



# Hartford HealthCare Lifestyle Medicine Program

Diet ID – Food Truths – 2/24/2023

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# About me

- Noninvasive cardiologist
- Group practice
- 100% clinical care – tertiary care facility
- Minimal nutrition/lifestyle education during training
- American College of Lifestyle Medicine
- Board certification
- What to do with this new information?

# Lifestyle Medicine - Barriers

- Time
  - History/information gathering
  - Assessment of goals and barriers
  - Assessment of motivation
- Personnel
- Resources
- Best data from structured programs

# HHC Heart and Vascular Institute

- Interventional Cardiology
- Electrophysiology
- Advanced Heart Failure/Transplant
- Structural Heart Program
- CT Surgery
- Vascular Surgery
- Advanced lipid management
- Genetics
- Advanced noninvasive imaging
- Others...

# Transtheoretical Model of Change

- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance
- Relapse

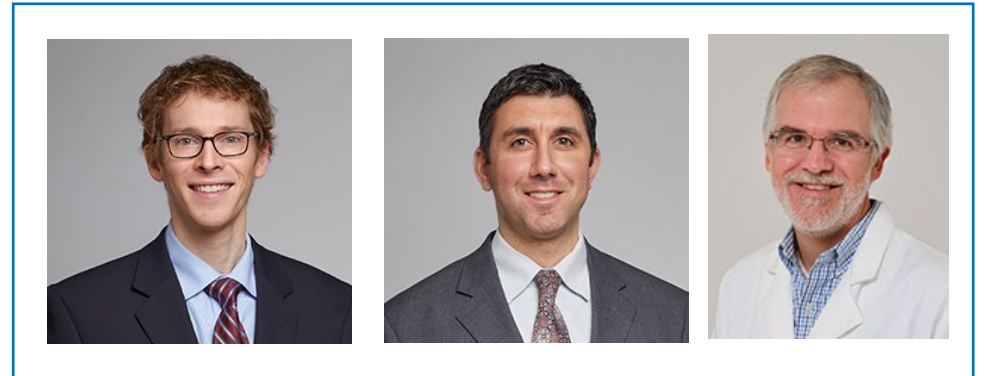
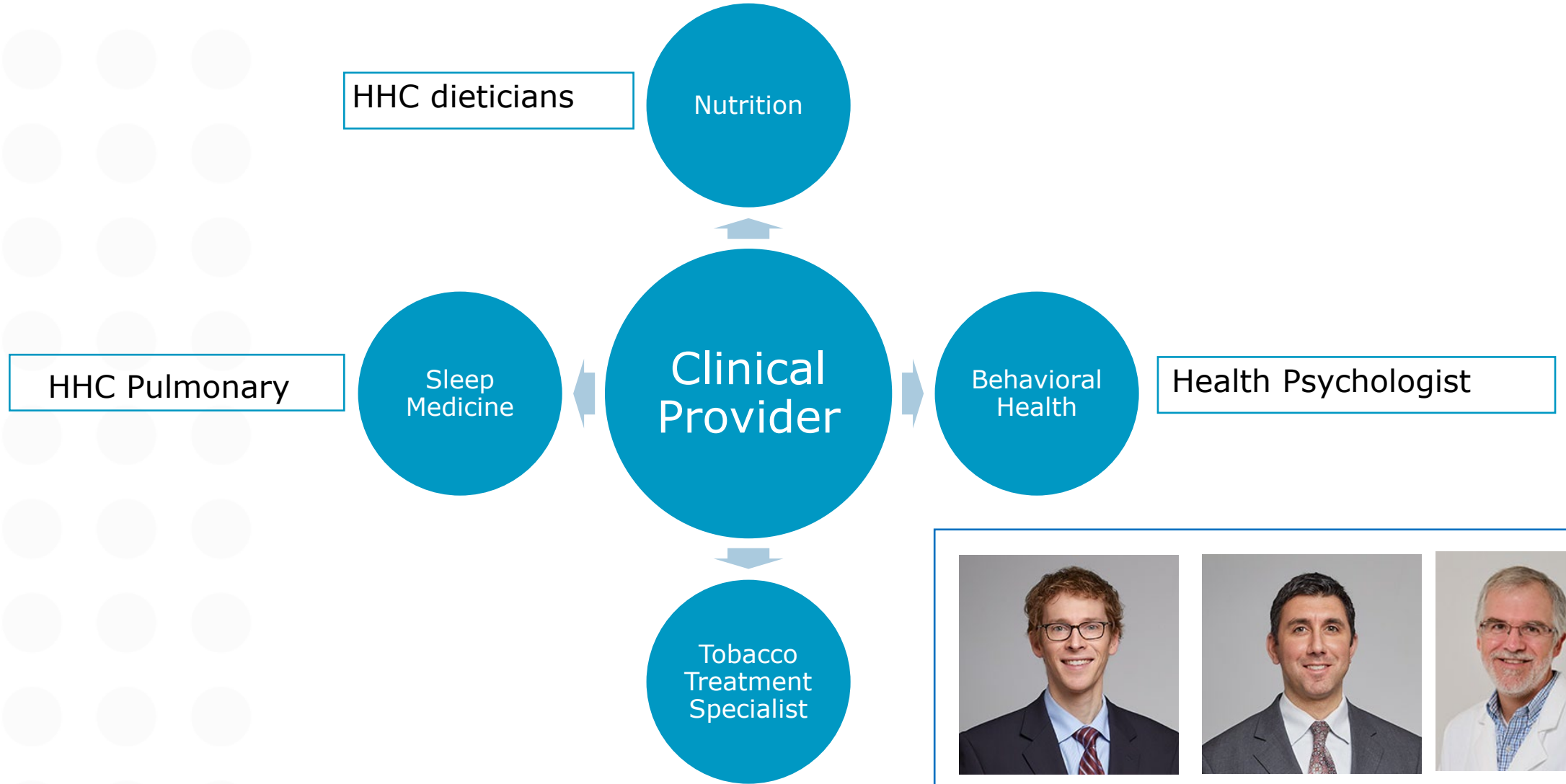
# LM Program - Preparation

- Presented vision to system leaders
- Program coordinator – Pam Cruz
- Joe Taliercio, APRN and Brad Biskup, PA
- Meetings:
  - Dieticians
  - Health Psychology
  - Sleep medicine
  - Tobacco cessation
  - Exercise physiologists

# LM Program - Preparation

- Information Technology
  - Referral order
  - Creation of visit types
  - MyChart Questionnaire
  - Data analytics
  - Diet ID
- Marketing
  - Creation of website
  - Rack cards and brochures
  - Meetings with clinicians
  - Grand rounds

# HHC Lifestyle Medicine Program



Steven Borer, D.O., FACC    Joseph Taliercio, APRN    Brad Biskup, PA-C



# LM Program - Action

- Launched 2/1/2022 – CVD or at least 1 risk factor
- New Patients:
  - MyChart Questionnaire
  - Diet ID
  - 3 day food diary
- Scheduler became a patient
- 1 on 1 visits
- Webinars
- Local news interviews

# LM Program - Action

- 1,000+ visits in first year
- Created position for Health Psychology Fellowship
  - Collaboration with Psychology Dept
  - Nicole Iadarola, Ph.D
  - Free service
- Created system-wide implementation of PAVS
- Joined national Health Systems Council
- Attend annual ACLM meetings

# LM Program – Maintenance/Growth

- Creating Welcome Packet
- Shared Medical Appointments
- Dietician
- Protocol for data points and reassessments
- Standardizing operations

# LM Program – Maintenance/Growth

- Expansion of program
  - Primary Care
  - Other regions of CT
  - Oncology
  - Ultimately expand to other specialties
- Launched Pivio for employees
- Local community services

# LM Program – long-term goals

- Vision: To become the leader in Connecticut at successfully addressing and improving lifestyle behaviors in a multidisciplinary fashion to improve the health and outcomes of the people in our community
- Expansion across system and state
- Improve quality and reduce cost of care
- Hospital menu for employees and patients
- LM Symposium
- Community outreach

# Lessons Learned

- Start with a vision – remember the “why”
- Marathon starts with first step
- Utilize and leverage available resources
- Don't re-invent the wheel
- Build operations that run themselves
- Best teams have the best players
- Minimize the inertia

# Lessons Learned

- Both work and celebrations are best when shared
- Be the turtle, not the hare
- Be positive and inspire
- Leave our place better than we found it
- Malcolm Gladwell
  - Meaningful work
  - 10,000 hours
  - A little bit of luck









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# Thank you



# Hartford HealthCare

Heart & Vascular Institute

