

## **Rx:PLAY Implementation, Clinician view**

January 6, 2011

### **Overview**

Rx:PLAY is designed to create a bridge between the medical advice to become more physically active and the community based recreation systems which offer activities. It was developed in Portland as a collaboration between four health systems (Kaiser Permanente, Legacy, OHSU and School Based Health Centers) and two recreation systems (Portland Parks and Recreation and Tualatin Hills Parks and Recreation), with website and logistical support from Oregon State Parks and Recreation. Each system is contributing their own efforts and no other funding sources are involved.

An initial feasibility pilot was completed in 2010, and a full scale roll-out began in early 2011. The focus is on children age 6-12, and the hope is to also engage their parents, siblings, neighbors and friends with recreation programs. The materials which you will need to implement Rx:PLAY are available on the Rx:PLAY website (<http://tinyurl.com/34srp53>).

As you will see, Rx:PLAY is designed to work with existing systems, making very small additions to current practices. This type of intervention is easy to implement, expand and replicate without significant additional funding.

### **In the exam room**

Clinicians are invited to use Motivational Interviewing to engage the patient and/or parent in discussion regarding the desired level of physical activity, soliciting and recording information about the child's interests, and noting any needed limitations to activity. For example, you might ask:

"How much time in an average day do you spend being active?"

If the answer is less than desired, respond by asking about their ideas, their barriers and their motivation.

"It sounds like you are doing less than the 60 minutes per day that I recommend. What do you like to do to stay active, and what barriers do you see to increasing your activity?"

Now it's time to use the prescription form.

"I might be able to help you with your plan to become more active. I'll start by giving you this prescription to remind you of our conversation."

Make appropriate notes on the prescription, and please include any limitations on activity in the comments section which might be important for the patient or the recreation provider to take into account. Acknowledge the patient's barriers, encourage the patient's ideas, and make your offer. The parent's engagement in the conversation is especially important at this point.

"I have a program that we've developed with the neighborhood community centers. They offer great opportunities to be more active. There is probably a location in your neighborhood."

If the patient or parent is clearly not interested, you may choose to conclude this part of the conversation

"It sounds as though you are not quite ready to consider this program, so let's move on with our visit. Please do let me help you if you want more information at some point in the future."

### **Participating recreation facilities**

The website includes a map which shows the locations of the medical and recreation facilities for the initial roll-out. All Portland Parks and Recreation and all Tualatin Hills Park and Recreation locations are participating. You will be able to use the map in talking with patients to determine what facilities are near them. Some medical offices are clearly in one service area or another. In some medical offices, patients may live in either area, and the map may be very helpful in deciding whether Tualatin Hills or Portland is the appropriate system. In some cases some patients may be out of range for either system. Each of these two systems will have a single address for you to use in sending the completed prescriptions. A complete list of the participating locations is on the website.

### **Checking for permission to send the prescription**

"If you are willing, I can send a copy of the prescription to Tualatin Hills Parks and Recreation for you. These are tax-supported services, with low participation fees. If you agree, they will call you and help you determine if there is a program in which you might be interested. Would it be OK if I sent a copy of this prescription to Tualatin Hills for you?"

Some medical systems will find the parent's signature on the form to be sufficient. Other health systems may require a release of information form to be completed. A sample release form is on the website. Have the parent complete the contact information at the bottom of the prescription form and sign either the release or the form. If there are questions or concerns regarding what information will be shared, you can reassure them that the only information is that which is on the prescription form. No additional information will be sent. If the parent would not like the form sent to the recreation system, conclude this conversation and move on to the rest of the visit.

"OK. Here's your prescription to remind you of our conversation. I like your plan to become more active. We're trying for 60 minutes a day. "

If they have agreed and signed, make a copy of the prescription. Give the parent or patient the original. The copy of the prescription should be either mailed or emailed to the recreation system address provided on the website. It is important to get the forms sent out the same day or the next day to minimize the elapsed time before the outreach call is made.

Congratulate the parent and patient on taking this step toward becoming more active. You may also want to ask them to tell you about their experiences at your next visit, and/or specify when you want them to see you again.

Then continue with the visit.

### **What to do with the paper(s)**

- a) Once the parent has completed the contact information on the prescription, and has either signed the prescription permission or a separate release of information form (ROI), make a copy of the prescription
- b) Give the patient/parent the original prescription
- c) US mail the copy of the prescription to the appropriate recreation system for this patient\*
- d) Retain any copies needed by your office

\* There is one address to use for Portland Parks and Recreation, and one to use for Tualatin Hills Park and Recreation. Those addresses are on the website. Another alternative is to scan the prescription instead of copying it, and email the scanned copy to the recreation system.

**What the recreation system will do**

The recreation system will call the number on the prescription and try to reach the parent who was at the visit, or another parent or guardian if needed.

The caller will first identify him or her self by name, association with Rx:PLAY, and recreation system. When the correct adult has been reached, the caller will then reference the medical visit and the prescription.

"Dr. Jones thought it was important that Kevin be more physically active in order to be as healthy as possible, and we're here to help. That is why Dr. Jones not only wrote the prescription for physical activity, but also asked for your permission to have us call you to talk about the programs that we offer right here in the community at low cost."

The caller checks on the best location for the family and engages in conversation about the family's activity ideas using the information you provided on the prescription, or information that the caller gathered in conversation. The goal is to come up with a suggestion about what programs might be a good fit.

"I see from the prescription that Kevin might be interested in martial arts programs. We have one on Wednesdays at 5. Do you think this seems like something you would choose?"

If at any point cost seems to be an issue for the family, the caller will describe the financial assistance program offered by that recreation system.

The caller will be prepared to offer a wide variety of next step options for families, ranging from calling back at a specified time, sending a catalog, helping them to the website, signing them up for a program, or gracefully ending the call if the family isn't interested. Recreation systems may choose to send a catalog first before making the outreach call so that families have a chance to look at the schedule during the conversation.

If there is interest for the child in question, the caller will also ask about others who might be interested.

"Many kids find it helpful to have friends or family participate along with them to support their activities. Is there anyone else in the family who might like to join one of our programs, or may I send you an additional catalog for a friend or neighbor?"

**Data collection**

For this implementation, we are not gathering any information in the medical systems. This streamlines our process compared to requirements associated with human subject research. However, the recreation systems will be gathering operating data to be used in analyzing the program.

We'll track the number of incoming prescriptions from each medical office, information about success in reaching people, what programs are found to be of interest, and the outcome of the calls, such as signing up for a program, requesting a catalog, etc.

At this point we won't have data on actual participation in activities due to the burden of gathering that information.

We worked with Dr. Steward Trost from OSU on the creation and evaluation of the pilot. We are seeking funding to do a full program evaluation in the future.

## **Future plans**

Once we have a stable system with the current partners, we intend to expand Rx:PLAY. We hope to expand to other nearby recreation systems and medical providers. In addition, if the recreation systems have the capacity, we hope to expand the age range for prescriptions.

## **Getting started**

If you are in one of the participating health systems, you can start writing Rx:PLAY prescriptions as soon as your medical office comes on line. We're starting slowly, medical office by medical office, to ensure that we don't overwhelm the recreation facilities. You will hear from Jean when it's time to start.

You will want to be familiar with Brief Negotiation or Motivational Interviewing. If you would like more information or a refresher, there are free online resources to help you. Kaiser Permanente has created training modules and made them available to the public. There is a link on the Rx:PLAY website. You will need to enter your name and email address, and specify whether you are a Kaiser Permanente employee or not. Your information is used for tracking the utilization of this community service. You may also receive information on future free public training modules when they are made available. Once on the website, you can choose an overview and/or a practice session. The process will take from one to four hours, depending on what options you choose. This training qualifies for CEU credits, but not for CME.

You will want to download a copy of the prescription form, customized for your medical office, from the website. You are free to photocopy this form as needed. Please be sure to use the customized form - that's the only way we'll be able to track which medical office the prescription came from. When you fill it out, please also print your name so that the recreation outreach caller can reassure the parent about the legitimacy of the call by citing the visit with you.

You may want to download the map from the website to use with patients in determining which recreation system is near them. You may even want to keep a laminated copy of the map in each exam room.

You will need to determine whether the parent signature on the prescription is sufficient or if you need a Release of Information form. A sample release form is available on the website if you need to create one.

## **Materials**

On the Rx:PLAY website we have provided you with everything you should need in one location. You'll find

- the prescription form
- the map
- a link to the Brief Negotiation training
- a release of information form you can adapt , if needed
- the list of partners
- a Powerpoint introduction which covers the same material as this document
- a list of Frequently Asked Questions
- the conversation guide which will be used by the recreation systems for outreach calls

By using the website we will be able to quickly and easily provide updates as needed. Our contact information is provided below so that you can let us know what needs to be improved.

That's all you need to know. We hope that you and your patients find Rx:PLAY to be a fun way to improve health by increasing physical activity.

**Contact information**

Website address: <http://tinyurl.com/34srp53>

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