

QI Project: Assessing motivation and readiness to change within an interdisciplinary weight management program for outpatient internal medicine.

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Introduction

- Strong Internal Medicine Lifestyle Group involves multidisciplinary team supporting patients' weight management efforts.
- Program structure: patients meet with BH team member, if admitted, patient is scheduled for additional individual visits (up to 8 visits) with other team members; multimedia visits (Zoom, phone, in person).
- PROJECT AIM: assess benefits of incorporating a BH provider as the first patient contact and if a restructured clinical pathway would be effective at reducing patient weight.

Results/Themes

Response time averaged 6 min per survey. Questions were

Method

- Anonymous SurveyMonkey sent to SIM Lifestyle providers (n = 5) to assess perceptions and attitudes towards revised care pathway.
- 11 survey questions (7 open-ended with free text response) and 4 scaled questions.
- Data was analyzed and coded using Nvivo software, thematic analysis strategy.
- Additional data: # enrolled patients, # completed patients, weight lost, and quality of life (modified Q-LES-Q-SF).

