

## Population-based Intervention Plan

### Instructions

Choose a single unresolved entry from your patient's problem list. If you found no active problems, you may choose one that has already been resolved (or, as a last resort, you can make one up). Your task is two-fold:

- Describe one primary preventive intervention your patient could have undertaken to decrease the risk of the condition's occurrence or delay its onset. Indicate when this intervention would have had maximum benefit and cite evidence to support its safety and effectiveness. This evidence could be in the form of a recently published (within five years) clinical trial, observational study, meta-analysis, systematic review or evidence-based clinical guideline.
- Propose a **realistic** population-based intervention plan (PIP) to decrease the incidence or severity of this same condition in a clearly defined target population that includes your patient. Try to include the primary preventive intervention you identified above in your plan, but this not a requirement.

Remember, unlike strictly clinical interventions, population-based interventions are designed to benefit as large a group of at-risk individuals as possible. And, ideally, they do not require direct patient interaction with the health care system.

For example, let's say one of your patients has developed type 2 diabetes. You decide to investigate the effect of exercise on the incidence of diabetes. Based on your research, you conclude that a habit of lifelong exercise – beginning in childhood – would have lowered your patient's risk of diabetes, and you back up this conclusion with evidence from the sources described above. Then, you propose a realistic population-based intervention plan to lower the incidence of type 2 diabetes in a well defined population that includes your patient. Ideally, exercise would be at the heart of this proposal. Note that the targeted population need not be the same as the benefiting population. It may be better, for example, to target younger age groups in order to have the greatest impact on your patient's older demographic.

Download the following one-page answer sheet from TUSK and **type** your responses (10-pt font or larger) in the spaces provided. Be sure to properly cite your reference(s). Please only submit the one page answer sheet (without the instructions.)

### Evaluation

The PIP is worth a total of 6 points. The following criteria will be used to evaluate your PIP:

- Did you choose an appropriate condition from your patient's problem list; is its occurrence or onset susceptible to the primary preventive intervention you chose?

Population Medicine (Richard Glickman-Simon), Tufts University School of Medicine, 2007

- Did you recommend initiating your preventive intervention at the most appropriate time? Do its potential benefits outweigh its potential risks?
- Does the evidence you cite support the safety and effectiveness of this intervention?
- Does your PIP minimize the need for physician or other clinical services?
- Is your target population clearly defined and is it large enough to benefit at risk individuals across multiple locations (i.e., not just the patient's current residential community)?
- Is your plan reasonable, avoiding complicated logistics and high costs that would make it wholly impractical?

**PIP Answer Sheet**

Name

---

***Which entry from your problem list have you chosen to focus on?***

***What primary preventive intervention would you have recommended to decrease the risk of this condition or delayed its onset? When should it have occurred? What evidence is there to support its safety and efficacy?***