



**CHAMPION
PROVIDER**
FELLOWSHIP

A Powerful Approach to Healthier Communities

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UCSF

Disclosures

- I have no commercial conflicts of interest to disclose.

Background

- Clinical Responsibilities:
 - Primary Care Pediatrician in County based outpatient health clinic and “inpatient” care at Hillcrest Juvenile Hall Youth Services Center
- Patient Population:
 - 100% are either insured by MediCal or Uninsured
 - >80% Spanish speaking
 - >34% are overweight or obese
 - 45% of Food Insecure Children Likely Ineligible for Assistance due to gap in cost of living and program eligibility
- Why I became a CPF for San Mateo County:
 - create consistent environments in the community that promote healthy lifestyles
 - insure safe spaces for physical activity
 - promote healthy dietary habits, empowering children to make healthy choices as they continue to grow

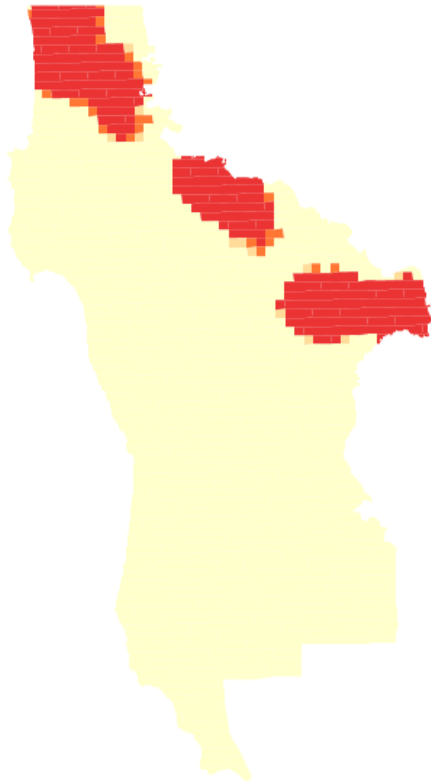
Issue: Improving Access to Safe Spaces for Physical Activity

- Patients and families consistently cite lack of available, affordable and safe places for their children to exercise and be active as a major barrier in addressing overweight/obesity and related co-morbidities
- San Mateo County Park data suggests non-visitors were more likely to be Asian, Hispanic/Latino, Black, and speak a language other than English at home; have a lower household income; and have lower formal education levels.

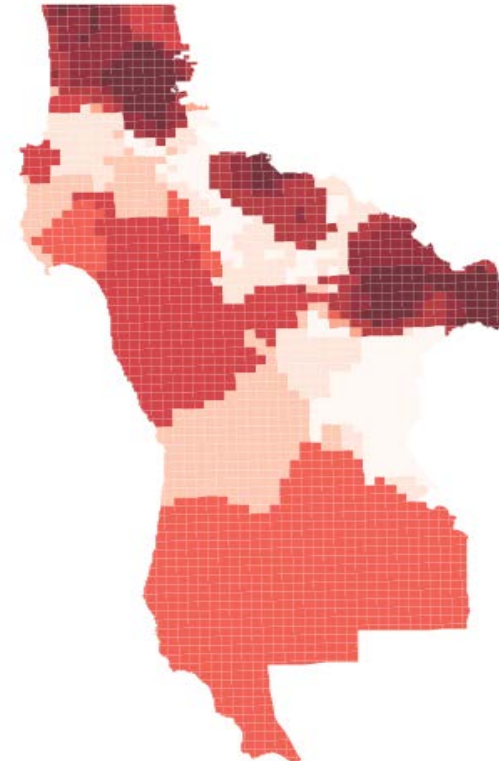
Issue: Improving Access to Safe Spaces for Physical Activity

San Mateo County Youth Behavioral Health Hot Spots

Source: San Mateo County Health System, Behavioral Health and Recovery Services, 2017



San Mateo County Youth Need Index Hot Spots



Goal of P.S.E Intervention: Connect the Patient's Medical Home to Nature/Outdoor Spaces

- **Create a ParkRx medical model with parallel system-wide Interventions**
- **Engage providers and staff at Primary Care and BHRS Clinics to “prescribe nature” as part of routine anticipatory guidance**
- **Encourage patients to feel welcome, use and enjoy parks and public lands to benefit their physical and mental health**

San Mateo County Park Prescription (ParkRx): A Medical Model

- Establish a central resource for information and events for provider, patient and general public use
- Integrate resources within the outpatient EMR
- Encourage the “prescribing” of nature/time outdoors within our primary care clinics and Behavioral Health and Recovery Services programs
- Promote the connection of the patient medical home with nature/outdoors
- Institute “Community” Nature Day for each clinic site
- Expand San Mateo County Health partnerships with local city and county agencies and community groups

Create a Centralized Resource

www.smchealth.org/smc-park-rx

The screenshot shows a web browser window displaying the San Mateo County Park Rx website. The browser's address bar shows the URL <https://www.smchealth.org/smc-park-rx>. The website's navigation bar includes links for "About Us", "Contact", "Careers", "Español", and a "Search" button. The main header features the San Mateo County Health logo with the tagline "All together better." and navigation links for "HEALTH CARE SERVICES", "LIVE HEALTHY", "FORMS & PERMITS", and "FOR PROVIDERS".

The "LIVE HEALTHY" section is expanded, showing a list of links: "Health Alerts", "Disease & Prevention", "SMC Park RX", "San Mateo County Parks & Events", "City Parks & Recreation in San Mateo County", "Community Partners", "Bay Area Regional Open Spaces", "Emergency Preparedness", "Healthy Environment", "Report a Problem", "Safe Waste Disposal", and "Health Insurance".

SAN MATEO COUNTY PARK RX

Improve your health and well-being by spending time outdoors. Everyone should have access to nature and outdoor spaces to play and rest.

The San Mateo County Park Rx (Park Prescription) program promotes the use and enjoyment of parks and public lands to benefit your physical and mental health.

San Mateo County Park Rx is part of a national initiative to promote spending time in nature to improve health and well-being.

Time spent in nature benefits your physical health:

- Reduces blood pressure and headaches
- Promotes overall health and well-being
- Promotes faster healing time
- Lowers Stress

And improves your emotional health:

- Increases academic performance and productivity
- Improves mood and behavior

The Windows taskbar at the bottom shows the current time as 1:05 PM on 11/6/2018, and the system tray includes a "Show all" button and a "FELLOWSHIP" logo.

SMC Park Rx: Prescribing Nature

- Handout of a “Prescription”
 - Bilingual
 - Tailored to the local spaces nearby clinics
- Embedded into eCW
 - Templates to add to notes or to use as a stand alone visit
 - Screening questions within the HPI
 - “Prescriptions” in the TREATMENT section
 - Consideration of the subtle differences in the Pediatric and Adult Clinic workflow

PRESCRIPTION:

Spend time in nature 1 hour, twice a week

Time spent in Nature:

- Benefits your physical health:
 - Reduces blood pressure and headaches
 - Promotes overall health and well-being
 - Faster healing time
 - Lowers stress
- Benefits your emotional health:
 - Increases academic performance and productivity
 - Improves mood and behavior
 - Reduces mental fatigue, anger, and frustration



Be a role model

DO:

- Plan weekly activities to the park for the whole family!
- Enjoy physical activity in green spaces
- Spend time relaxing in nature
- Explore different hiking trails and connect with others
- Include nature into your weekly routine

DON'T:

- Feel like you need to be overly active, just sitting in a park can be great for you too!

Here are some ideas...

What to do	Where to go
Hiking	Coyote Point
Meditation	Edgewood Park
Walking	Laurelwood Park
Wildlife viewing	Wunderlich Park
Yoga	Your Local City Park



SAN MATEO COUNTY HEALTH

For more information visit:
www.smchealth.org/smc-park-rx

RECETA:

Pase tiempo en la naturaleza 1 hora, dos veces por semana

Pasar tiempo en la naturaleza:

- Beneficios para su salud física:
 - Reduce la presión arterial y los dolores de cabeza
 - Promueve la salud en general y el bienestar
 - El tiempo para sanar es más rápido
 - Menos estrés
- Beneficios a su salud emocional:
 - Aumenta el rendimiento académico y la productividad
 - Mejora el estado de ánimo y el comportamiento
 - Reduce la fatiga mental, la ira y la frustración



Sea un ejemplo a seguir

Haga:

- ¡Planee actividades semanales al parque para toda la familia!
- Disfrute de hacer sus ejercicios al aire libre
- Pase tiempo relajándose en la naturaleza
- Explore diferentes rutas en el bosque y conéctese con los demás
- Haga que la naturaleza sea parte de su rutina cada semana

Evite:

- Pensar que necesita ser demasiado activo. ¡El solo sentirse en un parque también puede ayudarle!

Aquí tiene unas ideas cuando visite la naturaleza:

Qué hacer	Dónde ir
Caminar en el bosque	Parque Coyote Point
Meditar	Parque Edgewood
Caminar	Parque Laurelwood
Yoga	Parque Wunderlich
Observar las flores, pájaros, animalitos	Un parque local en su ciudad



SAN MATEO COUNTY HEALTH

Para más información visite:
www.smchealth.org/smc-park-rx

Resources within eCW (Outpatient EMR):

Addition of comments encouraging and/or “prescribing” time outdoors to the BROWSE function of the TREATMENT section in outpatient progress notes

eClinicalWorks (Borovina,Rachel M, MD)

File Patient Schedule EMR Billing Reports CCD Fax Tools Community Meaningful Use Lock Help

Progress Notes

T, TEMPLATES, 48 Y, M Info Hub Allergies Billing Alert

114 TURNPIKE ROAD
WESTBOROUGH, MA
H:508-836-2700
DOB:01/01/1970
eHX Status:

Wt:01/01/01: 21.98 lbs
Appr(L):12/24/09(50)
Language: English
Translator: No

Ins: Self Pay
Acc Bal: No Access
Guar: TEMPLATES

CLICK TO EDIT SECURE NOTES

Medical Summary | OB Summary | CDSS | Alerts | Labs | DI | Procedures | Growth Chart | Imm/T.Inj | Encounters | Pati

SF

Progress Notes Scribe Orders Quick Search

Physical Examination:

Assessment:

Assessment:

- Exercise counseling - Z71.82 (Primary)

Plan:

Treatment:

Exercise counseling

Notes: Prescription: Spend time in nature, 1 hour, twice a week. Visit <https://www.smchealth.org/smc-park-rx> for more information. Receta: Pase tiempo en la naturaleza, 1 hora dos veces por semana. Visite <https://www.smchealth.org/smc-park-rx> para mas informacion.

Procedures:

Immunizations:

Therapeutic Injections:

Diagnostic Imaging:

Lab Reports:

Procedure Orders:

Preventive Medicine:

Send Print Fax Record Lock Details Scan Templates Claim

Treatment (T, TEMPLATES - 01/01/2001 09:00 AM, FU 15)

Pt. Info Encounter Physical Hub

Rx Cur Rx Add Remove Education Formulary Pop Up

Exercise counseling Others

Comml	Name	Strength	Formul	Take	Route	Frequenc	Duration	Displ	Refill	Auth	AWP	Stop Da
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Labs Browse ... Diagnostic Imaging Browse ... Procedures Browse ...

Notes Clinical Notes Browse ... Spell chk Cr Outgoing Referral eClniSense Add Info New Action

Keywords

KeyWords Find Delimiter Spell check Clear

PCP- Pain Clinic Express	Prescription: Spend time in nature, 1 hour, twice a week. Visit https://www.smchealth.org/smc-park-rx for more information.
PCP- ParkRx Explore (bilingual)	Receta: Pase tiempo en la naturaleza, 1 hora dos veces por semana. Visite https://www.smchealth.org/smc-park-rx para mas informacion.
PCP- ParkRx Prescription (bilingual)	
PCP- PES	
PCP- PES Spanish	
PCP- PFT	
PCP- PFT Spanish	

< Prev Next > New

Prescription: Spend time in nature, 1 hour, twice a week. Visit <https://www.smchealth.org/smc-park-rx>

1:13 PM 11/6/2018

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Resources within eCW (Outpatient EMR): ParkRX Info **Progress Note** Templates designed to be merged with any existing progress note or template note.

The screenshot displays the eClinicalWorks EMR interface for a patient named T. TEMPLATES, 48 Y, M. The main window shows the 'Progress Notes' section with various tabs like Medical Summary, OB Summary, etc. The 'Objective' section includes links for Vitals, Past Results, Examination, and Physical Examination. The 'Assessment' section lists 'Exercise counseling - Z71.82 (Primary)'. The 'Plan' section includes 'Treatment: Exercise counseling' and notes about prescription and website information. A 'Template List' window is open on the right, showing a list of templates with columns for Name and Access. The template '*PCP_ParkRx_Info' is highlighted in blue. Below the template list, a list of ICD-10 codes is visible, including B20, E78.5, 465.9, J45.901, Z30.430, I25.89, I10, and Encounter for routine child health examination with.

Resources within eCW (Outpatient EMR): ParkRX **Group Visit** TEMPLATE designed to be a stand alone template for group visits with providers, health educators, diabetes educators, nutritionists and any other healthcare team members

The screenshot displays the eClinicalWorks EMR interface. The main window shows a patient's progress notes for T, TEMPLATES, 48 Y, M. The patient's account number is 8663, and the encounter date is 01/01/2001, provided by Rachel Marie Borovina, MD. The subject line is "PCP_ParkRx_Group Visit". The notes include a chief complaint, HPI, and a provider note describing a group visit to improve health and well-being through the use of parks and public lands. The notes also mention diet/exercise, readiness for change assessment, and mood screening (PHQ-2).

An inset window titled "Template List" is open, showing a list of templates. The "PCP_ParkRx_Group Visit" template is highlighted. The list includes various templates such as "ICCP_RN_POS Quantiferon_RN", "PCP_DRG w/provider visit", "PCP_BMI", "PCP_Breast", "PCP_CDP-Breast/PAP/HPV over", "PCP_Colon CA_Screening", "PCP_Colonoscopy", "PCP_ParkRx_Group Visit", "PCP_ParkRx_Info", "PCP_Pelvic/HPV over 30", "PCP_Plan B_EVH", "PCP_TB_MD class 2", "PCP_Telederm_EVH", and "NV_Hospital_Discharge_F/U".

Resources within eCW (Outpatient EMR): Incorporated into all Well Child Visit Templates for patients 2 years and older screening for time spent outdoors AND “prescribing nature”

The screenshot displays the eClinicalWorks EMR interface. The main window shows a patient record for a 48-year-old male. The 'Progress Notes' section is active, displaying a template for a well child visit. The patient's information includes address (114 TURNPIKE ROAD, WESTBOROUGH, MA), weight (21.88 lbs), and insurance status (No Access). The provider is Jimmark Ventura Abenojar, MD.

The 'Subjective' section contains the following text:

Chief Complaint(s):

- 3 Year Well Child Visit
- ASK IF RECEIVING WIC SERVICES. Vision and Hearing Billing

HPI:

**Pedi RN/MSA/LVN Note
Reason for visit: .:
**CHDP/Nutrition, Health and Safety
CHDP/Dietary Assessment (BF 2-18) CHDP Nutrition 2-18yrs ;, 5210/BMI Action plan discussed ;. CHDP/Oral Health Screen (BF 6-17)
Brushes teeth twice daily: ;, Flosses daily: ;, Has a dental home: ;. CHDP/TB screen (BF) Screen completed as follows: CHDP/School
Name of School ;. Voiding (urine) toilet trained. Stool (bowel movement) no concerns. Sleep no problems reported, regular bedtime .
Activities reading books with child daily, . Environmental Safety Assessment See Staying Healthy Questionnaire. Lead Exposure (BF 1-4)
2 year lead result reviewed Normal, Lead Exposure? No concerns.
**Interval History
Concerns/Questions none . Interim Illness none .
**Developmental/School Readiness
Development (BF 3) Usually understandable? Yes, Toilet trained during day? Yes, Can help dress or feed self? Yes, Names
objects? Yes, Imaginative play? Yes, Has a conversation with 2-3 sentences? Yes, Copies Circle Yes. School Readiness (BF 3) Behavioral
problems? No, Reads to child daily? Yes Reach Out and Read Book given.
**Psychosocial
Psychosocial (BF 3) Feel Safe at Home (Domestic Violence Screen) Yes. Family Changes? None. Sibling Relationships ;.

The 'HPI Notes' dialog box is open, showing a table for 'CHDP/Dietary Assessment (BF 2-18)'. The table has columns for Name, Value, and Notes. The 'Value' column is currently set to 'Evaluated'. The 'Notes' column contains red 'X' marks. The dialog also includes a section for 'Structured' data with checkboxes for various items:

- CHDP Nutrition 2-18yrs
- (5) Fruits and Vegetable Porti
- (2) Hours of Screen Time (re
- (1) Hours of Physical Activity
- (0) Sugary Beverages
- (P) Parks/Nature/Outdoors (c
- *****
- Weight Status (enter in probl
- 5210 Assessment:
- 5210/BMI Action plan discuss *
- Vitamin supplementation?
- Iron Rich Foods Discussed

The dialog also includes a section for 'Structured' data with checkboxes for various items:

- 0 minutes per week
- 1-30 minutes per week
- 30-60 minutes per week
- 1-2 hours per week
- > 2 hours

The bottom of the screen shows the Windows taskbar with the time 1:36 PM on 11/6/2018.

Resources within eCW (Outpatient EMR):

All pediatric well child visits for 2 yrs old-Young Adult

After Visit Summaries include a “prescription” for nature

The screenshot displays the eClinicalWorks EMR interface for a patient named T. TEMPLATES, 48 Y, M. The patient's address is 114 TURNPIKE ROAD, WESTBOROUGH, MA. The visit summary is open, showing the following details:

- Allergies:** N.K.D.A.
- Notes:**
 - Prescription:** Spend time in nature, 1 hour, twice a week. Visit <https://www.smchealth.org/smc-park-rx> for more information.
 - Receta:** Pase tiempo en la naturaleza, 1 hora dos veces por semana. Visite <https://www.smchealth.org/smc-park-rx> para mas informacion.
- HEALTHY STEPS EVERYDAY:**
 - 5 or more portions of fruits and vegetables everyday,
 - 2 hours or less of tv, computer, video games everyday,
 - 1 hour or more of physical activity everyday,
 - 0 Drink NO juice or soda everyday, more water and milk,
- PASOS SALUDABLES DIARIOS:**
 - 5 o mas porciones diarias de frutas y verduras
 - 2 horas o menos diarios de television, computadora y videojuegos
 - 1 hora o mas diaria de actividad fisica
 - 0 bebidas dulces diarios, mas agua y leche
- Important resources for you and your family/Recursos importantes para usted y su familia:**
 - 1. 24-hour Nurse Advice Line/Linea de Consejeria con la Enfermera: 1-833-846-8773 (TTY 1-800-735-

The text in the 'Notes' section, including the prescription and receta, is circled in red. The interface also shows a sidebar with navigation options like 'Progress Notes', 'Orders', and 'Scribe', and a top menu with 'File', 'Patient', 'Schedule', 'EMR', 'Billing', 'Reports', 'CCD', 'Fax', 'Tools', 'Community', 'Meaningful Use', 'Lock', and 'Help'.

SMC Park Rx:

Promote the connection of the patient medical home with nature/outdoors

- Visual Cues (Posters, information) available for clinics
- Walk with the Doc
- County Park Events
- Ranger Group visits HLC



SMC Park Rx: Community Nature Day for Clinic Region

- Clinic Site Promotion
- Transportation from a location central to our patient community
- Programming provided by SMCo Park Rangers, POST and Friends of Parks
- Incentives

April 20th: Huddart Park

Lessons Learned

- **Be Flexible**
- **Insure your LHD Team includes both NEOP and Policy and Planning members**
- **Look at the first year as getting a “seat at the table”**
- **Take advantage of the Media Trainings**
- **Do not underestimate the power our “expertise” carries in the community**

Acknowledgements

- Entire CPF Team with special thanks to Dr. Fernandez, Alana Pfeffinger, Jessica Davidman, Paula Hamilton
- SMC NEOP: Gloria Cauhich-Gonzalez
- PHD: Justin Watkins
- SMMC and SMC Health System Leadership Teams: Dr. Janet Chaikind and Dr. Scott Morrow
- SMCo Parks: Ranger Katherine Wright
- SMMC Pediatric Clinic Staff and Providers
- Community Partners: Dr. Sharon DiPierro (and CPF co-fellow!), Friends of Wunderlich and Huddart



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