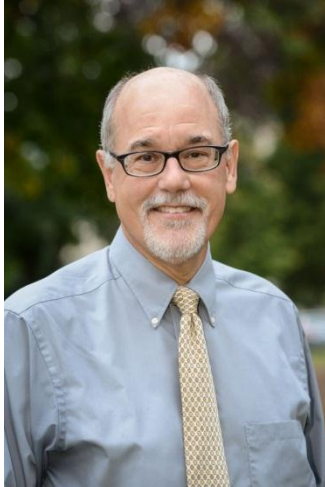


## EIM in the Research



In a recently published pilot study in Preventative Medicine Reports conducted in Chattanooga, TN, Dr. Gregory Heath and colleagues assessed the acceptability of current EIM protocols among healthcare providers and fitness professionals and pilot tested the modified EIM protocols and the referral of patients to community physical activity programming. The first phase of the study, which looked at the acceptability of EIM protocols and materials being offered through initial trainings of healthcare providers and fitness professionals, determined that both healthcare providers and fitness professionals, found the EIM materials to be useful in their practice, but only when integrated into the EMR as this made the process much more efficient and user-friendly. In the second phase of the study, two clinics were chosen to implement EIM protocols and basic referral networks. Patients had their physical activity levels assessed and, if they met certain requirements based on data extracted from the EMR, were referred to fitness professionals in the community.

Findings of the study suggest that both healthcare providers and fitness professionals who were trained to use the EIM protocols found the EIM model to be useful in their practices, once adapted and integrated into the EMR.

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