Play for Prevention
Program Overview

- Developed by Mountain-Pacific Quality Health staff in Hawaii
- Our Hawaii staff has been instrumental in the adaptation of the program to meet the needs of older adults in Wyoming
- Held in Hawaii, Alaska and Wyoming
Program Overview

• Play for Prevention Video and Testimony

“All mankind is divided into three classes: Those that are immovable, those that are moveable and those that move.”

—Benjamin Franklin
Play 4 Prevention (P4P) is a Cardiovascular Health Learning and Action Network (CVHLAN) driven by beneficiaries and supported by Mountain Pacific Quality Health (MPQH), healthcare and wellness providers and stakeholders.

The purpose of P4P is to improve cardiovascular health and lower healthcare costs by creating communities that learn how to be healthier and happier.

P4P members strive to improve health literacy, discover better ways to manage their own health, take steps toward lifestyle change, maximize time spent within the healthcare infrastructure, and become more cost-effective consumers of quality healthcare.
Program Overview

- Engages beneficiaries through interactive “exergaming” (combination of exercise and gaming) and education
- 12-week program
- Allows beneficiaries to participate in learning about their own health in a fun and safe environment
Program Overview

• Physicians, stakeholders and Mountain-Pacific work together to develop and use materials that encourage participants to become more health literate and take an active role in their own health.
Program Overview

• At each weekly session:
  ▪ Take vitals
  ▪ Provide education
  ▪ Virtual bowling via Xbox 360 Kinect™
Crossing the Quality Chasm:
A New Health System for the 21st Century

- Safe
- Effective
- Patient-centered
- Timely
- Efficient
- Equitable
Discovering Best Practices

- P4P beneficiaries receive education
- Providers and beneficiaries evaluate program
- Options are tested with target communities
- Best options are deployed and tried
- Tested solutions become best health care practices
Each Session Includes:

- Vitals
- Education
- Stretching
- “Exergaming”
- Celebration
Stretching
Education
“Exergaming”
Celebration
Session Topics:

- Healthy blood pressure
- Eating right
- Being active
- Get the most from your medications
- Understanding your feelings
- Respond to chest pain
- Smoking cessation
- Health exams and screenings
- Portion control
- Immunizations
- Patient advocacy
Recruiting Participants

- Older adults receptive to education on cardiac and preventative health
- Want to explore lifestyle changes and improve quality of life
- Want to meet others in community with similar health goals
Considerations for Location

- Rural community
- Availability of medical professionals
- Interest of potential participants
- Participant demographics
Considerations for Location

- Is it a safe place?
- Can it be easily accessed by foot or public and/or private transportation?
- Is it ADA compliant?
- Is there adequate parking space?
- Is it comfortable?
- Does it have access to electricity and the internet?
## In the Classroom

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Description</th>
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<tbody>
<tr>
<td>Sturdy scale</td>
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<tr>
<td>Blood pressure monitors</td>
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<td>Flexible measuring tapes</td>
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<td>TV for exergaming</td>
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<tr>
<td>Xbox and game</td>
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<td>Tables and chairs</td>
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<td>Microphone</td>
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<td>First aid kit</td>
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Participants should bring to every session:

• P4P binder
• Water bottle
• Pens
• Comfortable athletic shoes
• “All-teach, all-learn” attitude
Overview of Session:

- Meet and greet
- Measure
- Warm-up and mobility activity
- Educational Topics
- Open Discussion
- Exercise
Program Testimony

• “I learned something from each and every professional speaker.”

• “I felt safe asking questions to the presenters in a small group setting.”

• “I would recommend this program to my friends.”
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Questions?