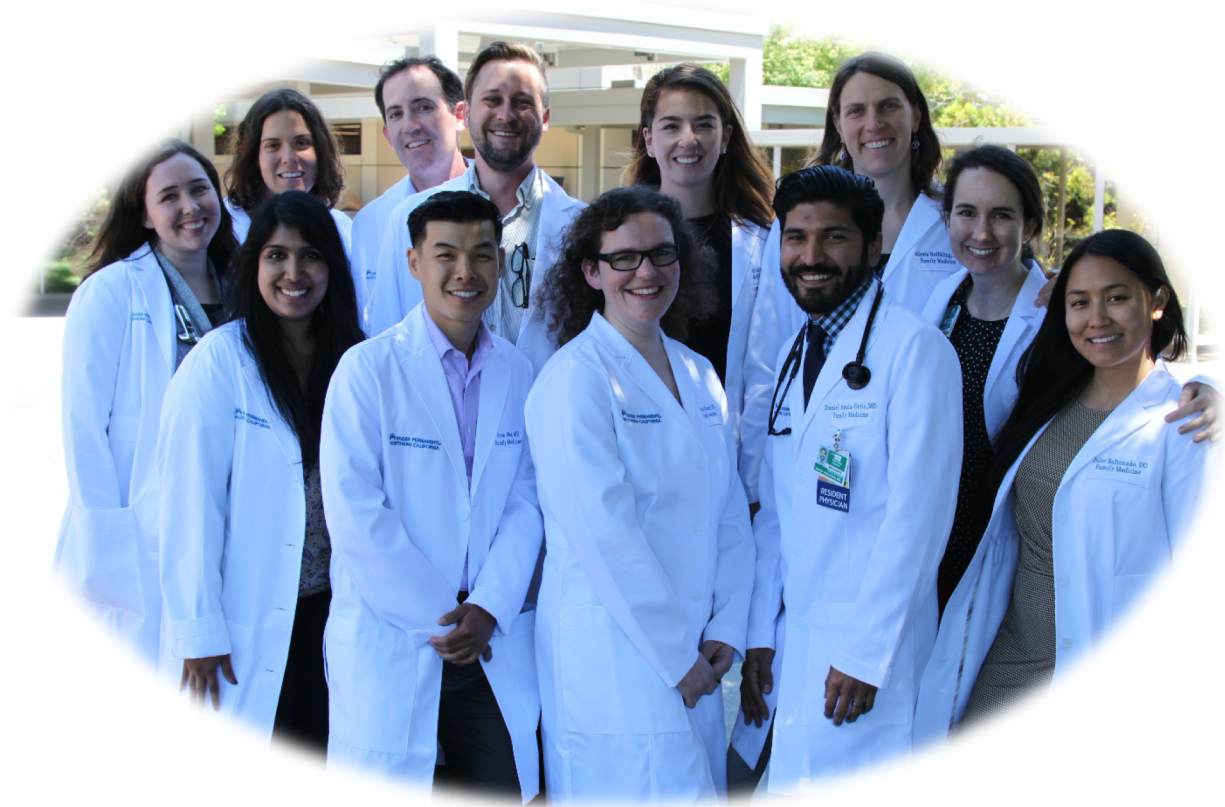


Future of Primary Care Sub-I Workbook

2019-2020



Developed by Sara Corderman (4th year medical student); Dr Lea Hoff, Dr Rachel Friedman, and Shannon McDermott PhD

KP Santa Rosa Family Medicine Residents 2019

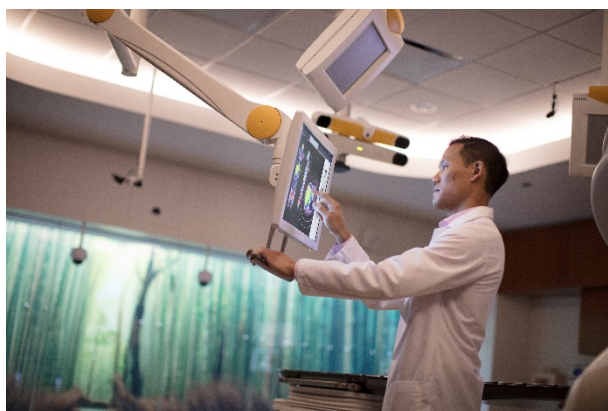
Introduction

Welcome to the Future of Primary Care (FPC) Sub-I experience at KP Santa Rosa! The purpose of this workbook is for you to think critically about the future of primary care throughout your Sub-I experience. This workbook is important because we often do not have the opportunity to think about and prepare for the future of primary care. Much of the commentary that exists about the future of primary care concerns how to increase the workforce and attract medical students to primary care, both of which are important but do not prepare students themselves for future changes. This workbook also aims to provide some structure to your rotation experiences and to give you the opportunity to critically reflect on these experiences.

We also hope that each sub-I's work will build on the work of students who rotated before them. In the future we may develop this workbook into a publication or presentation about medical student perspectives of the future of primary care. If we do, we will contact you about participating as an author or contributor to this output.

How to use this workbook

As you move through each week at KP Santa Rosa, we encourage you to undertake the exercises provided for you in this workbook. We expect your answers to be thoughtful, reflective and thorough. We also encourage you to use your creativity – if you would prefer to answer the prompts in another way that sparks your curiosity and interest in the subject, then please do so. Your comments and reflections will be viewable by faculty and other medical students who do this rotation.



Final presentation

Your time at KP Santa Rosa will culminate in a presentation to residents and faculty about what you've learned over the course of this month about yourself, the KP system and the future of family medicine. More information about the presentation can be found in the Week 4 section of this workbook.

Questions or feedback?

We welcome feedback you have on your sub-I experience. Please chat with Dr Lea Hoff, Dr Rachel Friedman or Shannon McDermott at any point during the rotation to share your thoughts.

Week 1 – Kaiser Permanente and the future of primary care

Primary care, along with the health system, is undergoing rapid change. Read this article and answer the prompts below.

<https://www.healthaffairs.org/doi/full/10.1377/hlthaff.2010.0045>

According to this article, what transformations should happen in primary care practices?

Thinking about your experience at Kaiser Permanente so far, in what ways does/does not the KP system exhibit the characteristics of the future of primary care as predicted in this model? How does the KP model differ from your home clinic?



Week 2: Imagining the primary care clinic of the future

Now it's your turn to imagine the future! Pick a topic below or some other topic you are interested in. Over the next three weeks you will examine the primary care clinic of the future through three lenses: survey the current scientific literature, collect patient and provider narrative, and discover proposed models for addressing this topic.

How will the primary care clinic of the future address _____? (insert your topic here!)

- Climate change
- End-of-life
- Aging
- Poverty and universal basic income
- Housing and homelessness
- Obesity
- Trauma and ACEs
- Gun violence
- Racism and anti-racism
- Physical space (medical home, patient homes)
- Prevention
- Digital health
- Wearables technology
- Augmented intelligence
- Automation
- Big data
- Personalized medicine
- Telemedicine
- eConsult
- Balance billing
- Physician wellbeing





What topic did you choose and why?

What does the scientific literature say about this topic and how it is handled in the primary care space? What works well and what challenges exist? Please provide references.

What primary care models or clinics exist to address this issue? What models or clinics exist at KP? What are the key components of these models? What were they and how did you address them?

Week 3: Narrative review and the patient voice

Patient centered approaches are critically important in providing high quality, transformative care (see, for example, the patient architects in the Connecticut Institute for Primary Care Innovation <https://www.cipci.org/our-projects>). Thinking about your topic, collect 3-5 patient narratives (or, if that is not feasible, provider narratives) to inform our thinking about how primary care needs to evolve to better address this topic. You can also review published patient narratives if that is more feasible.



Then, please answer the following questions. You are also invited to respond in a more creative way to these prompts if you would like. You could, for example,

- Develop a 2 minute digital story using iMovie or Android equivalent. We cannot include patient photos or include identifying patient information so please focus on your own learning or reaction to patient stories. Here is an example of a digital story: <https://vimeo.com/143915228> and here's a video about how to create one: https://www.youtube.com/watch?v=LVKeO5IIR_A
- Create a piece of artwork to show how ideas connect to each other.

What did you discover about your topic through the narratives? What surprised you? Excited you? Include examples of the patient voice in your response.

What did you learn about yourself through these narratives? Did any emotions or biases come up for you relating to this topic?

Week 4: Reflect and share what you've learned

Please answer the following prompts and prepare a 15-minute presentation to share what you've learned throughout the rotation with faculty and residents. We expect you to cover what you've written about in this workbook (e.g. the scientific literature, narratives and proposed or existing models of primary care to address it) and what you learned throughout the rotation. Examples of previous presentations are included in the Teams site.

How has your thinking about the future of primary care changed during this rotation and why?

What have you learnt about how the KP system responds to the topic you chose? What could KP do to improve?

What is one thing you will take away from this experience and why?

References and further reading

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