

# Educational Tools Contribute to Success of Participants in Utilizing the Food Pharmacy to Minimize Chronic Disease Exacerbation

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## Abstract

### Background/Introduction

Food insecurity impacts the health of individuals and communities by increasing risks for obesity and chronic conditions such as hypertension and diabetes. Collaboration between a local food pharmacy and College of Nursing provides BSN students an opportunity to apply concepts of population health and health education during a Population Health focused course.

### Purpose

The purpose of the project was to develop and implement nutrition education related to the management of hypertension and diabetes for clients enrolled in a local Food Pharmacy program.

### Methods or Processes/Procedures

A group of BSN students were recruited and joined the existing DNP project groups developing evidence-based curricula for nutrition management of chronic conditions. BSN students provided feedback on the curricula and helped identify gaps in the educational videos that were already developed. The BSN students developed additional short videos to address these gaps and utilized easy language and images to increase accessibility. The videos were added to the video library, and informational flyers regarding access to the materials were provided to clients.

### Results

Clients, DNP students, and the community partner provided constructive feedback on the educational content as well as the utility and accessibility of the videos via a dedicated YouTube channel.

### Limitations

Some clients had difficulty accessing the materials via the dedicated QR code. Gathering specific and reliable feedback on the frequency of unique client views remains a challenge.

### Conclusions/Implications for Practice

Partnership with undergraduate and graduate nursing students and a local Food Pharmacy gave BSN students an opportunity to apply population health and health education concepts in a meaningful and sustainable way. Future student groups can continue and expand upon these efforts to reach more clients and provide more educational resources for the management of chronic conditions.

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## Biography

Sydney May is a recent graduate of the University of Florida's Accelerated Bachelor of Science in Nursing program. She is currently employed as a New Graduate Nurse Fellow at UF Health North in the Labor, Delivery, Recovery, and Postpartum unit. Prior to joining the nursing profession, she earned a Bachelor of Arts in Women's and Gender Studies from the College of Charleston in Charleston, South Carolina. Sydney is excited for the many opportunities to make an impact in the nursing field.

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