

Evidence of Execution and Sustainability: A 30 Year Relationship

When the partnership between the University of Maryland School of Nursing (UMSON) and Paul's Place began 30 years ago, the primary focus was a screening, first aid, and triaging clinic. This nurse-led clinic has now grown and expanded to include behavior change interventions, care coordination, and clinical case management. Over the years, the UMSON faculty and students added additional health and wellness services such as: 1) exercise programming; 2) nutrition programs and counseling; 3) substance abuse reduction services; 4) emotional wellness programming (e.g., art therapy, stress management classes); 5) child health screening (e.g., blood pressure, body mass index, vision, health risk appraisals, behavior) with intensive clinical case management with children and families when results are found to be outside normal limits; and 6) an annual health and wellness festival.

Catalyst for Change - Educational Mission of the Institution

This academic health center partnership enables UMSON to meet its educational mission by providing real world interprofessional service learning. At Paul's Place, in West Baltimore, a target area for the University's community engagement efforts, undergraduate and graduate nursing students – BSN, RN-BSN, MS clinical nurse leader, MS in community/public health nursing, and Family Nurse Practitioners – work with social work, medicine, pharmacy, and public health students to provide vital health promotion programming for the community and meet clinical/service learning requirements. Additionally, for more than five years, the Executive Director of Paul's Place has provided guest lectures on non-profit organization and community partnerships for students in the MS community/public health nursing leadership course.

This academic health care partnership also allows the UMSON to meet its research and service missions. UMSON faculty member Dr. Kelly Doran, who serves as the Director of Health and Wellness at Paul's Place, is a co-investigator of a National Institutes of Health R01 grant to test the efficacy of an intervention designed to decrease impulsivity and increase cognitive skills to improve health outcomes for adult participants at Paul's Place. The partnership also provides additional service opportunities for UMSON faculty and students, including participating in food and clothing drives and helping to deliver services in 22 public health assistance programs (e.g., housing, employment, education) that are offered at Paul's Place.

Interdisciplinary and Interprofessional Faculty Collaboration

The University of Maryland, Baltimore (UMB) includes six professional schools: nursing, medicine, pharmacy, dentistry, social work, and law. Each year, approximately 75 students from across the UMB campus participate in service learning experiences at Paul's Place. This collaboration requires joint efforts between faculties of the respective UMB schools. For example, the Director of Health and Wellness at Paul's Place works with UMSON FNP faculty and School of Medicine faculty to facilitate health promotion practicum experiences for nursing and medical students. The students conduct health risk appraisals of children in Paul's Place afterschool programs and provide health promotion education to the children based on their findings. Additional collaborations with faculty and staff from Social Work, Pharmacy, and UMB's MPH Program enable students from these programs to work with nursing students on many projects. For example, teams of medical and RN-BSN students provide intensive clinical

case management to families of children who receive abnormal health screening results. Teams of nursing and social work students jointly see patients in the nurse-led public health clinic. Selected outcomes of these health and wellness efforts are shown in Table 1.

Table 1. Selected Health and Wellness Outcomes for Paul's Place, 2015.

<p style="text-align: center;">Public Health Clinic Outcomes</p> <ul style="list-style-type: none">• 67% of smokers seen reported a decrease in tobacco use.• 70% of individuals without a medical home were connected to a one for primary care.• 75% of individuals needing non-emergent care avoided the emergency room due to the care they received in the clinic.
<p style="text-align: center;">Adult Health and Wellness Class Outcomes</p> <ul style="list-style-type: none">• 152% increase in participation in health and wellness classes, compared to 2014.• 76% of adults in the nutrition program reported increasing fruit and vegetable intake.
<p style="text-align: center;">Child Health and Wellness Outcomes</p> <ul style="list-style-type: none">• 50% of children identified with excess body mass index at the beginning of the school year reduced their body mass index by the end of the school year.• 75% of children at risk for hypertension at the beginning of the school year improved their blood pressure by the end of the school year.

Advancement of Professional Nursing Education

With the dramatic changes in health care, the field of public health and the services of Paul's Place have evolved. Students learn motivational interviewing skills and targeted interventions for patients who present with abnormal health risk appraisals. For example, individuals with substance abuse problems are identified and referred for treatment using a screening, brief intervention, referral to treatment (SBIRT) intervention protocol. Students, clinic staff, an onsite peer recovery coach, and patients work together to achieve substance reduction or cessation. Students also learn how to work with populations facing health disparities, chronic barriers to care, and multiple co-morbidities, which provides invaluable preparation for future practice.

With the growing need for clinical case management and care coordination as well as the absence of self-care skills demonstrated by individuals using Paul's Place services, UMSON students developed an evidence-based patient activation model algorithm for the public health clinic. Along with UMSON faculty, BSN nursing students conducted weekly journal clubs to understand the patient activation literature. By the end of their clinical experience, students developed a formal plan for: 1) assessing patients' activation scores; 2) delivering tailored interventions to increase patients' activation score; and 3) re-assessing activation levels. This model is now used in the public health clinic to enhance care and outcomes. The process of identifying community problems, hosting group journal clubs to understand the literature and creating real-world projects rather than academic exercises have also assisted Paul's Place to develop and implement programs on other topics, including: trauma informed care, exercise, stress management, and nutrition programming for adults and children. Having a doctorally-prepared faculty member onsite ensures delivery of evidence-based programs to reduce health disparities and promote health and wellness, as well as to evaluate the effectiveness of programs.

Replication and Dissemination

Our strong partnership with Paul's Place has been the key to the UMSON's successful work in West Baltimore. The formal implementation of a one day per week paid faculty practice ensures the coordination, oversight, and delivery of services throughout the year even when students are on academic break. The long-standing nature of this partnership is a testament to the reciprocal return on investment experienced by both parties. The success of this model is now informing conversations with other community partners who are also interested in accessing community public health nursing services. This model is readily replicable at a relatively modest cost, with payment potentially coming from a community organization partner itself or from community benefits dollars of local not-for-profit hospitals.

Tine Hansen-Turton, CEO of the National Nursing Centers Consortium in Philadelphia, recognized the nurse-led clinic and health and wellness services provided at Paul's Place as a critical community-based program promoting health and wellness in an underserved area. She noted "this country won't succeed in its implementation of health care reform without more of these types of clinics in underserved communities."¹ Further, the UMSON-Paul's Place academic health center partnership could serve as a model for the more than 250 United States nurse-led clinics that are not affiliated with a school of nursing.

AACN's Mission and Vision Consistency

The AACN's vision is to transform healthcare and improve health. The partnership's outcomes clearly suggest that this model is transforming the health of West Baltimore residents. In addition, this partnership has also transformed service learning experiences at UMB by facilitating interprofessional teams working together to reduce health disparities, preparing students to work with populations facing health disparities, and fostering students' sense of civic and community responsibility. In 2015, Paul's Place recognized the work of this partnership by awarding the School of Nursing its annual Commitment to Community Award.

Our partnership with Paul's Place is consistent with AACN's tripartite mission of education, research, and practice. This partnership offers students a dynamic real world experience in an interprofessional atmosphere. It provides a community site for the conduct of research in a community not typically offered the opportunity to participate in community-based research. The partnership also provides a rich faculty practice site for the UMSON.

Lastly, the AACN's values of leadership, innovation, collaboration, integrity, and agility are exemplified by this partnership work and instilled in the students engaged in clinical/service learning at Paul's Place. This innovative model for interprofessional work is constantly adapting to the changes occurring in health care delivery and preparing students to become leaders within nursing while being continuously flexible and alert to the emerging needs and concerns of the Paul's Place community.

¹ Pitts, J. (2014, June 22), At Paul's Place, partnership with nursing school promotes good health. *The Baltimore Sun*. Retrieved from http://articles.baltimoresun.com/2014-06-22/news/bs-hs-pauls-place-nursing-20140622_1_nursing-school-health-care-good-health