advanced exercisers:
- Keep challenging yourself with new activities or increasing intensity.
- Monitor your performance and fine-tune your exercises as needed.
- Consider professional guidance for personalized advice.

Resources:
- Visit the Exercise is Medicine website for more information and resources.
- Consult with a healthcare provider or a certified fitness professional for guidance.

Health benefits:
- Improved cardiovascular health
- Enhanced muscular strength
- Increased flexibility
- Weight management
- Reduced risk of chronic diseases

Injuries and precautions:
- Always warm up before exercising and cool down afterwards.
- Listen to your body and avoid pushing through pain.
- Stay hydrated and wear appropriate clothing.
- Consider getting medical clearance if you have underlying health conditions.

Note:
- Personalize the plan based on your individual needs and fitness level.
- Consult with a healthcare provider before starting a new exercise program.
Exercise Intake

Physical Activity Vital Sign (PAVS)

Automated EIM prescription

Visit Diagnoses

Search for new item + Add Previous

ICD-10-CM ICD-9-CM PL
1. Insufficient physical activity Z71.82 V65.41

BestPractice Advisory - Beacon, Peter

Exercise Screen completed and PAVS less than 150, Select and Sign Smartset to add dx and patient instructions. EIM Manual should then be given to the patient.

Open SmartSet Do Not Open Exercise Follow-up preview

Exercise Follow-up

From BestPractice

Exercise Screen completed and PAVS less than 150, Select and Sign Smartset to add dx and patient instructions.

Diagnosis

- EIM Diagnosis - Not at Goal
  - Insufficient physical activity

Patient Information

- Give patient EIM Manual
  - Add “paper version of Exercise is Medicine manual given to patient during visit”
  - Add Prescription for Exercise to patient instructions

Aerobic Activity

- Activity: Any APPROPRIATE activity of your choice (walk, run, swim, bike, other)
- Frequency: 5 days/week
- Intensity: moderate or vigorous (2 min of moderate exercise = 1 min of vigorous exercise)
- Time: 20 minutes
- Steps/Day: 5,000

Strength Training

1. Muscle strengthening should be done at least two days per week
2. Exercise should be done to strengthen all major muscle groups: legs, hips, back, chest, abdomen, shoulders, arms
3. For each exercise, 8-12 repetitions should be completed
4. Examples include bodyweight exercises (e.g. push-ups, lunges), carrying heavy loads, and heavy gardening
PRISM--the Practical, Robust Implementation and Sustainability Model
Continuous Quality Improvement
Adoption

Proportions and descriptions of clinic settings and staff

Implementation

EIM fidelity & adaptations tracked with Stirman framework

Maintenance

Institutionalization of the program. Cost/benefit of maintaining it.

Reach: proportions of patients who have PAVS & evidence of EIM recorded in their EMRs

Effectiveness: patient-centered outcomes
### Projected Patients Reached by EIM within UC San Diego Health System

<table>
<thead>
<tr>
<th>PCP visits</th>
<th>PAVS Completed</th>
<th>EIM Rx Written</th>
<th>EIM PCBH Visits</th>
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<tr>
<td>119,008</td>
<td>72,347</td>
<td>71,643</td>
<td>57,314</td>
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