

Successful Models of Health Care for Adults with Chronic Conditions

Chad Boult, MD, MPH, MBA
Professor

Johns Hopkins Bloomberg School of
Public Health

April 3, 2009

Next few minutes

Describe what works and could be diffused throughout the U.S. health care system

Suggest some policy options for promoting the adoption of effective, diffusable models

What works?

Literature review to identify successful models

Expert panel rated models' diffusability

“Successful Models of Comprehensive Health Care for Multi-Morbid Older Persons”
(in “Re-Tooling for an Aging America”)

Diffusability Factors

Effectiveness

Consistency with prevailing culture

Simplicity

Observability

Trialability

Results

Successful, diffusable models

Interdisciplinary primary care

Adjuncts to primary care

Transitional care

Dyadic institutional long-term care

Successful Diffusable Models

Model	Improves health care quality or outcomes	Improves health care efficiency	Diffusability score (6-30)
APN-physician team (for dementia pts)	1 cluster RCT	None	19
IDT (for CHF)	1 meta-analysis 2 reviews	1 meta-analysis 2 reviews	25
Guided Care (for multi-morbid pts)	1 cluster RCT 1 controlled trial	1 cluster RCT 1 controlled trial	23
Care mgmt (for CHF)	3 RCTs	3 RCTs	21
Pharmaceutical care	4 RCTs	2 RCTs	19
Self-management training	1 meta-analysis 9 RCTs	4 RCTs	24
Proactive rehabilitation	4 RCTs	2 RCTs	19
Caregiver support/education	1 meta-analyses 1 RCT	2 meta-analyses 2 RCTs	19

Successful Diffusable Models

Model	Improves health care quality or outcomes	Improves health care efficiency	Diffusability score (6-30)
Transitional care	1 meta-analysis 1 RCT	1 meta-analysis 2 RCTs	20
APN-physician dyads (for NH residents)	3 quasi-experimental studies	3 quasi-experimental studies	21

Policy Options

Fee-for-service Medicare:

- Care mgmt and performance payments to “medical homes” (risk-adjusted monthly fees)

- Payments to pharmacists, nurses and rehab therapists who supplement primary care

- Payments to organizations that provide nurse-based transitional care

Administration on Aging – fund AAAs to provide:

- Self-management courses

- Caregiver education/support

Which Policy Options Could Transform Chronic Care in America?

- Tinkering with Medicare won't do it
- Bold new payment policies are needed to
 - Support effective models
 - Diffuse those models
 - Improve the quality, outcomes and efficiency of health care for older Americans