ALTERNATE ROUTE
reimagining healthcare between doctors and their communities

BERRY COLLEGE and ASHLAND UNIVERSITY present a film by KIMBERLY FIELD-SPRINGER and STEVEN HAMES
AND DAVID MCCOY "ALTERNATE ROUTE" FILM TECHNICIAN JOHN SKRADA MUSIC COMPOSER LYDIA BROWN-BOYDSTON
Throughout history, generations of patients complied silently to doctors’ orders reifying the traditional patient-provider binary where the doctor was perceived as the “knower” of the patient. The biomedical model of health worked to sustain these efforts as medical knowledge became more pervasive, rendering patients’ bodies docile to the influence of institutionalized education, residential training, and technological advancements. The effect represses patient autonomy potentially lending itself to foreclosing substantial, transformative change. Change, however, is possible on both ends of the patient-provider relationship. Patients are capable of becoming empowered. Just as, doctors are capable of caring.

Caring for a patient nowadays is challenging. These challenges are exacerbated, in part, by a healthcare system that limits access, quality, costs, and resources to healthcare services. This is especially true for at-risk populations. Doctors are seeing more patients than ever before in a shorter amount of time. In spite of this, there are a number of doctors worldwide who use their Saturday mornings to walk and talk about health with community members. Walk participants and doctors are creating alternate routes for how we conceive of the patient-provider relationship. For them, these relationships are partnerships based upon the mutual exchange of information that take into account localized, health histories informing major medical decisions and the adoption of health behaviors.

Alternate Route is a documentary film that shadows members and the founder of the Walk with a Doc program. Walk with a Doc offers a space for community members to interact with healthcare providers and each other while engaging in meaningful discussions about screening and detection options, medical procedure choices, the management of diseases, prevention of illnesses, and preservation of wellness. In walking and talking with a doctor there is a relationship formed around care that is much richer than the traditional relationships doctors have within the confines of the current healthcare system. These experiences of walking and talking enliven the patient-provider relationship where participants begin to see and understand their health differently achieving what was once thought impossible.

The film shares the story of five members and the founder of the Walk with a Doc program. Participants discuss their health journeys about breast cancer, type II diabetes, training for a marathon, and the management of weight through exercise and social support. Following the film, you will come to understand why the program is meaningful to the doctor who started it and the participants who live it.
“81% of physicians describe themselves as either overextended or at full capacity…”

On average, physicians see 20 patients a day.
- The Physicians Foundation, 2014

Often due to time constraints, “Doctors typically begin to diagnose patients the moment they meet them.”
- Jerome Groopman, 2007, Author of How Doctors Think

“White coat hypertension, also referred to as white coat syndrome, is the occurrence of higher than normal blood pressure when taken in a doctor’s office rather than at home.
- European Journal of Internal Medicine, 2004

“Physical activity is known to reduce weight gain, which has additional health benefits including preventing early death, chronic diseases such as heart disease, stroke, type 2 diabetes, depression, and some types of cancer.”
- Journal of the National Cancer Institute, 2012

“Social relationships—both quantity and quality—affect mental health, health behavior, physical health, and mortality risk.”
- Journal of Health and Social Behavior, 2010

KIMBERLY FIELD-SPRINGER, PhD, PRODUCER

Based on my research, Alternate Route is a film dedicated to doctors, nurses, medical staff and their patients who work to dismantle health inequalities and reimagine meaningful patient-provider care relationships. My work has been published in Health Communication, Research on Aging, Health, Risk, & Society, and Health Marketing Quarterly.

STEVEN HAMES, PRODUCER

Prior to my work as an advisor to Viking Fusion, a student-produced media site at Berry College, I worked in local television for 15 years. My work has won six Telly Awards during my time as a producer and editor of documentaries, home and garden shows, commercials, and various live broadcasting events.

DAVID MCCOY, PhD, PRODUCER

My passion for producing documentaries is fueled by my commitment to education. My work, including award-winning documentaries and public affairs programs have been aired for Western Reserve Public Media/WNEO and WEAO PBS Channels 45 & 49. I am also a contributing author of the book, Sound and Look Professional on Television and the Internet.
Walk With a Doc was founded in 2005 by Dr. David Sabgir, a board-certified cardiologist who practices with Mount Carmel Clinical Cardiovascular Specialists at Mount Carmel St. Ann’s in Westerville, OH, a suburb of Columbus.

Walk with a Doc is a free, unique, physician-led program that incorporates several major components important for maintaining good health. Since the program’s inception in 2005, it has expanded to more than 250 sites within the U.S. and is hosted in nine countries worldwide. Recently, the walk has been recognized by the U.S. Surgeon General who uses the program as a pinnacle of success for the achievement of community-centered preventative health.

David, who upon finishing his internship, residency, and fellowship at The Ohio State University Medical Center, felt he could be doing more to create transformative change that would affect the lives of his patients and members of the community. He began to encourage patients to meet him Saturday mornings for a walk in the park. What started out as a simple request and selfless act of care turned into a world-renowned health campaign.

“I WALK... “to spend more time with my patients”
-Dr. David Sabgir
HOST A SCREENING

SET A LOCATION: Think about the size of audience and desired intimacy of the screening and discussion process, accessibility, and availability of equipment to show the film.

SET A DATE AND TIME: Consider what dates and times work the best for members of your community. Try to avoid conflicts such as national holidays or community wide events.

FILM LENGTH AND POST-SCREENING DISCUSSION: Alternate Route is classified as a short documentary that is 27.3 minutes long. Leave 30-45 minutes for discussion with audience members and/or guest speakers.

PROMOTION: Consider partnering with a healthcare/education provider or organization. Use email listservs and social media outlets (Facebook, Twitter, Instagram, LinkedIn) to publicize the screening event.

Send a press release to your local news outlets and display posters around community hangouts, such as: public library, local grocery store, city hall, local health organizations, gyms, and schools. Send reminders to partners, guests, and viewers.

DAY OF SCREENING: Make sure equipment is working properly. Provide signage and directions. Set up a registration table and invite viewers to sign in. Prepare an agenda that considers: introductions, schedule of events, and appreciation for those in attendance.

FOR MORE INFORMATION AND TO REQUEST A COPY OF THE FILM, PLEASE VISIT: https://www.facebook.com/AlternateRouteWWAD/
WARM UP QUESTIONS
1. What message from the film resonated with you the most? WHY?
2. What moment during the film inspired you?
3. In your opinion, what is the greatest problem with our healthcare system?

PATIENT-PROVIDER QUESTIONS
4. How would you describe an ideal patient-provider relationship?
5. How would you describe the pressures doctors face?
6. What other barriers do you see constraining patient-provider relationships?
7. What suggestions do you have for overcoming barriers to developing meaningful patient-provider relationships?
8. What does it mean to feel empowered as a patient?

PROGRAMMATIC QUESTIONS
9. What purpose does a program like Walk with a Doc serve in a community?
10. Explain what differences you understand between traditional office visits and participants’ experiences at the Walk with a Doc.
11. How does walking or other regular physical activity affect our health?
12. How does social support, walking and talking with others about common health experiences, affect our personal health decisions and behaviors?