



Patient Goal Setting to Manage Chronic Conditions

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Alexis Dorsey, M2
Faculty Mentors: Alex Krist, MD, Jenn Gilbert, PhD, and
Jacqueline Britz, MD
Department of Family Medicine and Population Health
Virginia Commonwealth University, School of Medicine



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Enhanced Care Planning Study Overview

- **Design:** Randomized Controlled Trial
- **Participants:** Patients aged 18-75 years old with 2 or more chronic medical conditions
- **Setting:** 53 ACORN primary care practices in the Greater Richmond region
- **Intervention:** Enhanced care planning with support of patient navigator and community health worker



Introduction

- Physical inactivity and poor nutrition ultimately lead to uncontrolled chronic conditions
- Lifestyle interventions may be overlooked due to time and staffing constraints
- **What strategies do patients choose to reach their goal?**



What is your personal nutrition goal? Be as specific as possible

Make healthier choices

Change Goal

Stop or drink less sodas

Change Actions

LAST PROGRESS

LAST CONFIDENCE



Update Progress



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Methods

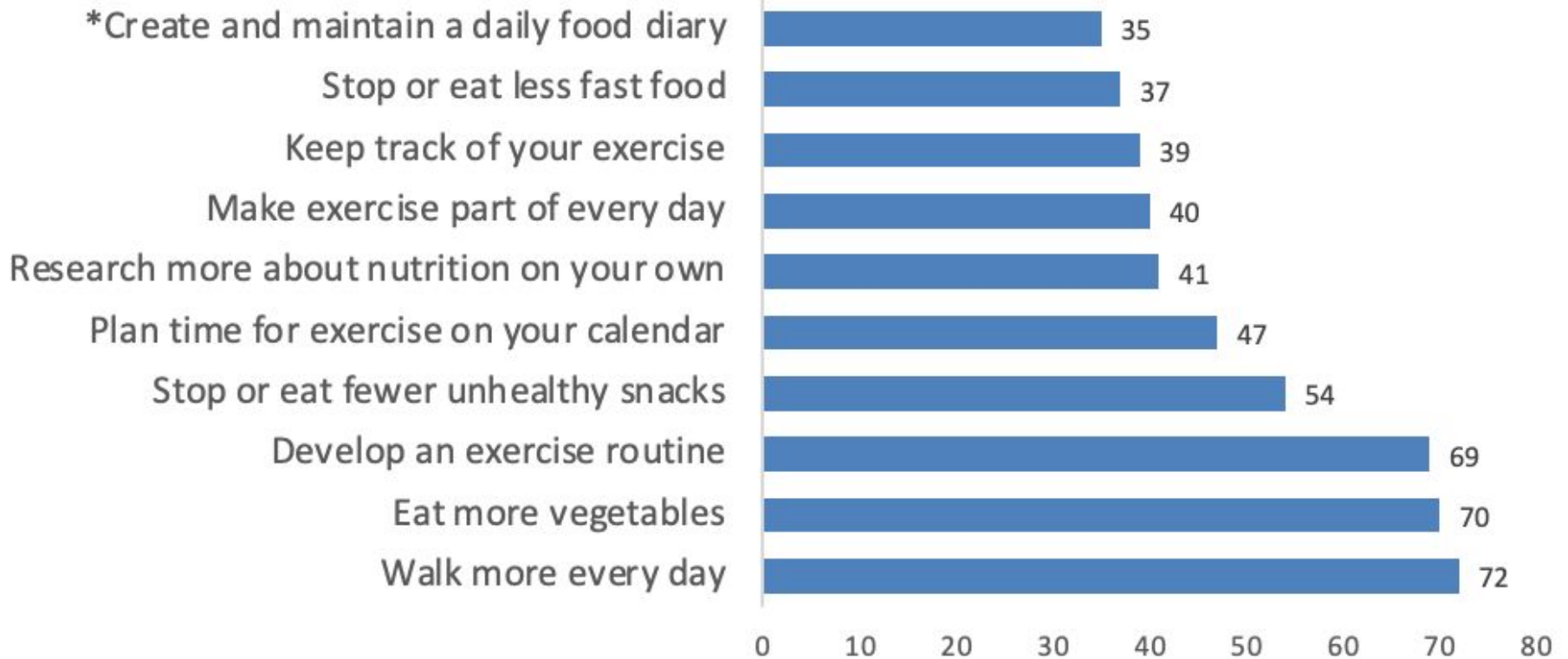


- Data source: MyOwnHealthReport care plans and weekly updates
- Reviewed 149 care plans with 1,222 selected actions
- Determined frequency of evidence-based strategies chosen
- Determined which domains were the most frequently selected (nutrition, weight loss, or exercise)

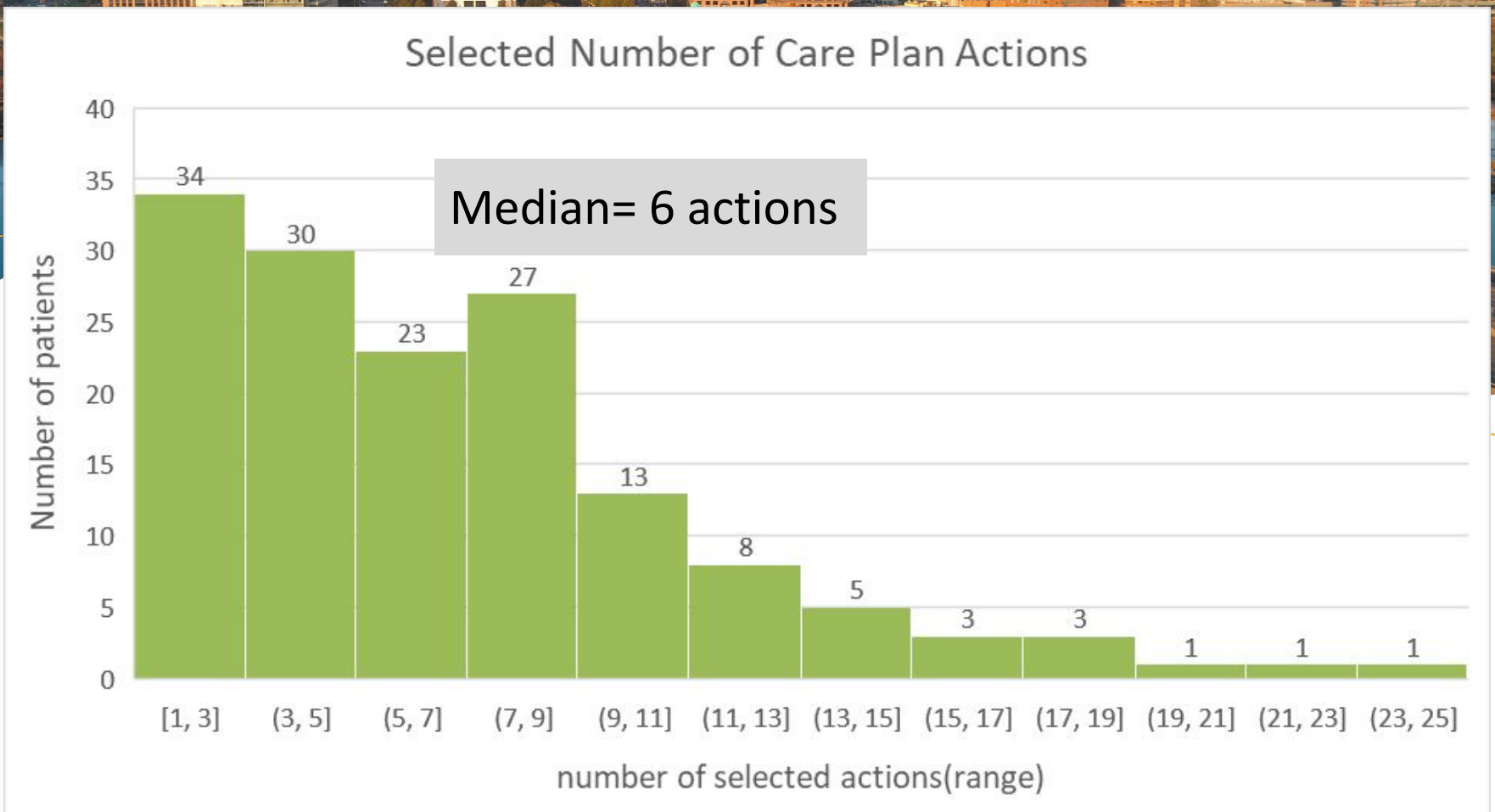


How do patients choose to reach their goal?

Top 10 Most Frequently Selected Care Plan Actions

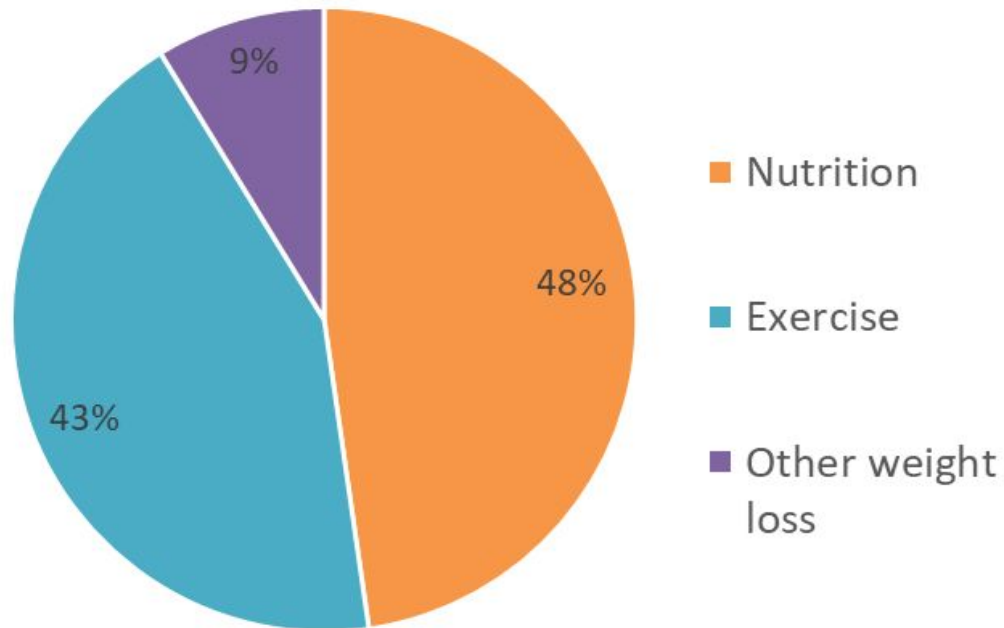


How do patients choose to reach their goal?



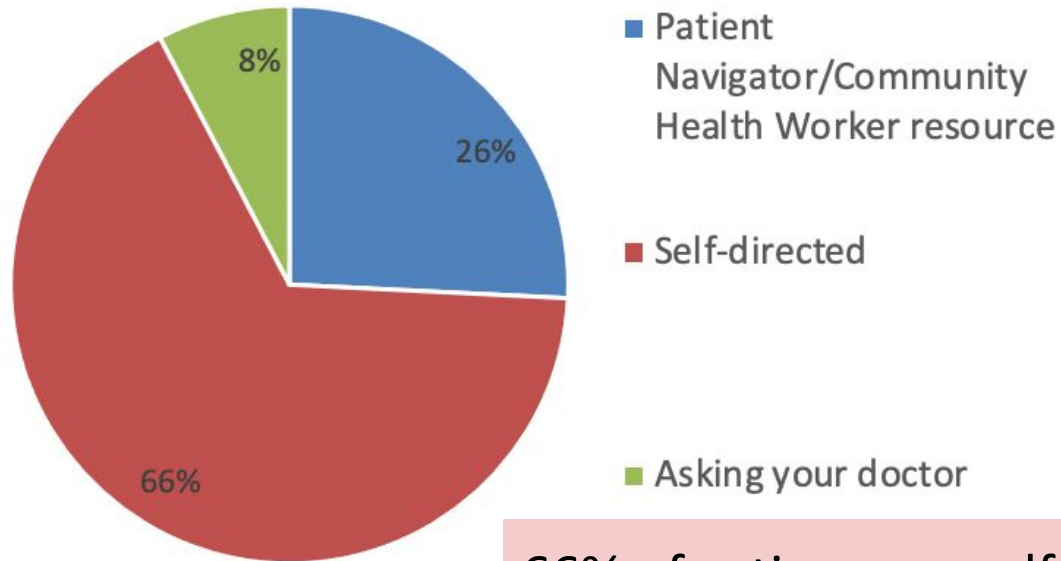
How do patients choose to reach their goal?

Domains of Patient-Selected Resources



How do patients choose to reach their goal?

Characteristics of Patient-Selected Resources



66% of actions are self-directed, meaning the patient can do them at home or without a navigator connecting them





Discussion

- Most of what patients choose to accomplish is self-directed
- Feasibility of care planning intervention
- Most patients choose resources in nutrition
- Limitations
- Further research





References

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Questions?



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