My First Patient Program

West Virginia University
School of Pharmacy
My First Patient

Program Objectives

The objective of the WVU My First Patient Program is to teach students to take responsibility for their own health, to understand the impact and process of behavior change and lifestyle modification, and to recognize their role as pharmacists in patient wellness and disease prevention.

Learning Outcomes

1) Students will be able to evaluate the health habits, risk factors, and overall general health of a patient and effectively communicate this information at the level of both a patient and a health care professional.

2) Students will develop and implement realistic, achievable patient health goals and create comprehensive individualized plans aimed toward achieving these goals.

3) Students will use skills acquired to affect change in their own health behaviors, thereby understanding firsthand the personal efforts required change health outcomes.

Health Related Objectives

Students will actively engage in behavioral change and lifestyle modification with the goal of improving one or more parameters of their own, individual health.
Integration of the My First Patient Program into the Pharm.D. Curriculum

The My First Patient Program is a longitudinal educational program from the Health Education Center (HEC) and consists of activities and assignments integrated within existing courses. The foundational aspects of the program began in the 2008 – 2009 academic year and the program was fully integrated in the 2009 – 2010 academic year.

These activities involve P1 students serving as their own “first patients” while also providing experiential opportunities for P3 students involved in the ambulatory care Introductory Pharmacy Practice Experiences (IPPE). The educational goal of the program includes the creation of a “parallel learning” experience for the P1 and P3 students.

Fall Semester

P1 Perspective

Patient Health Education (Pharmacy 720)

Activities performed by Health Education Center

- Lecture introducing the My First Patient program and the role of the pharmacist in patient wellness
- Anonymous survey of students’ general health habits and behaviors (My First Patient Survey)
- Baseline health screening & commitment to Major Health Goal
  - Evaluation of health screening results, of healthy behaviors, and health risks
  - Identification of one major health goal (changing an existing behavior)
  - Active recognition of steps toward change and reflections of progress

Activities are performed in the Health Education Center by P3 students for IPPE 5 – Ambulatory Care

- Baseline Health Screenings (20 minute appointment)
  - Basic patient history
  - Vitals: blood pressure, heart rate, respiratory rate, height, weight, body composition
  - Point of care tests: full fasting lipid panel (total cholesterol, triglycerides, HDL, LDL), fasting blood glucose, hemoglobin A1c
- Major Health Goal
  - P3 reviews all screening results with P1
    - 20 minute follow-up appointment, ideally with a P3 who was present during the screening appointment
  - P1 reflects on his/her positive health behaviors and negative health behaviors (possible risk factors)
  - P1 sets one Major Health Goal to accomplish over the course of the academic year
    - Create an action plan, including tentative timeline, to complete the goal
    - Submitted to faculty electronically for review
  - P1 attends one wellness-focused group education session hosted by the P3s (Wellness Workshop)
  - P1 completes a reflection assignment at the end of the semester discussing personal progress, challenges of change, thoughts on the educational sessions, and other insights
P3 Perspective
Introductory Pharmacy Practice Experiences 5 (Pharmacy 742) (Ambulatory Care group)
Activities overseen by Health Education Center
P3 are assigned to teams of 5 – 6 students. These teams are retained for all activities throughout the semester.

- Health Screening Clinic
  - Health screenings performed for P1 students by P3 students in Ambulatory Care IPPE
    - Each P3 team will perform two, two-hour health screening clinics
  - HEC will provide formal training before health screenings
    - OSHA bloodborne pathogen training
    - Safety device training
      - Accu-Chek Safe-T-Pro lancet
    - CLIA training on point of care devices
      - CholesteCh LDX (cholesterol testing device)
      - DCA Vantage and A1c Now+ (A1c devices)
    - Review of vital signs/physical exam techniques
      - Blood pressure
      - Heart rate
      - Respiratory rate
      - Waist circumference
      - Operation of Tanita scale used for body composition analysis
    - Verify HIPAA training (available through Student Services)
  - Course of the appointment (1-2 P3s at each ‘station’):
    - P3 performs basic intake on P1 patient
      - Consent the patient, HIPAA
      - Relevant past medical history, social history, family history
    - P3 performs basic physical exam, height, weight, body composition for P1
    - P3 performs point of care fasting cholesterol + glucose test on P1
    - P3 performs point of care hemoglobin A1c test on P1
    - P3 completes checkout for P1 patient
      - Give information about follow-up appointment
  - Appointment clinics are run primarily by the P3 students, but faculty or a pharmacy resident are present to facilitate/supervise

- Results Assessment & Patient Presentation
  - Each P3 is partnered with two P1 patients
  - P3 assesses the health screening results for each of their P1 patients
    - Perform general risk assessment
    - Assess appropriate therapeutic goals/targets for the patient (e.g. LDL goal)
    - P3s will formally present each patient to faculty/resident and a small group of peers
• Follow Up Appointment  
  o P3 meets individually with each P1 patient partner for a 20-minute follow-up appointment (supervised by faculty/resident /P4)  
    ▪ Discuss results of health screening  
    ▪ Discuss the assessment of results and risk factors  
    ▪ Talk to patient about other general health behaviors  
      ● Positive and negative behaviors  
    ▪ Create a dialogue between P1 and P3 to help P1 brainstorm about his/her one major health goal  
      ● Attainable, realistic, easily maintained, meets their individual needs  
      ● Goal must actually be something that would require effort/behavior change  
  
• Group Education Sessions (Wellness Workshops)  
  o Each team presents/facilitates one 30-minute group education session focusing on various areas of wellness, behavior change, and patient self-management  
    ▪ Audience is P1 students  
      (faculty/resident/ P4 facilitator will be present as well)  
    ▪ P3 team develops the entire education session  
      ● Materials and content are reviewed by faculty  
    ▪ At minimum, topics will address areas of need identified by the anonymous My First Patient Survey completed by P1 students in Fall Semester  
      ● E.g. stress management, beginning an exercise regimen, how to eat healthy on campus, eating healthy on a budget, getting adequate sleep, preventive care, cooking classes...  
    ▪ Group education session will be interactive, creative (!), and incorporate active learning  
    ▪ Group education class size will be limited  
      ● Attempt to ensure that each education class has participants  
  
• At the end of the program, P3 students will submit a final reflection of the overall experience.
Spring Semester

P1 Perspective

*Disease Prevention and Health Promotion (Pharmacy 737)*

- Continuation of Major Health Goal identified in Fall
  - P1 will modify Major Health Goal action plan as needed and continue to pursue the Goal
    - Based on progress from Fall semester
- Follow-Up Health Testing
  - Basic patient history
  - Vitals: blood pressure, heart rate, respiratory rate, height, weight, body composition
  - Point of care tests: full fasting lipid panel (total cholesterol, triglycerides, HDL, LDL), fasting blood glucose, hemoglobin A1c
  - P3 will review all results with P1
    - 20 minute follow-up appointment, ideally with a P3 who was present during the clinic appointment
    - Discuss any changes since the baseline health screening in the fall
- Major Health Goal – Final Reflection
  - At the end of the program, P1 students submit a final reflection of the overall experience and their current status regarding the health goal they set for themselves. They will also reflect on the impact of the experience on their approach to patient care as a student pharmacist and as a future pharmacist.

P3 Perspective

*Introductory Pharmacy Practice Experiences 6 (Pharmacy 746)*

*(Ambulatory Care group)*

Activities overseen by Health Education Center

- Spring semester activities for IPPE – Ambulatory care will mirror the fall activities
  - With the exception of group education sessions, which are not included in the spring