

Nurse Leadership Competency Training At The Changed Lives Mobile Clinic

Grace Menzies and Joia Pfeiffer
UAB School of Public Health and UAB School of Nursing

Introduction

The Changed Lives Mobile Clinic is a nurse-led, free clinic that provides primary care at two different acute substance abuse recovery programs in North Birmingham and Cullman, AL. This clinic addresses barriers to access to health services, transportation and health literacy in program participants. Primary care access is essential in this stage of recovery because of the high prevalence of insomnia, hypertension and other conditions common to this patient population.

Impact

The populations served were both the CLMC and its program participants. The clinic is ever-evolving, and a growing need that this project addressed was capacity building within the clinic itself. We collaborated with our mentors, who are the founders and primary care providers of the clinic, taking on the role of co-directors. We conducted several improvement projects throughout the year, including:

- Recruited ten short-term student volunteers from UAB School of Nursing, with one volunteer committing to long-term service
- Developed an information guide and instruction rubric for the piccolo medical equipment device
- Helped improve medication refill times from 5-6 hours to only 2-3 hours per refill session
- Created information sheets on how to procure medications for clinic staff and one on how to use new pill counter for clinic patients
- Created a sleep hygiene brochure which will be shared with all new residents at the Changed Lives Christian Center and the Foundry Farm

Logic Model

Outcomes

- Mentors observe improvement in overall clinic function
- Volunteers express satisfaction and competencies in clinic roles
- Program participants receive improved patient care

Outputs

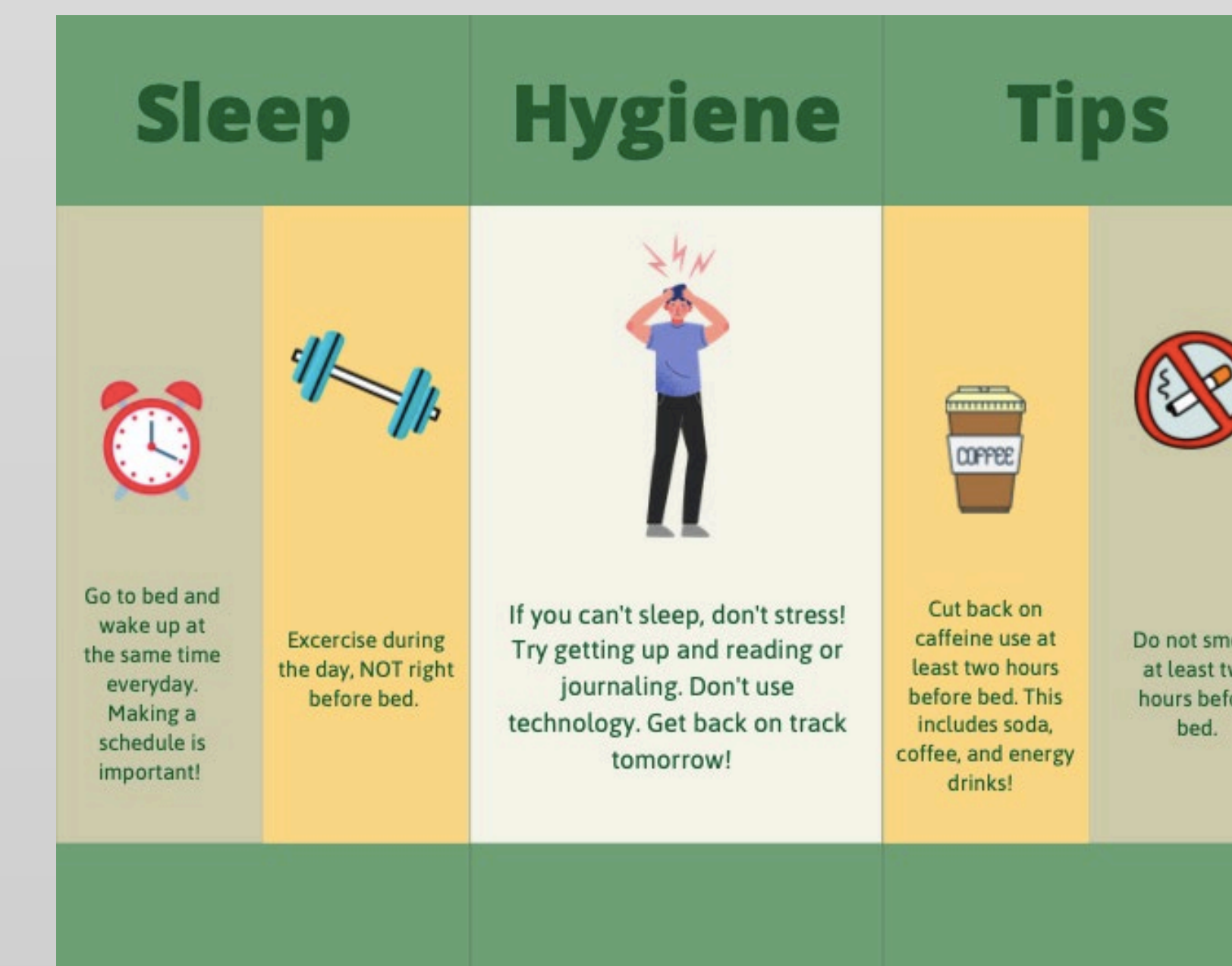
- Expanding clinic capacity
- Understanding and participating in a nurse-lead, primary care model for a specific underserved population

Activities

- Conducting student volunteer training
- Creating insomnia protocol and education program
- Participating in monthly procurement of supplies and medication refills
- Leading training on new medical equipment

Inputs

- Bi-monthly clinic attendance
- On-site new volunteer training
- Frequent communication and meetings with mentors
- Stakeholder check-ins



Sleep Hygiene Brochure: Now given to all participants upon arrival to the program.

Critical Assessment

Throughout this year we faced some challenges we had to work through as partners. We both had busy schedules and had to work on our time management, communication and delegation skills.

Acknowledgements

Dr. Deborah Bowers, DNP, DMin, MDiv, CRNP, FNP-C, Dr. Emily Patton, DNP, CRNP, FNP-C, Dean Paul Erwin, MD, DrPH, Dean Doreen Harper, PhD, RN, FAAN