From Fragmentation Though Integration To Health Promotion

John Bartlett MD MPH
Senior Advisor – Primary Care Initiative
Goals for the Presentation

- Review some of the current work in evidence-based approaches to integrated care

- Explore the challenges & opportunities associated with extending that work into additional areas

- Raise some of the challenges as health care reform moves to a more population and prevention/health promotion orientation
The Evidence Base for Integrated Care

- Over 27% 12 month prevalence for all behavioral disorders
  - 45-50 million individuals with depression
  - 15-20 million with substance abuse
  - 60 million with anxiety disorder

- 50% of treated depressive episodes are treated ONLY in the primary care sector

- Only 30% of those treated in primary care show significant improvement

- Integrated approaches can roughly double those results
Evidence-based Interventions

- “Measured care”
- Readily accessible behavioral health clinical support
- Access to specialty support and referrals
- “Stepped care”
- Care management function
The Carter Center Primary Care Initiative

- Goal – to identify and act upon policy levers to scale up evidence-based approaches to integrated care

- Process
  - Formation of Steering Group
  - Brainstorming
  - Prioritization
  - Task-specific work groups

- Current projects
  - DTC educational/empowerment campaign
  - Medical Home summit
The Patient-Centered Medical Home

- Endorsed in 2007 by 4 major primary care specialty organizations
- Core concept – team-based care that provides both care management and support for self-care
- No specific references to behavioral health care or prevention/health promotion
- The Carter Center Medical Home Summit – June 2009
  - Goals
    - To facilitate discussion among representatives of the three fields
    - To identify challenges and opportunities to build patient-centered health home
Integrative Care – An Emerging Concept

- Integrative care takes the broadest view of the health of the individual
- Incorporates the best of evidence-based diagnostic and therapeutic interventions
- Also seeks to apply the latest advances in predictive, preventive, and personalized health care
- “Healing is always possible, even when curing is not” – Tracey Gaudet, M.D., Director, Duke Integrative Medicine
The Opportunities & Challenges for Behavioral Health Care

- **Opportunities**
  - Long-standing focus on recovery and “a life in the community for all”
  - Training in behavioral and social sciences
  - Extensive experience in the public sector with issues of support systems

- **Challenges**
  - A disease focus
  - Growing influence of prevention & occupational medicine in the field of health promotion
Integrating Care: Examples and Possibilities

Michael Boyle
Fayette Companies
The Power of Words:
Co-location
Or
Integration
Two Experiences
Proportion of Patients Screened for Disease

- Hypertension
- Cholesterol
- Diabetes

Percentage

IMPC | Non-IMPC
---|---
Hypertension | 80
Cholesterol | 60
Diabetes | 20
Average ED visits per patient

- All Visits: 0.8
- Medical Visit: 0.6
- Psychiatry Visit: 0.2

Non-IMPC: 0.8
IMPC: 0.6
The business case for FQHCs integrating with CMHCs: Persons with SMI have desirable insurance coverage
Next steps: Integrated crisis center and linkage to primary care and BH
What could we teach to primary care to improve their services?

• Motivational Interviewing
• Cognitive Behavioral Techniques
• Contingency Management / Use of Motivational Incentives
• Community Based Services Approaches
Technology may be more than an electronic medical record
CHESS

Center for Health Enhancement Systems Studies
Self Determination Theory:

Increasing competence, relatedness and autonomy results in improved quality of life
Proximal Outcomes:

- Social Connectiveness
- Increased skills
- Clarification of goals and values
- Hope

These lead to increased competence, relatedness and autonomy
Autonomy and competence are necessary for self-management.

Relatedness to healthcare professionals is necessary for efficient use of the healthcare system.
Chess lung cancer study:  
An unexpected finding

% of Patients that Died by Month X  
(death carried through) N Varies  4/14/07

Month

Internet Only  4/14/07
CHESS + CR  4/14/07
MCHESS/ACHESS

Asthma Basics

Are you having asthma trouble today? YES!
CHESS could be used as a foundation for integrating the address of health and wellness. The potential is unlimited.