Transdisciplinary Health Protection for Adolescents & Families: Connecting Settings & Facilitating Intergenerational Support, Knowledge, Activation, and Engagement for Long-Term Outcomes

Deborah A. Gorombei, DNP, RN, CFNR, LCNC
Phoenix Biomedical Campus - Building 1 | 3501 N. 20th St. | Phoenix, Arizona 85013 | (ph): 602-962-3077 | (e): dgorombei@email.arizona.edu

Purposes
- Create and describe a "turn-key" multi-component, evidenced-based, cost-effective and sustainable method to enhance overall wellbeing and reduce disease risk in busy families.
- Address literature gaps as well as complex situational and contextual influencers / barriers (low and middle-income).
- Learn how to leverage transdisciplinary teams for integrative initiatives to transform the illness-care system into a true health care model that protects health and improves quality outcomes, efficiency, and economics.

Background and Significance
- Health and wellbeing are influenced by modifiable factors (>50%).
- Health determinants are interconnected 'primers' for health and wellbeing.
- Health literacy and behaviors.
- Social support to sustain improved health norms, attitudes & behaviors.
- System barriers & facilitators addressed.
- Access to quality care in busy families.
- Clinical, social, and economic impacts on disease occurrence.
- Impact of contextual, lived experience factors on health.
- Communication and trust.
- Turf wars.
- Lack of follow-up.
- Episodic, or Ø lifestyle / risk factors.
- Reduced barriers & signs.
- Provider, stakeholder & advisor input.
- Theory and evidence back.
- Successful multi-component interventions.
- Valuable tools - Biopsychosocial wellbeing.

Methods
- Strategies & Plan
- Multi-setting
- Hybrid Format
- Hands-on activities (cleanroom, community, at home). Use of science experiments, technology, health & Spanish.

Materials
- Core content from validated sources.
- Fitbit® wearables.
- Books, short videos, emails & handouts.
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Outcomes
- Weight Loss in group:
  - 0.75 pounds total
  - 1 participant lost 3.1 pounds
- BMI Category Improvement (+)
- Hypertension screening.
- MATCHED-PAIR differences pre and post test.

Conclusions / Implications
- FAMILIES
  - Facilitate activation engagement, and confidence.
  - Encourage partnerships, social contracts, and a participation in care.
  - Improve biopsychosocial functional health status in busy families.
  - Increase health & social relationships.
  - Encourage partnerships, social contracts, and participation in care.
- MICROSYSTEM
  - Contextual and environmental risk factor education / reduction.
  - Strengthening and bold evidence.
  - Patient, family, and community partnerships.
  - Caring, social support & actions leveraged to improve health status.
- MACROSYSTEM
  - Potential template for practice, policy & reimbursement change.
  - Increase population health more rapidly.
  - Decrease duplication, costs & care fragmentation.
  - Transcend disciplines & all settings to achieve Quadruple Aim.

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References upon request.