Bringing the Pediatrician to the Community: A Practical Guide to Developing and Strengthening a Resident Home Visit Program

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Disclosure Slide
We do not have any financial disclosures.
Workshop Objectives

1. Design or strengthen a Home Visit Program that addresses ACGME resident core competencies
2. Review implementation steps
3. Problem-solve to overcome site specific challenges
4. Explore toolbox of templates, forms and resources
5. Develop networks for future collaboration

Session Schedule

- Introductions – 5 minutes
- Program Descriptions – 20 minutes
- Small Group Work – 50 minutes
- Discussion – 10 minutes
- Toolbox and Wrap-up – 5 minutes
Background - Home Visitation

• Home visits once a standard of medical health care
• Ideal health model by Commonwealth Fund
• Emphasize the humanistic aspects of medicine
• Improved understanding of social, familial, cultural, spiritual and environmental factors as determinants of patient health
• Families serve as educators of family centered medical care

“It is much more important to know what sort of patient has a disease than what sort of disease a patient has.”

- William Osler
ACGME Competencies

1. Patient Care
2. Medical Knowledge
3. Practice Based Learning
4. Communication Skills
5. Professionalism
6. Systems-Based Practice

- Home safety setting
- How are meds given?
- Cultural and spiritual beliefs/practices
- Family dynamics
- Bond with family
- Community resources

Design Template: Home Visit Curriculum

Needs Assessment → Program Planning → Implementation → Evaluation
Design Template: Home Visit Curriculum

Needs Assessment → Program Planning → Implementation → Evaluation

- Reinforcing Factors
- Identifying Existing Related Curriculum
- Establishing Goals
- Identifying Administrative Commitment
- Identifying Funding, If Needed
- Identifying Methods for Sustainability
- Planning Questions
- Visit Curriculum
- Follow-up to Visit
- Evaluation:
  - Impact
  - Process

Comparison of UW and Hopkins Resident Home Visit Programs
"...having a greater appreciation for the community that our clinic [is located] .. was very helpful. ...It was a good perspective check.

The number of people who lived in this apartment was quite surprising to me. This was a reminder of where they are from.

You can get lost in the [health care] system here sometimes and forget how the outside world is. “

- PL 1

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**Step 1: Needs Assessment**

**History/Demographics**

**UW Harborview**

- 15-20 residents with continuity clinic at HMC
- Clinic serves immigrant/refugee population

**Hopkins**

- All residents
- Clinic serves low-income, mainly African American and Hispanic
Step 1: Needs Assessment

Goals of Program

- Educate residents & faculty about life circumstances and strengths of families
- Understand social, familial, and environmental factors as determinants of patient health
- Improve care of chronic conditions
- Address newborn health and anticipatory guidance

Step 1: Needs Assessment

Administrative Commitment

- All Interns 1 visit/yr
- Pediatric Faculty supervisor
- Continuity clinic time blocked
- Support by clinic administration/social work
- Support from interpreter
- Home Visit program
- SAR/intern or Home Visit Nurse/intern partnership
- Integrated into permanent part of curriculum in outpatient rotation
“It was a level of caring I had never felt before. It brought a spirit of integrity, motivation and hope. Because they were in my home I could tell that it wasn’t about the money anymore, it was about humanity. It took away the boundaries of where patients come from and where doctors are. It made Harborview a different hospital and changed my perspective of the medical profession.”

- Family Member

Step 2: Program Planning

Funding

UW Harborview

• No external funding
• Home visit interpreter time is billed to Medicaid since they are accompanying a nurse or doctor

Hopkins

• Initially funded by external grants to fund home nurses for visits
• Sustainability → residents as supervisors of visit
Step 2: Program Planning

Target Populations

UW Harborview
- Patients selected by residents from their continuity clinic panel
- Medically/socially complex
- Visit includes community resource site

Hopkins
- Patients selected from newborns
- Focus on healthy newborn visit
- Infant will be in the resident’s continuity panel

Visit Participants

UW Harborview
- Continuity resident (PL 1-3)
- Attending
- Interpreter
- Other health workers associated with family
  - PHN/RN
  - Physical Therapist
  - Social Worker
  - Autism Case Worker
  - Environmental Home Health Specialist

Hopkins
- Continuity Resident (PL 1,2)
- Supervisor:
  - PL-3 Resident
  - Or experienced home visiting nurse
- Other ancillary staff
  - Translator if Spanish speaking
  - Clinic Staff Available: Lawyer, Social Workers, Mental Health Workers
“This was a very positive experience for me [to see] the therapists and the facility. Observing [the patient] in therapy gave us more insight into her developmental delay/neurologic issues. “

*The visit was made to the physical therapy facility while she was receiving a treatment session.*

-Faculty Member

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**Step 3: Implementation**

**Pre-Visit Curriculum/Preparation**

**UW Harborview**
- Orientation to home visit concept and process
- Select community resource site to visit
- Walkscore.com
- Packet
  - Health ed materials
  - Evaluation forms

**Hopkins**
- One hour small group lecture based orientation to home visit concept, goals
- Review neighborhood statistics
  - www.baltimorekidsdata.org
- Packet
  - Home visit format
  - Community Educational Information
  - Emergency Contact Information
**Step 3: Implementation**

**Visit Content/Activities**

**UW Harborview**
- Update history
- Targeted Physical Exam
- Home Safety Check
- Refill prescriptions
- Visit community site: library, park, community center, temple, ethnic restaurant
- Resident documents visit
- No billing for visit

**Hopkins**
- History since delivery
- Physical Exam
- Home Safety Check
- Tour of home
- Exploratory questions about neighborhood and community
- Maternal Depression Screen
- No formal documentation
- No billing for visit

“(The home visit) really does complement ... other aspects of being a doctor and lets you rely more on your judgment.

It allows you to make a better assessment even for a completely healthy baby.

You can be a better advisor. It allows you to bond.

I think it's just not a single factor that makes it important, I think it's all them adding together.”

- PL 2
Step 4: Evaluation

**UW Harborview**
- Resident post visit survey
- Attending post visit survey
- Parent phone interview

**Hopkins**
- Resident pre- and post-visit surveys
- Taped debriefing interviews with small groups residents and faculty member
- Family survey at 2 months
  - Trust-scale
  - Satisfaction of the visits

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Step 4: Evaluation

**Sustainability/ Lessons Learned**

**UW Harborview**
- Residency program changes continuity clinic structure
  - Promotion of home visit program within residency
- Hospital budget cuts impact personnel
  - Promotion of program with clinic admin
- PL 1’s > interest than PL 3s
- Faculty participation in home visits= strong support

**Hopkins**
- Training senior residents to be supervisors on visits
- PL 1s find visits beneficial
- Lessons of resiliency of families
- Helpful to have longitudinal relationship
- Formal one hour teaching module important part of visit
Small Group Breakout

Design Template: Home Visit Curriculum

Needs Assessment → Program Planning → Implementation → Evaluation

- Detail Existing Related Curriculum
- Establish Goals
- Identify Administrative Commitment
- Identify Funding, If Needed
- Reinforcing Factors

Planning Questions

Visit Curriculum

Evaluation:
- Impact
- Process

Follow-up to Visit

Identify Methods for Sustainability
## Toolbox Contents

- **Home Visit Curriculum Design Template**
  - Workshop Materials
- **Documents to Support Planning and Implementation**
  - Needs Assessment - Funding opportunities
  - Program Planning – Program descriptions
  - Implementation – Coordination needs, follow-up questionnaires and surveys, example of educational curriculum powerpoint
  - Evaluation – Pre and Post Visit Resident Surveys
- **Other Resources – web resources, reference articles**

All Posted on APPD Share Warehouse

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## Sample Surveys

**Pre Home Visit Resident Survey**

1. How do you feel about living in your current housing?  
   - Strongly agree  
   - Agree  
   - Neutral  
   - Disagree  
   - Strongly disagree  

2. How satisfied are you with the services provided by your current landlord?  
   - Strongly agree  
   - Agree  
   - Neutral  
   - Disagree  
   - Strongly disagree  

3. Have you ever spoken to your landlord about your future plans?  
   - Yes  
   - No  

4. If yes, for what reason?  

**Post Home Visit Resident Survey**

1. How satisfied are you with the overall quality of your current living situation?  
   - Strongly agree  
   - Agree  
   - Neutral  
   - Disagree  
   - Strongly disagree  

2. Would you recommend your current landlord to others?  
   - Yes  
   - No  

3. If yes, what factors?  

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<th>Sample Survey Question</th>
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*All surveys are available on the APPD Share Warehouse.*
Web Resources

Collaborative Network

• Establishing a collaborative network
  – To share ideas
  – Collaborate on future programs or research
• Please leave contact information including email on sign-up sheet to be added to the home visit list serve

Thank you for your participation!
Contact Information

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