



Establishing long-term medical follow-up in an underserved, high-risk population identified at a local health fair

Sandeep Mehta, BA; Rima Shah, BS; Krishna Sajja, BS; Katherina Avila, BS; Samuel De Valdenebro, MPH; Nora Gimpel, MD*

The University of Texas Southwestern Medical Center at Dallas, Department of Family and Community Medicine



Introduction

- UT Southwestern's Annual Celebration of Health is a student-driven effort with the aid of faculty and staff of UT Southwestern Medical Center.
- One component of the volunteer event, United to Serve (UTS) is a health fair, established in 2004, that attracts about 1000 attendees from the local community.
- A significant portion of patrons are overweight with a history of hypercholesterolemia and hypertension but have no medical home.
- The focus of UTS is health education and screenings.

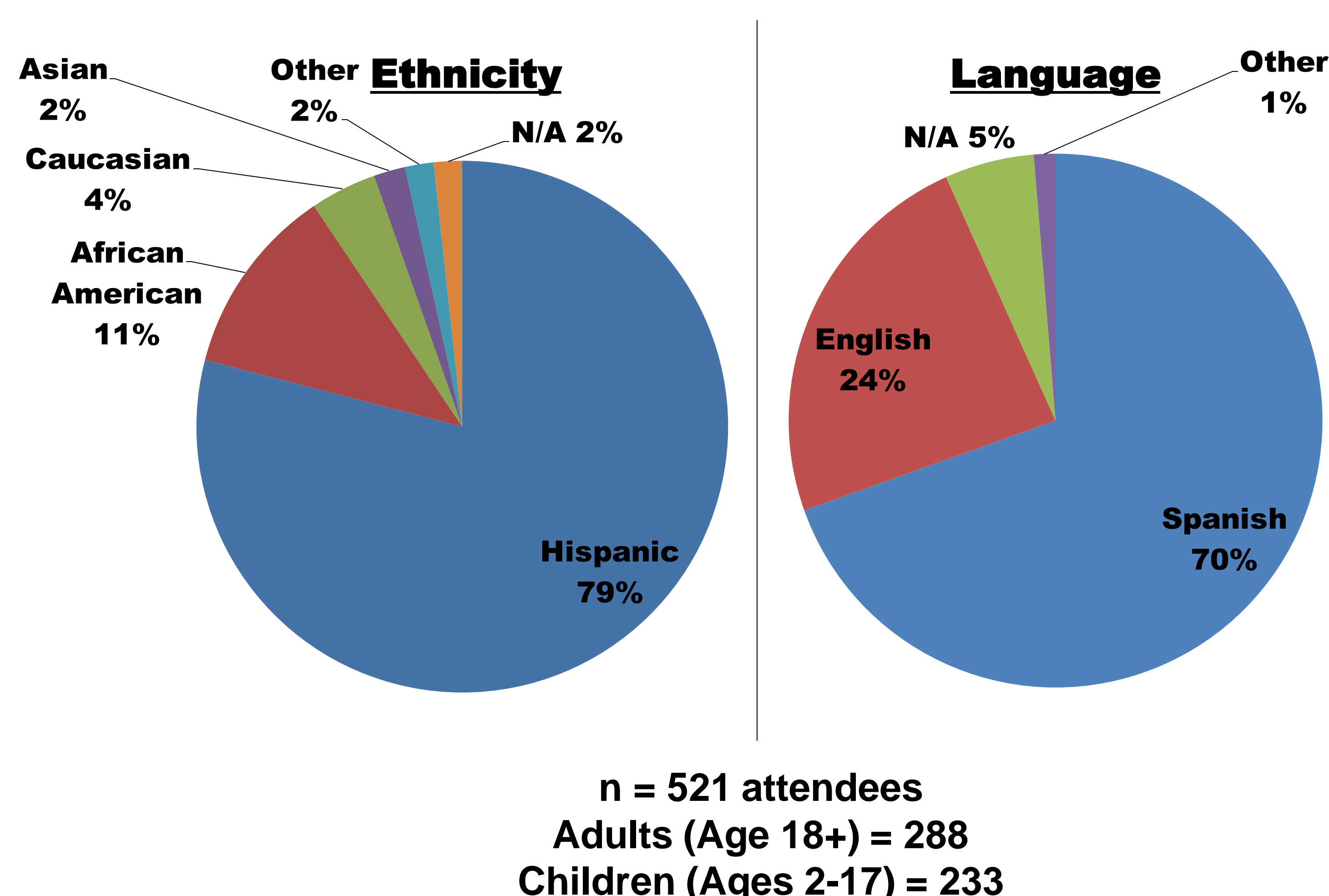
Purpose

We are interested in establishing a follow-up system, called the Health Awareness Program (HAP) to (1) address the overall impact of these activities and (2) engage attendees at high risk for cardiovascular disease (CVD) in maintaining their health and seeking appropriate medical treatment throughout the year.

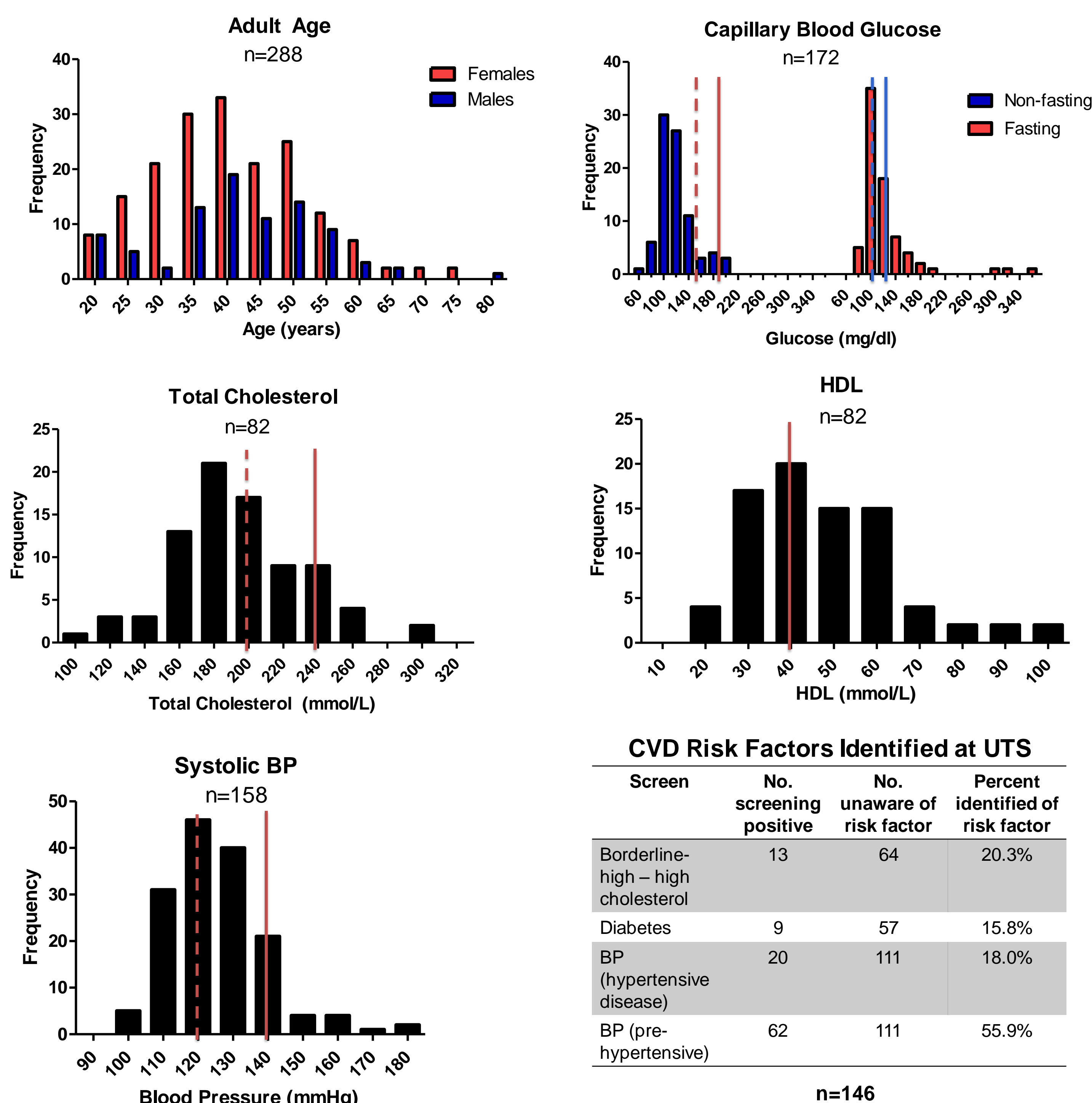
Setting and Population

A cohort of 74 individuals who met moderate- to high-risk criteria according to the Framingham score for CVD were identified and given follow-up phone calls to assess their health progress and to assist in finding medical homes.

UTS Demographics



UTS Population Data



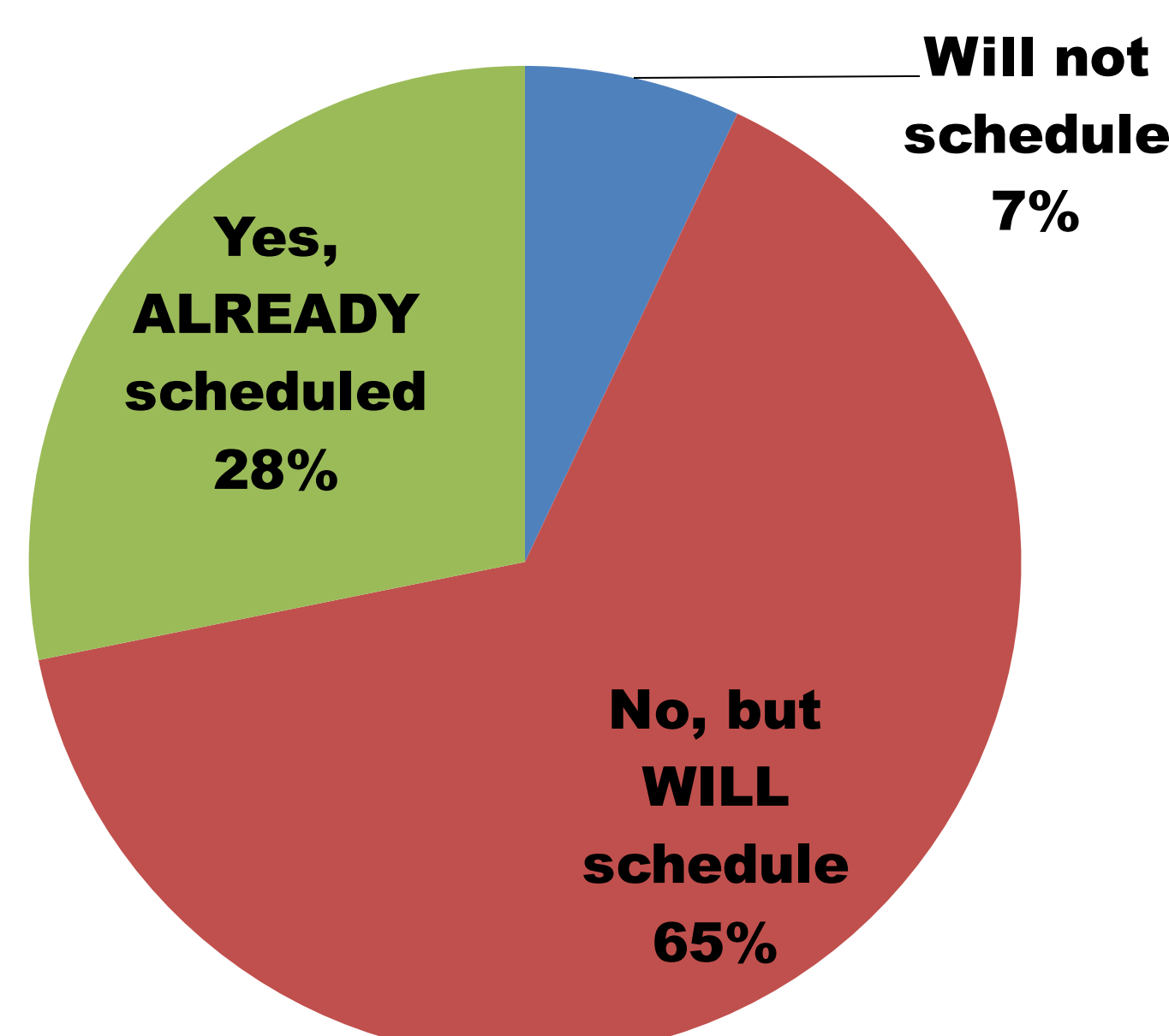
CVD Risk Factors Identified at UTS

Screen	No. screening positive	No. unaware of risk factor	Percent identified of risk factor
Borderline-high – high cholesterol	13	64	20.3%
Diabetes	9	57	15.8%
BP (hypertensive disease)	20	111	18.0%
BP (pre-hypertensive)	62	111	55.9%

n=146

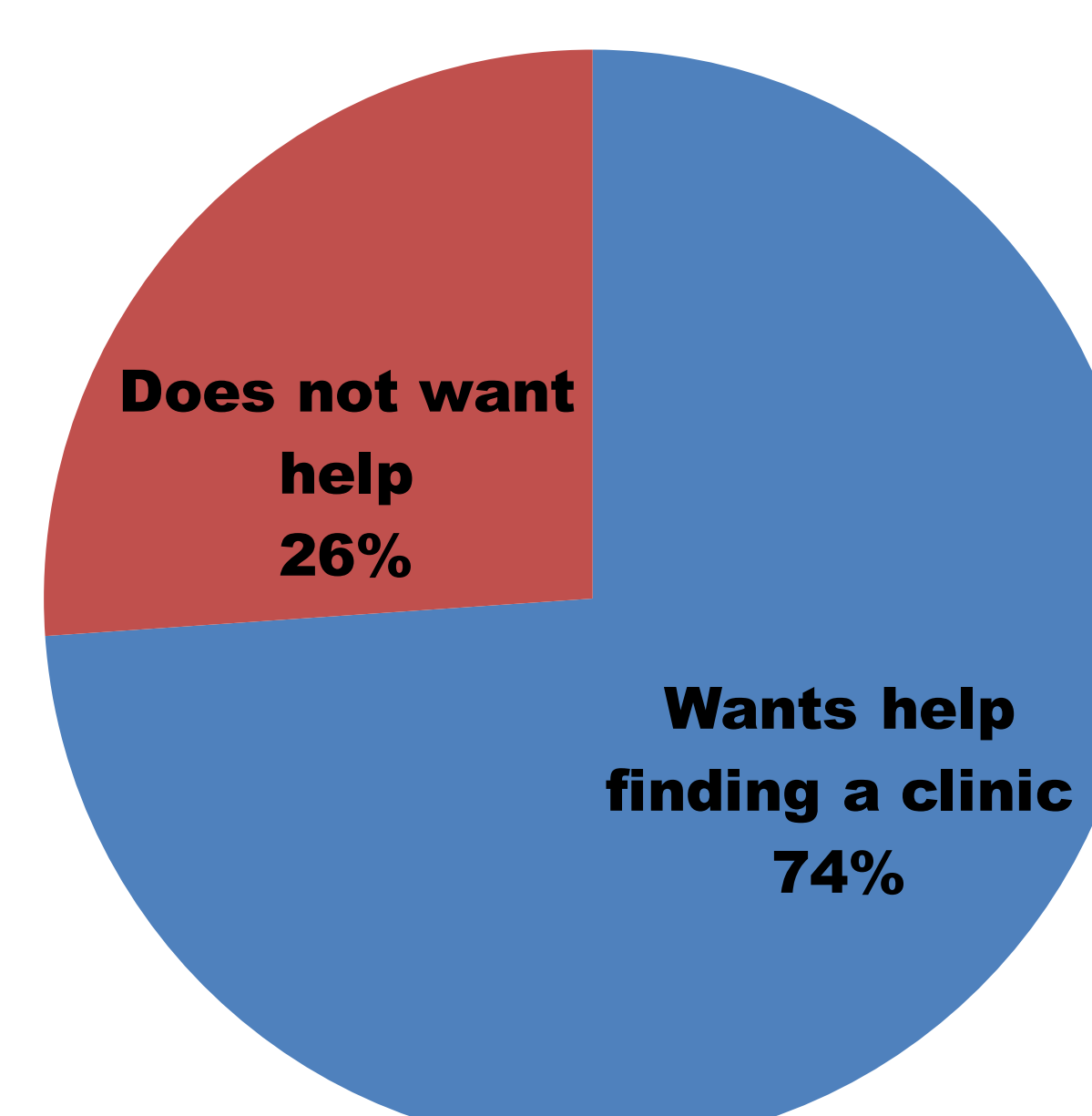
One-month Follow-up Call

Doctor's appointments scheduled One month after UTS



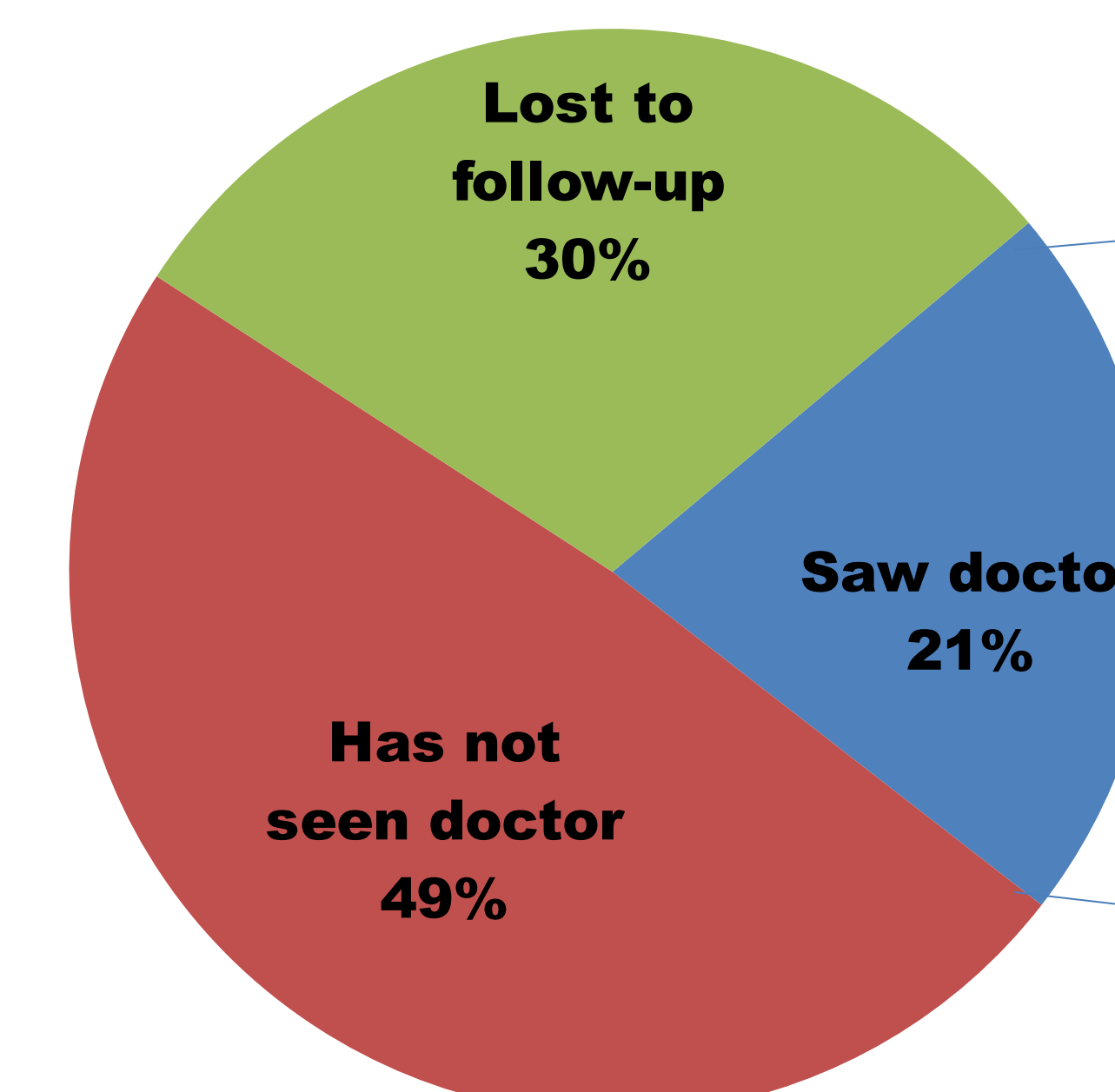
n = 74 in HAP cohort

Will schedule and wants help finding clinic

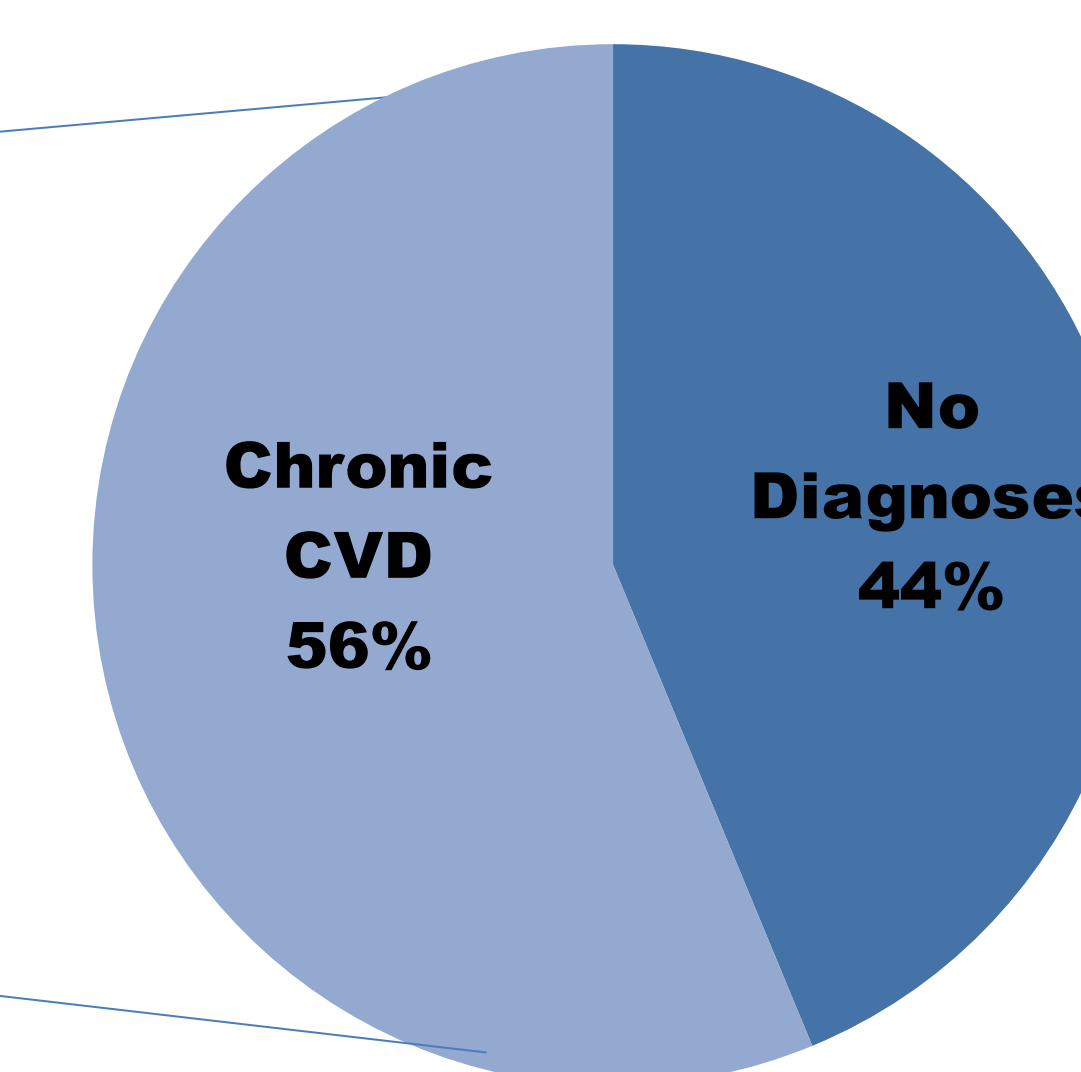


Three-month Follow-up call

Saw a doctor in the last 3 months?

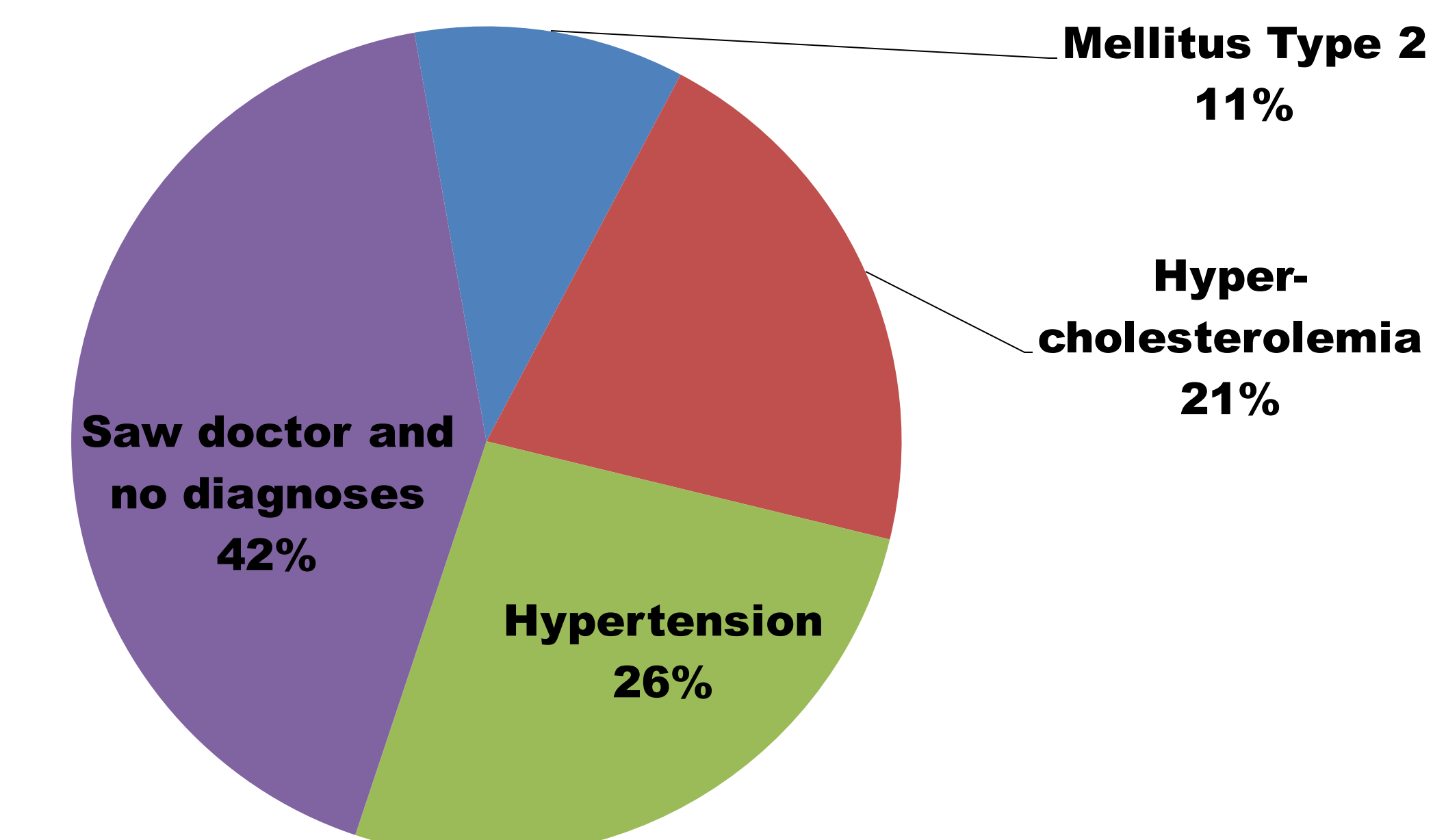


Diagnoses?



n = 74 in HAP cohort

Results of doctor's appointment



n = 16 who saw a doctor

Discussion

- The HAP team was able to effectively follow-up with UTS patrons and match them to nearby primary care clinics. Patrons establish a medical home via this clinic. Physicians confirm diagnoses first identified at the health fair.
- A health fair has been a successful mechanism to identify people who are at high risk for CVD. The implementation of a follow-up system could help transition people to a medical home.
- Community-based research could be incorporated into community health fairs to better understand community needs and improve health outcomes.

Acknowledgments

- Suzette Smith, Emily Smitherman, Ladan Agharokh, Fiona Nicholson
- Volunteers: Christopher Ball, Danielle Meals, Astrud Villareal, Natalia Molinas

* Contact information: nora.gimpel@utsouthwestern.edu