

MaineHealth  
**Learning Community**

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A Partnership of MaineHealth and the Maine Physician Hospital Organization

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PRESENTS

**OVERWEIGHT**  
Evidence and Insights from the Front Lines  
**OBESITY**

A Practice Improvement Series Meeting (PRISM)

# Welcome!

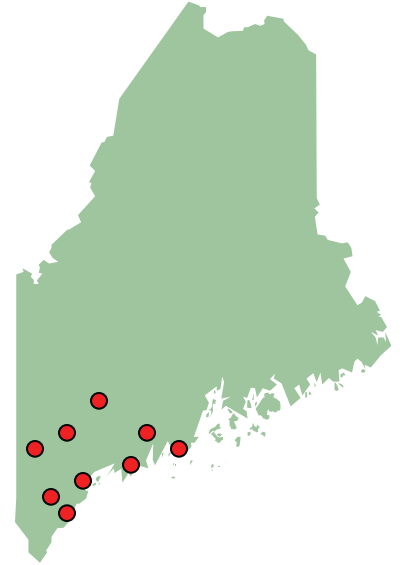
How many attendees

- Are attending a PRISM for the first time?
- Have been to one previous PRISM?
- Have been to more than one previous PRISM?

# Please tell us if you are a...

- Practice nurse or MA
- Practice physician, NP, or PA
- Practice administrator
- Other practice support staff
- MH, MMC, or MMC PHO staff
- Other

# MaineHealth



- Established in 1997
- Multiple partners:
  - ✓ 11 Hospitals
  - ✓ Maine PHO, Providers
  - ✓ NorDx Labs, HomeHealth, Long term care
- Mission: “Working together to make our communities the healthiest in the U.S.”
- Supporting practice improvement through Clinical Integration programs & tools, PHO outreach

# MainePHO

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- 387 PCPs, 937 Specialists in southern and central Maine which includes MMC, SOCHS, KRHA, and SMMC PHOs
- Mix of owned & independent practices
- Transitioned in 2003 from contracting to quality improvement focus
- Provides support to physician practices through technical assistance for QI, CIR, care management

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# Learning Community...

- Partnership of MaineHealth and Maine PHO
- Wider, more flexible range of education & outreach options for busy practices
- Alternative approach to traditional single-disease learning collaborative
- Opportunities to reach larger number of practices
- Active effort to foster cross-condition approach improvement

# Learning Community Offerings...

# Practice Improvement Series Mtgs. PRISMs

- Day-long sessions occurring 3x per year
- For practice teams and other healthcare professionals to learn about the Care Model and quality improvement methodologies in addition to disease specific content
- National & regional speakers/Cat 1 CME Credits
- Offer an experience that inspires participants to use new information and reinvigorates process improvement

# Regional Improvement Meetings

## RIMs

- Educational outreach sessions delivered locally – when & where you need them!
- Topics of your choice – e.g.
  - ✓ Building effective teams in a busy practice
  - ✓ Diabetes tools of the trade
  - ✓ What you must know about Asthma / COPD
  - ✓ Gearing up for Falls Assessments
  - ✓ Other??
- Complete a request today!

# Practice Networking

- Opportunity to visit, learn from other practices
- Potential topics – see how others have done it
  - ✓ Open access scheduling
  - ✓ Organizing your team
  - ✓ Preparing for EMR implementation
  - ✓ Plus many other topics

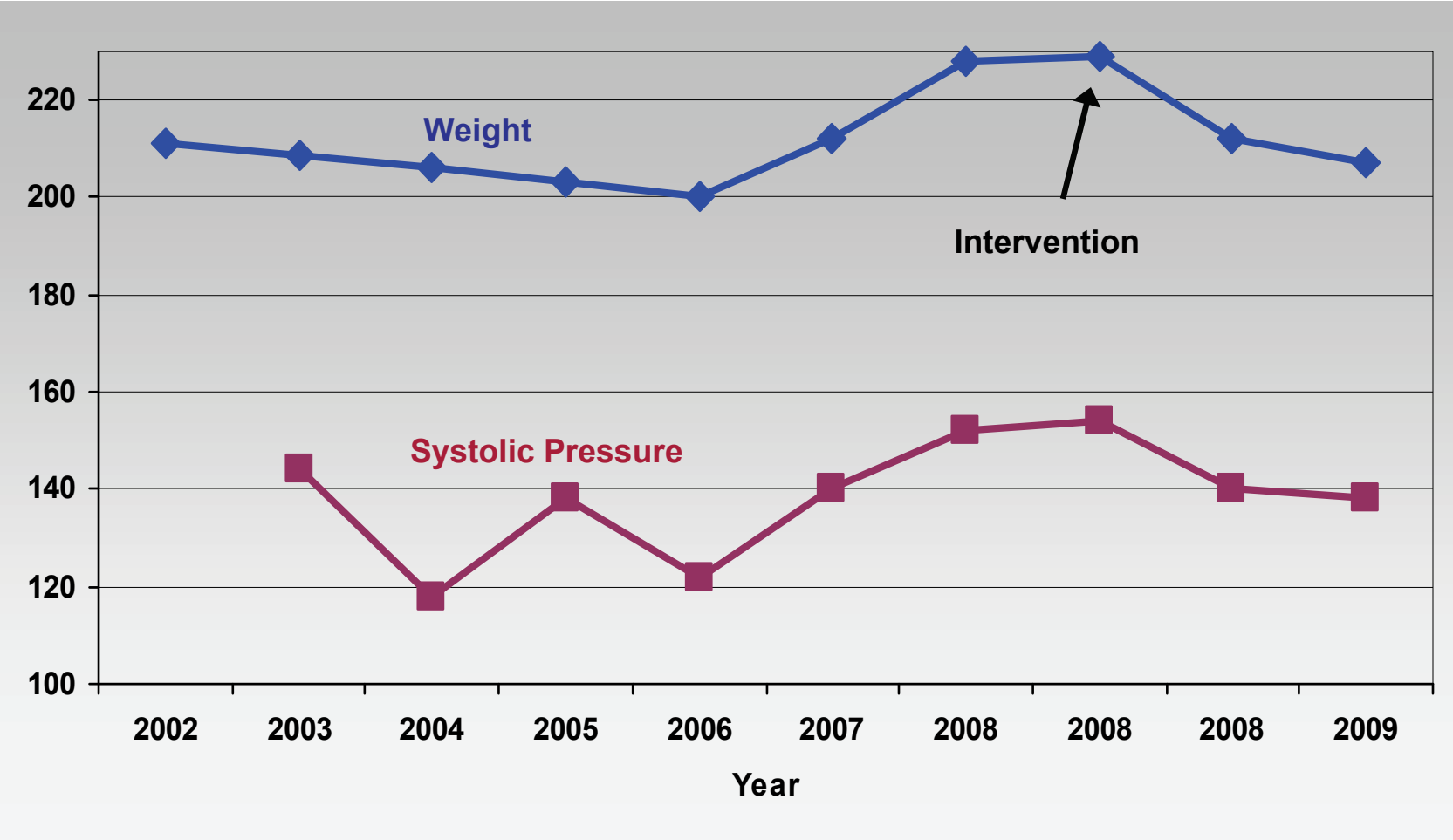
# Educational Tools & Information

- MH, MPHO educational tools, information, offered through website [www.mpho.org/mhlc](http://www.mpho.org/mhlc)
- MH Clinical Integration provider tools
- Patient education & self-management tools
- E-Learning modules
- Links to other regional & national resources
- Quarterly e-news letters

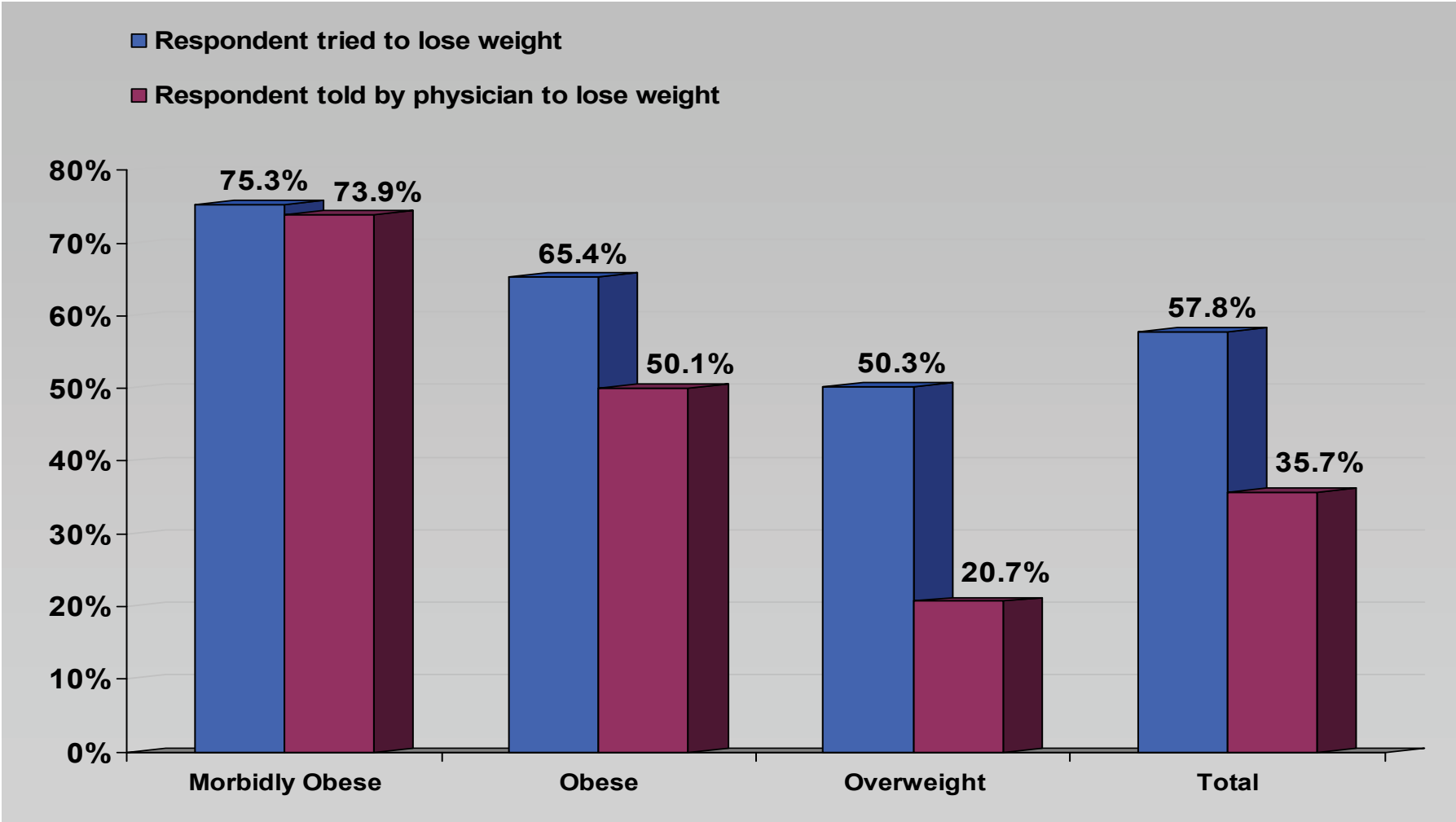
# MHLC - Who Can Participate?

- Open to any PCP practice
- No charge for participation
- Expectations (minimal) for some offerings:
  - ✓ Outreach visits to offices
  - ✓ Practice Networking

# Weight Loss Efforts



# Weight Loss Efforts



SOURCE: Thomson Reuters 2009 PULSE™ Healthcare Survey

It's time to intervene!

# Rx for Improvement

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Rx for Improvement

I am committed to taking the following actions to  
improve the way that I care for patients:

I will: \_\_\_\_\_

I will: \_\_\_\_\_

Circle the number that represents your confidence in completing these actions.

**0**   **1**   **2**   **3**   **4**   **5**   **6**   **7**   **8**   **9**   **10**  
Not sure at all                      Somewhat sure                      Very sure

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Not sure how to get started? Need help? Contact the MaineHealth Learning Community! We offer: Regional Improvement Meetings, Practice Networking, Practice Improvement Series Meetings (PRISMs), and other tools and resources.

Visit our website: <http://www.mpho.org/MHLC>  
to learn more!

# Your Rx's??

- How many of you were able to follow through with your Rx pledge from the May PRISM?
- Give some thought to your Rx and complete today!
- Those who complete an Rx will be eligible to participate in today's raffle!

# Today's Session Goals

- To present effective evidence-based strategies and practical innovations for integrating Overweight & Obesity management into Health Care
- Learn and share knowledge with others through the MaineHealth Learning Community

# Keynote Address

## Setting the Stage Around Obesity

Dr. Reginald Washington