# CHRONIC DISEASE PREVENTION & LIFESTYLE MANAGEMENT

## (GROUP MEDICAL VISITS) REFERRAL GUIDELINE

Maine Medical Partners - Falmouth Family Medicine · 5 Bucknam Rd, Falmouth, ME · (207) 781-1500

## **HIGH RISK**

SUGGESTED EMERGENT CONSULTATION

## **MODERATE RISK**

SUGGESTED CONSULTATION OR CO-MANAGEMENT

## **LOW RISK**

SUGGESTED ROUTINE CARE

#### **CLINICAL PRESENTATION**

Adults (18+) who are interested in a multiple week group medical visit program to help make healthy lifestyle changes

**AND** 

Have or are at risk of having a chronic medical disease, chronic pain, or mental health issues

## SUGGESTED MANAGEMENT

Referral to: REF8070

Nurse/health coach will contact patient from:

Integrated Medicine Division, Falmouth Family Medicine 5 Bucknam Road Falmouth, ME

### CLINICAL PEARLS

#### Services Provided:

- Virtual and live one-hour group medical visits over an initial four consecutive weeks, with an option for more, led by physicians and a lifestyle coach.
- Group medical visits, goal setting, coaching and support
- Remote patient monitoring and resource tablet provided

#### Other Resources:

COOKING MATTERS: Six-week virtual classes that

teaches adults about healthy meal preparation and shopping on a limited food budget.

- Patients self-refer by contacting Courtney Kennedy, Nutrition and Education Manager at Good Shepherd Food Bank at ckennedy@gsfb.org or (207) 782-3554 X1125
- \* Pediatric Chronic Disease and Lifestyle Management Guidelines will be forthcoming.

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These clinical practice guidelines describe generally recommended evidence-based interventions for the evaluation, diagnosis and treatment of specific diseases or conditions. The guidelines are: (i) not considered to be entirely inclusive or exclusive of all methods of reasonable care that can obtain or produce the same results, and are not a statement of the standard of medical care; (ii) based on information available at the time and may not reflect the most current evidenced-based literature available at subsequent times; and (iii) not intended to substitute for the independent professional judgment of the responsible clinician(s). No set of guidelines can address the individual variation among patients or their unique needs, nor the combination of resources available to a particular community, provider or healthcare professional. Deviations from clinical practice guidelines thus may be appropriate based upon the specific patient circumstances.

V1.0 9/22