

## **Implementation of Walk with a Doc**

### **Background**

Healthcare workers do not have adequate time to build rapport and a trusting relationship with their patients during the standard medical visits that are commonplace today. By improving the relationship between medical professional and patient, clinical outcomes (A1c, blood pressure, etc.) and quality of life can both be improved. In addition to the improvement of relationships, patients involved with Walk with a Doc participate in brief, concise educational sessions at each meeting. It has been shown that as little as 20% of information discussed by medical professionals is remembered by patients, and approximately 40-80% of information is immediately forgotten by patients.

### **Methods**

The Walk with a Doc program that is being implemented is a multi-collaborative project created by members of various healthcare practices including pharmacists and physicians. Twelve monthly sessions have been created, and each session has its own disease-state as a focus. The monthly sessions take place at areas such as local parks to help break up the traditional healthcare provider/patient setting. Sessions begin with a brief education and discussion of the topic at hand that includes a handout for patients to take home with them. Upon the conclusion of the education, various physical activities are planned for patients and healthcare professionals to participate in together (i.e. walking, yoga, etc.). This time is sought out to be a moment where patients and providers can communicate about leisure rather than patient outcomes.

### **Conclusion**

Walk with a Doc is created to encourage physical activity, build trust, and improve clinical outcomes. By participating in the program, skills will be garnered so that they may be utilized throughout everyday life. Oftentimes in clinic, providers counsel patients on nonpharmacological strategies that will help patients achieve better outcomes, but there is no follow up on these strategies. Walk with a Doc serves as a means to provide better follow up and improve patient and provider relationships.