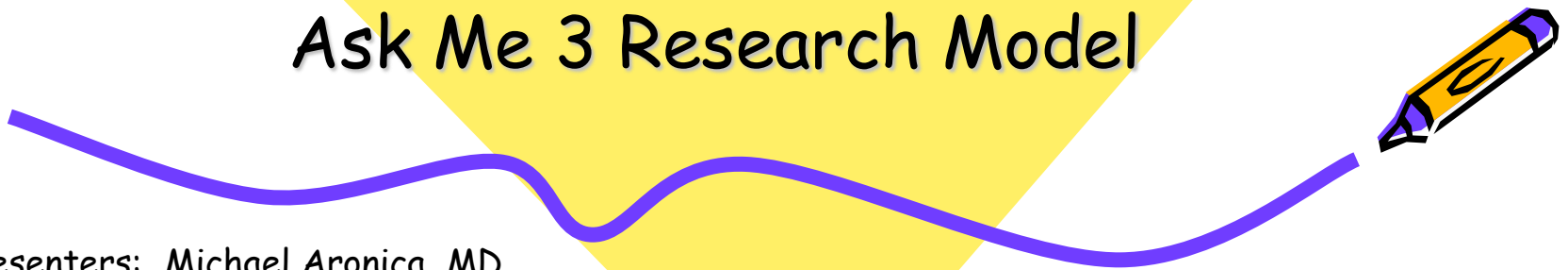




# Improving Health Communications

## Ask Me 3 Research Model

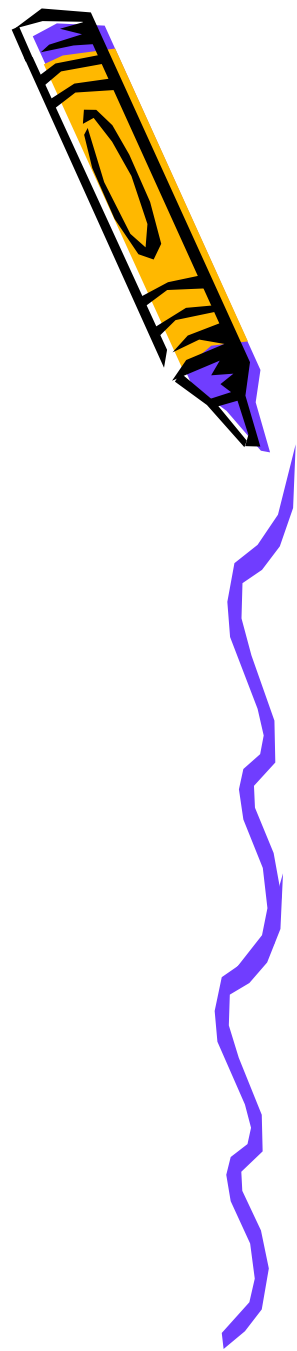


Presenters: Michael Aronica, MD

Melva Visher, VP of Community Health at Kaleida Health

Kimberly D. Young, Program Coordinator of Community Health at Kaleida Health

# Improving Health Communication: An Ask Me 3 Intervention with Middle School Children

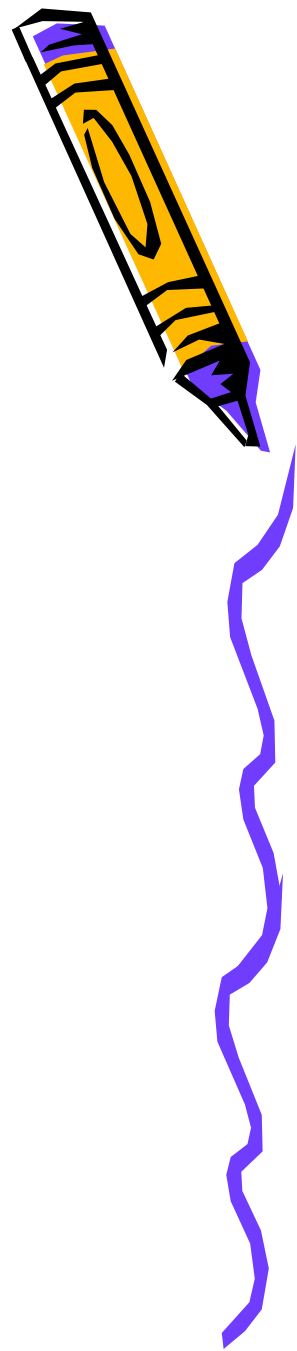


## TEAM MEMBERS:

- UB Combined Internal Medicine-Pediatric Program
- Baker Victory Services
- Family & Children's Service of Niagara
- Gateway-Longview
- Planned Parenthood of WNY
- Health Related Services for the Buffalo Schools
- Kaleida Health
- Project Coordinator
- Team Advisor
- Research Consultant
- Research Assistant
- NYS Dept. of Health



# Project Background



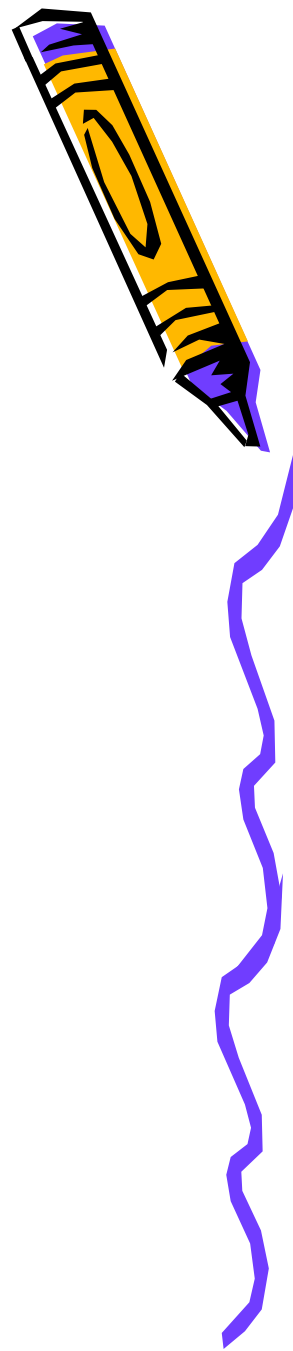
- Buffalo Public Schools
- 40 Developmental Assets
  - Student Decision Making
  - Personal Power

Research into...

- Personal decision making and personal power
- Explored Ask Me Three (AM 3) model
- Adults vs. children, teens



# Project Background



## Rationale for Project using AM3

- Developed by the Partnership for Clear Health Care Communication
- Evidenced Based Intervention Program for Adults
- Certified by the Centers for Disease Control

## Randomly chose

- 6 out of 13 schools with SBHCs
- Which schools would receive which of the 3 levels of intervention
  - Full intervention
  - Partial intervention
  - Control group
- Training of school nursing staff



# What is Ask Me 3?

## AM 3 program

1. What is my main problem?
2. What do I need to do?
3. Why is it important for me to do this?

## AM 3 program modified to address the needs of youth (6<sup>th</sup> & 7<sup>th</sup> graders)

1. What brought me to the clinic?
2. How can I make myself better?
3. Why do I need to do anything?



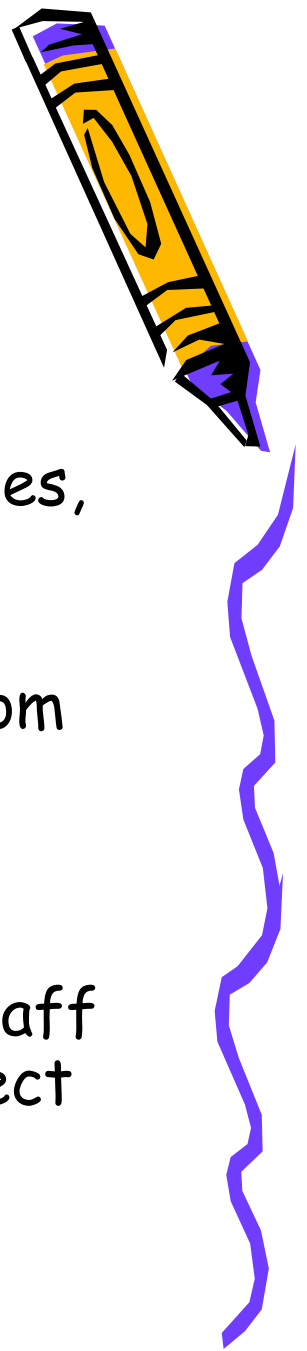
# AM3 for Youth Program Intervention



- Obtained approval from BPS district
- Collaborated with research assistant
- Secured funding from NYSED & NYSDOH
- Designed & purchased Ask Me 3 brochures & poster
- Obtained IRB Approval
- Health Literacy Training provided
- Met with Principals
- Parent information disseminated



# AM3 for Youth Program Intervention



- School based health center staff educated in health literacy and the AM3 intervention
- Coordinator rolled-out tools (posters, brochures, and incentives) for 6<sup>th</sup> & 7<sup>th</sup> grade youth participants at intervention schools
- School nurses conducted pre test and classroom education on AM3
- School nurses conducted post test one month later
- Focus group session conducted with nursing staff after intervention to elicit feedback on the project



# Results



The "brochure only" group showed an increase in positive answers to certain questions.

Increase in positive answers showed that the kids in the brochure group knew:

- \* to describe to a nurse or to a doctor how and where they feel bad
- \* it is okay for them to ask doctors and nurses questions
- \* They should ask the nurse or doctor what they can do to feel better
- \* They should ask the nurse or doctor what will happen if they don't do what they say to feel better



# More Results

"When I feel uncomfortable or shy, I may not describe to a nurse or to a doctor exactly how and where I feel bad."

- Youth in the brochure group, relative to the control group, are 47% ( $\text{Exp}(B) = .532$ ,  $p = .043$ ) more likely to select a "no" than a "yes".
- Youth in the Full program group, relative to the control group, are 63% ( $\text{Exp}(B) = .372$ ,  $p = .020$ ) more likely to select a "no" than a "yes".

The findings are positive and show that kids in the brochure and full intervention groups know they should describe their symptoms to a nurse or doctor, even if they feel uncomfortable or shy about it



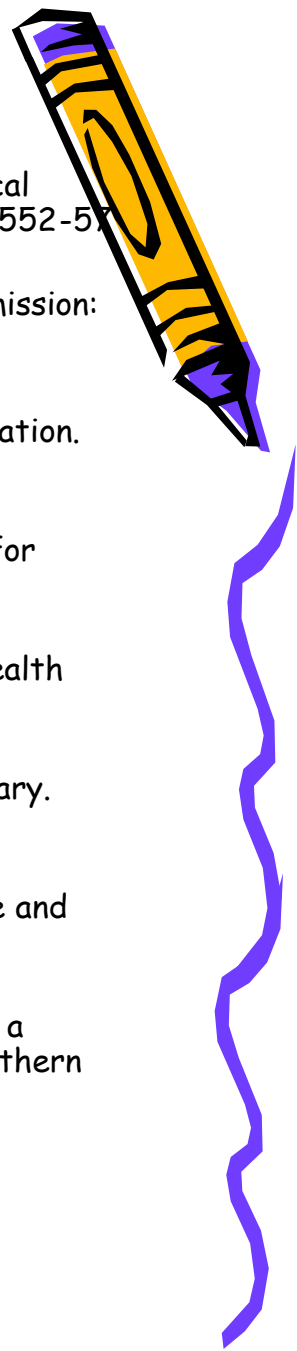
# Next Steps...



- Implement program district wide (60 schools)
- Kaleida plan to train all nursing staff who work in Buffalo Public Schools
- Potential Model for other schools districts
- Offer training to a variety of agencies who work with youth
- Potential for future application of AM 3 with adults & seniors.



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