

BACKGROUND

- The modern lifestyle consists of a fast-paced and demanding environment, whereupon the pursuit of a healthier living is an increasingly more difficult goal to achieve.
- Physical activity and overall well-being are a symbiotic relationship that is grounded in fact due to multitudes of empirical evidence spanned across various ages, groups, cultures, and lifestyles.
- Walk with a Doc is a program intended to help improve overall health utilizing physical activity.
- The project was initially started in 2005 by Dr. Sabgir out of Columbus, Ohio, where he invited his patients to go on a walk with him. To his surprise, over 100 people showed up and the project has become widespread with over 500 different chapters lead by doctors and medical students throughout the United States.

OBJECTIVES

- The purpose of this study is to provide weekly sessions for patients that include learning opportunities to promote healthier living, a chance to participate in patient-specific exercises, and opportunities to discuss questions with various healthcare providers.

METHODS

- Weekly sessions every Wednesday available to anyone within the Alton, IL area.
- Weekly sessions take place at the Alton Square Mall.
- The healthcare team includes physicians, medical residents, pharmacists, and student pharmacists.
- A Qualtrics survey is given prior to every session, where the patients name and identity will remain anonymous.
- BP readings, A1c checks, and calculating BMI are also encouraged to be taken prior to walking.
- The session includes walking 1 mile, but patient are encouraged to walk only what they are comfortable with doing.
- The session concludes with a 10-minute health-related discussion utilizing handouts.
- The primary outcome is to determine the quality of life utilizing the HRQOL questionnaire.
- The secondary outcomes are BMI, A1c, and BP.

HANDOUTS

- Health-related Informational Handouts put together by student pharmacists, medical residents and pharmacists.

Stress Management

Cardiovascular Disease

Dietary Supplements

Pain Management

CONCLUSION

- While carrying out the project some complications interfered with achieving data and results.
- There were many instances where no one showed up for the walk, which complicated the data needed to demonstrate the benefit from walking with healthcare professionals.
- Many attempts were made to boost patient presence for the project, but consistency was not present.
- New implementation of switching to once monthly vs once weekly.
- Affiliation attempts to partner with other established organizations to offer sessions to their members.

References

- Sabgir J,D;Dorn. “Walk with a Doc-a Call to Action for Physician-Led Walking Programs.” *Current Cardiology Reports*, U.S. National Library of Medicine
- 2018 Physical Activity Guidelines for Americans 2nd edition. U.S. Department of Health and Human Services.
- Nestleroad C, Rakers T, “Walk with a Doc” 2023
- WalkwithaDoc.org