

Evidence-Based Practice and Patient-Centered Care

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What does
evidence-
based
practice
mean to
you?



Are you an
evidence-
based
practitioner?





ACA
Evidence-
Based
Practice
article

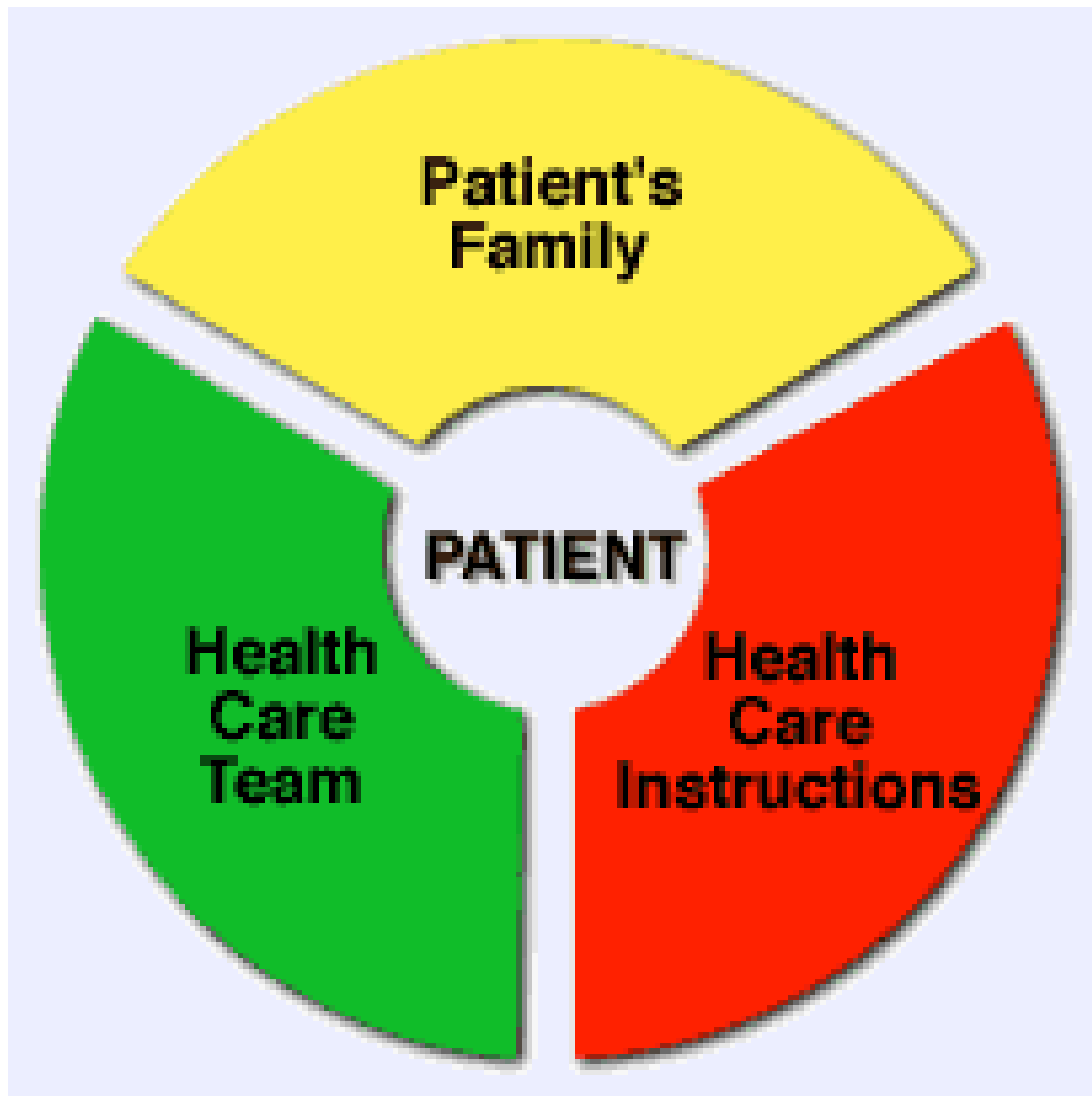


Discussion



What is patient-centered care?





Patient centered care requires medical doctors and chiropractors to work side-by-side.



My Message

- Integration of evidence-based chiropractic services into the health care system enhances patient safety and quality of care.



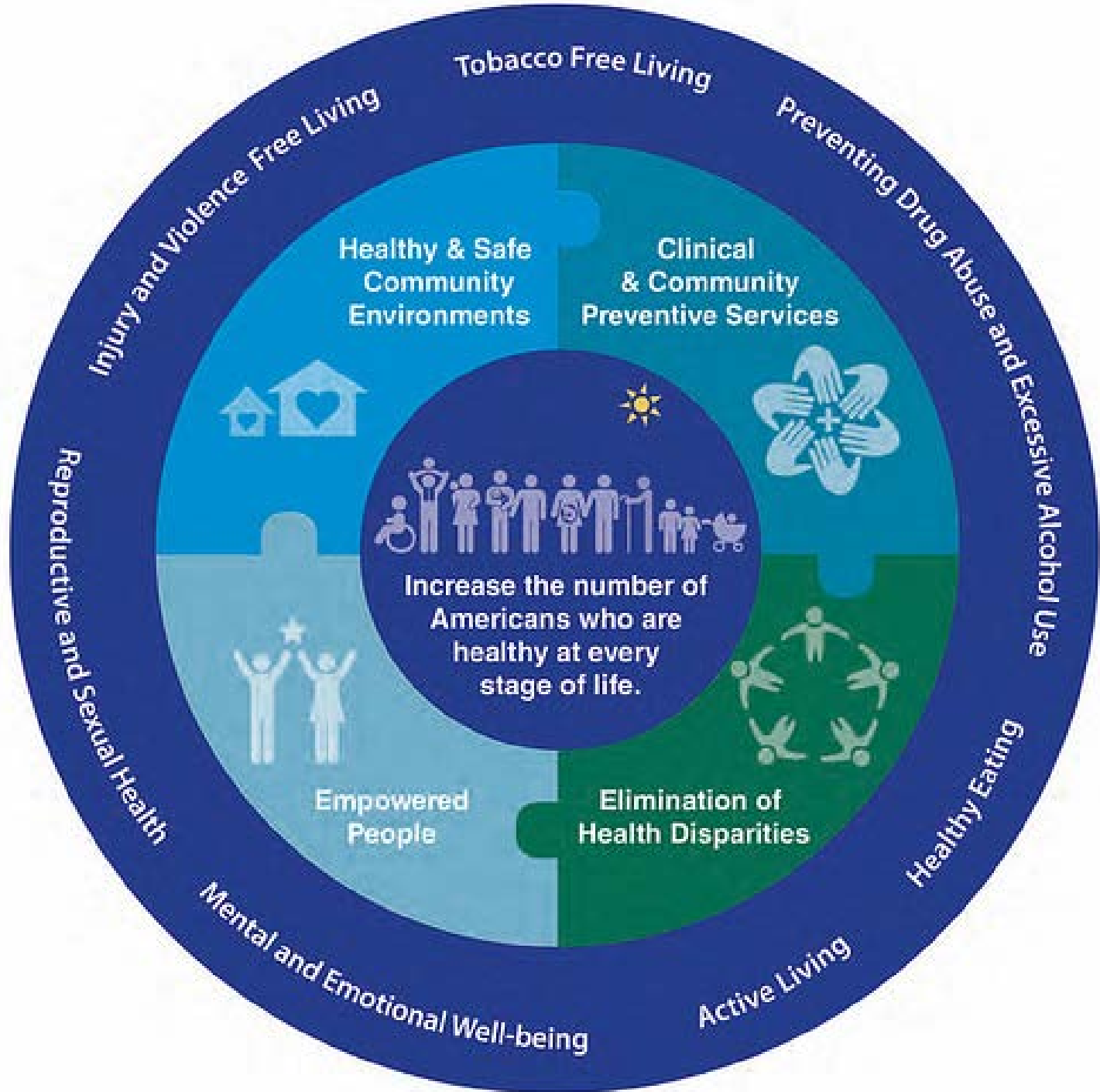
A green rectangular sign with a white border is mounted on two brown wooden posts. The sign is tilted slightly to the right. The text on the sign is written in a white, sans-serif font and is arranged in two lines: "Health Care" on the top line and "Reform" on the bottom line. The background is a solid, dark blue color.

Health Care
Reform

The National Prevention Strategy

AMERICA'S PLAN
FOR BETTER HEALTH
AND WELLNESS

Join the effort!
Spread the word!
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- *The Affordable Care Act permits chiropractors to function as members of the primary care team. The language in the bill ensures that doctors of chiropractic can be included on these patient-centered and holistic teams. The non-discrimination provision lifts some of the burden imposed by unfair limitations of certain insurance companies.*

HEALTH CARE REFORM



**A Call to Revolutionize
Chronic Pain Care in America:
An Opportunity in Health Care
Reform**

November 4, 2009



Pain Care in America Must Change

- *Most people in pain, including those with chronic symptoms, go to primary care providers to get relief. But current systems of care do not adequately train or support internists, family physicians and pediatricians, the other health care providers who provide primary care in meeting the challenge of treating pain as a chronic illness. Primary care providers often receive little training in the assessment and treatment of complex chronic pain conditions.*



Health Reform Will Cut Number of Uninsured Dramatically

Number of non-elderly uninsured

60 million



*If all states institute the Medicaid expansion in 2014 as CBO had assumed prior to the Supreme Court decision.

Source: Congressional Budget Office, March 2012

Current Status of Chiropractic Physicians in Health Care System

1. Misunderstood
2. Over trained
3. Under paid
4. Under utilized

Patient centered care requires medical doctors and chiropractors to work side-by-side.



Keys to Integration

- Competent and caring
- Evidence based
- Holistic and kind
- Patient centered
- Willing to introduce yourself

New Pain Management Model

- Health care team
- Primary care providers
 - MD
 - DO
 - NP
 - PA
- Chiropractic faculty members, residents and students
- Behavioral health



Project STEP-ing Out

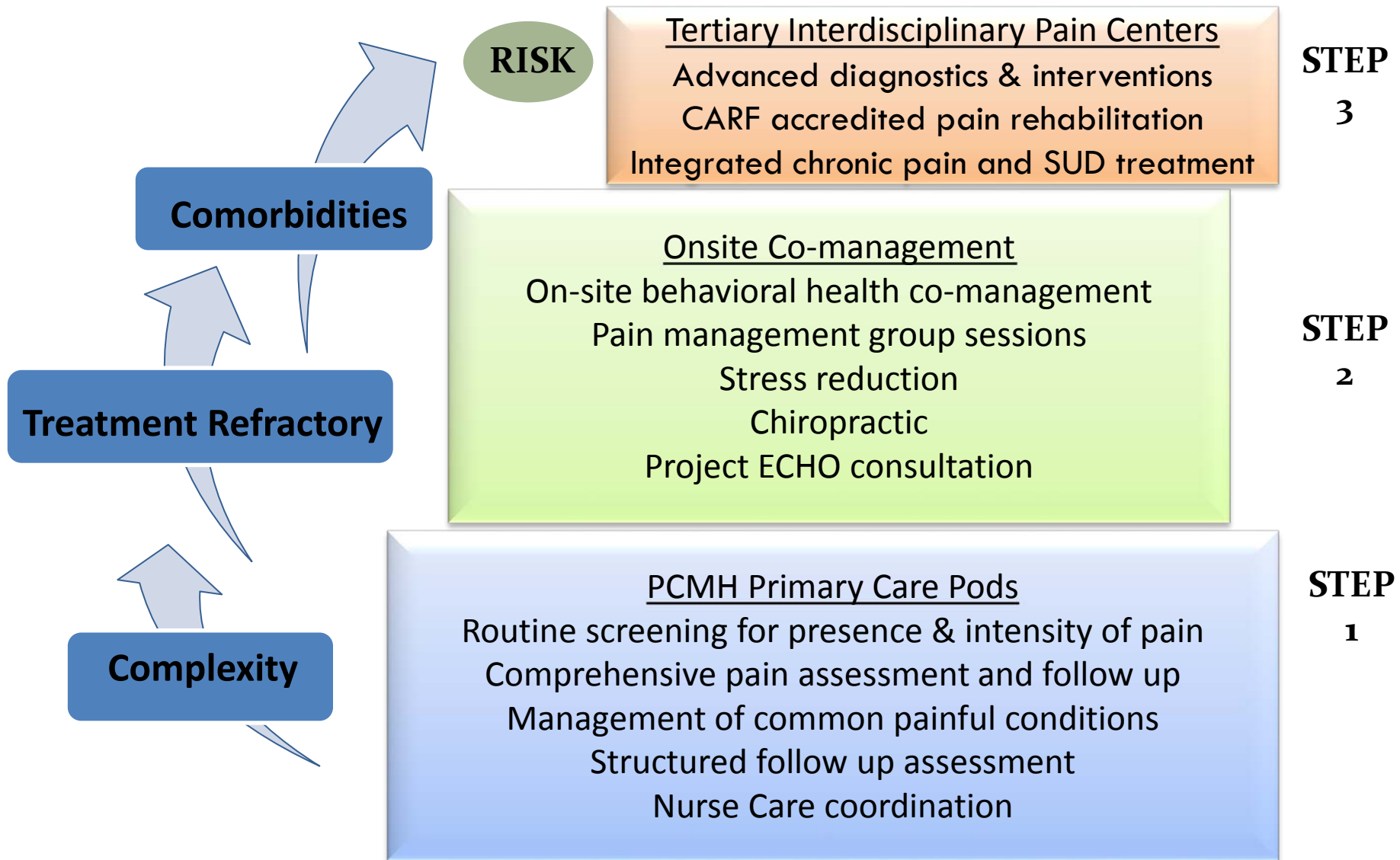
Chiropractic Services at CHCI

Meriden pilot evaluation

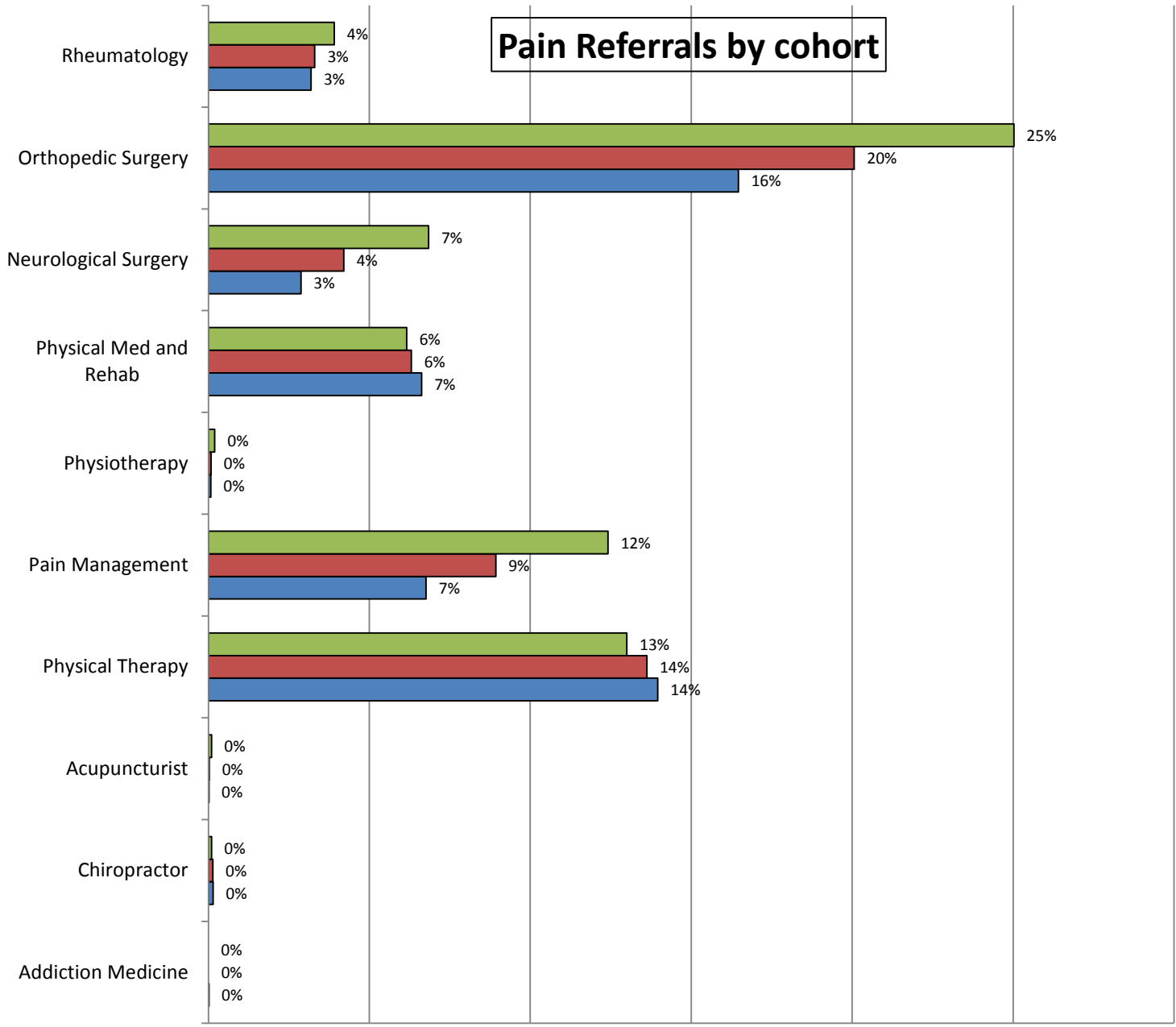
Ianita Zlateva

Daren Anderson

The Stepped Care Model for Pain Management at CHC



Pain Referrals by cohort



- Chronic Opioid Cohort (n=1019)
- Opioid Cohort (n=3663)
- Pain Cohort (n=6746)

Action plan

Lack of pain training/low knowledge scores

Lack of pain specialty support

Low rates of opioid agreement/ u-tox monitoring

low rates of pain reassessment

Poor documentation of pain assessment and treatment

Low behavioral health co-management

Low use of CAM

Online pain CME

Project ECHO

New CHC Policy

- Utox q 6 month
- Opioid agreement q yr
- Documented f/u q 3 mo
- Pain follow up HPI folder
- Pain dashboard

Behavioral health pain referrals

Chiropractic and (?) acupuncture svc at CHC



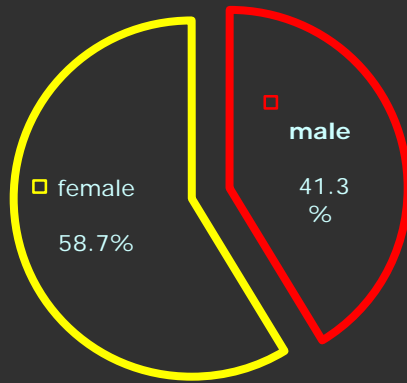
CHC Meriden Chiropractic PDSA

- University of Bridgeport Contractual
- Dr. Jim Lehman + 3 students
- 4 hr sessions Wed. and Sat.
- Internal referral in ECW
- ECW HPI folders
- Collaborative management for pain/musculoskeletal problems
- **Preliminary Results 1/04- 4/18/2012**
 - **Number of Unique Patients Seen – 45**
 - **Number of Patient Visits – 152**



Who are the Chiropractic Patients?

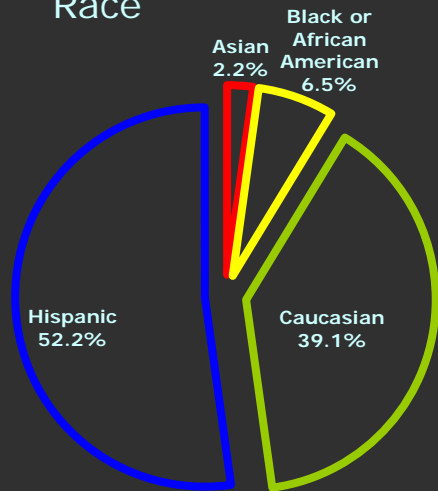
Gender



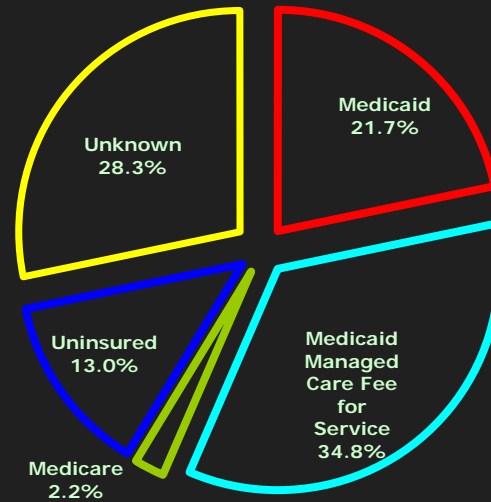
Age Range Distribution



Race



Last Medical Financial Class



CHC Meriden Chiropractic PDSA



CHC Meriden Chiropractic PDSA



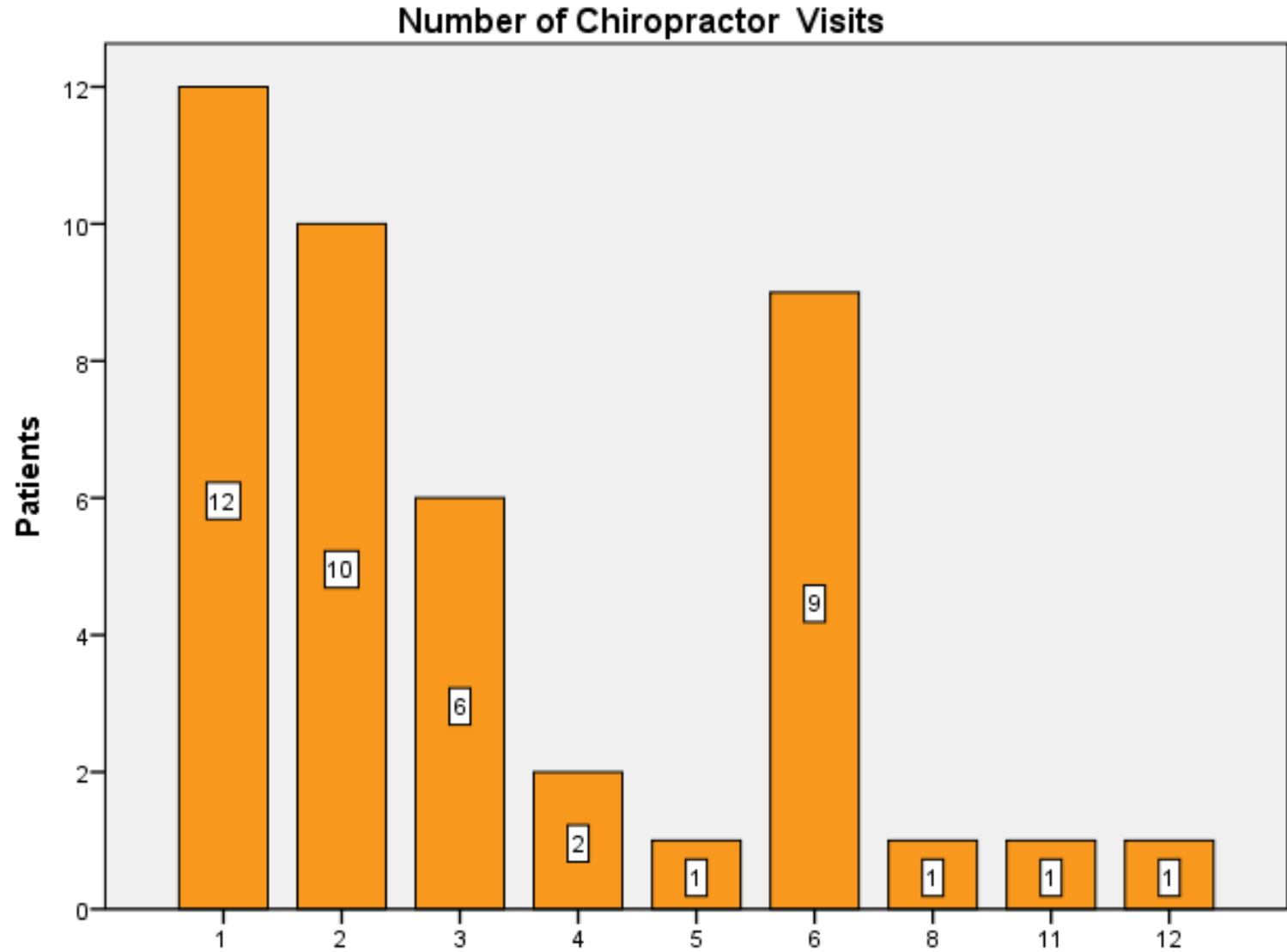
CHC Meriden Chiropractic PDSA



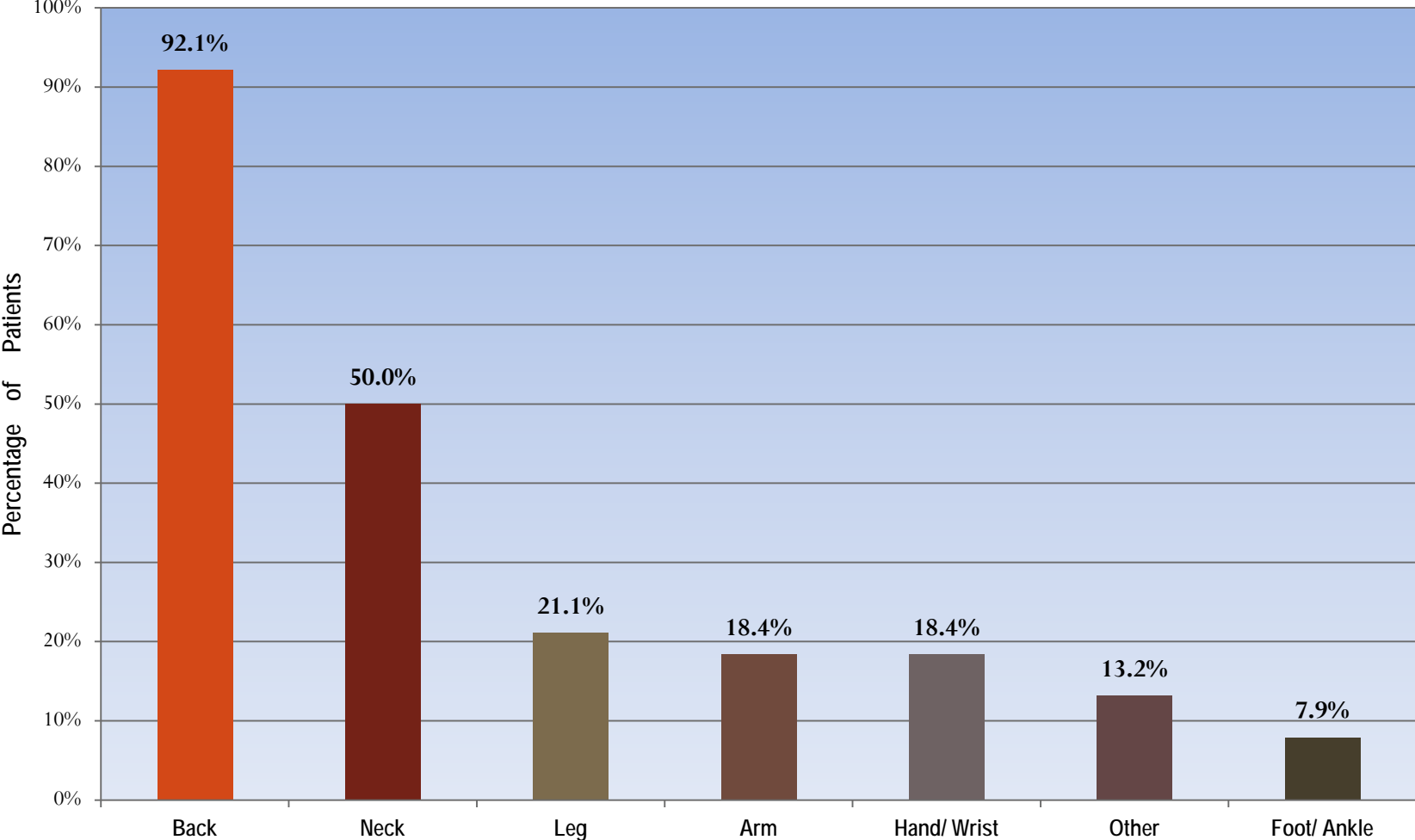
CHC Meriden Chiropractic Patients

Period: Jan. 4 - April 18	Average/ 4 hr session	TOTALS – N (%)
Booked	8.90	267
Show Total	5.07	152 (57%)
Show - Initial	1.50	45 (30%)
Show - Established	3.53	107 (70%)
Cancel Total	1.97	59 (22%)
Cancel - Initial	1.10	32 (54%)
Cancel - Established	0.90	27 (46%)
NO show	1.90	56 (21%)
NO Show - Initial	0.90	24 (43%)
NO Show - Established	1.07	32 (57%)

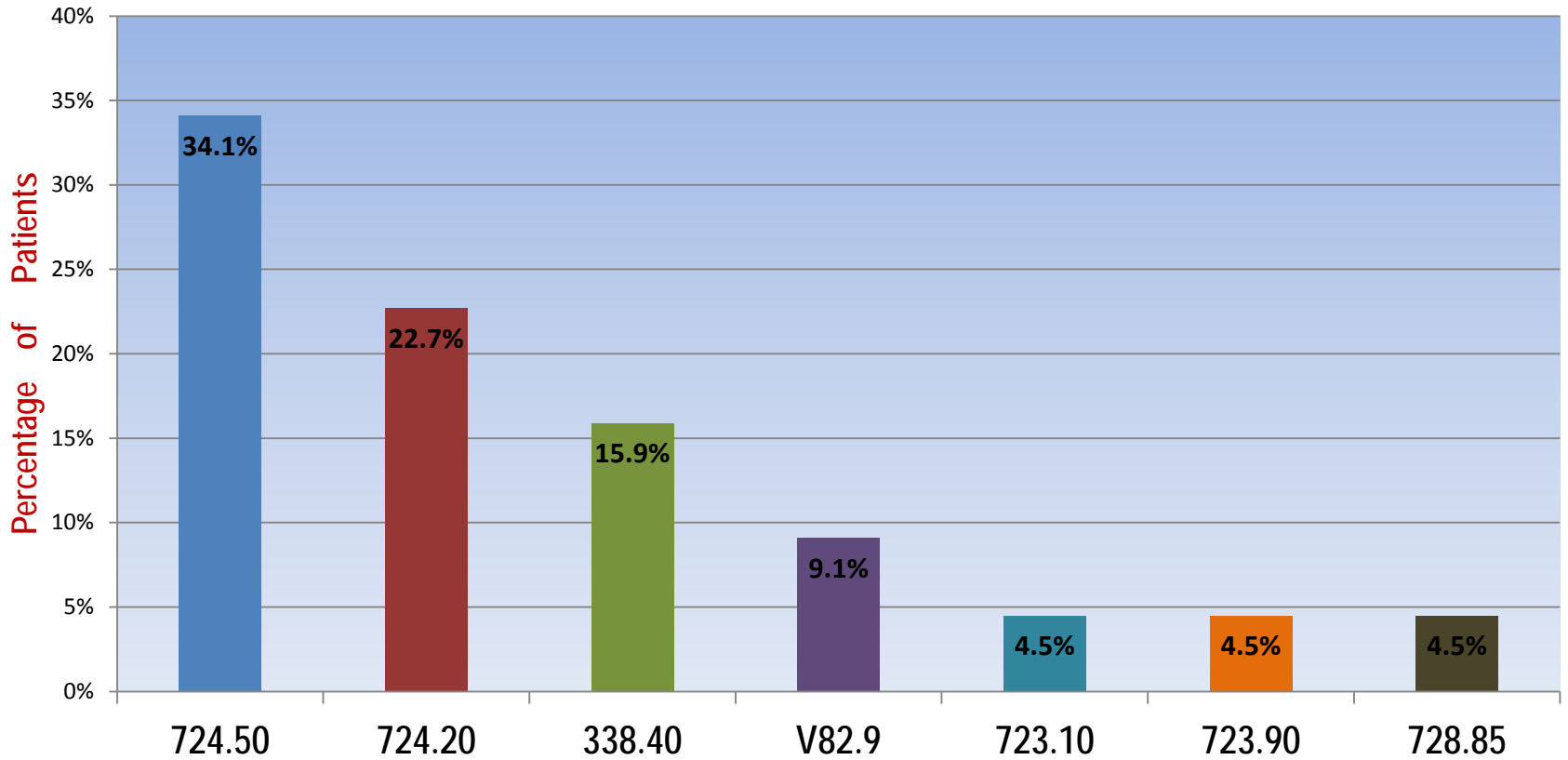
CHC Meriden Chiropractic PDSA: Results



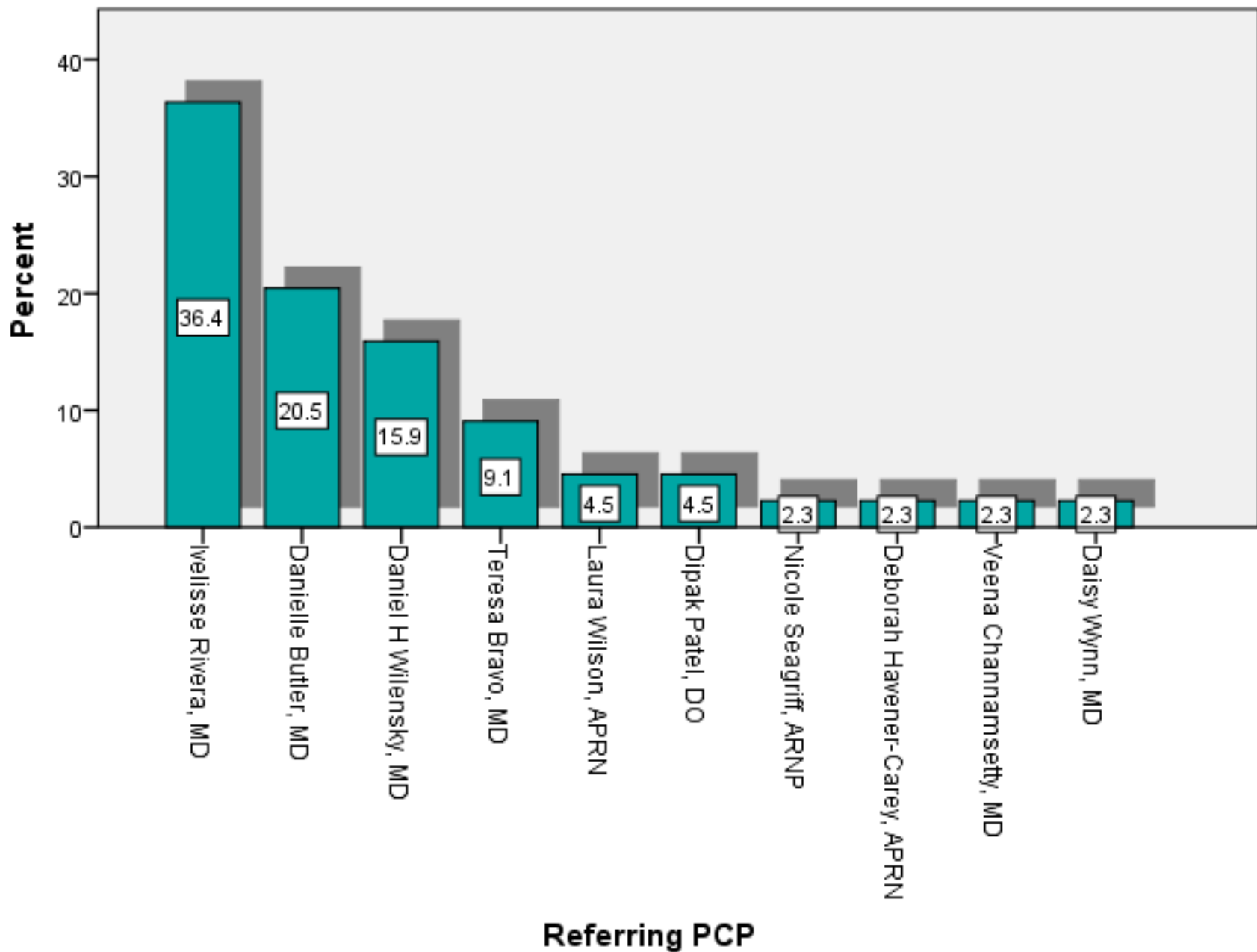
CHCI Chiropractic Services General Area of Treatment



CHCI Chiropractic Services Referral ICD-9 Codes



724.50	Back pain (chronic)
724.20	LOW BACK PAIN
338.40	Chronic pain syndrome
V82.9	SCREEN FOR CONDITION NOS
723.10	CERVICALGIA
723.90	NECK DISORDER/SYMPT NOS
728.85	MUSCLE SPASM



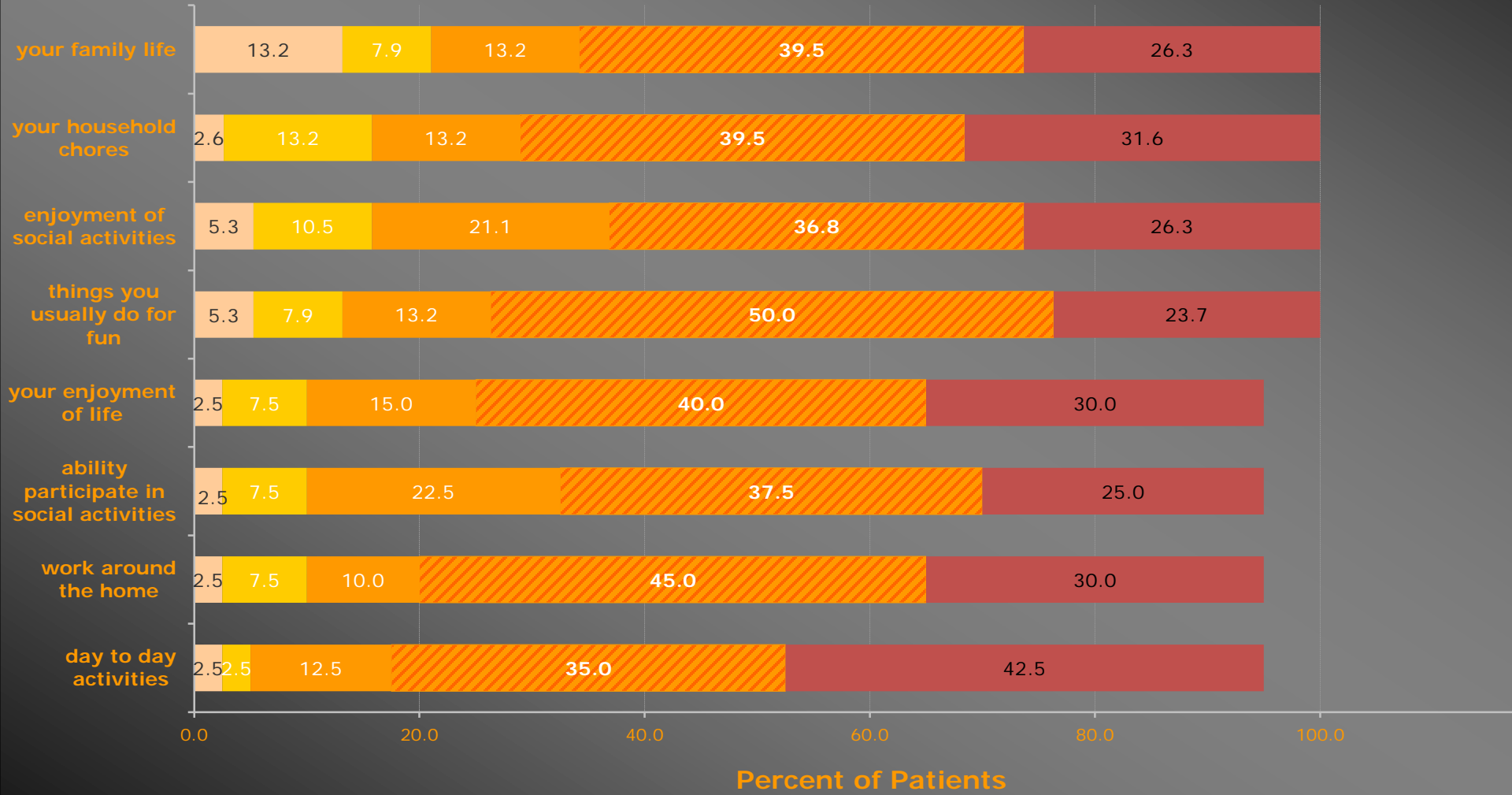
CHC Meriden Chiropractic PDSA: Study

- Pain functional assessment tool: very useful, assessed impact of pain on a variety of factors
- Pt satisfaction with chiropractic assessment tool: highly satisfied



Pain functional assessment tool - Chiropractor Patients - time 1

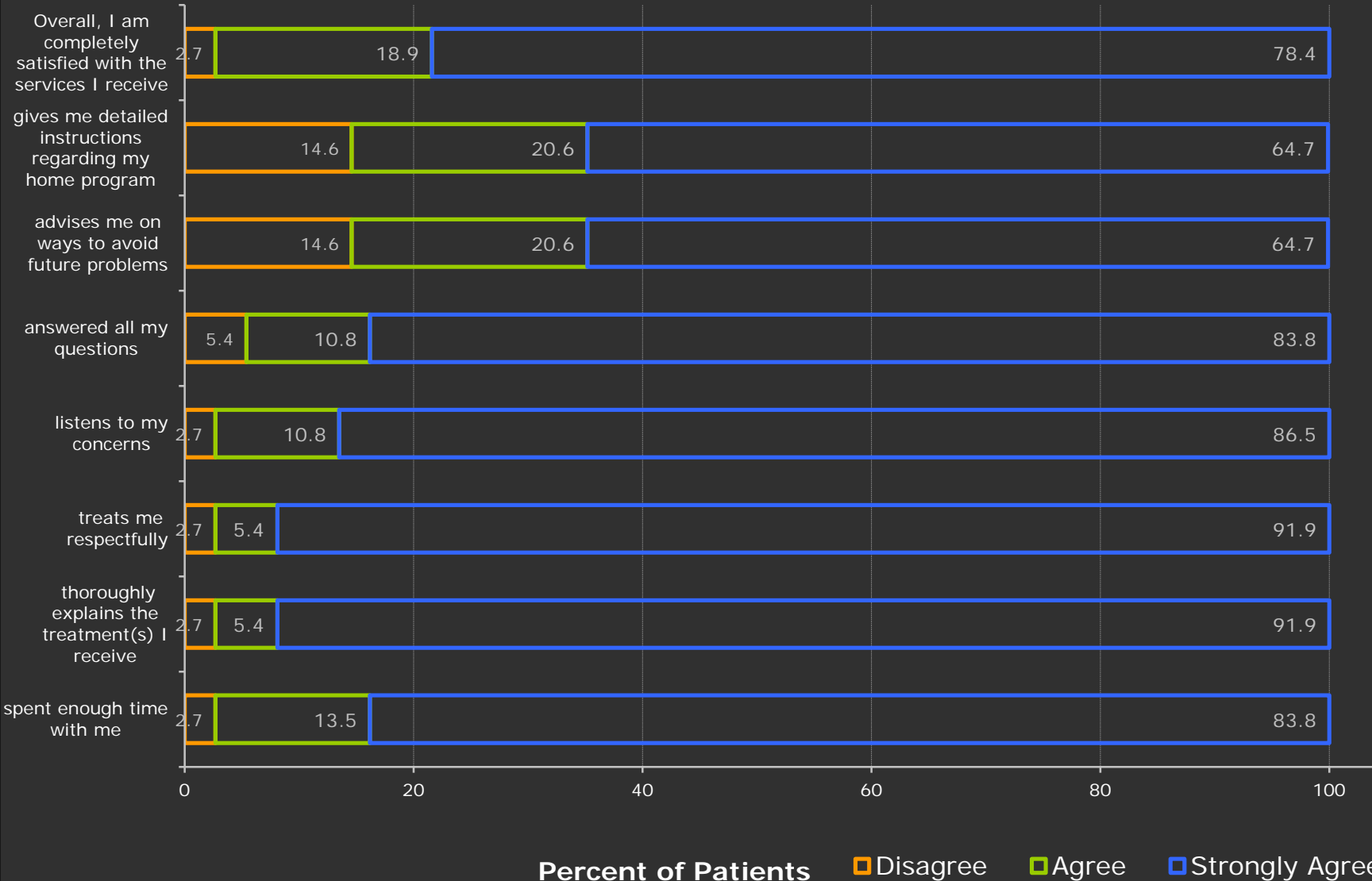
How much did pain interfere with:



Not at all
 A little bit
 Somewhat
 Quite a bit
 Very much

Pt satisfaction with chiropractic services assessment tool: highly satisfied

My chiropractor:



Pain Functional Assessment Tool

How much did pain interfere with:	Time 1 (Pre-Treatment) Mean (N=40)	Time 2 (Post-Treatment) Mean (N=8)
your day to day activities	4.20	2.87
work around the home	4.00	2.37
your ability to participate in social activities	3.80	2.75
your enjoyment of life	3.90	2.75
the things you usually do for fun	3.77	3.00
your enjoyment of social activities	3.67	2.87
your household chores	3.87	3.00
your family life	3.6	2.75

Note: Pain Interference Scale. Scores on pain interference items range from 1 (not at all) to 5 (very much).

Patients' Comments from the Surveys

- Dr. Lehman and his staff of 4th yr. interns were absolutely great. I was very impressed and would recommend them to anyone.
- You are awesome. I feel great :-)
- I would recommend your services to anybody. Thank you very, very much!
- All areas have been addressed, I am improving 100%.
- I want to appreciate the treatments I received with my chiropractor when I came in the first time I was in a lot of pain and I wasn't able to function at all and today I'm feeling wonderful. **Thanks to you all and I wish and pray that these services stay with us. Good Luck!**

Community Health Care Pilot Study

Student Comments

- *Thank you for allowing me to participate...*
- *The one-on-one training was fantastic...*
- *Seeing patients with serious pain respond to chiropractic care was very valuable...*
- *Excellent clinical training...*
- *I learned more in 6 weeks than the prior year...*



Community Health Center, Inc.

Site of the first UBCC/CHC chiropractic service

Community Health Center Inc. New sites with Chiropractic Services

- Danbury
- Waterbury
- Middletown
- New Britain
- New London

Middletown CHCI

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Thank you

Questions?