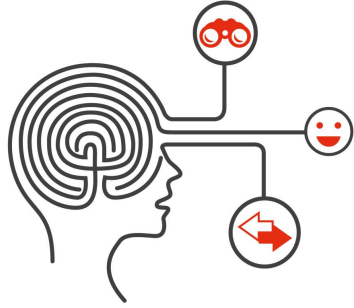


FROM APPS TO WEARABLES: TEACHING TO ENGAGE, EDUCATE, EMPOWER

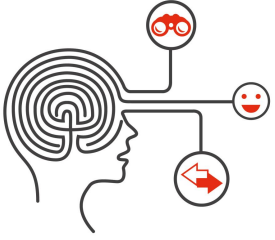
MARLENE WOLF, MD, FAAFP

(9-2020)

Marlene R. Wolf, MD, FAAFP



- Family Practice Physician
- Healthcare Consultant
Lifetime Medical Consulting, Coral Springs, FL
- Adjunct Assistant Professor
Keiser University, College of Chiropractic Medicine, West Palm Beach, FL
- Sailfish Toastmasters, Boynton Beach, Florida
President 2020-2021
- Moderator & Speaker
NACE, National Association of Continuing Education,
Haymarket Media, Inc., New York, NY
- Clinical Assistant Professor of Family Medicine
Nova Southeastern University's College of Allopathic
Medicine, Fort Lauderdale, FL

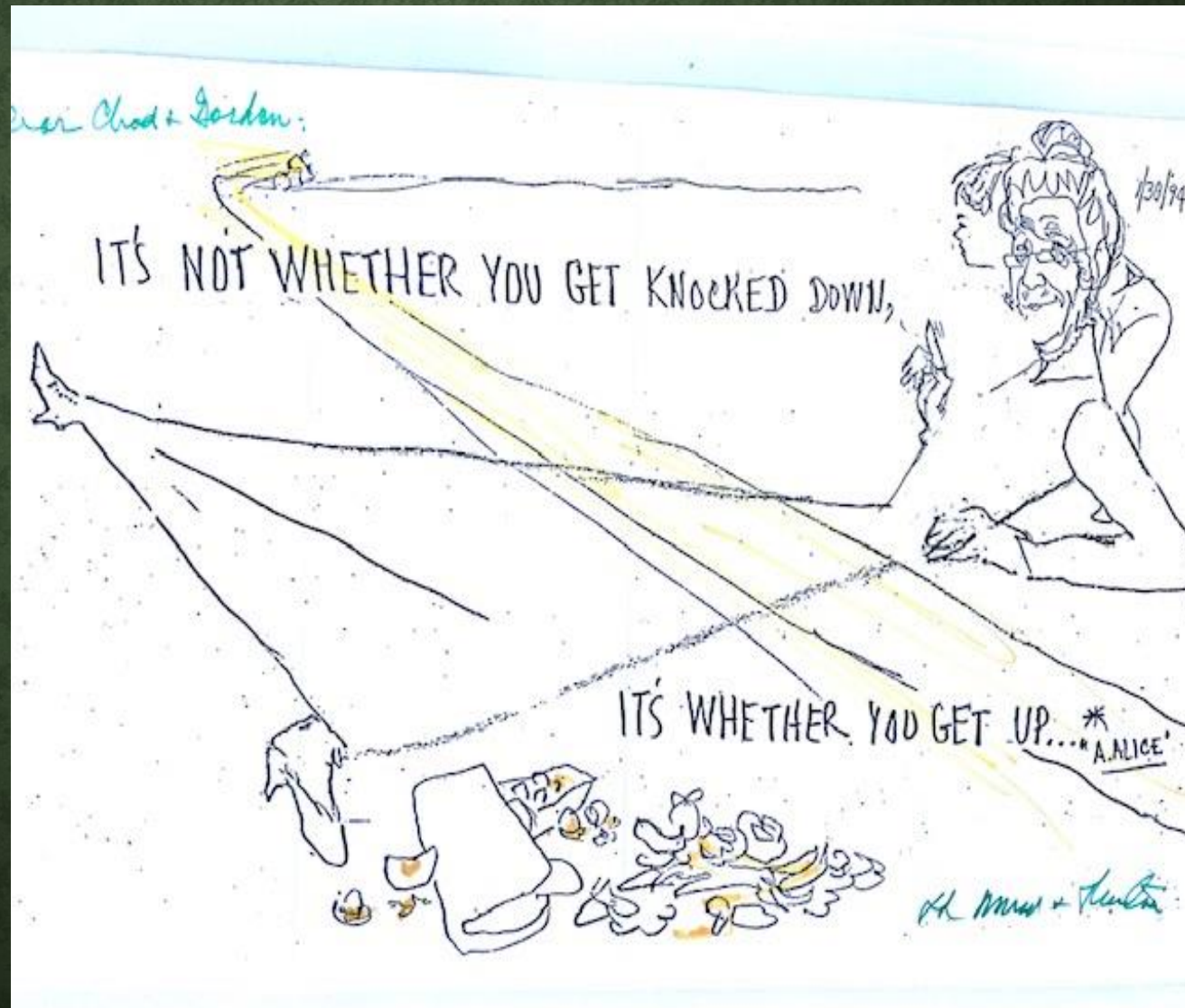


LEARNING OBJECTIVES

- Demonstrate different teaching techniques including storytelling, acronyms, and quote usage
- Review resources to engage the audience
- Summarize the educational value of online learning platforms such as Kahoot! and Biteable

EDUCATIONAL MOMENT

Together
we go
forward

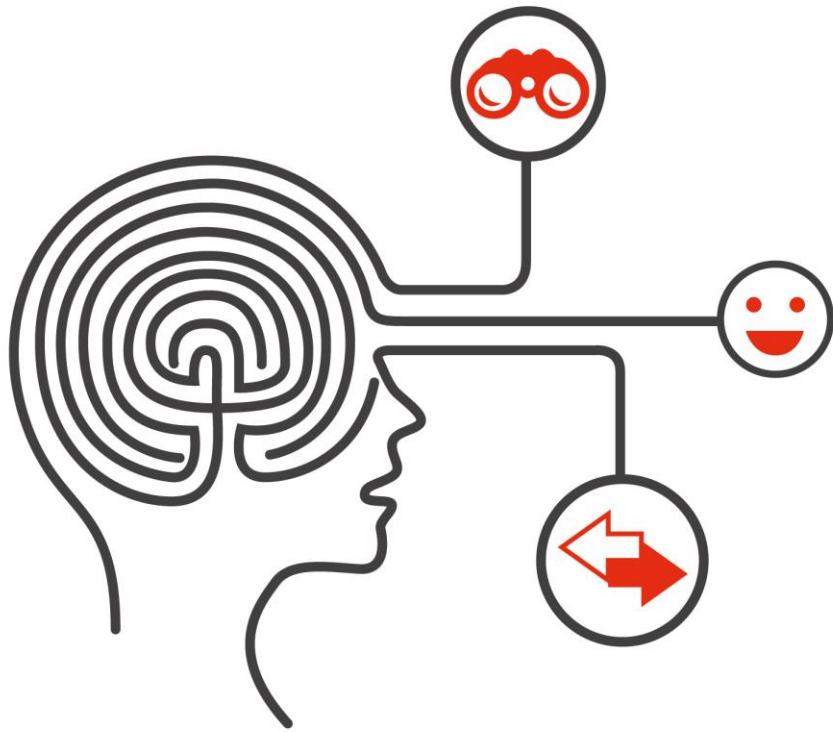


(T. Utz, personal communication, January 1, 1994)



“The single biggest problem in communication is the illusion that it has taken place”

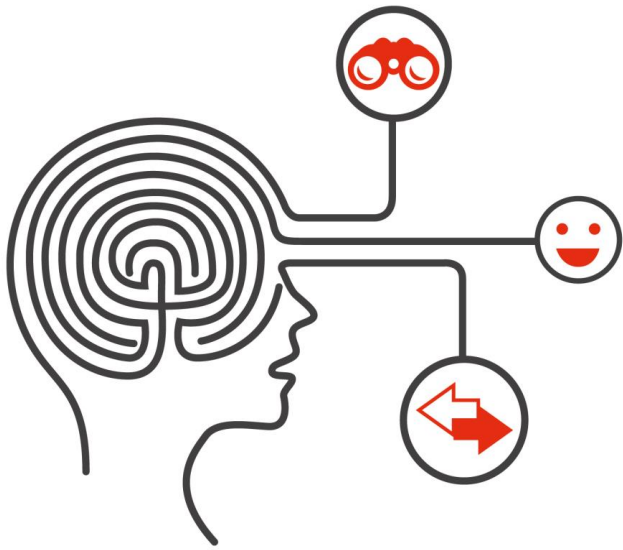
Irish Playwright George Bernard Shaw



CRITICAL & CREATIVE HEALTHCARE THINKING

PUTTING THE PIECES OF
THE PUZZLE TOGETHER

- **S** = Subjective
- **O** = Objective
- **A** = Assessment
- **P** = Plan



KISS

Keep It Simply Simple



You are virtually invited to attend

Toasters Online!

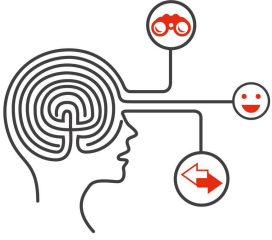
Learn how our nearly-100-year-old organization can help improve your communication skills, while we enjoy some much-needed social connection.

Club Name: SAILFISH TOASTMASTERS, BOYNTON BEACH, FLORIDA

Meeting URL: <https://6512963.toastmastersclubs.org/>

Date: FRIDAY weekly **Time:** 12 noon - 1 pm EDT

Email me for more details: president-6512963@toastmastersclubs.org



H.E.L.P.

Improve Communication in Healthcare



H = Hello

E = Engage with Empathy

L = Language & Listening

P = Plan

PATIENT EDUCATION: SOURCE & CONTENT

Evaluate & critique



ACA

NATIONAL
CHIROPRACTIC
HEALTH MONTH

acatoday.org/nchm

Improve movement techniques.
When picking up heavy items from the floor, kneel down on one knee, as close as possible to the item you are lifting, with the other foot flat on the floor to pick up the item. Always lift with the legs.

#StepsToStrength

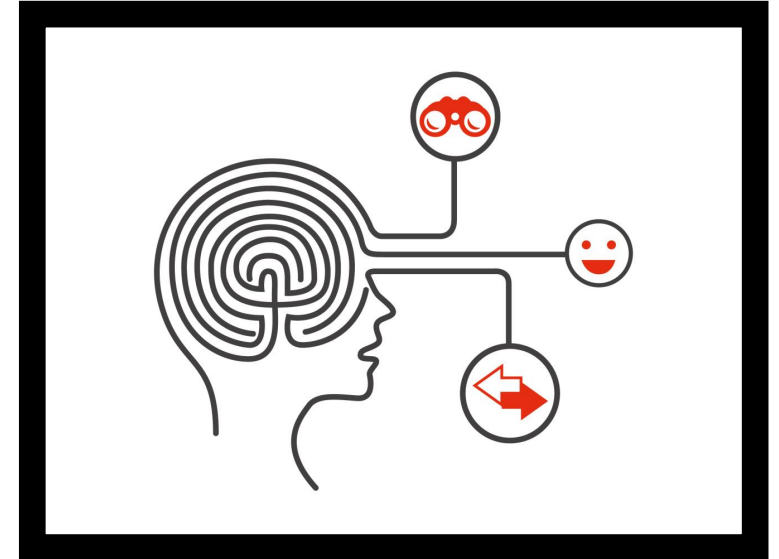
(American Chiropractic Association, 2019)

NEWS OF THE TIMES

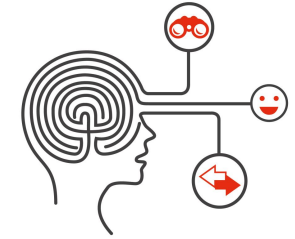
Weekly the assigned student presents an article related to the class and leads the class discussion

Relevant & published within the last 3 months

Answer the question,
“ What is this about?”



JOURNAL CLUB



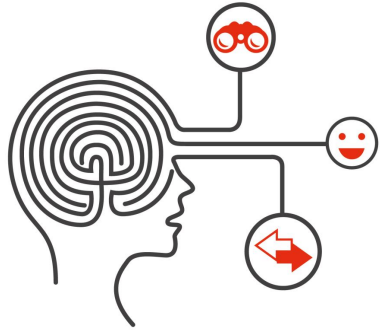
Article about On-line Risk Assessment Tools

American Heart Association Scientific Statement

“Rapid Diet Assessment Screening Tools for Cardiovascular Disease Risk Reduction Across Healthcare Settings” August 2020 [LINK](#)

- MEDAS (Mediterranean Diet Adherence Screener)
- REAP-S (Rapid Eating Assessment for Participants)
- Starting the Conversation Tool
- Powell and Greenberg Screening Tool for Nutrition

(Vadiveloo, Lichtenstein, Anderson, et.al. 2020)



ASSESSMENTS

NUTRITIONAL ASSESSMENT

Seniors in the **Community Risk Evaluation for Eating and Nutrition - Nutri-eSCREEN®**

Eating Habits Survey ≥ 50 y/o patient

<http://www.nutritionscreen.ca/escreen/>

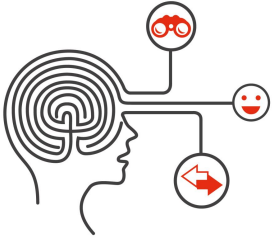
(Dieticians of Canada, 2020)

DISEASE RISK ASSESSMENT – DM, Cardiac, FRAX

Do I have PreDiabetes?

<https://doihaveprediabetes.org/take-the-risk-test/#/>

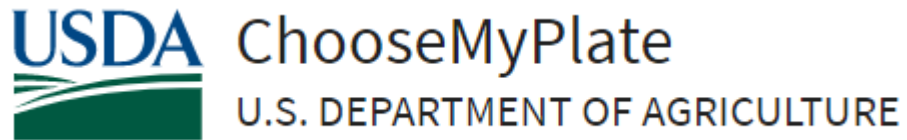
(The Advertising Council, 2019)



APPS – FOR MOBILE DEVICES/PHONES

CHOOSEMYPLATE

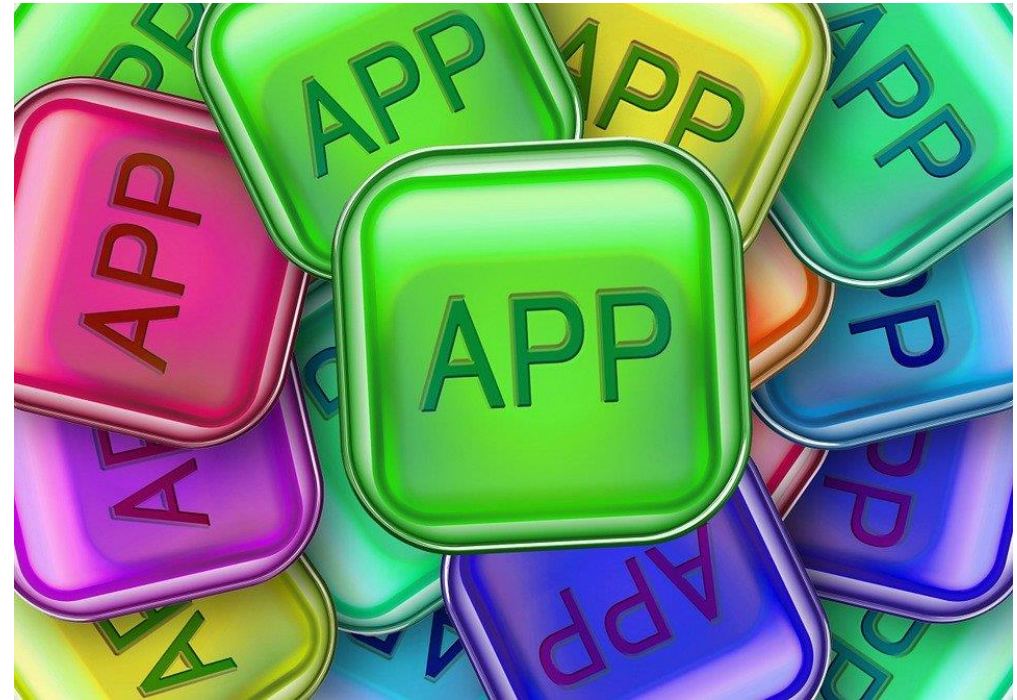
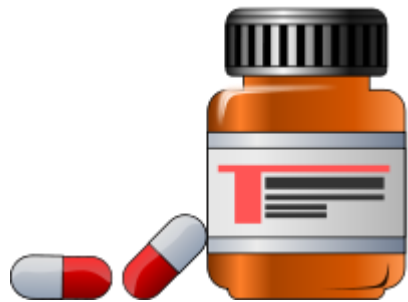
<https://www.choosemyplate.gov/startsimpleapp>



(USDA n.d).

PRONUNCIATION DICTIONARY

- App for mobile device
- Pharmacology names
- Healthcare terminology



New Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

- 1 The serving size now appears in larger, bold font and some serving sizes have been updated.
- 2 Calories are now displayed in larger, bolder font.
- 3 Daily Values have been updated.
- 4 Added sugars, vitamin D, and potassium are now listed. Manufacturers must declare the amount in addition to percent Daily Value for vitamins and minerals.

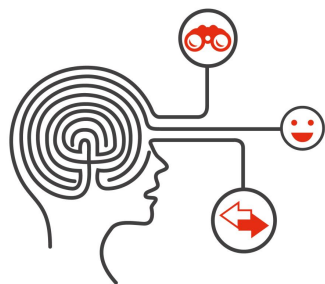
FOOD, VITAMIN, SUPPLEMENT LABELS

Bring & lead class discussion

Serving versus Portion Size

- Academy of Nutrition & Dietetics Patient Education [LINK](#)
- Food & Drug Administration (FDA) Education Nutrition Facts Label Patient [LINK](#) Provider [LINK](#)

(The New Nutrition Facts Label, 2020)



OFFICE OF DIETARY SUPPLEMENTS

<https://ods.od.nih.gov/>

- Patient asks about taking ...
- In 5 minutes, tell me about ...
- Use Health Literacy Language
- Keep It Simply Simple



U.S. Department of Health & Human Services, (2020),



GUEST SPEAKER
LIVING MEDICAL EXPERT
SHARING THE STEPS & ANSWERING QUESTIONS

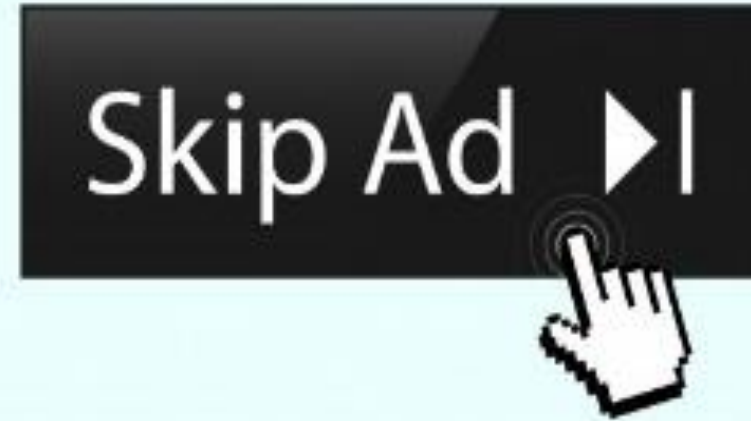
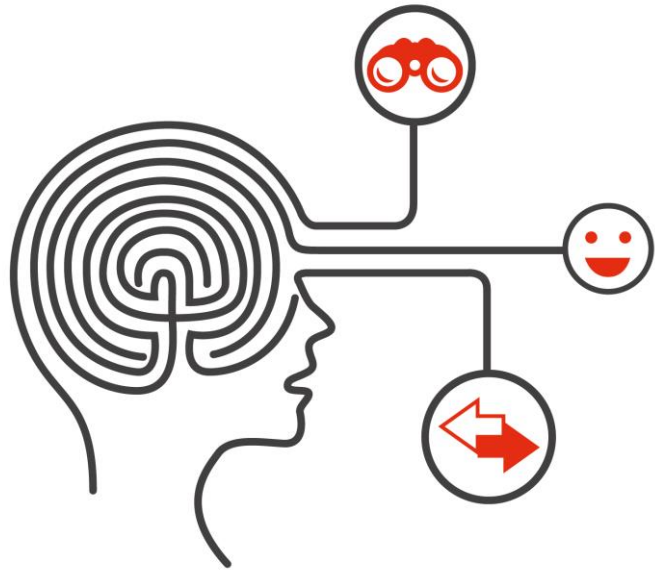
Wearable: Continuous Glucose Monitor & Inhaled Insulin



The Gateway Arch, St. Louis, Missouri

RESTAURANT MENU

- Each student reviews a restaurant menu (online or live on-round) noting the location of the nutritional information
- Readable as in font
- Location of nutritional guide
- Calories
- Salt content



**PRODUCE AN ORIGINAL AD
ABOUT A
PRODUCT OR SERVICE**

STUDENT PRESENTATION

Choose a Topic

- Diet or Food Plan
- App i.e. Fitness, Calorie counter
- Wearable i.e. Continuous Glucose Monitor, Insulin Pump, EKG

Choose a Method

- Power Point Presentation
- “Biteable” video template tool

<https://biteable.com/>

(Biteable, 2020)

- “Kahoot! On-line Learning”

<https://kahoot.com/schools/>

(Kahoot!, 2020)



made with
Biteable.com

made with
Biteable.com

WHAT TIME IS IT?

TIME FOR KAHOOT!

[Kahoot log in](#)



(Kahoot!, 2020)



CASE STUDIES

- Clinic Cases presented by Student
- Fictional Cases On Clinic Intake Form
- Lightning Rounds of Fictional Patients With Role Playing

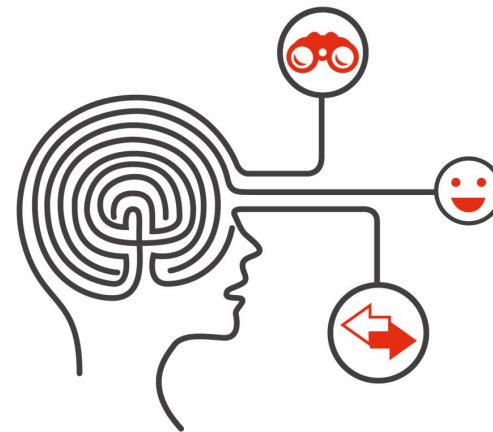


Keiser University Spine Care Clinic,
College of Chiropractic Medicine, West Palm Beach, Florida




Welcome to our Sp us. l	
Today's Date:	
Patient Title:	<input type="checkbox"/> Mr. <input type="checkbox"/> Mrs. <input type="checkbox"/> Ms. <input type="checkbox"/>
Last Name	
First Name	
Address	
City	
Primary Phone ()	
Email:	
Date of Birth:	/ /
Marital Status: (Check One)	<input type="checkbox"/>
Emergency Contact:	
Primary Care Provider:	
Primary Care Provider Address:	

FICTIONAL CASES ON CLINIC INTAKE FORM





Lightning Rounds - Case ACA 007



28 y/o M, BMI 18, mountain climbing guide, returned 1 month ago from a trip in Africa, in for treatment of chronic back pain. He complains of extreme fatigue. He is on a plant-based diet and has not been taking any supplements for the last 1 year. Clinic records show he lost 20 lbs. over the last year. He denies any falls since his last clinic visit 3 months ago.

Use health literacy language & shared decision making
Chiro Dx complicated by Nutrition... with Nutrition plan of care



SIMPLE



**ENTER EVERY
EVENT TO WIN**

PREPARE

ENGAGE

**BECOME
EDUCATED**

**TO BE
EMPOWERED.**

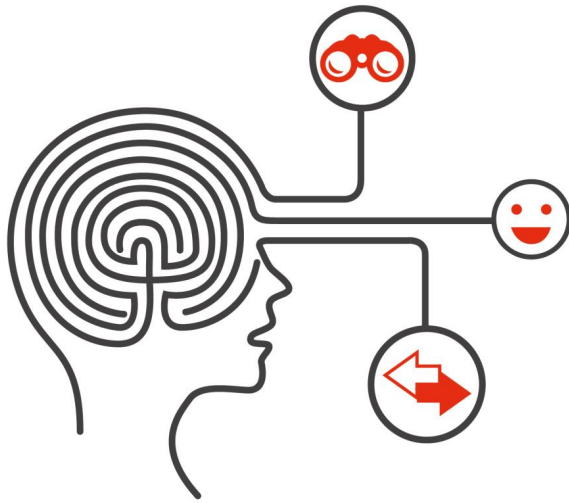
Churchill Downs, Louisville, Kentucky

References:

- American Chiropractic Association, (2019), Improve Movement Techniques, *National Chiropractic Health Month*,
<https://www.acatoday.org/Education-Events/National-Chiropractic-Health-Month>
- Biteable, (2020), Biteable, <https://biteable.com/>
- Dieticians of Canada, (2020), Nutri-eSCREEN,
<http://www.nutritionscreen.ca/escreen/default.aspx>
- Kahoot!, (2020), Kahoot! for schools, <https://kahoot.com/schools/>
- The Advertising Council (2019), Do I Have Pre-Diabetes, *Ad Council American Medical Association Center for Disease Control and Prevention*,
<https://doihaveprediabetes.org/take-the-risk-test/#/>

References:

- The New Nutrition Facts Label, (March 11, 2020), What's New with the Nutrition Facts Label, *U.S. Food and Drug Administration (FDA)*, <https://www.fda.gov/food/new-nutrition-facts-label/whats-new-nutrition-facts-label>
- United States Department of Agriculture (USDA), (n.d.), Start Simple with MyPlate Tip Sheet. <https://www.choosemyplate.gov/start-simple-myplate-tip-sheet-0>
- U.S. Department of Health & Human Services, (2020), Dietary Supplement Fact Sheets, *National Institutes of Health*, <https://ods.od.nih.gov/factsheets/list-all/>
- Vadivello, M., Lichtenstein, A., Anderson, C., et.al., (August 7, 2020), Rapid Diet Assessment Screening Tools for Cardiovascular Disease Risk Reduction Across Healthcare Settings A Scientific Statement From the American Heart Association, *Circulation: Cardiovascular Quality and Outcomes*, <https://www.ahajournals.org/doi/pdf/10.1161/HCQ.0000000000000094>



Questions? Comments!

**FROM APPS TO WEARABLES:
TEACHING TO
ENGAGE, EDUCATE, EMPOWER**

MARLENE WOLF, MD, FAAFP