

Abstract:

Nature Rx: Exploring nature as medicine in Humboldt Park to develop a sustainable patient centered outcome program at an FQHC

Saad Siddiqui, MD

PGY 3 Resident, Northwestern McGaw Family Medicine at Humboldt Park

Purpose/Background

The Humboldt Park neighborhood is a vibrant, predominantly Latinx and Black community whose members have disproportionately poor health outcomes across many measures. Many strategies exist to improve community health with varying degrees of evidence. The Northwestern McGaw Family Medicine Residency Program at Humboldt Park and the Chicago Park District will explore strategies to use nature as medicine centered in and around the 197-acre Humboldt Park itself to identify and meet the needs of community members. This partnership will 1) explore the therapeutic potential of, and evidence for, nature as medicine, 2) convene community-based organizations, park officials, service providers and patients to identify existing park-based programs, unmet needs and potential collaborators 3) produce a proposal to develop a specific patient centered outcomes research (PCOR) pilot 4) and develop a framework for lasting community-based research partnership between family medicine residents and patients at the Erie Humboldt Park Clinic.

Methods

The research design involves community building between the residency program and the Chicago Parks department, a preparatory phase involving needs assessment soliciting FQHC staff and patients to define community needs, and an intervention phase using ParksRx to provide nature prescriptions. The setting is at Erie Family Health Center- Humboldt Park, which is an FQHC and teaching health center which houses the McGaw Northwestern Family medicine residents. Participants include staff, residents and patients. The intervention will be provider training to give nature prescriptions to patients, and the initial measures evaluated will be the effect of the nature prescription on patient behavior using the ParksRx data collection platform.

Results

In progress

Conclusions

Too early to draw conclusions as the intervention phase is pending.