A Clinical TEAM Approach

Utilize all members of your health care team to activate Exercise is Medicine® (EIM).

The efficient use of staff allows everyone, especially busy health care providers, to integrate the routine assessment and promotion of physical activity (PA) into clinical care.

**Clinical Champion in partnership with Senior Health Care Administrator:**
- Ensure that the physical activity vital sign (PAVS) is added to the patient health history questionnaire.
- Ensure that the informatics team builds a physical activity vital sign (PAVS) in the electronic health record (EHR).
- Work with informatics team or guide staff in uploading the EIM Rx for Health series handouts into the EHR to be selected by medical staff or included in order sets.

**Practice Manager:**
- Conduct needed staff training for EIM activation.
- Ensure that clinical/medical assistants are asking the PAVS in a standardized way and assisting with follow-up.
- Task someone in the practice to identify community-based PA resources and customize the EIM Our Physical Activity Resources handout.

**Front Desk Staff:**
- Provide health history form to patients in waiting area.
- Ensure that EIM posters or handouts are available in the waiting area.

**Clinical/Medical Assistant:**
- Ensure that the PAVS is obtained and entered into the EHR.
- At the end of the visit, provide the patient with PA resources/education as directed by the health care provider, for example:
  - EIM Physical Activity Rx form
  - EIM Rx for Health series handout(s)
  - EIM Our Physical Activity Resources handout
  - Triage patients to community-based PA resources (programs, places, professionals), physical therapy, cardiac rehabilitation, etc.
- Assist with PA counseling and support.

**Physician or Advanced Practice Provider:**
- Use the “5 As” approach: ask, assess, advise, assist and arrange to promote PA.
  - Ask - about PA with every patient at every visit.
  - Advise - in a clear, strong, and personalized manner how PA will help the patient improve their health.
  - Assess - if the patient is willing to make a change in their PA at this time (stage of change)? Assess barriers to success, including previous attempts to increase PA - what worked and what didn’t?
  - Assist - by providing counseling. Personalize recommendations to start, increase, or modify PA. Provide PA Rx. Provide info on PA resources or a PA referral.
  - Arrange - follow-up contact, in person or by phone.
- Let the patient know that you will ask about their PA on the next visit. At minimum, they should be sitting less and moving more! (“Sit Less. Move More.” handout)