



Mini-Rotation on the Health Care System

Theme: Cost, Access, Care Management and New Models of Care

Topic: Chronic Care Management for the Elderly

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Objectives:

By the end of this session, participants should be able to:

- Describe the unique needs of elderly patients with chronic conditions.
- Identify strategies for addressing two key issues for this population: falls and adverse drug reactions.
- Discuss limitations of fee-for-service arrangements for this population.
- Outline benefits of an integrated care management program to achieve high quality outcomes for elderly patients with chronic conditions.

Overview of the presentation (August 2015):

The geriatric imperative

- Growing number of older adults
- High rate of elderly with one or more chronic conditions
- Demographics of elderly population

Health care providers and workforce

- Health care workforce: worker shortages, and inadequately trained
- All physicians have more elderly patients
- Geriatrics: subspecialty of internal medicine; insufficient number of physicians

Medical costs

- Overall cost concerns
- Geriatric care is expensive
- /Appropriateness of care varies with age

Characteristics of older patients

- Multiple morbidities
- Multiple medications
- Higher rates of hospital use
- Functional deficits
- Medical, social, functional, emotional needs

Managing the older patient

- Responsibility for controlling care, cost and quality
- Fee-for-service Medicare produces uncoordinated care, with less incentive to maximize function

Case illustration

- Patient with multiple conditions, polypharmacy, several specialists
- Clinical course described

Risk factors: falls

- Epidemiology and incidence
- Morbidity and mortality
- Sequelae of falls
- Costs of falls
- Prevention guidelines

Adverse drug reactions (ADRs)

- Statistics on resulting hospital admissions and deaths
- Associated costs
- Statistics on the burden of injuries from medications
- Polymedicine and polypharmacy defined
- Relationship between percentage of patients with ADRs and the number of medications prescribed

Elderly patients and prescriptions

- Statistics on prescriptions filled, and patients not taking medications properly
- Common mistakes made by patients
- OTC medications and risks
- Functional impairments and problems with medications (e.g., hearing loss causes patient to misunderstand verbal directions)

Fee-for-service Medicare

- Detriments to good care: insufficient payment for geriatric primary care practice; much care given by specialists; no coordination
- Misalignment of incentives: little motivation to focus on functional decline; no entity with global or fiscal responsibility for the patient

Chronic care management

- Global budget
- Patient-centered medical home and team-based care
- Accountable care organization
- Merit-based incentive payments
- Disease management

High-risk seniors:

- Risk screening, assessment and management
- Comprehensive geriatric assessment
- Team meeting
- Strategies for care and management

Health care workforce for an aging America

- Institute of Medicine workgroup and report
- Enhance competence of clinicians and caregivers
- Recruitment and retention of geriatric specialists and care-givers
- Redesign models of care