Right Size Delaware
Fit not Fat
Providing a Platform for Transforming Healthcare through Interdisciplinary Education & Research
Clinical:
- VAMC
- Beebe Memorial Hospital
- Bayhealth Medical Center
- Nanticoke Memorial Hospital
- St. Francis Hospital

Delaware State Agencies:
- Department of Health and Social Services
- Division of Public Health
- Health Care Commission

Academic Institutions:
- Delaware State University
- Del Tech
- Wesley

Affiliates:
- Biotech Companies
- Non-Profits
- Other Community Partners
Impact on the Patient
Social determinants of health

- Behavior: 40%
- Genetics: 30%
- Social: 15%
- Healthcare: 10%
- Environment: 5%

Contribution to premature death

WHO 2008 Report: Closing the Gap in a Generation

Courtesy: Sarah L. Berga, MD
The Healthcare Team

Patient Centered Medical Home
Evaluation of the Pilot Models

Health Outcomes
Financial Tracking
Utilization
Sustainability

UD and DHSA
Informatics
Epidemiology
Policy
Business

Research Analysis
Education of the Workforce
Educational Programs
NEW
Health Coaching Certificate

• Post-baccalaureate program preparing health professionals to work in a clinical setting as part of a team to facilitate behavior change among at-risk patients, to decrease demand for health care services and to reduce morbidity across the lifespan.

Training serves to develop health coaching skills that will:
• help people clarify their health goals, and implement and sustain behaviors, lifestyles, and attitudes that are conducive to optimal health.
• guide people in their self care and health-maintenance activities.
• assist people in reducing the negative impact made on their lives by chronic conditions such as cardiovascular disease, cancer, and diabetes.
Health Ambassadors

Use of Health Ambassadors to increase medical and social services in Kent & Sussex Counties

Plan to utilize relationships with Food bank Hunger Relief Partners and Cooperative Extension Nutrition Assistants to identify community members who could be trained as Health Ambassadors within rural communities.

Goal is to train and implement health ambassadors in the rural sections of the state to improve maternal and child health.

Will utilize the health coaching curriculum to train health ambassadors to facilitate motivational interviewing, conduct small focus groups, use simple behavior change techniques, how to access health and social services, and how to educate individuals.
Theatre students serve as standardized patients for nursing and PT students.

Enables students to learn how to manage the unexpected without compromising standard of care required with actual patients.
Unique collaboration helps educate future healthcare professionals

- **Theatre students** serve as standardized patients for **nursing** and **PT students**
- Other disciplines (e.g., **nutrition, behavioral health**) and **DHSA partners** to be included as program develops
- Based on approach developed by Dr. Paula Stillman (Christiana Care)
- Enables students to learn how to manage the unexpected without compromising standard of care required with actual patients
Health Sciences Complex

Walkable, mixed-use, healthy campus

Healthy communities by design
Transforming the former Chrysler Site into the UD Health Sciences Complex And Home of the DHSA
Schematic of Clinics

CCM (FUTURE PHASE)

PHASE 2

PATIENT ENTRY / DROP-OFF

COMMONS

ADMINISTRATION WING & ADDITION

PHASE 2 (3 STORIES)
FIRST FLOOR: 28,600 GSF
SECOND FLOOR: 20,800 GSF
THIRD FLOOR: 20,800 GSF
PENTHOUSE: 5,000 GSF
TOTAL: 75,200 GSF

FIRST FLOOR: 85,700 GSF
SECOND FLOOR: 36,200 GSF
PENTHOUSE: 10,000 GSF
TOTAL: 131,900 GSF
Nurse Managed Health Center at the UNIVERSITY of DELAWARE

• Staffed by experienced, board-certified nurse practitioners

• Provides primary care, physical exams and health screenings for employees

• Follow-up care for workers who have been injured on the job
FEATURED PROGRAMS

Spring into Wellness
Monday, February 27 - Sunday, May 6, 2012

Employee-Only Fitness Classes - Spring II Session
Monday, April 2 – Thursday, May 10
An Integrated Approach—UDeICARE™

- Dietary Assessment and Consultation
- Fitness assessment and exercise consultation
- Behavioral Health
- Wellness/Health Education
- Episodic Healthcare
- Physical Exams
- Immunizations
- Health Screenings
- Chronic Disease Management
- Sports Medicine
Patient Center Medical Home
Critical Elements and Next Steps

Models should be developed by teams of Healthcare Professionals and tested. Data will provide evidence based practice.

A Model:
Nurse Practitioner driven model
Healthcare delivered by a team of Health Professionals
Primary Care and Health and Wellness Programs Linked
Health Coaches as Navigators and increase compliance
Health Ambassadors as Facilitators in the community

Predictions: Improved patient outcomes, improved prevention, enhanced chronic disease management, higher quality of life, more sustainable model, cost savings.
for a healthier community
University of Delaware | College of Health Sciences

Second Annual Gala

a view into the future of healthcare

Friday, May 11, 2012
6:00 to 10:00 p.m.

Register today at www.udel.edu/chs/gala