

PATIENTS WHO SEE DOCTORS IN GROUPS ARE HEALTHIER



Hot trend called 'Shared Medical Appointments' leads to thinner, healthier patients

Suggested Date of Use: Generic

Orlando Health

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SUGGESTED TEASE	STILL TO COME, WHY YOU MAY WANT TO SCHEDULE YOUR NEXT DOCTOR'S APPOINTMENT .. WITH A FEW OF YOUR FRIENDS. THE TREND OF SHARING MEDICAL APPOINTMENTS AND HOW IT'S PAYING OFF FOR PATIENTS, NEXT IN HEALTH NEWS.
ANCHOR LEAD	IF YOU'RE LIKE MOST AMERICANS, YOU CAN SOMETIMES FEEL A BIT RUSHED AT THE DOCTOR'S OFFICE. IN ONE RECENT SURVEY MORE THAN 60-PERCENT OF PATIENTS SAID THEY'D LIKE TO SPEND A LITTLE MORE TIME WITH THEIR DOCTORS. ¹ WELL, AT ONE HOSPITAL, DOCTORS ARE LISTENING. NOT ONLY ARE THEY SPENDING MORE TIME WITH THEIR PATIENTS, THEY'RE SEEING THEM IN GROUPS - AND THE RESULTS ARE SURPRISING. WITH MORE, HERE'S CLARK POWELL.
	(Nats - "Alright, welcome everyone, thank you for coming.") :02
CG: Courtesy: Orlando Health Shots of group in meeting Shot of Dr. Kaplan speaking Shot of patients listening	IT MAY LOOK MORE LIKE THE START OF A BUSINESS MEETING THAN A DOCTOR'S VISIT, BUT FOR THIS GROUP OF PATIENTS, THAT'S JUST WHAT IT IS. IT'S A GROWING TREND IN MEDICINE KNOWN AS SHARED MEDICAL APPOINTMENTS, WHERE FOR AN HOUR AND A HALF AT A TIME, GROUPS OF PATIENTS MEET WITH TEAMS OF EXPERTS. :14
CG: Ben Kaplan, MD Orlando Health	"Ninety minutes with your physician is unheard of in our day and age. Usually patients get rushed in and out for a ten minute visit, so that's one of the key things patients really like." :09
Shot of group in meeting Shot of Dr. Kaplan seated / Pharmacists (against wall) / Dietitian (blonde in lab coat)	BUT IT'S MORE THAN JUST SPENDING TIME WITH YOUR DOCTOR - AT THIS APPOINTMENT AT ORLANDO HEALTH, THERE ARE NOT ONLY PHYSICIANS, BUT PHARMACISTS - DIABETES EXPERTS AND DIETITIANS. ALL OF WHOM OFFER EXPERT ADVICE, USEFUL TIPS AND INDIVIDUAL ENCOURAGEMENT :14

<p>CG: Lauren Popeck, RD Orlando Health</p>	<p>“I think patients, when they come together and they are all going through the same thing, it gives them a sense of security and of encouragement that, hey I’m not going through this alone.” :10</p>
<p>Shot of group / blur for graphic</p> <p><u>A Year of Shared Medical Appointments</u> -Lost an average of 14.3 lbs -Blood pressure dropped considerably -Cholesterol fell 45.6 points</p>	<p>AND THE RESULTS ARE SURPRISING. AFTER A YEAR OF SHARED MEDICAL APPOINTMENTS, THIS GROUP LOST AN AVERAGE OF MORE THAN 14 POUNDS PER PERSON. THEIR BLOOD PRESSURE DROPPED CONSIDERABLY AND THEIR CHOLESTEROL FELL AN AVERAGE OF MORE THAN 45 POINTS. :14</p>
	<p>(Nats - blender) :01</p>
<p>Shot of blender</p> <p>Shots of Maria making smoothie</p>	<p>MARIA LEHAN IS ONE OF THE PATIENTS - WHO SAYS SHE NOT ONLY GETS MORE OUT OF HER DOCTOR WITH THE SHARED APPOINTMENTS, BUT GETS MOTIVATION AND EVEN HEALTHY RECIPES FROM HER PEERS. :09</p>
<p>CG: Maria Lehan Shared Medical Appointment Patient</p>	<p>“I love it. You’re with other patients and you can listen to what they have to say and, you know, if you like what they do, you can go their way.” :09</p>
<p>Shots of Dr. Kaplan listening to Maria’s heart in an exam</p> <p>Shot of Maria in group</p>	<p>PATIENTS STILL SEE THEIR DOCTORS ONE ON ONE, OF COURSE, BUT IT’S THE TIME THEY SPEND TOGETHER AS A GROUP THAT’S MADE THE BIGGEST DIFFERENCE FOR THEM AS INDIVIDUALS. :08</p>
<p>Dr. Kaplan (CG’d earlier)</p>	<p>“We’ve really improved so many things that it’s really just been a positive journey throughout.” :05</p>
<p>Shot of group</p>	<p>AT ORLANDO HEALTH, THIS IS CLARK POWELL REPORTING. :02</p>
<p>ANCHOR TAG</p>	<p>STUDIES SHOW THAT PATIENTS WHO GO TO SHARED MEDICAL APPOINTMENTS SAY THEY ARE MORE SATISFIED WITH THEIR CARE AND HAVE GREATER ACCESS TO EXPERTS.²</p> <p>GROUPS ARE OFTEN FORMED BY PATIENTS WITH THE SAME CONDITIONS, INCLUDING DIABETES, HIGH BLOOD PRESSURE AND EXPECTANT MOTHERS.</p>
<p> Share it! Suggested tweet:</p>	<p>Patients who go see the doctor in groups @orlandohealth prove to be healthier. Click here to see why: http://bit.ly/1EUNYxd</p>
<p> Suggested post:</p>	<p>Going to see the doctor with 5-10 other patients may seem like an strange idea, but it’s a growing trend and the results patients are reporting are raising some eyebrows. After individual appointments were completed, doctors at Orlando Health invited patients with diabetes to meet once a month as a group. After a year of meetings patients shows remarkable improvements in weight, blood pressure and cholesterol. See how the shared medical appointments work and the results they’re yielding here: http://bit.ly/1EUNYxd</p>
<p>References -</p>	<p>¹<i>Poll: Sick in America</i>, NPR/Robert Wood Johnson</p>

	<p>Foundation/Harvard School of Public Health, survey summary page 7, May 2012. Online: http://www.npr.org/documents/2012/may/poll/summary.pdf</p> <p>²<i>Influence of Shared Medical Appointments on Patient Satisfaction: A Retrospective 3-Year Study, Annals of Family Medicine, Volume 4, Number 12, July/August 2014. Online: http://www.annfammed.org/content/12/4/324.full</i></p>
	<p>Extra Bites</p>
<p>CG: Ben Kaplan, MD Orlando Health</p>	<p><i>Dr. Kaplan talks about the variety of experts in group visits -</i> “One the great things about these shared medical appointments is that we include a lot of different medical experts. In some occasions we’ll have a dietician, we’ll have physiologists to do exercise training. We will even have pharmacists to help us go over medications.”</p> <p><i>Dr. Kaplan talks about the response from patients -</i> “As they became more engaged in taking care of themselves and optimizing their own health we saw that their blood pressure numbers started to come down, their cholesterol numbers started to come down, they got better sugar control.”</p> <p><i>Dr. Kaplan talks about the role of peers in group visits -</i> “It was almost like a group effort. So, they saw that if they were coming and their friends were coming into the appointment, together they would do better. It’s that group mentality that I am going to do as good as you or maybe even do better, so their health got better.”</p> <p><i>Dr. Kaplan underscores the fact that one-on-one visits continue -</i> “This absolutely does not replace the normal one-on-one encounter with a physician. It’s supplement to and it’s in addition to.”</p>
<p>CG: Lauren Popeck, RD Orlando Health</p>	<p><i>Popeck talks about the growing popularity of group visits -</i> “It’s a trend. It’s been going on for at least the last ten, maybe fifteen years. And it’s really catching on because it works.”</p> <p><i>Popeck explains how patients benefit from the group visits -</i> “ It’s the building on from month to month where we see the maximum impact. And so that every month they are getting a new topic of education and that education they can turn and really use that and use what they learned at home to make the changes.”</p>
<p>CG: Maria Lehan Shared Medical Appointment Patient</p>	<p><i>Maria talks about time with doctors during group visits -</i> “You’re not losing time you’re gaining time with him.”</p>
<p>CG: Maria Lehan Shared Medical Appointment Patient</p>	<p><i>Maria talks about the benefits of longer group appointments -</i> “You get to know your doctor better because he’s right there with you and he answers questions if you need questions answered.”</p>
<p>Producers & Reporters:</p>	<p>To download scripts, video and photos go to: http://www.multimedianeewsroom.tv</p>

For viewer information on this story contact:

Orlando Health: (407) 803-2499
mediarelations@orlandohealth.com

Produced by:

MEDIA  SOURCE

1800 West 5th Ave.
Columbus, Ohio 43212
Phone: (614) 932-9950 Fax: (614) 932-9920
www.mediasourcetv.com

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Media Relations Department: (407) 803-2499**