

## Logic Model

### Outcomes

- Medication adherence is now discussed with all residents with polypharmacy during each visit
- Developed a referral for retinal exams for select types of retinopathy to the UAB School of Optometry

### Outputs

- 158 total residents from the CLCC and FF seen for various medical ailments
- Residents that had labs done in August, 2022 were repeated in Jan./Feb. of 2023 if still enrolled

### Activities

- Participating in monthly procurement of supplies and medication refills
- Seeing patients/residents at the CLCC and the FF with informal or targeted medication adherence checks

### Inputs

- Funding, leadership, resources, and equipment from multiple sources
- Bi-monthly clinic attendance and bi-monthly medication refills
- Frequent communications and meetings with mentors

## Introduction

- The Changed Lives Mobile Clinic (CLMC) is a charitable primary care clinic managed through a partnership between the UAB School of Nursing and the Foundry Ministries serving the residents of the Changed Lives Christian Center (CLCC) and the Foundry Farm (FF).
- Residents of these facilities are males in substance use recovery who vary widely in age and with a variety of chronic health conditions and mental illnesses that have often gone untreated for many years prior to their arrival to these treatment facilities. The UAB School of Nursing has been involved with the CLCC and FF for 5 years.
- The overall goal of the clinic is to improve the health and well-being of CLCC and the FF residents with the desired outcome of increasing their successful recovery at either site.
- The project aimed to improve medication adherence amongst residents at both sites, assess number of diagnoses for select chronic health conditions, and provide treatment to create tangible improvement of these chronic conditions for residents living at either site throughout the course of the project (Aug. 1st, 2022 - Mar. 31st, 2023).
- Additionally, a latent function of the fellowship was to continue the efficient operations of the CLMC at both sites and continue the work already completed by Joia Pfeiffer and Grace Menzies in their previous Albert Schweitzer Fellowship (ASF) project with the CLMC.

## Impact

- 158 total residents, 65 from the CLCC and 93 from the FF, visited with the CLMC between August 2022 and March 2023
  - 38/158 of these visits occurred during our lab nights held at both sites in August of 2022, with the goal to run labwork in January & February and see quantifiable improvements in their chronic health conditions.
  - However, a low number of residents went on to be evaluated during the next time period due to the heavy turnover of residents that occurs at either location but especially at the FF, whether due to residents finishing the recovery program or electively dropping out.
- Of the 65 CLCC residents seen between August, 2022 and March, 2023
  - 20 were diagnosed with primary hypertension
  - 1 with Hep C
  - 7 with hyperlipidemia
  - 6 with uncomplicated or complicated DM-2
  - 8 with creatinine greater than 1.1 (mg/dl)
- Of the 93 FF residents seen between August, 2022 and March, 2023
  - 12 were diagnosed with primary hypertension
  - 2 with Hep C
  - 3 with hyperlipidemia
  - 1 with uncomplicated or complicated DM-2
  - 2 with a creatinine greater than 1.1 (mg/dl)
- A complication of chronic hypertension (HTN) is hypertensive retinopathy, usually developing late in the disease. This finding can be assessed using an ophthalmic (retinal) exam using an ophthalmoscope. Retinal exams have been successfully outsourced to the UAB School of Optometry for residents with any vision problems. This also will help with diagnosing residents with suspected diabetic retinopathy.

## Critical Assessment

- High turnover rate of residents at both the CLCC and especially the FF make long-term assessments of improvement regarding their chronic health conditions difficult.
  - Regardless, the usage of routine vitals (such as blood pressure and heart rate) and our existing lab equipment enables diagnosis of certain chronic health conditions for targeted treatment while patients are residents at either of these facilities.
- Medication adherence issues amongst residents were identified through targeted questioning, including in March of 2023 with 14 residents with polypharmacy
  - Moving forward, as a continuation of this project, all residents prescribed medications will be screened for medication adherence barriers and will speak to their CLMC healthcare provider about how to address these barriers. .
- As long-time volunteers with the CLMC, we hope to recruit and train other UAB School of Nursing and Heersink School of Medicine students to volunteer with the CLMC due to the mutual way students can learn and contribute to the healthcare services it provides residents of the CLCC and FF.