

Improving Engagement and Retention in Primary Care: The Role of Food and Nutrition Services

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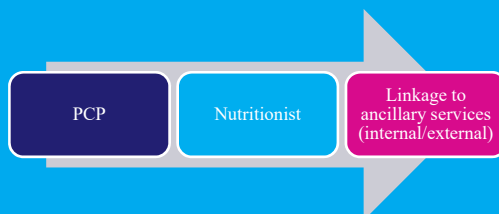
Who We Are

- Five-site network of hospital and community-based clinics caring for more than 13,000 patients with and at-risk for HIV/AIDS
- Co-located, comprehensive services to reduce barriers and increase a patient centered approach to care
- The Food and Nutrition Services (FNS) Program is based out of our Morningside and Samuels clinics attached to Mount Sinai St. Luke's and Mount Sinai West Hospitals



About Us

- Food and Nutrition Services (FNS) Program at IAM
 - We are the only hospital-based FNS program in NYC
 - Unique service-delivery model



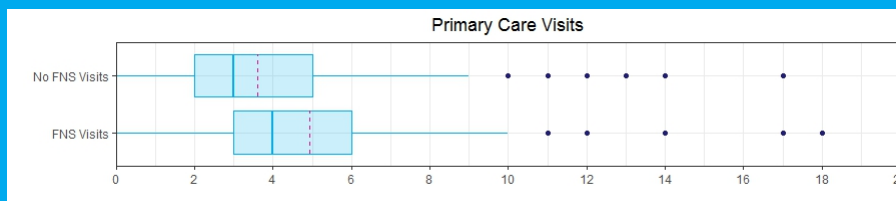
Goals

- Compare primary care engagement levels amongst patients engaged in nutrition services and patients not engaged in nutrition services
- Identify other supportive services utilized by nutrition patients more than non-nutrition patients

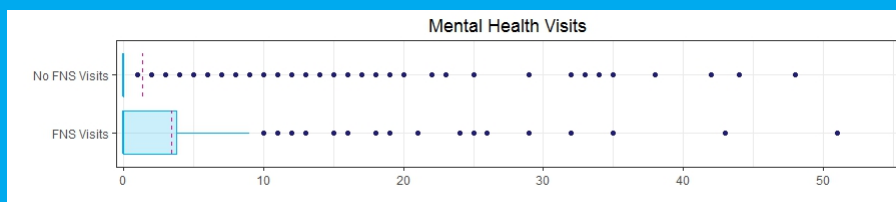
Methods

- A retrospective analysis of 2017 data on patients from Epic EMR broken down into two categories
 - Patients with Nutrition Encounters
 - Patients without Nutrition Encounters
- In 2017, a total of 1,479 HIV+ patients were seen at Morningside clinic
 - 227 unique patients were seen for a nutritional individual visit
 - Average number of nutrition visits was 2.5 with a median of 1 visit per patient
- Primary care engagement and supportive services for both groups was assessed and compared

Results



- Nutrition patients were found to be more engaged in primary care in 2017, with an average of 4.9 primary care visits, compared to 3.6 visits for those not participating in nutrition.



- Nutrition patients were found to be more engaged in mental health services in 2017, with an average of 3.8 mental health visits compared to 1.3 for those not participating in nutrition.

Conclusion

- In addressing improved engagement and retention in primary care, nutrition visits were correlated with a larger number of primary care visits and mental health visits. This correlation demonstrates that supportive services play an important role in retaining individuals in primary care.
- There are numerous implications these findings could have for the recruitment and retention of patients in supportive programming.

Top Takeaways

- The correlation between primary care, nutrition visits and mental health deserves a further discussion as multiple factors are at work and further research is needed to fully understand the directionality of this relationship.

Questions?

Thank you!

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