

Care for the Vulnerable: Evolution of an Extensivist Practice plus COVID Vaccines and HMP

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Extensivist Clinic

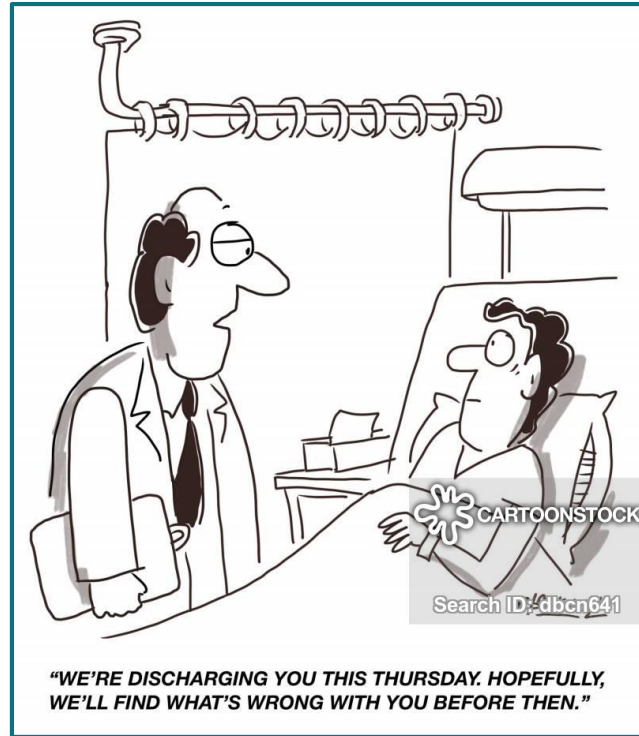


- Established in 2013
 - Part of Cornerstone Health transition to value
 - Care for unstable poly-chronic patients
 - Initial goal was to stabilize patients and enable them to transition back to PCP or one of several clinics established for stable polychronic patients
 - 2014 \$1.4M reduction in TCOC

Extensivist Clinic



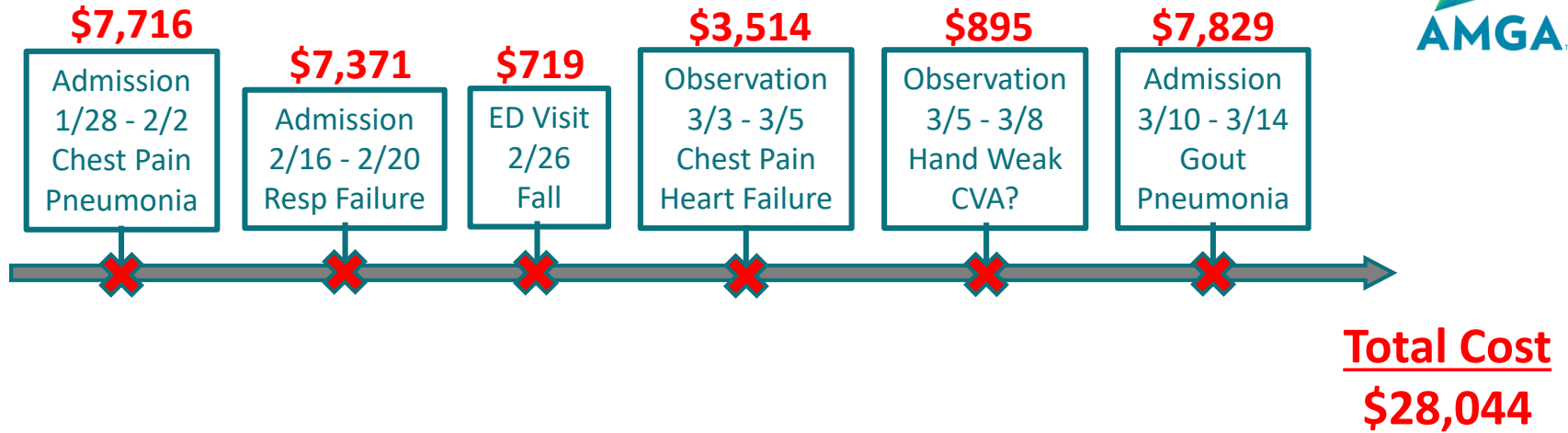
- Panel never evolved to more than 125-150 patients
- Patients never transitioned back to PCP
- Great for these patients with significant improvement, essentially in end of life care
- Not able to touch our much larger population with needs



Case Study

Mrs. EW is a 67 year old AA female with PMX of:

- Morbid obesity with hypoventilation syndrome
- Chronic Respiratory Failure on O2
- Asthma and Restrictive lung disease
- Recurrent gouty arthritis
- Sjogren's syndrome
- Rheumatoid arthritis
- CKD Stage III
- Hypertension
- Stress Cardiomyopathy
- Hepatitis C (treated)
- Scoliosis, DJD, Neuropathy



How do we stop this?

Secret Sauce



- Care coordination
- LCSW
- Targeted patient education
- Pharmacists
 - Med Rec
 - Med adherence
 - \$ assistance

Solving Common Clinical Problems During Transition: Patient Education

- Care Protocols including “Zone Tools” are used emphasizing rescue plans for CHF, COPD, etc.
- EMMI patient education videos viewed during office visit for disease understanding and ways to improve health

Rescue Plan

Double furosemide dose for up to 3 days and contact office as soon as possible.



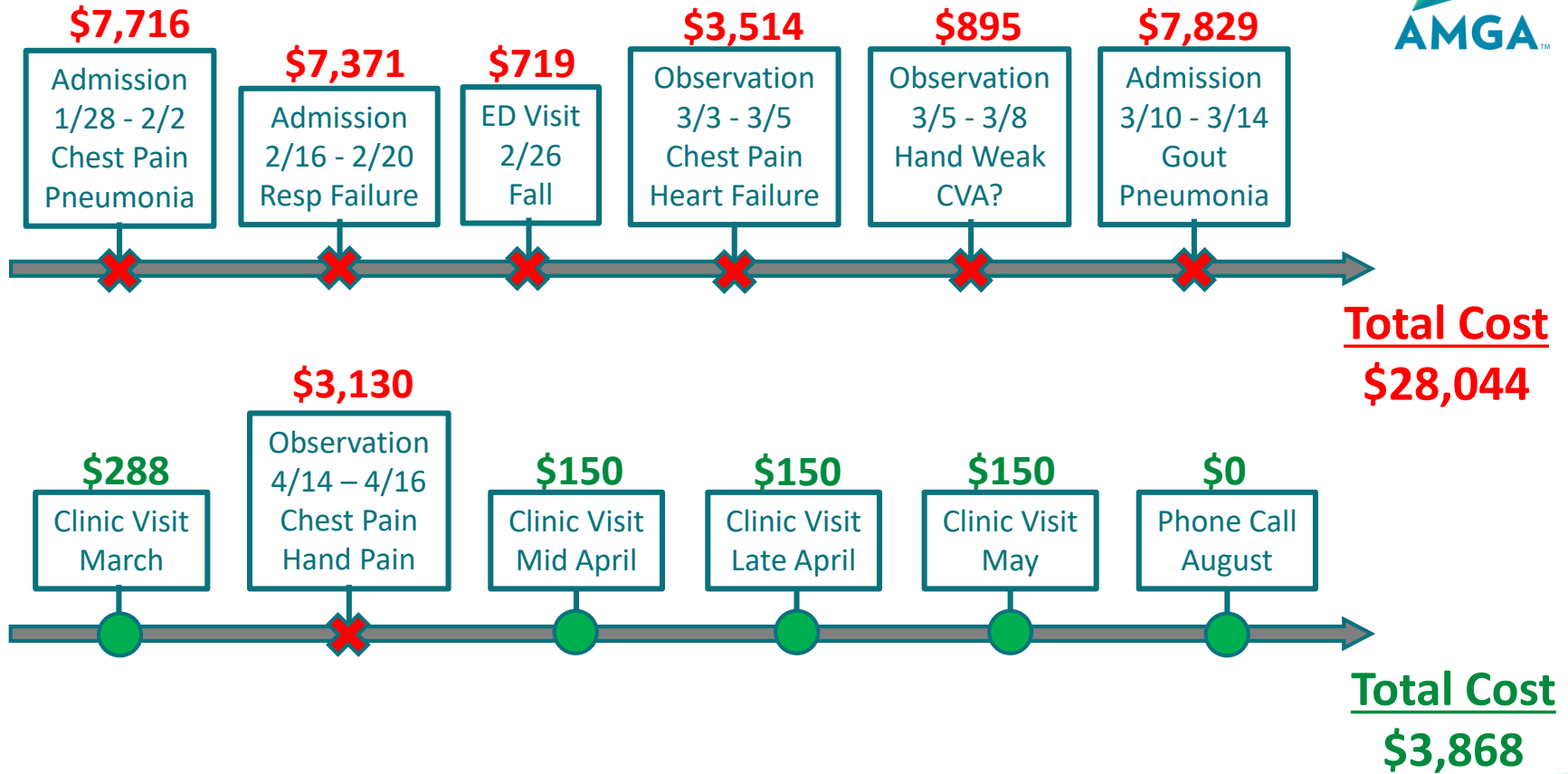
HEALTHY TRANSITIONS AT COMPLEX CARE CLINIC LIVE BETTER WITH HEART FAILURE

Everyday	<ol style="list-style-type: none"> 1. WEIGH YOURSELF DAILY - In the morning before breakfast, write it down. 2. KNOW HOW YOU FEEL - Ask yourself, “What zone am I in?” 3. KNOW YOUR MEDICINES - Take your medicines the right way. 4. EAT LOW SALT FOODS - Limit salt or sodium to 2000 mg daily. 5. GET MOVING! - Be as active as you can every day.
Fluid Goal	
_____ ml per day	

WHAT ZONE ARE YOU IN TODAY? **GREEN**, **YELLOW**, or **RED**?

Green Zone This is your goal	<ul style="list-style-type: none"> • No shortness of breath or trouble breathing worse than normal. • No weight gain more than 3 pounds in one day or 5 pounds in a week. • No swelling in your feet, ankles, stomach or hands worse than normal. • No chest discomfort, heaviness or pain.
Yellow Zone Call the clinic TODAY to get help!	<ul style="list-style-type: none"> • Weight gain of 3 pounds in 1 day or 5 pounds in 1 week. • More swelling of your feet, ankles, stomach or hands. • It is harder for you to breathe when lying down. You need to sit up. • Chest discomfort, heaviness or pain. • You feel more tired or have less energy than normal. • Dry hacky cough. • You feel uneasy and you know something is not right. • New or worsening dizziness. (symptom of dehydration)
Main Number 336-802-2489	Additional Instructions <hr/> <hr/>
Case Manager 336-702-1057	
Red Zone Emergency Call 911	<ul style="list-style-type: none"> • Struggling to breathe. This does not go away when you sit up. • Stronger and more regular amounts of chest discomfort. • New confusion or can't think clearly. • Fainting or near fainting.

If you smoke or use tobacco products, the best thing you can do for your heart and lungs is to quit. For help with quitting, call 1-800-QUIT-NOW



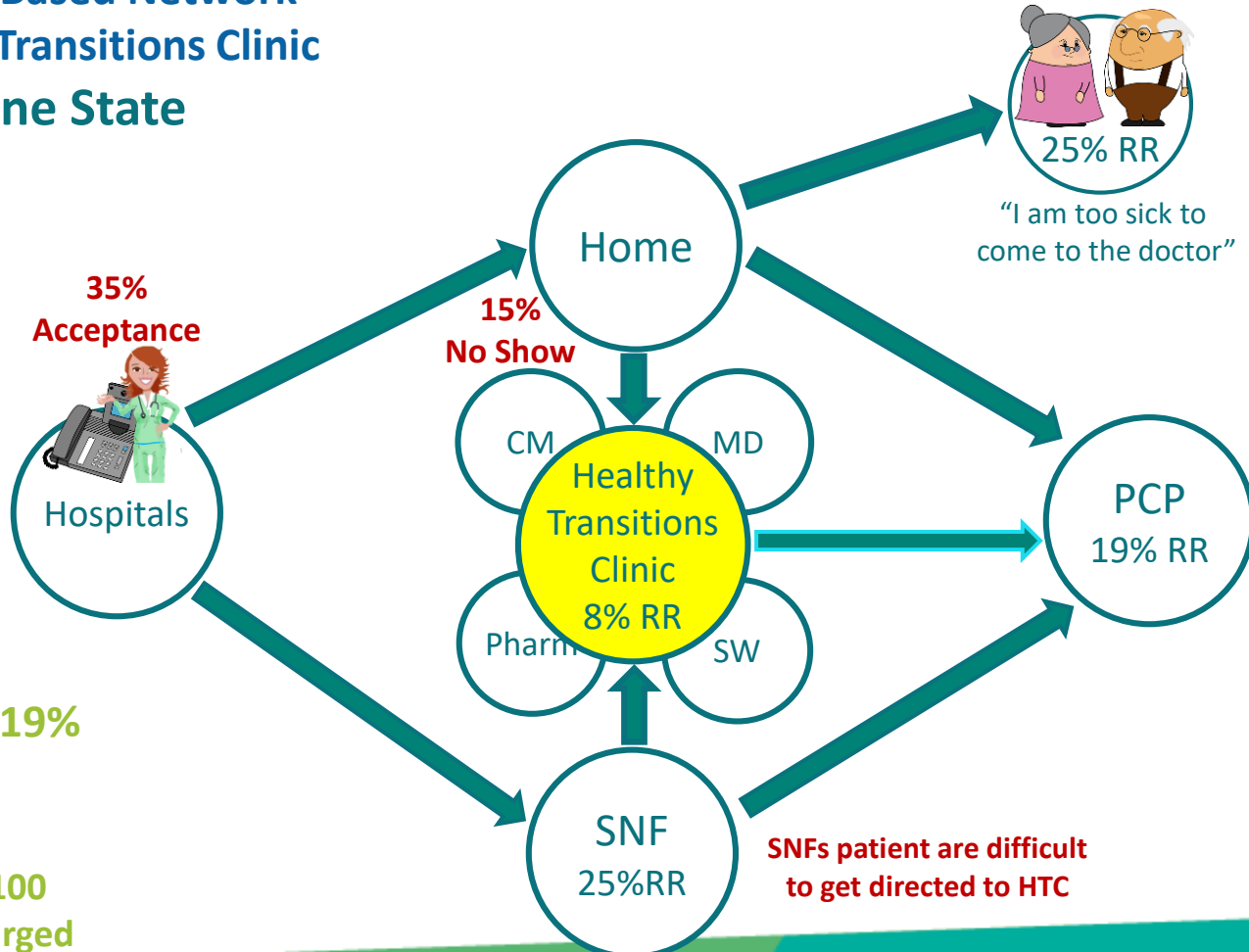
Case Study



What interventions proved successful?

- Pharm D assisted with mail order meds, medication financial assistance, and medication education
- Reduced uric acid level from 11 -> 6 eliminating gout flairs
- Discontinued sedating medications including baclofen and flexeril
- Cymbalta added for chronic pain and depression
- Sleep study showed nocturnal oxygen desaturation and added O2 at night
- Patient began exercising at local fitness center

CHES Value Based Network With Healthy Transitions Clinic Baseline State



50% do not follow up with any PCP
(includes readmits and no shows prior to PCP appointment)

Readmission Reduction

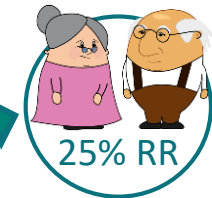
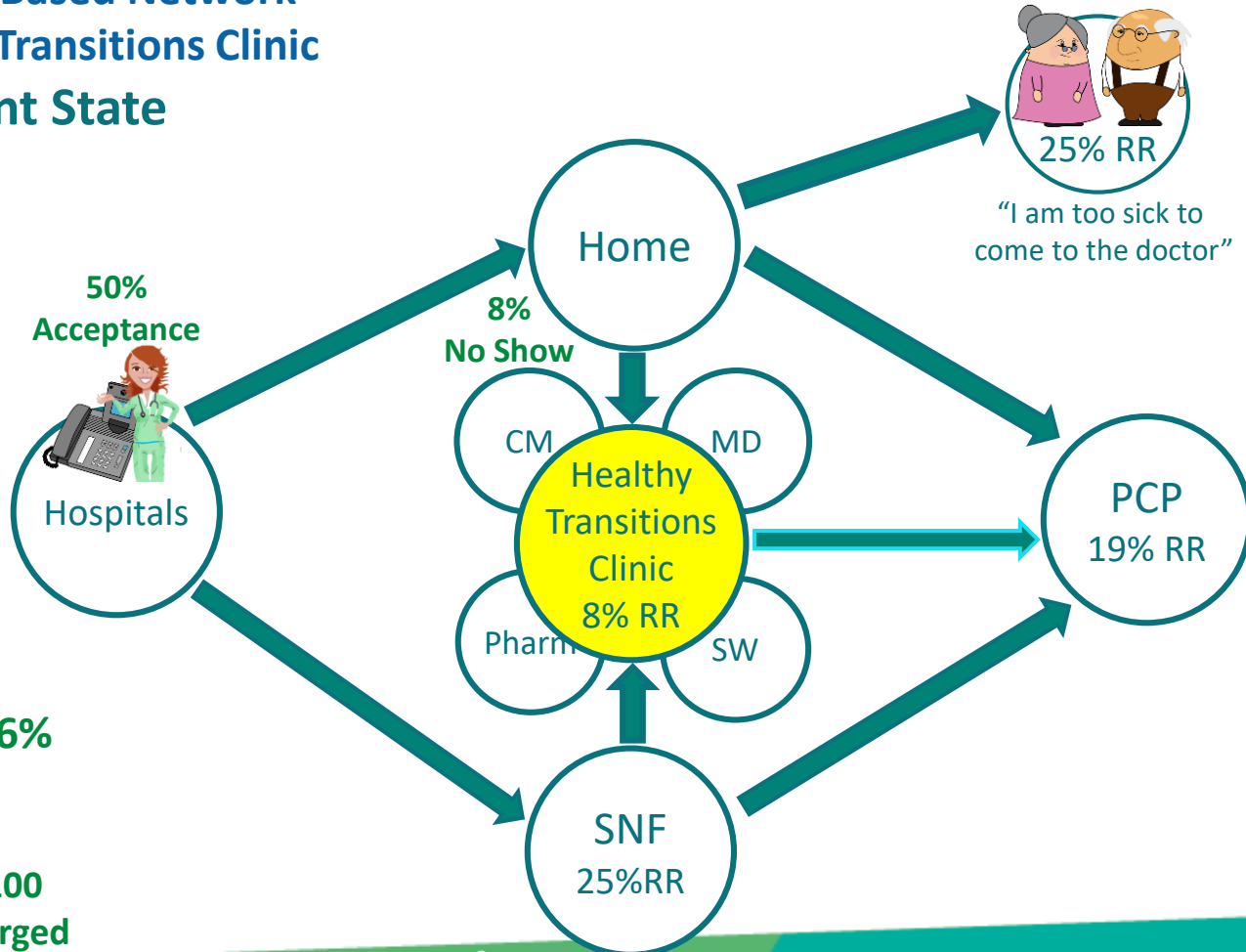
20% → 19%

Readmission Cost Savings

\$12,500 per 100 patients discharged

SNFs patient are difficult to get directed to HTC

CHES Value Based Network With Healthy Transitions Clinic Current State



"I am too sick to come to the doctor"

35% do not follow up with any PCP
(includes readmits and no shows prior to PCP appointment)

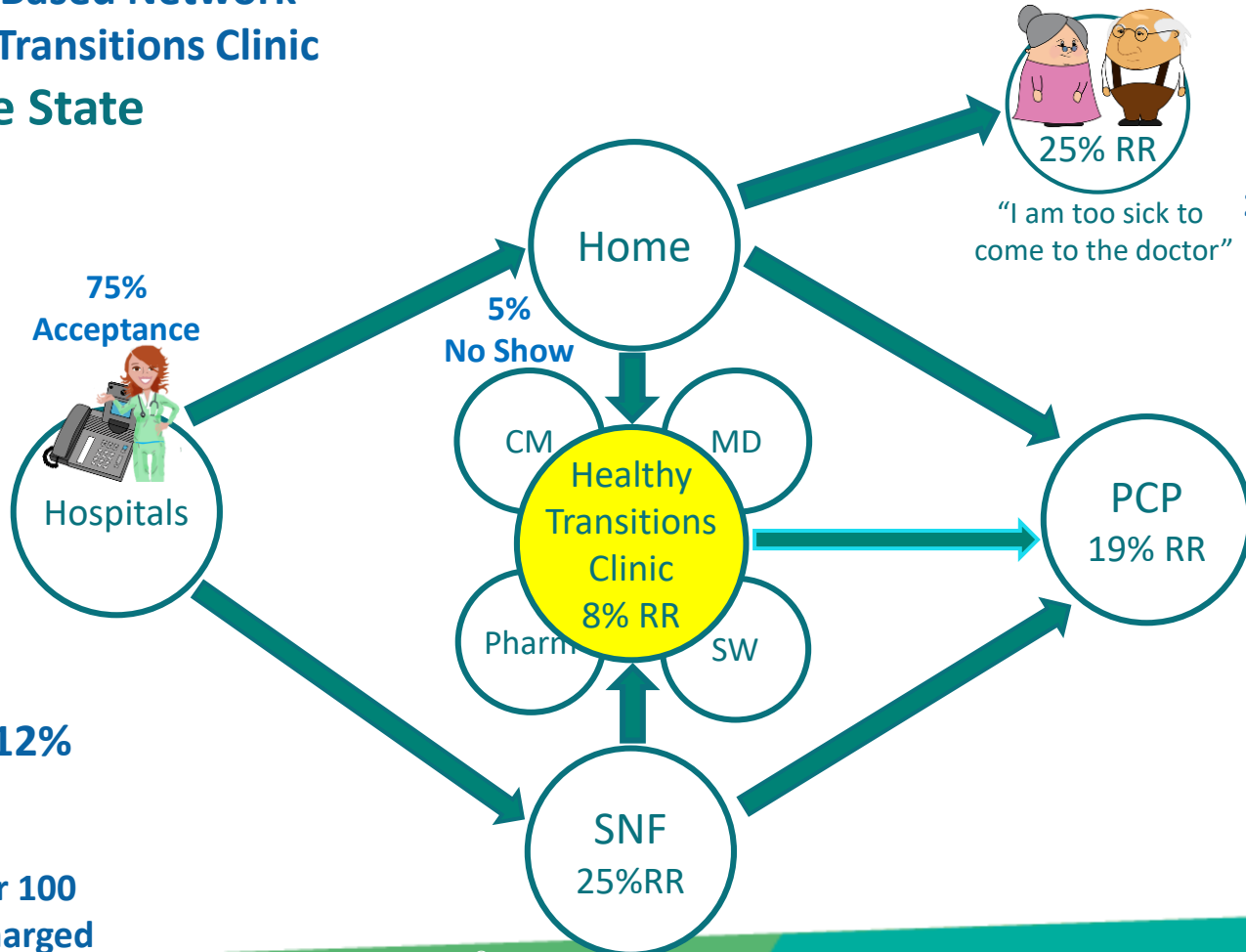
Readmission Reduction

20% → **16%**

Readmission Cost Savings

\$50,000 per 100 patients discharged

CHES Value Based Network With Healthy Transitions Clinic Future State

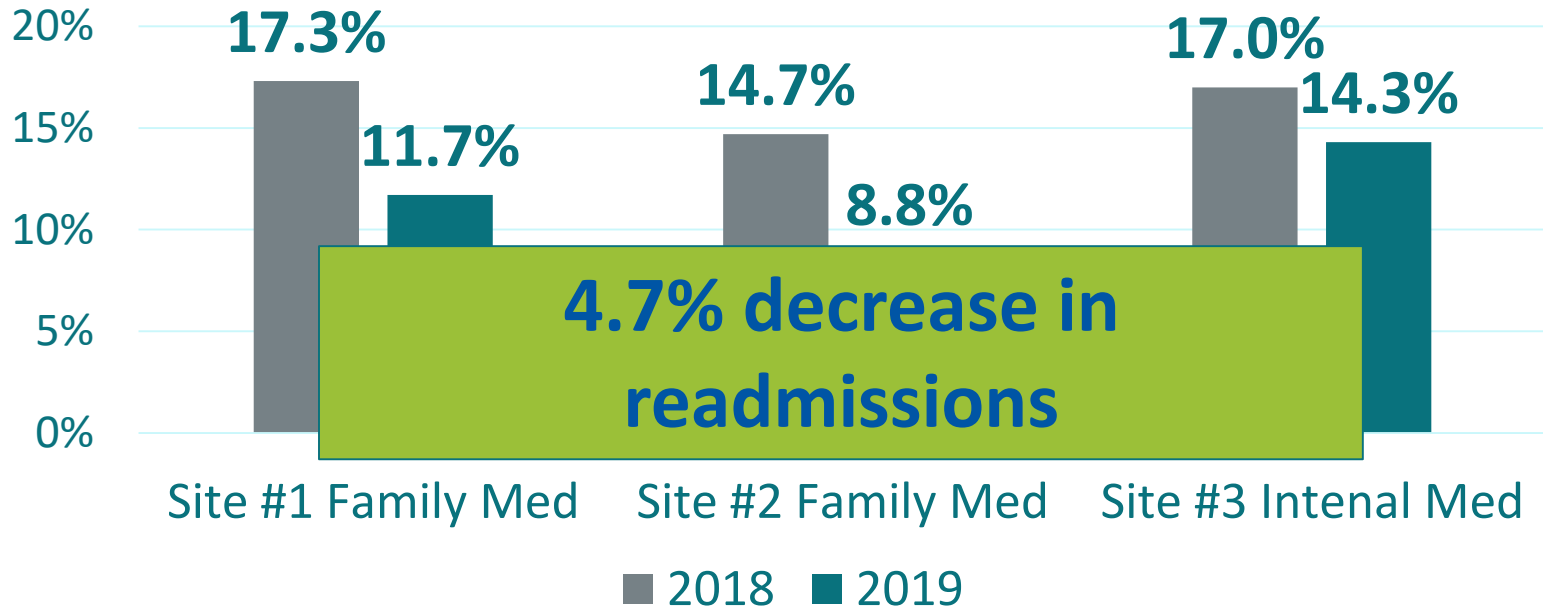


20% do not follow up with any PCP
(includes readmits and no shows prior to PCP appointment)

Readmission Reduction
20% → **12%**

Readmission Cost Savings
\$100,000 per 100 patients discharged

30 Day Readmission Rate Before and After Partnership



Overall Financial Impact



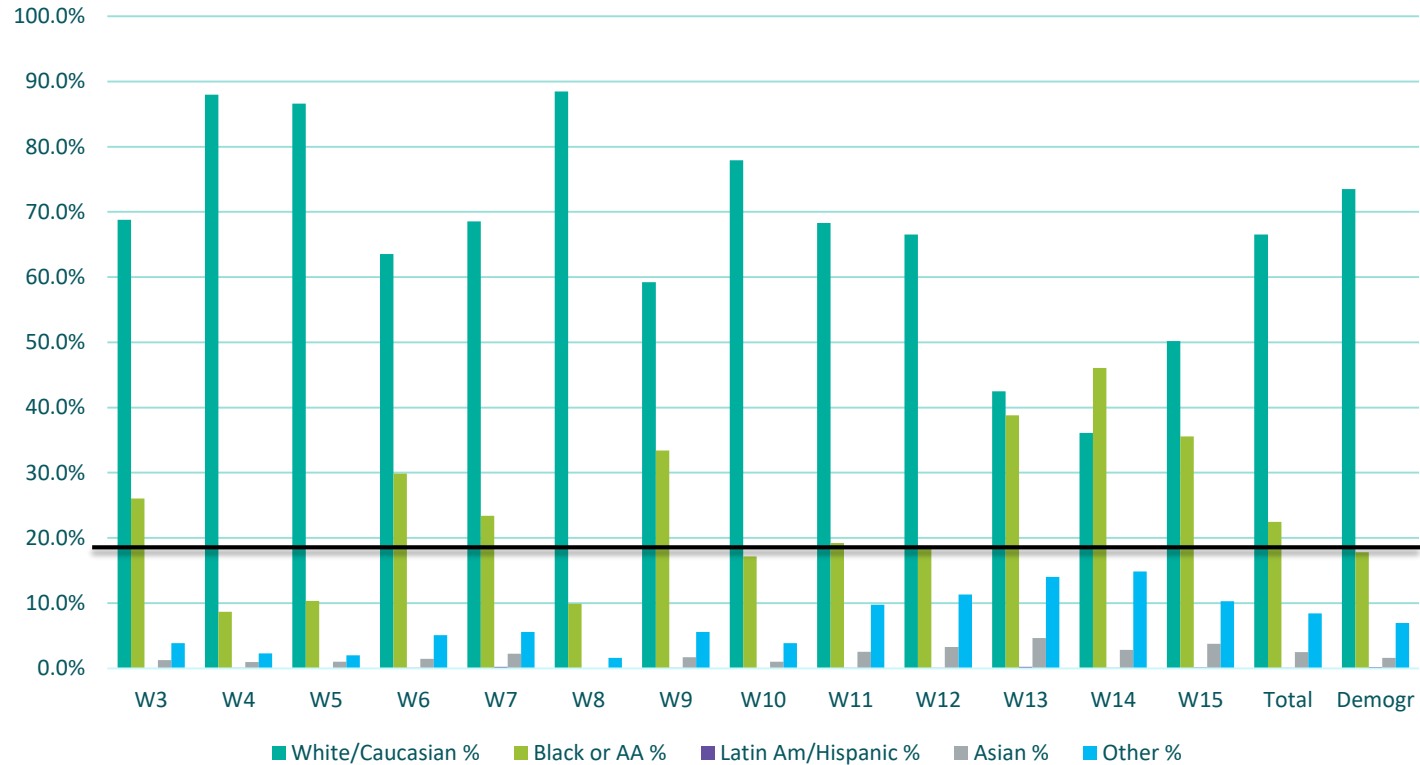
- Readmission/Admission Reduction
 - Quality Measures
 - Improved HCC Coding
 - Office Billing Revenue
 - Clinic Operating Cost
 - Overall impact
- \$1,400,000 per ~700 patients
 - ??
 - \$2,100,000 per ~700 patients
 - \$0
 - \$600,000 to \$800,000
 - \$2,800,000 saved and generated per ~700 patient admissions



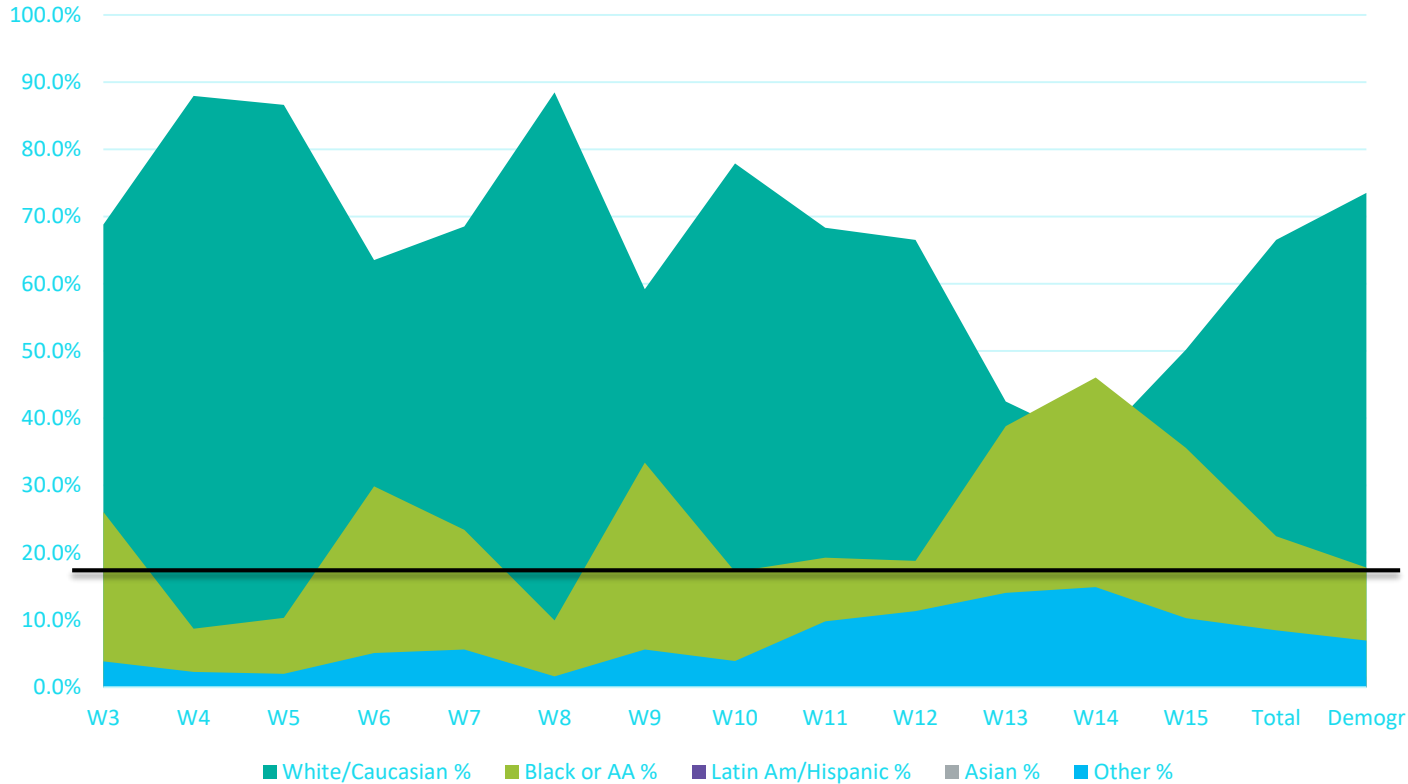
AMGA Foundation

COVID Vaccines and HMP

Vaccine Demographics by Week



Vaccine Demographics by Week



Current Work



- HMP disparities in HbA1c and BP control
 - Analyzing data pre-COVID and 2020
 - Will use this along with geographic data to identify opportunities and partner with community to address
- LatinX utilization concerning