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- American Psychological Association (APA)
- Association of Social Work Boards (ASWB)
- Commission on Dietetic Registration (CDR)



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Increasing Access to Comprehensive Well Visits By Providing “Wellness Days” Through a School-Based Health Center



Who are we...?

- Teresa Fletcher, MSN, APRN-CNP
 - Program Development Coordinator
 - Lead Advanced Practice Provider
 - School Based Health Center
- Kristen O'Neal, MSN, APRN-CNP
 - Nurse Practitioner
 - School Based Health Center – Akron Public Schools



Akron Children's

AT-A-GLANCE



2

CHILDREN'S HOSPITALS



39

PEDIATRICIAN OFFICES



4

URGENT CARES



50

PRIMARY & SPECIALTY LOCATIONS



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TOTAL VISITS



98,621

ER VISITS



572,606

PRIMARY CARE VISITS



1,306,605

TOTAL OUTPATIENT VISITS



38,206

URGENT CARE VISITS



17,898

SURGERIES



10,946

INPATIENT ADMISSIONS



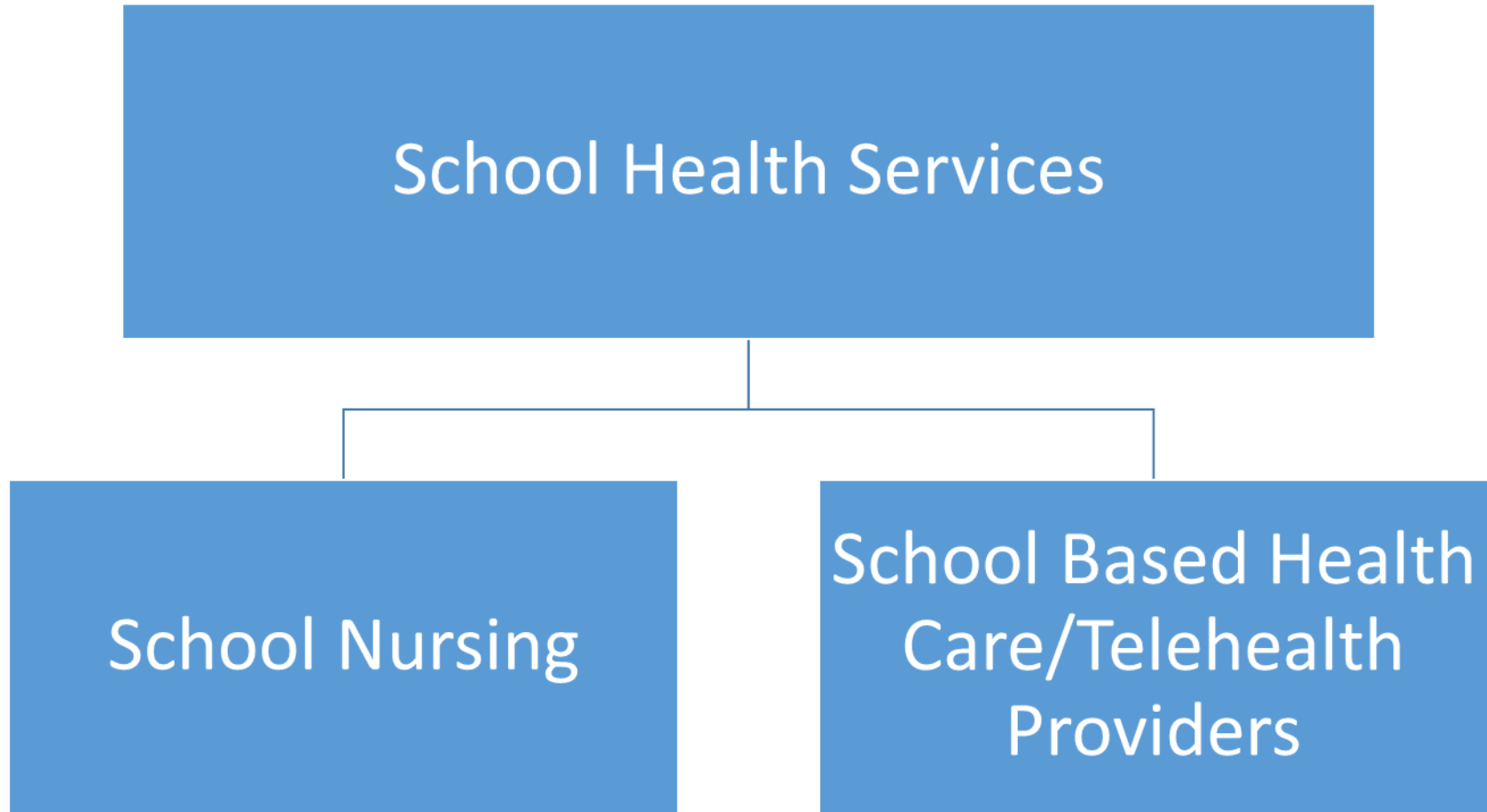
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Learning Objectives

- Discuss the concept of wellness days as a strategy to increase the compliance rates of well visit completion.
- Identify benefits to turning a sports participation physical into a comprehensive well exam.
- Describe the data captured during the wellness days for 2023.



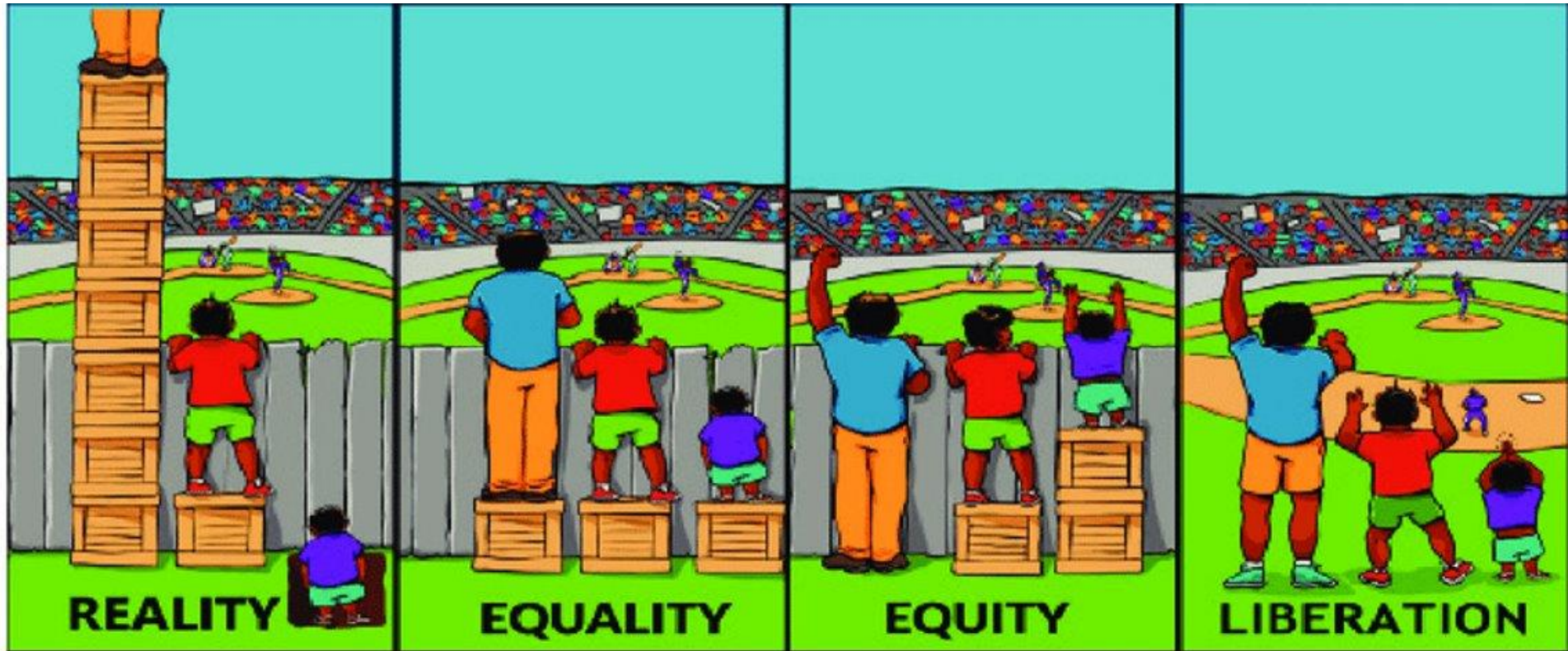
Akron Children's School Based Health



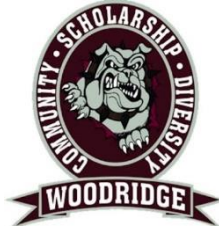
To be a national leader and strategic school partner
focused on improving child health and academic
outcomes by integrating comprehensive and
equitable care to meet the needs of the whole
child, family and school community

Vision Statement

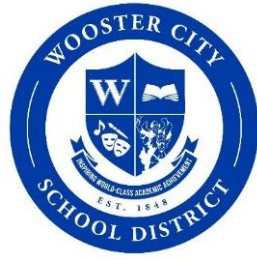
Increasing Health Equity in our Community



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COVENTRY LOCAL SCHOOLS



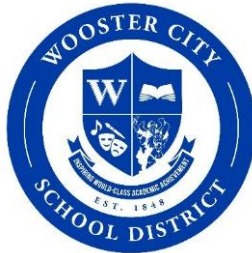
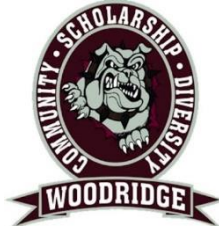
EAST PALESTINE CITY SCHOOL DISTRICT



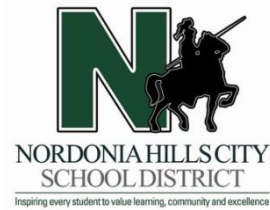
Dalton Local Schools



Akron Children's Hospital

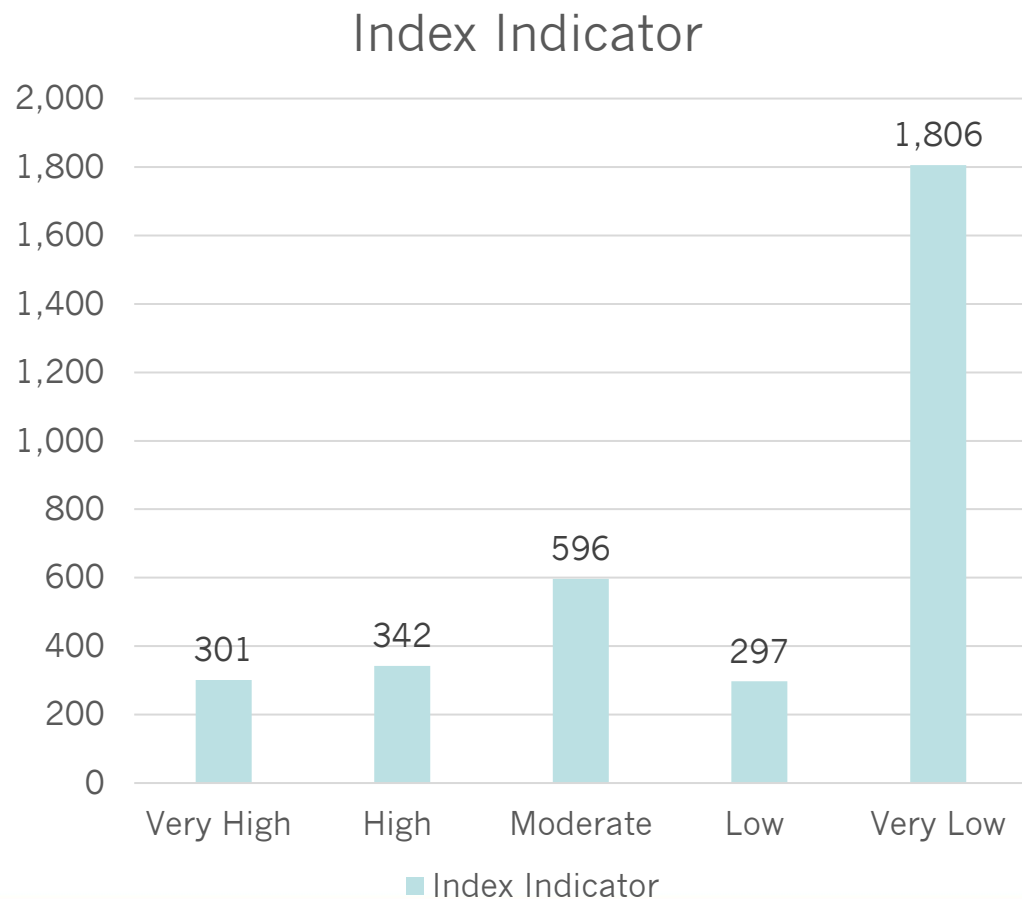


EAST PALESTINE CITY
SCHOOL DISTRICT



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Child Opportunity Index Indicator



The Child Opportunity Index (COI) measures neighborhood resources and conditions that matter for children's healthy development. COI allows you to compare the level of opportunity that neighborhoods provide for children across the region in a single metric.

•COI includes 29 indicators that measure neighborhood-based opportunities for children including but not limited to access and quality of early childhood education (ECE), high-quality schools, green space, healthy food, toxin-free environments, socioeconomic resources and more. The 29 indicators are grouped into the following three domains with an overall index combining all the indicators:

- Education
- Health and Environment
- Social and Economic

Data Collected: SBHC Participation July 11, 2023-January 10, 2024



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Racial Disparities- ALL Patients

Primary Pediatrics

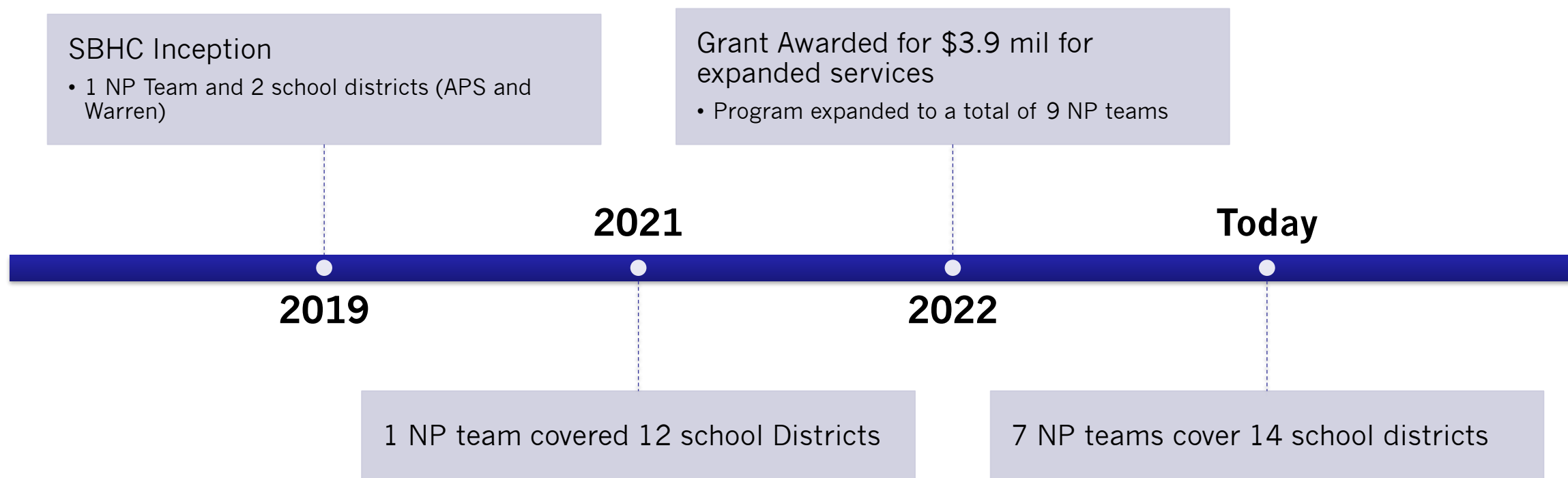
- 76% White
- 15% Black
- 8% Unknown
- 2% Asian
- 1% Other

SBHC

- 51% White
- 27% Black
- 16% Unknown
- 5% Asian
- 1% Other



SBHC Inception to Grant Expansion



Models of Care



SCHOOL-BASED



HUB AND SPOKE



**TRAVELING
TEAM**



TELEHEALTH

What is a “Wellness Day”?

- A clinic day focused on well visits ONLY
- Typically, on a day students aren't in the school
 - Summer, President's day, other planned staff Inservice day
- Scheduled appointments
- Some walk-in availability
- Vaccines available





What about “just” a sports physical ?



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Annual Well Visit

- A comprehensive exam completed by your child's primary care provider, who follows your child's growth and development each year.
- Includes evaluating physical, developmental, emotional and social aspects of your child's health.
- Review of child's and family's medical history to put preventive health measures in place, if needed.
- Review of any medicines the child takes.
- Checks child's vision and hearing.
- Developmental screenings.
- Creating a plan of care and following up on any medical needs/concerns.
- Labs and other tests, if needed.
- Specialty care referrals, if needed.
- Immunizations, as needed.
- Age-appropriate wellness education including diet, sleep, school, puberty, interpersonal and family behaviors and safety.

Sports Physicals (Pre-participation Exams)

- This is an exam for athletes, completed by any qualified provider.
- Review of any preexisting injuries to determine risk of play.
- Review of your child's current health status and medical history to ensure that your child is healthy enough to play his or her sport.
- Purpose is to look for things that could lead to injury or illness in a student athlete -- including family history.
- The provider evaluates the athlete's general health for participation in sports.
- Provides an opportunity to discuss health-related topics with the provider.
- Evaluates the athlete's vision and hearing.



Why is a “Wellness Day” Innovative?

- Mass Sport Physicals
 - Unknown providers
 - No access to an EMR
 - Parents typically not present
 - Poor follow up for concerns
 - Kids rarely not cleared
- Wellness day
 - Pre-visit planning
 - Student known to system
 - Comprehensive, high-quality exam
 - Follow up with care coordination
 - Vaccine catch-up



“Wellness Days”

- Initiated in summer 2022
 - Goal: Catch kids who need sports physicals completed but are overdue to well visits
 - Only in Akron Public
 - Walk in Only
 - 1 Provider saw 9 to 20 children per clinic



Growing Interest



2022-2023 school year wellness days were advertised for non school days at the school building.



1 to 3 provider teams were present
Scheduled visits with walk in availability



Stations for check in, vitals, screenings and vaccinations



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Setting Up a “Wellness Day”

- Communication with School District/ Building
- Talking to Building Principals and Athletic Directors/ Coaches
- Picking a date and location
 - Allocating school space to turn into clinical space
- Scheduled vs Walk In Apt
- Adverting
 - Flyers
 - “ALL” Calls
- Staffing based on community need
- Pre-visit planning
- Clinic space set-up



Preventive Care Transformation

- Ensure all children are seen for all recommended preventive care visits
- Ensure all recommended services are delivered at every preventive care visit

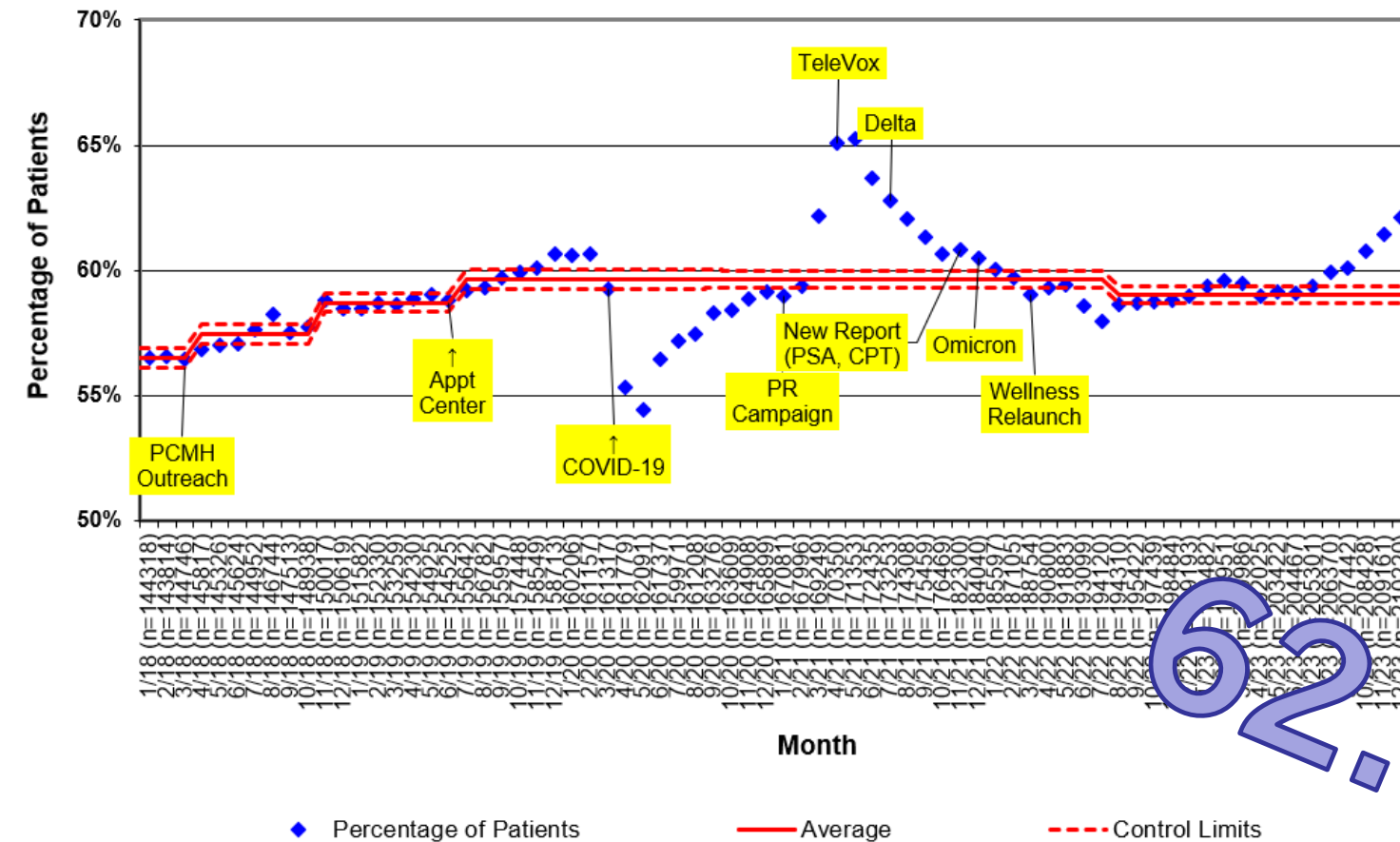


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Patients 3-21y With Well Visit in Past 12 Months

2022: 117,441 of 199,193
2023: 130,568 of 210,220

Population up 5.5%
Well visits up 11.2%!



62.1%

Child and Adolescent Well-Care Visits (Total):

Measure Year	Commerical HMO	Commercial PPO	Medicaid HMO
2021	58	56.8	49.5

Metrics	Reporting Period	2023 Targets			Sponsor	Owner
		Threshold	Expected	Stretch		
Well child care visit compliance rate (age 3-21 years)	Jan 2023	55.0%	60.0%	65.0%	Bigham	Karas

Racial Disparities Well Visits

Primary Pediatrics

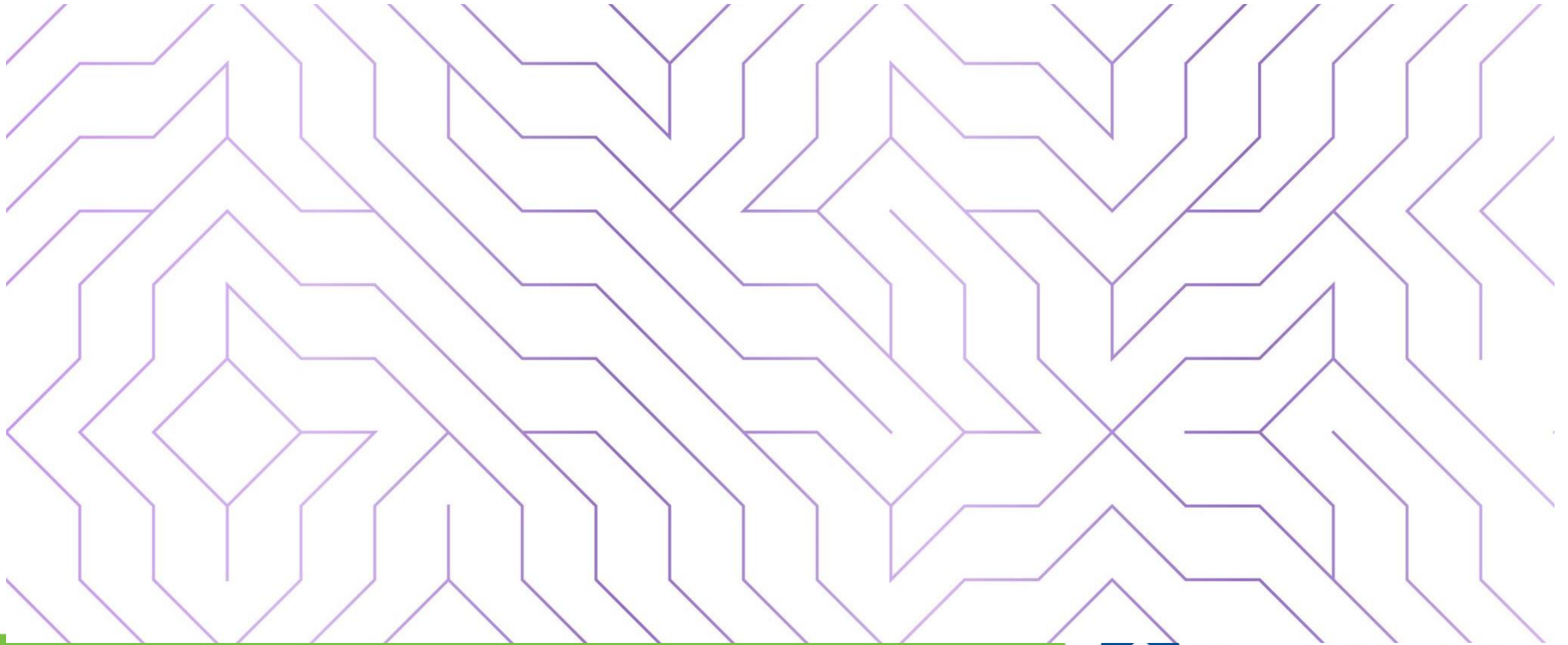
- 75% White
- 16% Black
- 7% Unknown
- 2% Asian
- 1% Other

SBHC

- 32% White
- 52% Black
- 13% Unknown
- 2% Asian
- 1% Other



Data from 2022-2023 School Year Wellness Days



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Wellness Days Numbers Across Districts



13 SCHOOLS



18 DAYS



325 VISITS



110 VACCINES



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Focusing on Akron Public Schools



7 SCHOOLS



9 DAYS



169 VISITS



44 VACCINES



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Akron Public Schools

- Focusing on APS for data collection
- Vast majority are patients of Akron Children's Hospital or have seen an ACH provider in their lifetime
 - "no WCC documented" is most likely accurate unless moved from out of state
- Demographics:
 - 64.6% Medicaid
 - 49.6% Black
 - 10.2% Mixed Race
 - 8.9% Asian
 - 5.6% Hispanic



Data Collection

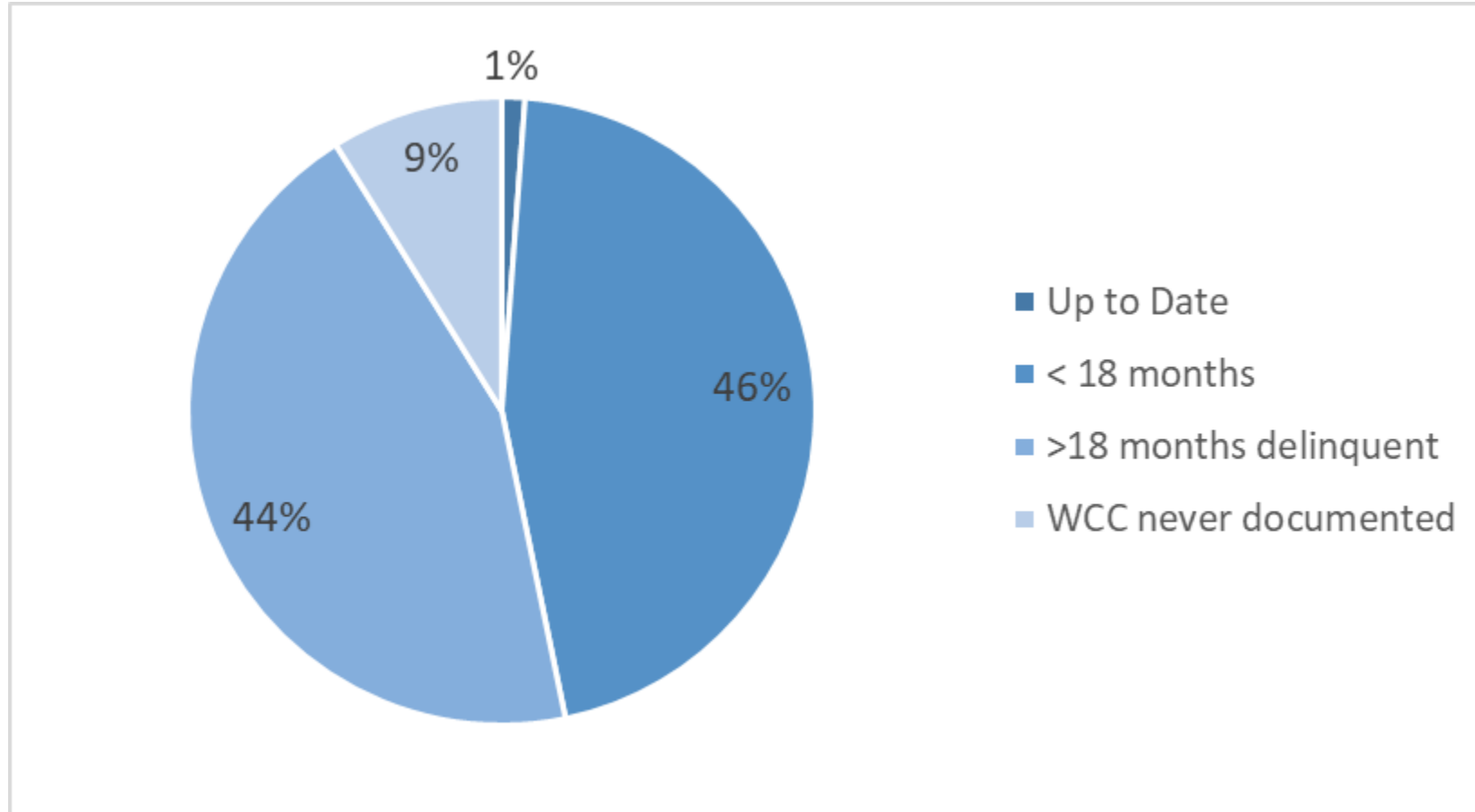
Chart Review to
determine date
of last WCC

Defined
delinquency as
>18 months
since last WCC

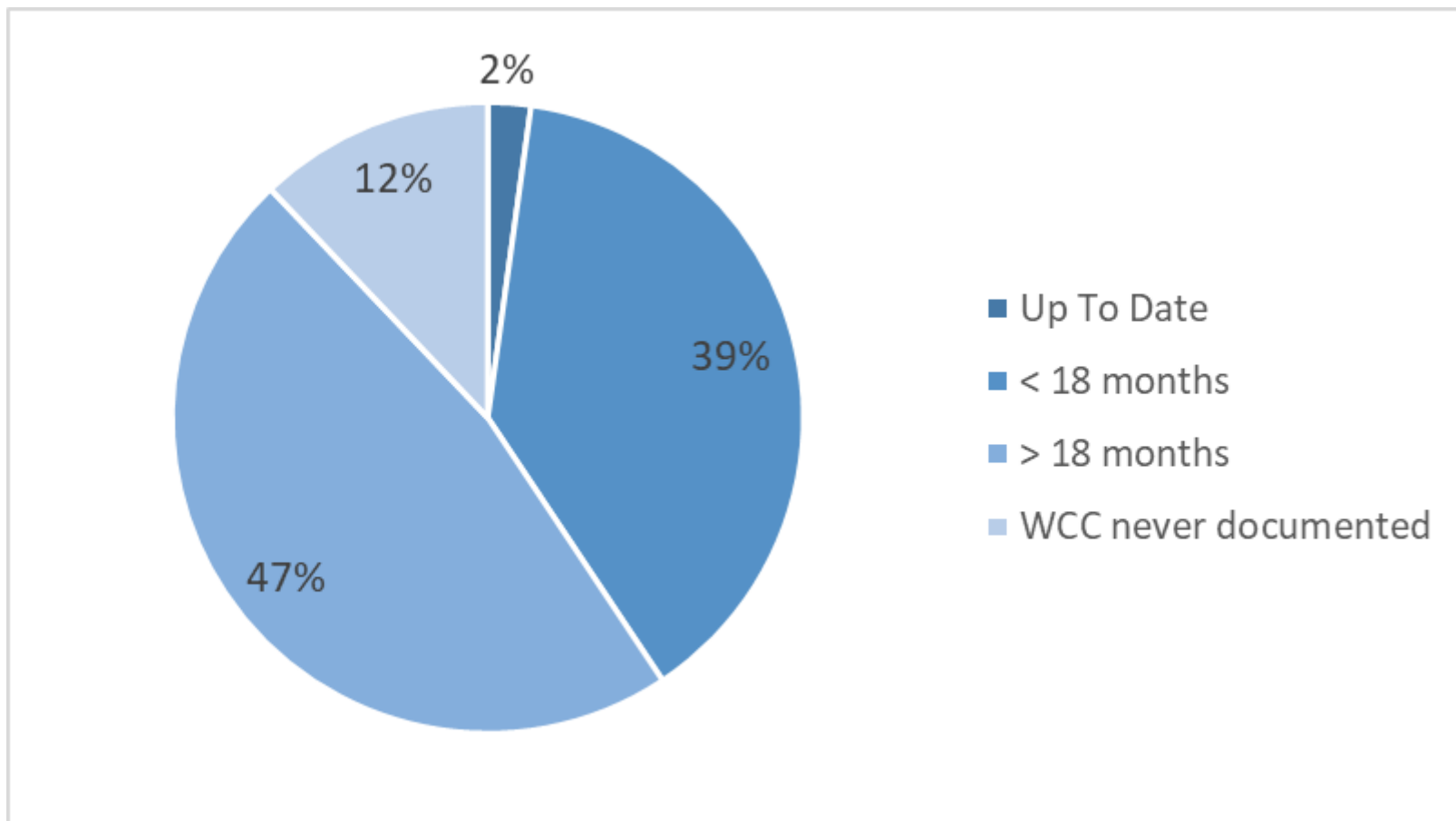
Separated by
adolescent
(12+ years)
and school age



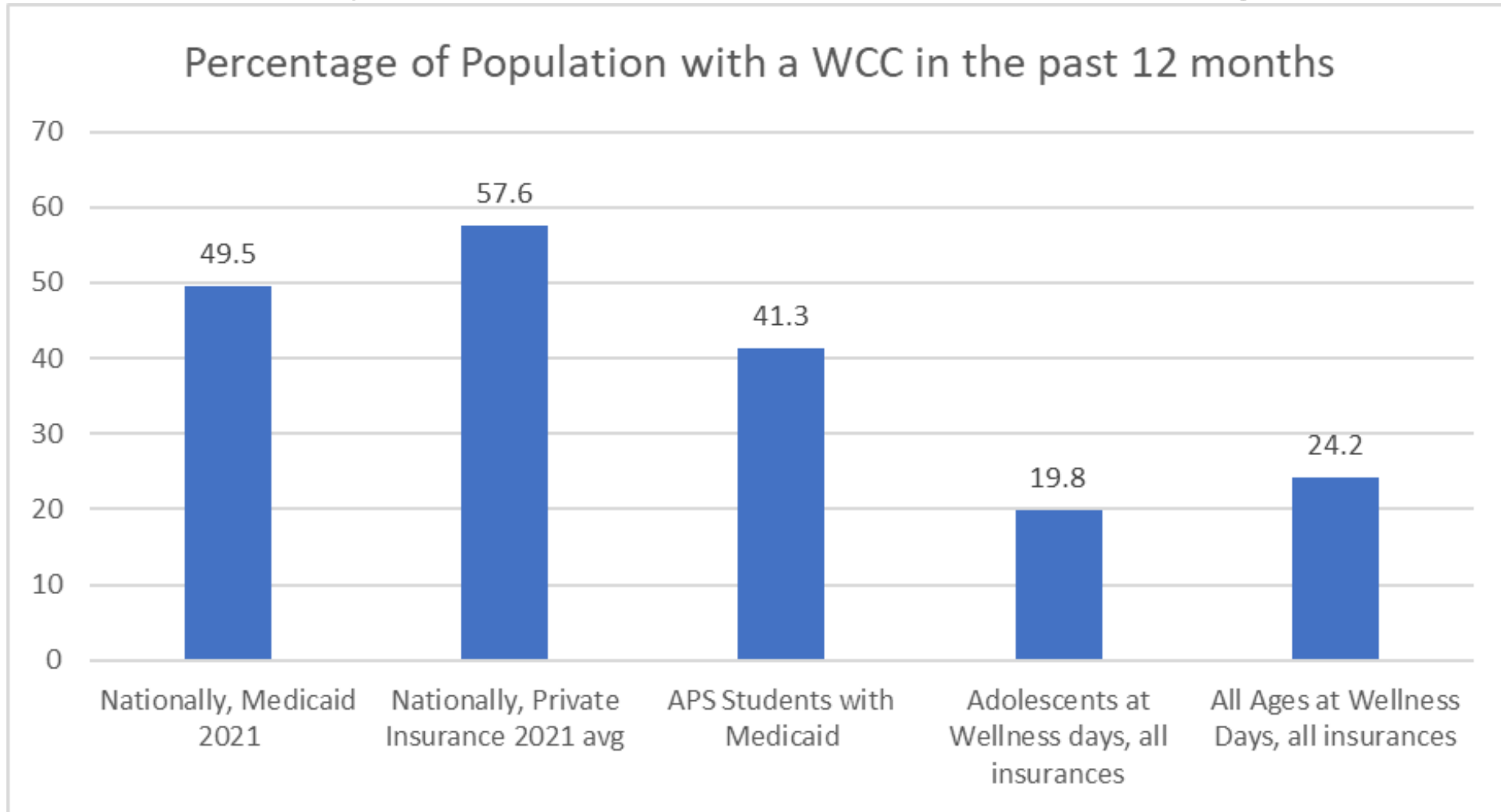
Last WCC All Ages



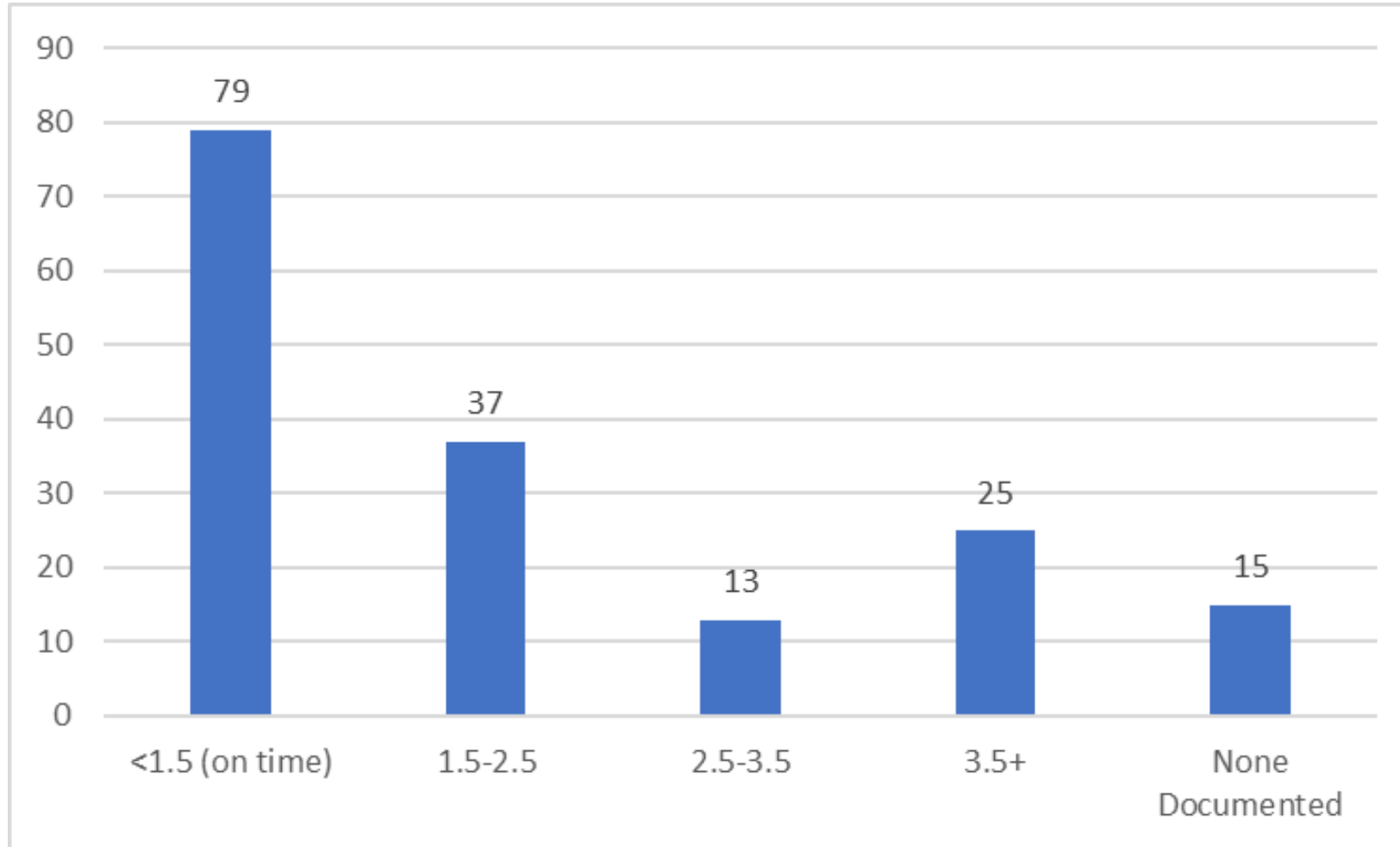
Last WCC, Adolescents



Compared to National Averages



Years Since Last WCC, all ages

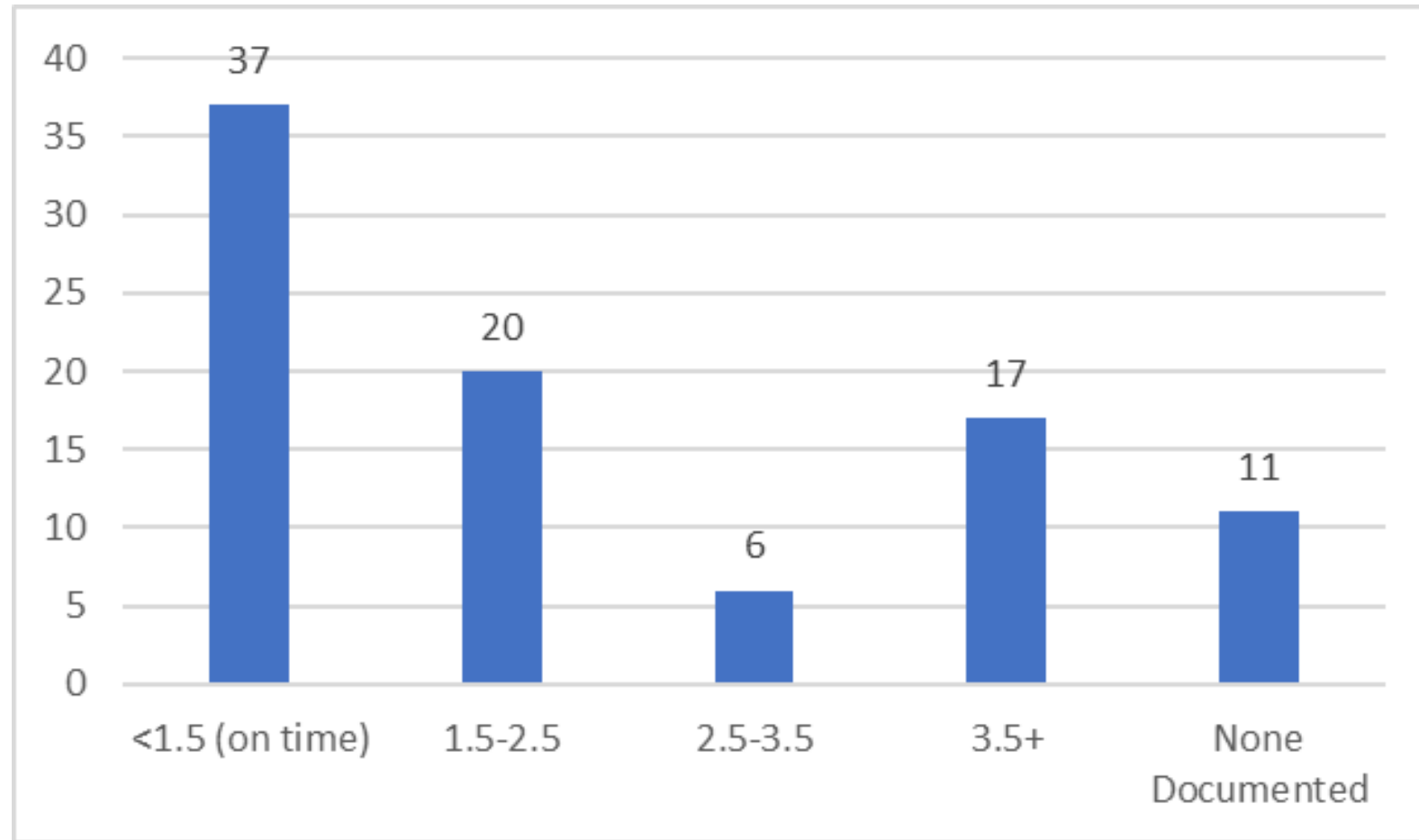


Median: 1.5
Average: 2.2
N=169



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Years Since Last WCC, Adolescents



Median 1.8 years
Average 2.5 years
n=91



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Limitations



Number of wellness days



One year of data



Number of total visits



Offered when school was not in session



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Discussion



Wellness Days are reproducible



Provide accessible opportunities to increase well visit rates



Serve as a strategy to address equity within other SBHCs



Increased well visit completion rates for local primary care offices close to a SBHC



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Resources

- Akron Public Schools (2022). *Points of Pride: 2021-22* [infographic].
- Helathcare Effectiveness Data and Information Set (2021). *Child and Adolescent Well-Care Visits (Total)*. National Committee for Quality Assurance.
<https://www.ncqa.org/hedis/measures/child-and-adolescent-well-care-visits/>
- Ohio Department of Education and Workforce (2023, October 20). *Ohio Healthy Students Profile: 2021-2022 School Year*. Ohio Healthy Students Profile.
<https://education.ohio.gov/Topics/Student-Supports/School-Wellness/Healthy-Students-Profiles>



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Questions?



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