

Program Evaluation of a Personalized Preventative Health Management Program (PPHP)

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Abstract

Background: Diabetes, obesity, and cardiovascular disease are the world's most prominent chronic progressive illnesses caused by either genetics, poor nutrition, or sedentary lifestyles. Person-focused preventative healthcare that is developed collaboratively with a primary care provider can influence lifestyle choices and prevent or decrease the burden of these chronic disease.

Purpose: The goal of evaluating the program was to address the following PICOT question: Does a personal preventive healthcare program (PPHP), in a primary care setting for adults, improve self-health management and positive patient behavior modifications to improve patient disease risk profiles? Objective one was improvement in BMI, blood pressure, HgA1c, Total Cholesterol, HDL, LDL, Triglycerides, non-HDL, Apo B, CRP, and Vitamin D.

Outcome: The results of the program evaluation found that both the quantitative and qualitative data supported an overall trend of health improvements. Blood pressure for individuals less than 60 years of age improved significantly (31.31%). Cholesterol measurements improved for TC, LDL, Triglycerides, Non-HDL, and Apo B. C-Reactive Protein (CRP) which is a measurement of the inflammatory levels in the human body, resulted in a significant improvement in the high level (decrease of 10.81% in CRP \geq 3.0). The qualitative data collection was 100% supportive of the PPHP from the patient's perspective and 85.71% from the staff. The qualitative and quantitative data is

supportive of a positive inference for the PPHP program. The qualitative survey results recommended increasing the opportunities to schedule a 45-minute PPHP counseling session at the clinic and the possibility of counseling by telemedicine technology.