

# “Walk with your Doc”

*An actual journey with patients*

Markham Family Health Team

Melissa Loney, RN

*AFHTO Get Moving! Physical Activity for Better Quality Care Workshop*

March 7 2017

# The 411


- ❖ Markham FHT has 3 sites, all located in the community of southeast Markham
- ❖ Dr. Jeff Weissberger is 1 of 19 physicians at the FHT
- ❖ Markham FHT has 27,000 enrolled patients
- ❖ ~ 1600 patients are enrolled with Dr. Weissberger, ~ 500 emails sent



# What we tell our patients

- Eat a healthy diet
- Get 150 minutes of moderate intensity physical activity per week
- Maintain a BMI of 20-25
- Take all medications as prescribed
- Screen for cancer and chronic disease at appropriate intervals
- Immunize against vaccine-preventable illness





Dear patient,

I wanted to let you know about an initiative I'm going to try out for the next months. I call it 'Walk with your Doc'. I've been preaching to you for many years about the importance of physical activity, and would like to offer the opportunity to do this together. Every Wednesday, weather permitting, I plan to take a 30 minute walk through the Cornell community, starting at 1PM. I would like to invite you to join me!

I will be happy to discuss any general medical matter, but will not talk about any individual's specific health issues.

The walk will start from the front door of my building. I'll head north on Country Glen Road - feel free to catch up if you arrive after 1PM.

I've also just set up a Twitter account. Feel free to follow me @JeffWeissberger. I haven't posted any tweets yet, but I plan to tweet about medical matters that would be of interest to you, as well as sharing information about the Markham Family Health Team. I'll also post updates about the 'Walk with your Doc' on Twitter.

Wishing you health and happiness,

Dr. Jeff



# May 2015

- 30 minute walk around the community every Wed for 10 weeks
- Anywhere from 2 to 5 patients would come for the walk
- Dr. Weissberger posted info on Twitter, 50 patients following
- Staff were also invited to walk



# Feedback - Dr. Weissberger

*It was great for me personally as I was forced to get outside for a walk every Wednesday. Patients could see that I was trying to practice what I preach. I have been asked numerous times if I'm going to be doing it again.*

*I think this is an incredibly easy thing to replicate - all it takes is interest!*

*Would I do it again - yes - !*



# Feedback - Patients

- ❖ Many positive comments
- ❖ Some could not attend because of timing, but wished they could
- ❖ Healthy lifestyle message being reinforced in both a physical and social way

*"I work downtown but I'm going to make sure I get out and walk and I'll bring some co-workers"*



## Retweets and Likes!

Dr. David Kaplan

Dr. Mike Evans

Dr. Josh Tepper

Dr. Viren Naik

Physicians at Markham Stouffville Hospital

....and patients!



# Questions?

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Thank you!



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