

San Mateo County ParkRx eCW Integration

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San Mateo County ParkRx is a San Mateo County Health System program that uses a multimodal approach to promote the use and enjoyment of parks and public lands to benefit the physical and mental health of San Mateo County residents. A key component of San Mateo County ParkRx is the integration of resources within the outpatient electronic health record (EHR.) Currently, the San Mateo County Health System utilizes eClinical Works as their outpatient EHR.

Below outlines the first phase of San Mateo County ParkRx integration. This includes:

- Addition of a screening question for time outdoors into the HPI;
- Integration of screening for time spent outdoors into all Well Child Visit templates for two years and older as well as a “prescribing” time outdoors;
- Addition of comments encouraging and/or “prescribing” time outdoors to the BROWSE function of the TREATMENT section in outpatient progress notes;
- Creation of progress note templates that may be used by any team member to screen for time spent outdoors as well as a “prescription” to spend time outdoors;
- Creation of progress note templates that may be used by any team member to screen for time spent outdoors, conduct a visit (group or individual) focusing on activity/exercise counseling, and “prescribe” time outdoors.

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SCREENING QUESTIONS

GENERAL USE IN HPI

Available for any health care team member documenting in the EHR, a screening question has been added to the HPI section.

The Screening Question: How many minutes per week do you spend in parks/nature/outdoors *outside of school and work*?

There is a structured data element housed in the HPI section of progress notes:

- Select HPI
- Diet/Exercise: Time spent outdoors
- Multiselect options
 - 0 minutes per week
 - 1-30 minutes per week
 - 30-60 minutes per week
 - 1-2 hours per week
 - > 2 hours per week

The screenshot displays the eClinicalWorks EHR interface. The main window shows a patient's progress note for TEMPLATES, AB Y, M. The patient's account number is 8663, and the encounter date is 05/08/2001. The provider is Jimmark Ventura Abenojar, MD. The subject line is "3 Year Well Child Visit". The HPI section includes a structured data element for "Parks/Nature/Outdoor Time" under the "Diet/Exercise" category. A pop-up window titled "Diet/Exercise" is open, showing a table with columns for "C/O", "Denial", "Symptom", "Duration", and "Notes". The table contains the following entries:

| C/O | Denial | Symptom | Duration | Notes |
|-----|--------|---------------------------|----------|-------|
| | | Diet | | |
| | | Exercise | | |
| | | Caffeine | | |
| | | Parks/Nature/Outdoor Time | | |

WELL CHILD CHECK (WCC) TEMPLATES

The Screening Question: How many minutes per week does your child spend in parks/nature/outdoors *outside of the school day*?

Housed in the HPI of all WCCs 2 yrs and up under the CHDP/Dietary Assessment 5210 section now termed 5210P

- Structured data element noted as (P) Parks/Nature/Outdoors (outside the school day)
- Multiselect options
 - 0 minutes per week
 - 1-30 minutes per week
 - 30-60 minutes per week
 - 1-2 hours per week
 - > 2 hours per week

The screenshot displays the eClinicalWorks interface. The main window shows a patient's progress notes for a 3-year-old child. The patient's name is partially visible as 'Y, TEMPLATES, AB Y, H'. The notes include a chief complaint of a 3-year well child visit and a reason for visit related to the CHDP/Nutrition, Health and Safety assessment. The HPI section details the child's dental hygiene, school readiness, and psychosocial status.

An 'HPI Notes' window is open, showing a structured data entry form for 'CHDP/Dietary Assessment (BF 2-18)'. The form has columns for 'Name', 'Value', and 'Notes'. A dropdown menu is open, showing multiselect options for 'Parks/Nature/Outdoors (outside of the school day)':

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

The structured data table in the background shows the following items:

| Name | Value | Notes |
|--------------------------------|-----------|-------|
| CHDP Nutrition 2-18yrs | Evaluated | |
| (5) Fruits and Vegetable Porti | | |
| (2) Hours of Screen Time (re | | |
| (1) Hours of Physical Activity | | |
| (0) Sugary Beverages | | |
| (2) Parks/Nature/Outdoors (c | | |
| Weight Status (enter in probl | | |
| S210 Assessment: | | |
| S210/BMI Action plan discus | | |
| Vitamin supplementation? | | |
| Iron Rich Foods Discussed | | |

TREATMENT SECTION under “BROWSE”:

Available in the Treatment section, under the Browse option, any health care team member may find prepared remarks that may be added to any progress note.

PCP- ParkRx Prescription (bilingual):

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.

PCP- ParkRx Explore (bilingual): Explore nature to improve your health.

Visit <https://www.smchealth.org/smc-park-rx> for more information.

Explora la naturaleza para mejorar tu salud.

Visite <https://www.smchealth.org/smc-park-rx> para mas informacion.

PED_ParkRx Prescription (bilingual):

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.

PED_ParkRx Explore (bilingual): Explore nature to improve your health.

Visit <https://www.smchealth.org/smc-park-rx> for more information.

Explora la naturaleza para mejorar tu salud.

Visite <https://www.smchealth.org/smc-park-rx> para mas informacion.

The screenshot displays the eClinicalWorks interface. The main window shows a patient's progress notes for a 48-year-old male. The patient's information includes: 114 TURBPIKE ROAD, WESTBOROUGH, MA, H: 508-336-7700, DOB: 01/01/1970, eHX Status: Self Pay, Acc Bal: No Access, Guar: TEMPLATES. The notes section is currently empty. A 'Template List' window is open on the right, showing a list of templates with columns for Name and Access. The selected template is '*PCP_ParkRx_Info' with Public access. Below the template list, a list of ICD-9 codes is visible, including B20 (Acquired immune deficiency syndrome), E78.5 (Hyperlipidemia), 465.9 (Upper respiratory infection NOS), J45.901 (Asthma with acute exacerbation), Z30.430 (Encounter for insertion of intrauterine contraceptive device), I25.89 (Other specified forms of chronic ischemic heart disease), I10 (Benign essential hypertension), and 86.99 (Encounter for routine child health examination with).

DOCUMENTATION TEMPLATES

*ParkRX Group Visit TEMPLATE -- (PED, Youth Center and Adult PCP)

This template is designed to be a stand alone template for group visits with providers, health educators, diabetes educators, nutritionists and any other healthcare team members.

- ▶ Adult PCP Category: *PCP_ParkRx_Group Visit
- ▶ PEDI Templates Category: *PED_ParkRx_Group Visit
- ▶ Youth Centers Category: *DCY_ParkRx_Group Visit

The screenshot displays the eClinicalWorks interface. The main window shows a patient's progress notes for a group visit. The patient's information includes: 114 TURNPIKE ROAD, WESTBOROUGH, MA 01581-3306, DOB: 01/01/1970, and Provider: Rachel Marie Borovina, MD. The subject line is "Chief Complaint(s): *PCP_ParkRx_Group Visit". The provider note states: "Patient presents to clinic for ParkRX San Mateo Group visit to improve the health and well being through the use and enjoyment of parks and public lands." The template list window is open, showing a table of templates with columns for Name and Access. The table lists various templates, including *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_FU. The template list window also includes a search bar and buttons for New, Update, and Delete.

ParkRX Group Visit TEMPLATE template includes:

HPI: Patient presents to clinic for ParkRX San Mateo Group visit to improve the health and well being through the use and enjoyment of parks and public lands.

Diet/Exercise: time spent outdoors

Readiness for Change Pre-Assessment:

Mood Screen: PHQ-2

Assessment: Exercising Counseling ICD 10 Z71.9

Treatment:

Clinical notes:

Group visit: Patient/Family worked with health providers and park ranger in a park/open space. Focus includes 20 screen-free minutes in park/nature, guided physical activity, and health education to encourage patients to become regular, confident park users and feel the benefit of nature on their health and wellbeing.

Notes:

Prescription: Spend time in nature, 1 hour, twice a week.

Visit <https://www.smchealth.org/smc-park-rx> for more information.

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

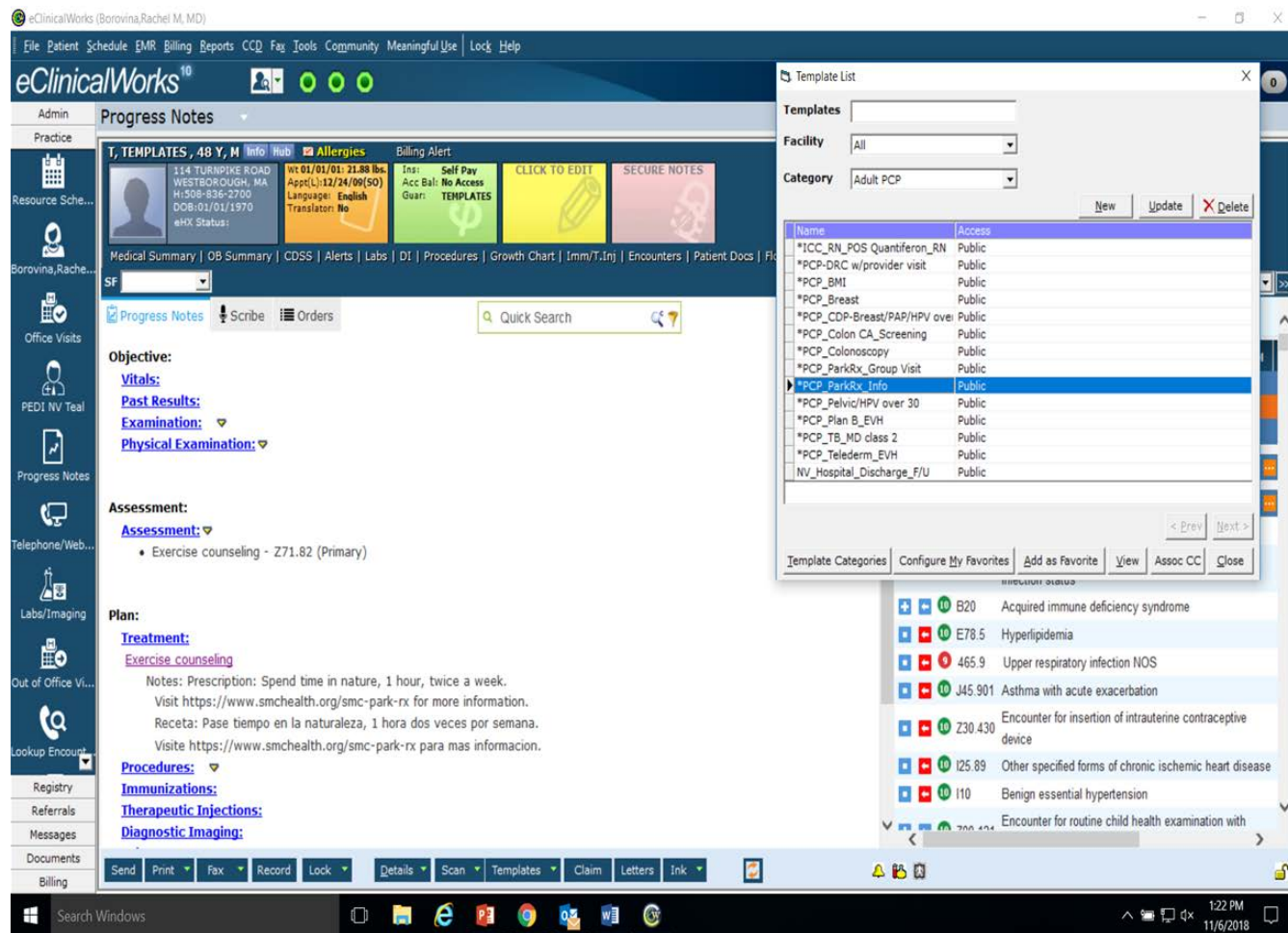
Visite <https://www.smchealth.org/smc-park-rx> para obtener más información.

Visit Code: 99211 Office outpatient Est Lvl 1

*ParkRX Info TEMPLATE – (PED, Youth Center and Adult PCP)

This template is designed to be merged with any existing progress note or template note.

- Adult PCP Category: *PCP_ParkRX_Info
- PEDI Templates Category: *PED_ParkRX_Info
- Youth Centers Category: *DCY_ParkRX_Info



*ParkRX Info TEMPLATE includes:

HPI:

Diet/Exercise: time spent outdoors

Assessment: Exercising Counseling ICD 10 Z71.9

Treatment:

Notes:

Prescription: Spend time in nature, 1 hour, twice a week.

Visit <https://www.smchealth.org/smc-park-rx> for more information.

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

Visite <https://www.smchealth.org/smc-park-rx> para obtener más información.

WELL CHILD VISIT TEMPLATES

Incorporated into all Well Child Visit Templates for patients 2 years and older:

- Screening for time spent outdoors/in nature
- Prescription to spend time in nature placed on all After Visit Summaries (AVS)

Of note, within PEDI Template category there are templates for annual physical exam for 18 yr - Young Adult (Female and Male.) These templates have also been updated reflecting the WCC changes.]

Housed in the HPI of all WCCs 2 yrs and up under the CHDP/Dietary Assessment 5210 section now termed 5210P

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

The screenshot displays the eClinicalWorks interface. The main window shows a patient's progress notes for a 3-year-old child. The patient's information includes: ELYA TERENSKIE EKORD, WESTBOROUGH, MA; DOB: 05/01/1970; Language: English; Translation: No; Ins: Self Pay; Acc Bal: No Access; Guar: TEMPLATES. The notes section contains a 'Subjective' section with 'Chief Complaint(s): 3 Year Well Child Visit' and 'ASK IF RECEIVING WIC SERVICES. Vision and Hearing Billing'. The 'HPI' section includes 'Pedi RN/MSA/LVN Note', 'Reason for visit: CHDP/Nutrition, Health and Safety', and 'CHDP/Dietary Assessment (BF 2-18) CHDP Nutrition 2-18yrs :. S210/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 (Nonmestic Violence Screen) Yes, Family Chances? None, Sibling Relationships :.

A 'Structured' data entry window is open over the notes, titled 'CHDP/Dietary Assessment (BF 2-18)'. It contains a table with columns for Name, Value, and Notes. The table lists various assessment items with their corresponding values and checkboxes for evaluation and notes.

| Name | Value | Notes |
|--------------------------------|------------------------|-------------------------------------|
| CHDP Nutrition 2-18yrs | Evaluated | <input checked="" type="checkbox"/> |
| (5) Fruits and Vegetable Porti | | <input checked="" type="checkbox"/> |
| (2) Hours of Screen Time (re | | <input checked="" type="checkbox"/> |
| (1) Hours of Physical Activity | | <input checked="" type="checkbox"/> |
| (0) Sugary Beverages | | <input checked="" type="checkbox"/> |
| (P) Parks/Nature/Outdoors (c | | <input checked="" type="checkbox"/> |
| Weight Status (enter in probl | 0 minutes per week | <input checked="" type="checkbox"/> |
| S210 Assessment: | 1-30 minutes per week | <input checked="" type="checkbox"/> |
| S210/BMI Action plan discuss | 30-60 minutes per week | <input checked="" type="checkbox"/> |
| Vitamin supplementation? | 1-2 hours per week | <input checked="" type="checkbox"/> |
| Iron Rich Foods Discussed | > 2 hours | <input checked="" type="checkbox"/> |