Evidence-Based Practice and Patient-Centered Care

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University of Bridgeport
College of Chiropractic
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.
Increase the number of Americans who are healthy at every stage of life.
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

CHANGE BLVD

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

November 4, 2006
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

Without Affordable Care Act

With Affordable Care Act*

*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 car 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

**STEP 1**
- PCMH Primary Care Pods
  - Routine screening for presence & intensity of pain
  - Comprehensive pain assessment and follow up
  - Management of common painful conditions
  - Structured follow up assessment
  - Nurse Care coordination

**STEP 2**
- Onsite Co-management
  - On-site behavioral health co-management
  - Pain management group sessions
  - Stress reduction
  - Chiropractic
  - Project ECHO consultation

**STEP 3**
- RISK
  - Tertiary Interdisciplinary Pain Centers
    - Advanced diagnostics & interventions
    - CARF accredited pain rehabilitation
    - Integrated chronic pain and SUD treatment
  - Complexity
  - Treatment Refractory

**Complexity**
- Comorbidities

**Treatment Refractory**
- Onsite Co-management
  - On-site behavioral health co-management
  - Pain management group sessions
  - Stress reduction
  - Chiropractic
  - Project ECHO consultation
Pain Referrals by cohort

- Rheumatology: 4% Chronic Opioid Cohort (n=1019), 3% Opioid Cohort (n=3663), 3% Pain Cohort (n=6746)
- Orthopedic Surgery: 20% Chronic Opioid Cohort (n=1019), 16% Opioid Cohort (n=3663), 14% Pain Cohort (n=6746)
- Neurological Surgery: 7% Chronic Opioid Cohort (n=1019), 4% Opioid Cohort (n=3663), 3% Pain Cohort (n=6746)
- Physical Med and Rehab: 12% Chronic Opioid Cohort (n=1019), 9% Opioid Cohort (n=3663), 7% Pain Cohort (n=6746)
- Pain Management: 13% Chronic Opioid Cohort (n=1019), 14% Opioid Cohort (n=3663), 14% Pain Cohort (n=6746)
- Physical Therapy: 7% Chronic Opioid Cohort (n=1019), 9% Opioid Cohort (n=3663), 13% Pain Cohort (n=6746)
- Acupuncturist: 0%
- Chiropractor: 0%
- Addiction Medicine: 0%
Action plan

Lack of pain training/low knowledge scores
Lack of pain specialty support
Low rates of opioid agreement/utox monitoring
Low rates of pain reassessment
Poor documentation of pain assessment and treatment
Low behavioral health co-management
Low use of CAM

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

Online pain CME
Project ECHO
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**
- Female: 58.7%
- Male: 41.3%

**Age Range Distribution**
- <35 years: 23.91%
- >50 years: 26.09%
- 36-50 years: 50.0%

**Race**
- Hispanic: 52.2%
- Caucasian: 39.1%
- Black or African American: 6.5%
- Asian: 2.2%

**Last Medical Financial Class**
- Uninsured: 13.0%
- Medicaid: 21.7%
- Medicare: 2.2%
- Medicaid Managed Care Fee for Service: 34.8%
- Unknown: 28.3%
CHC Meriden Chiropractic PDSA
CHC Meriden Chiropractic PDSA
<table>
<thead>
<tr>
<th>Period: Jan. 4 - April 18</th>
<th>Average/4 hr session</th>
<th>TOTALS – N (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Booked</td>
<td>8.90</td>
<td>267</td>
</tr>
<tr>
<td>Show Total</td>
<td>5.07</td>
<td>152 (57%)</td>
</tr>
<tr>
<td>Show - Initial</td>
<td>1.50</td>
<td>45 (30%)</td>
</tr>
<tr>
<td>Show - Established</td>
<td>3.53</td>
<td>107 (70%)</td>
</tr>
<tr>
<td>Cancel Total</td>
<td>1.97</td>
<td>59 (22%)</td>
</tr>
<tr>
<td>Cancel - Initial</td>
<td>1.10</td>
<td>32 (54%)</td>
</tr>
<tr>
<td>Cancel - Established</td>
<td>0.90</td>
<td>27 (46%)</td>
</tr>
<tr>
<td>NO show</td>
<td>1.90</td>
<td>56 (21%)</td>
</tr>
<tr>
<td>NO Show - Initial</td>
<td>0.90</td>
<td>24 (43%)</td>
</tr>
<tr>
<td>NO Show - Established</td>
<td>1.07</td>
<td>32 (57%)</td>
</tr>
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CHC Meriden Chiropractic PDSA: Results

Number of Chiropractor Visits

<table>
<thead>
<tr>
<th>Visits</th>
<th>Patients</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>12</td>
</tr>
<tr>
<td>2</td>
<td>10</td>
</tr>
<tr>
<td>3</td>
<td>6</td>
</tr>
<tr>
<td>4</td>
<td>2</td>
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<tr>
<td>5</td>
<td>1</td>
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<tr>
<td>6</td>
<td>9</td>
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<td>7</td>
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</tr>
<tr>
<td>10</td>
<td>1</td>
</tr>
<tr>
<td>11</td>
<td>1</td>
</tr>
<tr>
<td>12</td>
<td>1</td>
</tr>
</tbody>
</table>
CHCI Chiropractic Services
Referral ICD-9 Codes

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>724.50</td>
<td>Back pain (chronic)</td>
</tr>
<tr>
<td>724.20</td>
<td>LOW BACK PAIN</td>
</tr>
<tr>
<td>338.40</td>
<td>Chronic pain syndrome</td>
</tr>
<tr>
<td>V82.9</td>
<td>SCREEN FOR CONDITION NOS</td>
</tr>
<tr>
<td>723.10</td>
<td>CERVICALGIA</td>
</tr>
<tr>
<td>723.90</td>
<td>NECK DISORDER/SYMPT NOS</td>
</tr>
<tr>
<td>728.85</td>
<td>MUSCLE SPASM</td>
</tr>
</tbody>
</table>
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
How much did pain interfere with:

- **Your family life**: 13.2% Not at all, 7.9% A little bit, 13.2% Somewhat, 39.5% Quite a bit, 26.3% Very much
- **Your household chores**: 2.6% Not at all, 13.2% A little bit, 13.2% Somewhat, 39.5% Quite a bit, 31.6% Very much
- **Enjoyment of social activities**: 5.3% Not at all, 10.5% A little bit, 21.1% Somewhat, 36.8% Quite a bit, 26.3% Very much
- **Things you usually do for fun**: 5.3% Not at all, 7.9% A little bit, 13.2% Somewhat, 50.0% Quite a bit, 23.7% Very much
- **Your enjoyment of life**: 2.5% Not at all, 7.5% A little bit, 15.0% Somewhat, 40.0% Quite a bit, 30.0% Very much
- **Ability to participate in social activities**: 2.5% Not at all, 7.5% A little bit, 22.5% Somewhat, 37.5% Quite a bit, 25.0% Very much
- **Work around the home**: 2.5% Not at all, 7.5% A little bit, 10.0% Somewhat, 45.0% Quite a bit, 30.0% Very much
- **Day to day activities**: 2.5% Not at all, 12.5% A little bit, 35.0% Somewhat, 42.5% Quite a bit, 42.5% Very much

Percent of Patients

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much
Pt satisfaction with chiropractic services assessment tool: highly satisfied

My chiropractor:

- Overall, I am completely satisfied with the services I receive: 78.4%
- Gives me detailed instructions regarding my home program: 64.7%
- Advises me on ways to avoid future problems: 64.7%
- Answered all my questions: 83.8%
- Listens to my concerns: 86.5%
- Treats me respectfully: 91.9%
- Thoroughly explains the treatment(s) I receive: 91.9%
- Spent enough time with me: 83.8%

Percent of Patients: Disagree, Agree, Strongly Agree
## Pain Functional Assessment Tool

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

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
Thank you

Questions?