PCMH and THL Webinar
Beyond Coordination: How Integrated Care is the Future of Personalized Medicine

United Healthcare

02/15/2023

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Agenda

- Introduction
- Beyond Coordination: How Integrated Care is the Future of Personalized Medicine
- Q & A
- Conclusion

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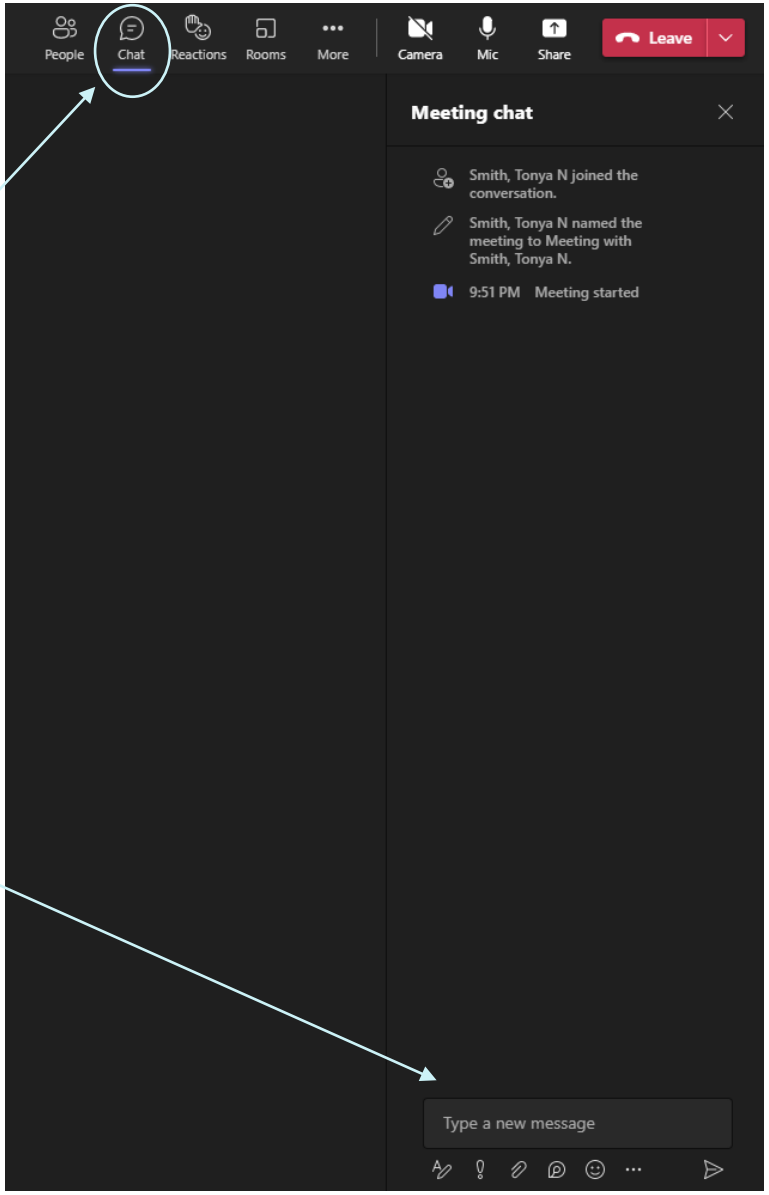

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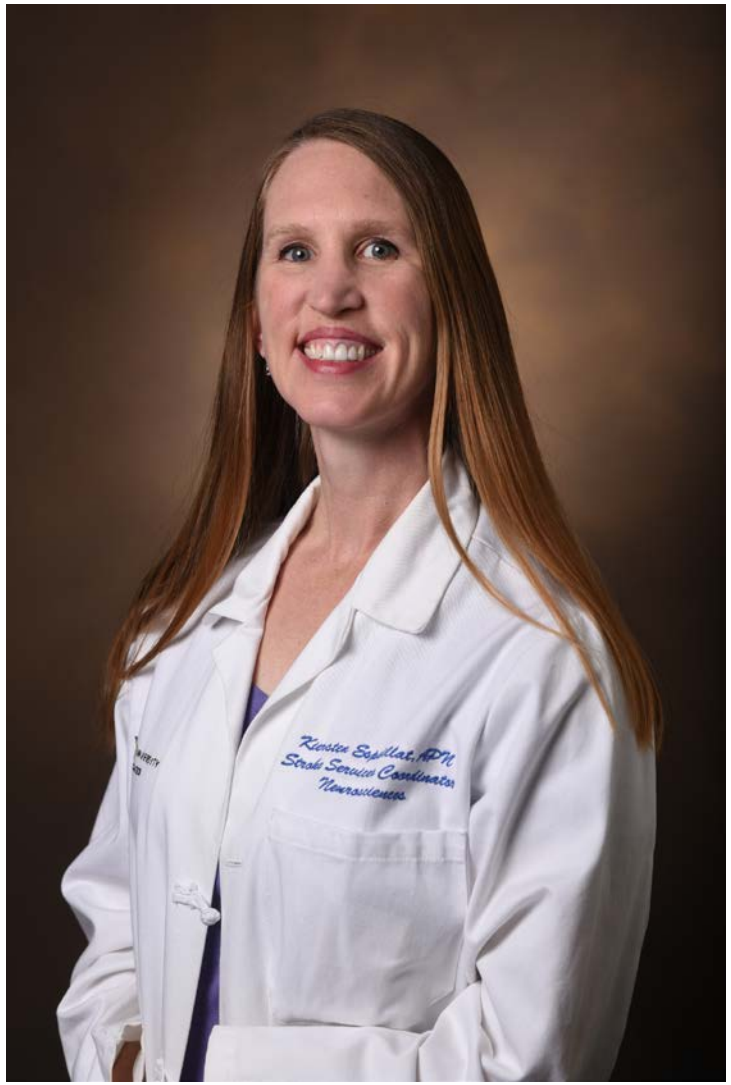
INTRODUCING OUR TOPIC AND OUR SPEAKER



Kiersten Brown Espaillat, DNP, APRN, FAHA, is currently an Advanced Practice Registered Nurse at Vanderbilt University Medical Center. She earned her DNMP in 2013, from the University of Tennessee Health Science Center.

Dr. Espaillat participates in several professional organizations and committees, including the American Heart Association Greater Southeast Affiliate Board. She was received recognition for her work on stroke legislation in the state of Tennessee by the American Heart Association. In 2019, she received VUMC's Jerita Payne Advanced Practice Nurse of the Year Award.

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Beyond Coordination

How Integrated Care IS the Future of Personalized Medicine

Disclosures

- No financial disclosures

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Objectives

- Participants will be able to verbalize the difference between coordinated and integrated care
- Participants will be able to list two ways of modifying their current practice to become more integrated and personalized

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Joe

48 year old male

Single

Urban environment

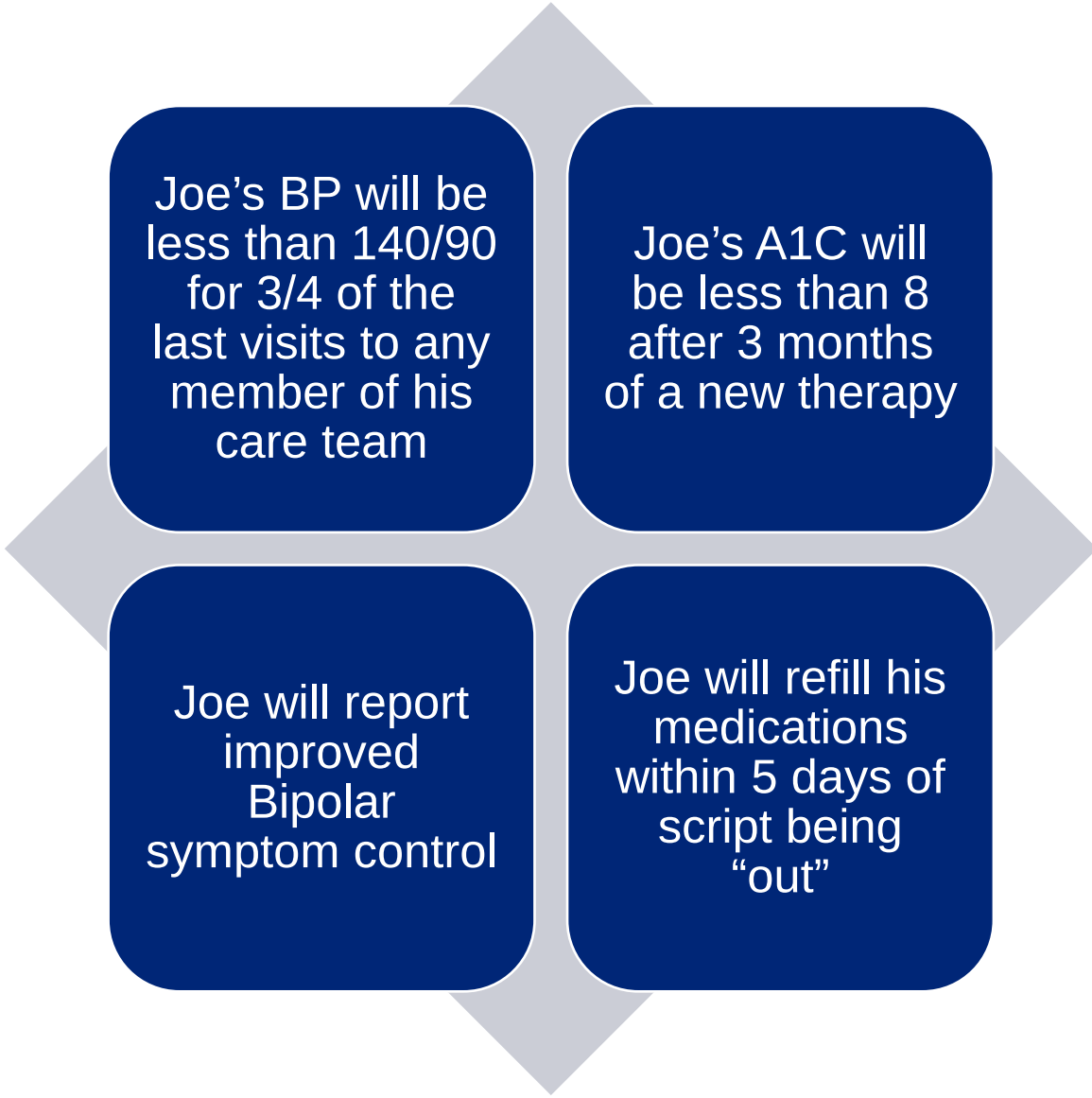
Food desert

Hypertension

Type 2 diabetes

Bipolar Disorder

Joe's Team Goals

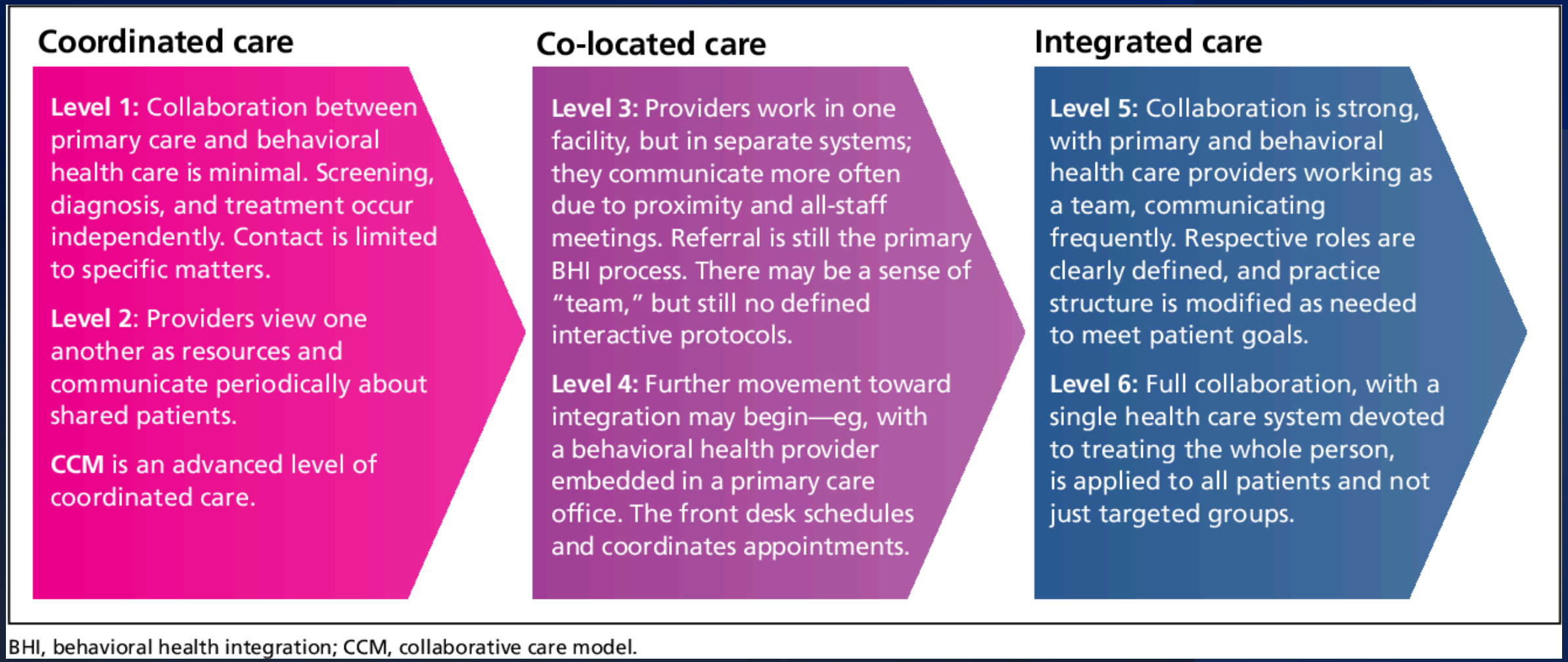


Definitions

Coordination

Integrated

Personalized



BHI, behavioral health integration; CCM, collaborative care model.

Coordination

- Professions working closely together in the delivery of care

Boon HS, Mior SA, Barnsley J, Ashbury FD, Haig R. The difference between integration and collaboration in patient care: results from key informant interviews working in multiprofessional health care teams. J Manipulative Physiol Ther. 2009 Nov-Dec;32(9):715-22. doi: 10.1016/j.jmpt.2009.10.005. PMID: 20004798.

Coordinated Care for Joe

- Joe has BP reading of 175/95 at mental health visit
- Mental Health provider sends message to PCMH re: BP
- Joe leaves appointment with no changes to BP medication
- Communication between providers happened….

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Integrated

- “The management and delivery of health services so that clients receive a continuum of preventive and curative services, according to their needs over time and across different levels of the health system”.

  - World Health Organization

Integrated Joe

- Joe has BP reading of 175/95 at mental health visit.
- Joe’s integrated team has an established goal of 140/90 and is utilizing an algorithm-based approach to managing
- Joe’s mental health provider reviews previous notes and adjusts BP medication based on where Joe is in the algorithm
- Joe’s PCMH provider is notified of the modification
- Follow up visit with PCMH provider is scheduled before Joe leaves

Personalized

- Treatment plan designed around the individual incorporating their environment, lifestyle, and goals
- May be considered different than precision medicine that incorporates a person's genome into the treatment plan

Personalized (and fully integrated) Joe

- Joe knows his BP goals, he knows the next medication shift
- Medication management and acquisition fits into Joe’s environment
- Communication is ongoing, two-way, limited delays
- Exercise routine for urban environments
- Dietary coaching based on Joe’s food desert

Moving Toward the Future

- Single framework plan with clearly defined Goals
- Shared knowledge of the patient progress in the Goals
- Documented current and next steps
- Continuous communication of goals
- Utilization of technology to push critical information

Question and Answer Session

Resources

References

- Boon HS, Mior SA, Barnsley J, Ashbury FD, Haig R. The difference between integration and collaboration in patient care: results from key informant interviews working in multiprofessional health care teams. J Manipulative Physiol Ther. 2009 Nov-Dec;32(9):715-22. doi: 10.1016/j.jmpt.2009.10.005. PMID: 20004798.
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