



2020 LEAD Capstone Poster Session

Post-Stroke Teaching Kitchen: A Novel Strategy Using Group-Based Cooking Classes for Post-Stroke Rehabilitation

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Abstract

- Each year stroke affects almost 800,000 individuals
- Between 2000 and 2010, the relative rate of stroke deaths decreased by 35.8% in the United States
 - More than 2/3 of stroke survivors receive rehabilitation after hospitalization for stroke
 - More stroke survivors require new approaches for recovery and rehabilitation
- The goal of this project is to complement current best practices for post-stroke rehabilitation by using a teaching kitchen to offer education on basic cooking techniques in addition to enhancing nutrition, mindfulness, physical activity and behavioral health coaching



Objectives

- Provide hands-on training for stroke survivors making lifestyle changes
- Increase access to outpatient rehabilitation at UTSW for stroke survivors
- Develop framework for lifestyle rehabilitation strategies that can be applied to other diagnoses
- Demonstrate financial viability of shared medical appointments for rehabilitation



Background Information

- Stroke is currently the 4th leading cause of death in the United States
 - Decrease from 3rd leading cause attributed to combination of interventions and programs designed to reduce risks
- Consequently, more stroke survivors are in need of rehabilitation strategies to address post-stroke deficits
 - Lifestyle strategies are recommended for rehabilitation but not well incorporated to the current best-practices for stroke rehabilitation



Specific Aims

- Develop a group based culinary medicine program for stroke survivors
- Create a mobile teaching kitchen that can safely be used for adaptive cooking techniques
- Combine hands-on cooking with evidence-based strategies to implement meaningful lifestyle modifications following stroke
- Develop templates for in-person and virtual shared medical appointments



Project Plan

- Group based classes
 - Goal of 6-10 patients
- Six week program meeting once weekly
 - Each class will include a billable medical visit
 - Each class will include one educational topic related to lifestyle intervention following stroke (30 minutes)
 - Each class will include one hands-on meal (60 minutes)
- Program will run in addition to standard of care rehabilitation (PT, OT and/or SLP)



Application of What You Learned at LEAD

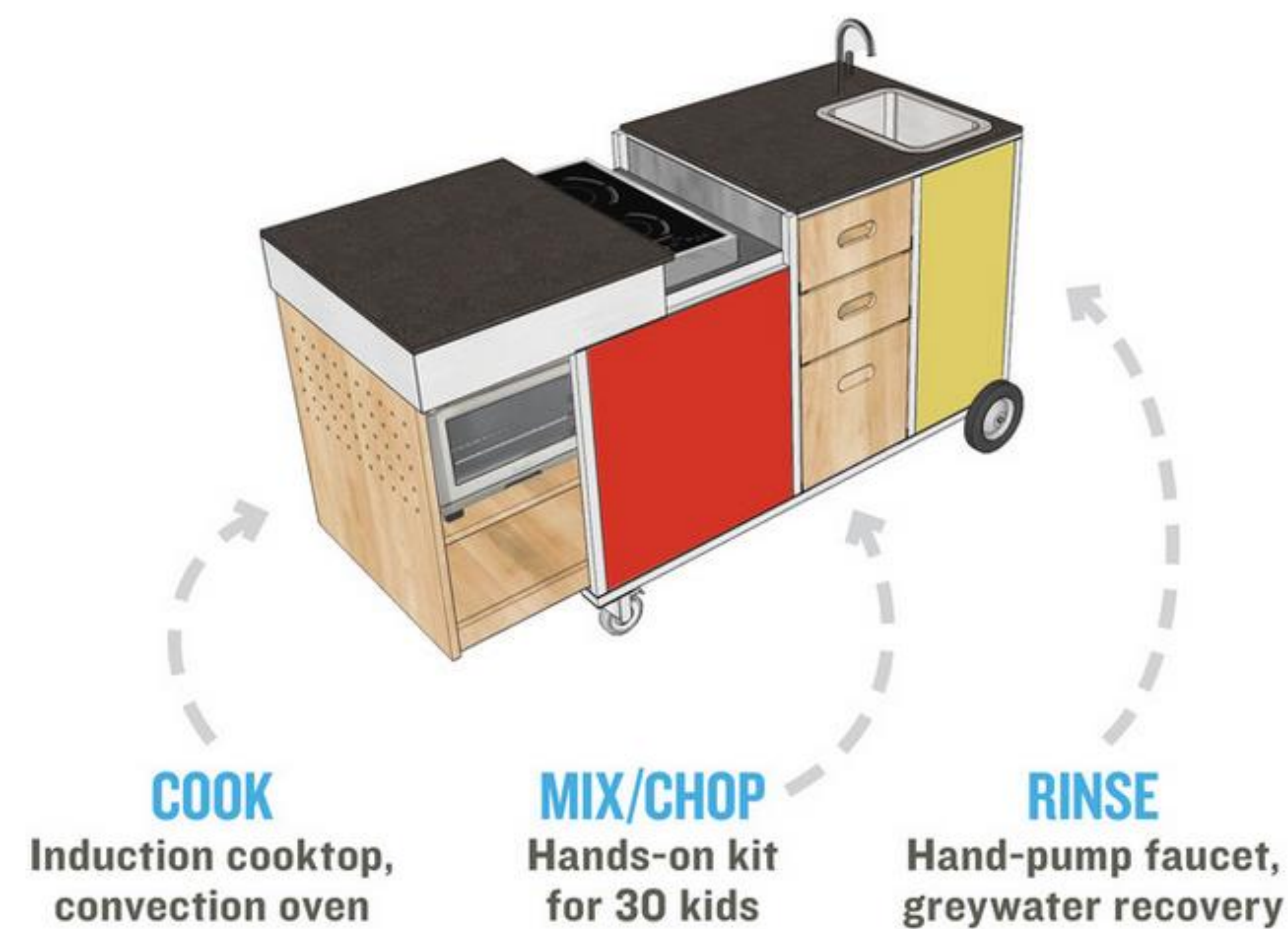
- **Team Development:**
 - Creating a multi-disciplinary team with a better understanding of my leadership strengths and weaknesses
 - Collaborating with UTSW and community partners
- **Innovation:**
 - Lifestyle medicine strategies have not been implemented in rehabilitation but are a mainstay of rehabilitation recommendations
- **Negotiation:**
 - Design and development of a working teaching kitchen
 - Seek volunteers from community (chefs, farmers market)



Proposed Budget

- **Mobile Teaching Kitchen**

- Mobile prep/cooking station: \$350 - \$10,000 (fully furnished)
- Induction cooktop: \$200 (optional)
- Cookware and utensils: \$250 - \$500
- Food for 6-week program: \$500



MOBILE CART: A PORTABLE & SELF-CONTAINED UNIT

DEFINING FEATURES:

- Cooking element
- Power strip and access to sufficient power
- Ventilation (not always necessary depending on space and local regulations)

BEST FOR:

- Mobility / versatility
- Teaching a single class session
- Demonstrating proof of concept at minimal cost
- Delivering a simple message
- Conducting demos (can be used in a pop-up context for hands-on)

INITIAL INVESTMENT:

\$500 - \$20,000 +

EXAMPLE:

Kaiser SFMC



Innovation and Significance

- Lifestyle Medicine is a growing field with wide acceptance in multiple disciplines
 - Primarily focused on preventative strategies and management of chronic disease
- Lifestyle Medicine incorporated into rehabilitation population has no published studies
 - Adaptive cooking allows patients to regain independence
 - Safe cooking can be the difference between independence and long-term placement
 - Cultural competence with cooking provides life satisfaction



References

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