

CPCC Fellowship

Self-Assessment Survey

Results Summary 2021-2022

1. How many years have you been in practice?

- A: 9
- B: 6
- C: 14
- D: 16

2. How many hours per week are dedicated to patient care?

- A: 40
- B: 60
- C: 24
- D: 55

3. What are you hoping to accomplish during your year in the fellowship (POST: what did you accomplish)?

A PRE: I am hoping to learn more in areas of mental health, more about substance abuse and the available treatments. Also, more about myself as a provider in areas of burnout and my own personal mental health.

A POST: Better overall mental health, more screening tools to use for my patients. Better co-worker.

B PRE: I want to start my journey into making a lasting impact as a Palliative Care provider whilst improving my skills as a learner/educator, mentor/mentee, Sherpa for my patients as they navigate an increasingly complex medical landscape.

B POST: I have learned several skills to be a better educator and advocate.

C PRE: Learn more about research, further develop skills to lead an office in providing care to our patients

C POST: Presentation, increased knowledge of QI, improved sense of well-being and re-dedication to practice of medicine

D PRE: I would like to improve my presentation skills and be a better educator (both for my patients and my colleagues).

4. What concerns do you have embarking on the fellowship journey (POST: What was your biggest barrier in completing your individual fellowship)?

A PRE: My biggest concern at this time is time management, juggling working full time, as well as raising a family. However, this is not a new concern that has evolved with signing on for the fellowship

A POST: I think time, with a young family was my biggest obstacle

B PRE: My primary concern is striking a balance between my primary work, the fellowship and the priorities of my family.

B POST: The absence of dedicated time for learning in addition to my clinic work

C PRE: Finding time to complete tasks, finding time to focus on fellowship and not be burdened with clinical concerns

C POST: Family and work commitments

D PRE: That I am not qualified to participate.

5. Is there anything else you would like to share with the program director?

A PRE:

APOST: I have really enjoyed the fellowship

B PRE: I am about to embark on 2 very exciting adventures - this fellowship and starting a PC program at UCWC. I hope to intertwine both and enhance the experience of each with the other.

B POST: I would have loved to have had a "simulated student" to test teaching skills through direct observation

C PRE:

C POST:

D PRE: Thank you so much for letting me do this again, I am very excited and appreciative of your support.

Quality Improvement

1. How important is quality improvement in your ongoing development as a primary care provider?

| | Pre | Post |
|---|-----|------|
| A | 3 | 4 |
| C | 4 | 4 |
| D | 5 | |
| B | 5 | 5 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

2. How often is time a barrier to executing quality improvement activities?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 5 | 4 | 3 |
| C | 5 | 4 | 4 |
| D | 5 | | |
| B | 4 | 5 | 4 |

| |
|-------------------|
| 1= Almost Never |
| 2= Once in awhile |
| 3= Sometimes |
| 4= Often |
| 5= Almost always |

3. How confident are you identifying quality problems in your office?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 3 | 4 | 4 |
| C | 2 | 3 | 4 |
| D | 5 | | |
| B | 4 | 3 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

4. What quality improvement tools have you used in your practice? [check all that apply]

| | Audit | | | Process Maps | | | Healthcare Matrix | | | Fishbone Diagrams | | | Systems analysis | | | Rapid cycle change methodology | | |
|---|-------|------|----------|--------------|------|----------|-------------------|------|----------|-------------------|------|----------|------------------|------|----------|--------------------------------|------|----------|
| | Pre | Post | One Year | Pre | Post | One Year | Pre | Post | One Year | Pre | Post | One Year | Pre | Post | One Year | Pre | Post | One Year |
| A | | | Y | | | N | | | N | | | N | | | Y | | | N |
| C | | | Y | | | Y | | | N | | | | | | Y | | | Y |
| D | | | | | | | | | | | | | | | | | | |
| B | | | Y | | | N | | | N | | | N | | | Y | | | N |

Quality Improvement, Continued

5. How confident are you with each of the following steps involved in implementing a QI project?

| | Data Collection | | | Designing an intervention | | | Evaluating Outcomes | | |
|---|-----------------|------|----------|---------------------------|------|----------|---------------------|------|----------|
| | Pre | Post | One Year | Pre | Post | One Year | Pre | Post | One Year |
| A | 4 | 4 | 4 | 3 | 3 | 4 | 3 | 4 | 4 |
| C | 2 | 5 | 5 | 1 | 4 | 5 | 3 | 4 | 5 |
| D | 3 | | | 3 | | | 3 | | |
| B | 2 | 2 | 4 | 3 | 2 | 4 | 3 | 2 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

6. How confident are you working in interprofessional teams to provide patient care?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 4 | 5 | 5 |
| C | 3 | 5 | 5 |
| D | 5 | | |
| B | 4 | 5 | 5 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

Social Determinants of Health

1. How confident do you feel creating a plan for the health-related social needs of your patients?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 4 | 3 | 5 |
| C | 1 | 3 | 3 |
| D | 4 | | |
| B | 4 | 3 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

2. How knowledgeable are you about community resources for patient referrals?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 4 | 4 | 5 |
| C | 1 | 3 | 3 |
| D | 4 | | |
| B | 3 | 4 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

3. How knowledgeable are you about the needs of your office's surrounding community such as social determinants of health (SDH), health inequities and community resources?

| | Pre | Post |
|---|-----|------|
| A | 3 | 4 |
| C | 1 | 4 |
| D | 3 | |
| B | 3 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

4. How knowledgeable are you about public policy (at local, state or national level) regarding the practice of primary care?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 3 | 4 | 5 |
| C | 3 | 3 | 4 |
| D | 3 | | |
| B | 2 | 4 | 3 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

5. How confident are you being an advocate for policy change?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 3 | 3 | 4 |
| C | 1 | 3 | 4 |
| D | 5 | | |
| B | 3 | 3 | 3 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

Substance Use Disorder

1. How comfortable are you having opioid dependent patients come to your practice?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 3 | 3 | 4 |
| C | 2 | 5 | 3 |
| D | 5 | | |
| B | 5 | 5 | 5 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

2. Are you currently licensed to provide Medication Assisted Treatment (MAT) for opioid dependence (such as with buprenorphine and/or Suboxone)?

| | Pre | Post |
|---|-----|------|
| A | N | Y |
| C | N | N |
| D | Y | |
| B | N | N |

3. Are you currently prescribing buprenorphine (and/or Suboxone)?

| | Pre | Post |
|---|-----|------|
| A | | N |
| C | | |
| D | Y | |
| B | | |

4. Please estimate the number of unique patients you have prescribed MAT in the past 30 days:

| | Pre | Post |
|---|-----|------|
| A | | |
| C | | |
| D | 30 | |
| B | | |

Substance Use Disorder

5. Within the next year, how likely are you to pursue offering Medication Assisted Treatment services (such as with buprenorphine and/or Suboxone)?

| | Pre | Post |
|---|-----|------|
| A | 2 | n/a |
| C | 4 | 1 |
| D | 5 | |
| B | 4 | 3 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

6. How confident are you diagnosing substance use disorders?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 2 | 3 | 4 |
| C | 3 | 5 | 4 |
| D | 4 | | |
| B | 4 | 5 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

7. How knowledgeable are you about local treatment services and community resources for patient with substance use disorders?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 3 | 4 | 4 |
| C | 3 | 4 | 4 |
| D | 3 | | |
| B | 2 | 4 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

8. How likely is it that increased public access to naloxone will increase risky opioid use?

| | Pre | Post |
|---|-----|------|
| A | 1 | 1 |
| C | 1 | 1 |
| D | 1 | |
| B | 1 | 1 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

9. In the past 30 days, how many prescriptions for naloxone (Narcan) have you provided to patients using opioids or their family members?

A: 0

C PRE: 2 C POST: 3

D: 80

B: I primarily prescribe in the inpatient setting. I have counseled patients and families in the use of naloxone.

Mental Health

1. How knowledgeable are you about the Collaborative Care Model for the care of patients with mental illness?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 2 | 4 | 4 |
| C | 3 | 5 | 5 |
| D | 3 | | |
| B | 2 | 3 | 3 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

2. How confident are you in your ability to assess suicide risk of your patients?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 3 | 3 | 4 |
| C | 3 | 5 | 5 |
| D | 4 | | |
| B | 4 | 5 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

3. How many of your patients have died by suicide?

| | Pre | Post |
|---|---------|------|
| A | 0 | 0 |
| C | 4 | 3 |
| D | Unknown | |
| B | 0 | 0 |

4. How often do you refer patients to use mental health apps?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 2 | 4 | 4 |
| C | 1 | 3 | 4 |
| D | 4 | | |
| B | 2 | 3 | 3 |

| |
|-------------------|
| 1= Almost never |
| 2= Once in awhile |
| 3= Sometimes |
| 4= Often |
| 5= Almost always |

5. Are you currently performing pharmacogenomics testing on your patients?

| | Pre | Post |
|---|-----|------|
| A | N | N |
| C | N | N |
| D | Y | |
| B | N | N |

Mental Health, Continued

6. How many times have you ordered the test or interpreted the results with a patient (if ordered by a colleague)?

| | Pre | Post |
|---|-----|------|
| A | | |
| C | | |
| D | 100 | |
| B | | |

7. How familiar are you with different models which integrate behavioral health services into the primary care setting?

| | Pre | Post |
|---|-----|------|
| A | 2 | 4 |
| C | 2 | 5 |
| D | 3 | |
| B | 3 | 3 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

8. How knowledgeable are you about screening tools for psychiatric illness?

| | Pre | Post |
|---|-----|------|
| A | 3 | 4 |
| C | 3 | 5 |
| D | 3 | |
| B | 3 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

9. How confident are you in your ability to form a treatment plan for individuals with mild-moderate psychiatric illness?

| | Pre | Post |
|---|-----|------|
| A | 4 | 4 |
| C | 4 | 5 |
| D | 3 | |
| B | 3 | 3 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

Medical Educator

1. What is your current level of mastery as a medical educator?

| | Pre | Post |
|---|-----|------|
| A | 3 | 4 |
| C | 2 | 4 |
| D | 3 | |
| B | 2 | 2 |

| |
|----------------------|
| 1= Novice |
| 2= Advanced beginner |
| 3= Competent |
| 4= Proficient |
| 5= Expert |

2. How confident are you teaching adult learners in the clinical setting?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 3 | 4 | 4 |
| C | 3 | 4 | 4 |
| D | 3 | | |
| B | 3 | 3 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

3. How confident are you teaching adult learners (such as residents, students, or peers) in the classroom setting?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 2 | 4 | 4 |
| C | 2 | 3 | 3 |
| D | 1 | | |
| B | 2 | 2 | 3 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

4. How many presentations have you given to learners (students, residents, or peers) in the past one year?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 0 | 1 | 0 |
| C | 0 | 2 | 30 |
| D | 2 | | |
| B | 2 | 1 | 2 |

Medical Educator, Continued

5. How confident are you creating an individualized learning plan?

| | Pre | Post |
|---|-----|------|
| A | 3 | 4 |
| C | 2 | 4 |
| D | 1 | |
| B | 2 | 1 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

6. How knowledgeable are you in creating a welcoming and safe learning climate?

| | Pre | Post |
|---|-----|------|
| A | 3 | 4 |
| C | 3 | 5 |
| D | 3 | |
| B | 4 | 3 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

Wellness & Burnout

1. How important is provider wellness or well-being to your continued development as a primary care provider?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 3 | 4 | 4 |
| C | 5 | 5 | 5 |
| D | 5 | | |
| B | 5 | 5 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

2. How often do you assess your wellbeing in the following ways:

| | Signs/Symptoms of Burnout | | | Work Satisfaction/ Engagement | | | Level of stress | | |
|---|---------------------------|------|----------|-------------------------------|------|----------|-----------------|------|----------|
| | Pre | Post | One Year | Pre | Post | One Year | Pre | Post | One Year |
| A | 2 | 4 | 4 | 2 | 4 | 4 | 3 | 4 | 4 |
| C | 5 | 5 | 4 | 5 | 5 | 4 | 5 | 5 | 5 |
| D | 3 | | | 5 | | | 5 | | |
| B | 2 | 3 | 3 | 2 | 3 | 3 | 2 | 2 | 3 |

| |
|-------------------|
| 1= Almost never |
| 2= Once in awhile |
| 3= Sometimes |
| 4= Often |
| 5= Almost always |

Wellness & Burnout, Continued

3. How satisfied are you with your current work-home boundaries?

| | Pre | Post | One Year |
|---|-----|------|----------|
| A | 2 | 4 | 4 |
| C | 1 | 4 | 4 |
| D | 1 | | |
| B | 2 | 2 | 2 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

4. How knowledgeable are you about resources to improve your personal wellness?

| | Pre | Post |
|---|-----|------|
| A | 2 | 4 |
| C | 3 | 5 |
| D | 3 | |
| B | 2 | 4 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

5. How knowledgeable are you about resources to improve the wellness of your organization (such as your clinical practice site)?

| | Pre | Post |
|---|-----|------|
| A | 2 | 4 |
| C | 1 | 4 |
| D | 2 | |
| B | 3 | 3 |

| |
|---------------|
| 1= Not at all |
| 2= Slightly |
| 3= Moderately |
| 4= Quite |
| 5= Extremely |

6. Do you currently have a personal wellness goal?

| | Pre | Post |
|---|-----|------|
| A | Y | Y |
| C | Y | Y |
| D | Y | |
| B | Y | Y |

One Year Follow-up Questions

1. Please describe an example of a QI project you have been involved with since exiting fellowship where you have used the tools/skills above.

C: Improving diabetes access

A: Working to improve our “care gaps” as a whole in our office.

B: Creating a new system wide end of life protocol.

2. What has been the most important takeaway, skill, tool, etc. learned during the fellowship that you currently use in practice/advocacy?

C: Assessing learners goals prior to lectures

A: Focusing on my own mental health and recognizing when I feel burnout

B: The QI tools. Creating presentations. MedEd tools