

Incorporating Behavioral Health into Primary Care: It's about time

What and How
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Medical Director



Learning Objectives

- What is the need?
- What is the evidence?
- What is Collaborative Care?
- How can you do Collaborative Care?



Depression

At any given time, 8% of American adults suffer from depression.

This costs \$84 billion per year in health care and lost productivity.



Heart Disease

33% of US adults are living with some form of cardiovascular disease.

By 2040, this will have risen to 40% with a cost of \$818 billion per year.



Diabetes

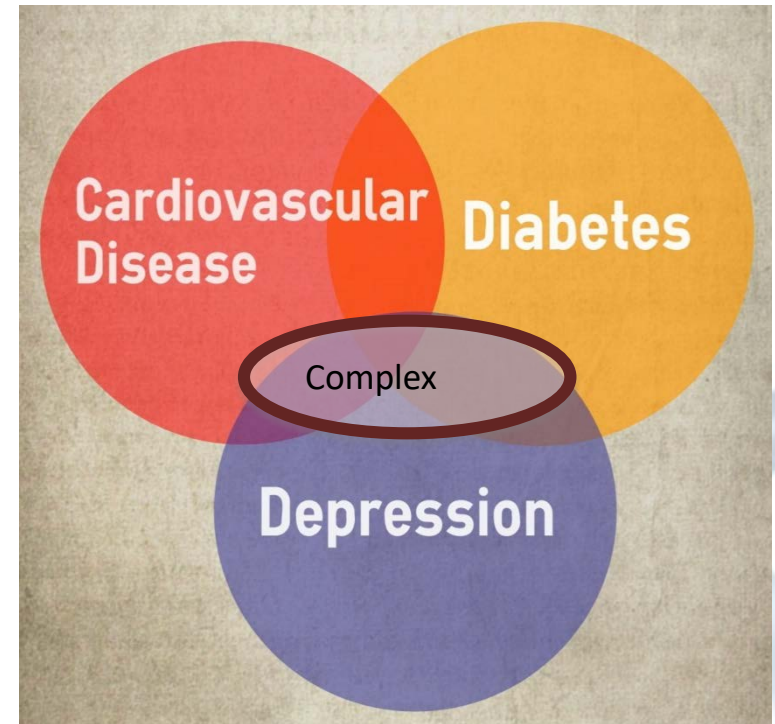
27% of US residents
over 65 have DM.
Expected increase to
85% by 2034.
Cost will increase to
\$334 billion per year.



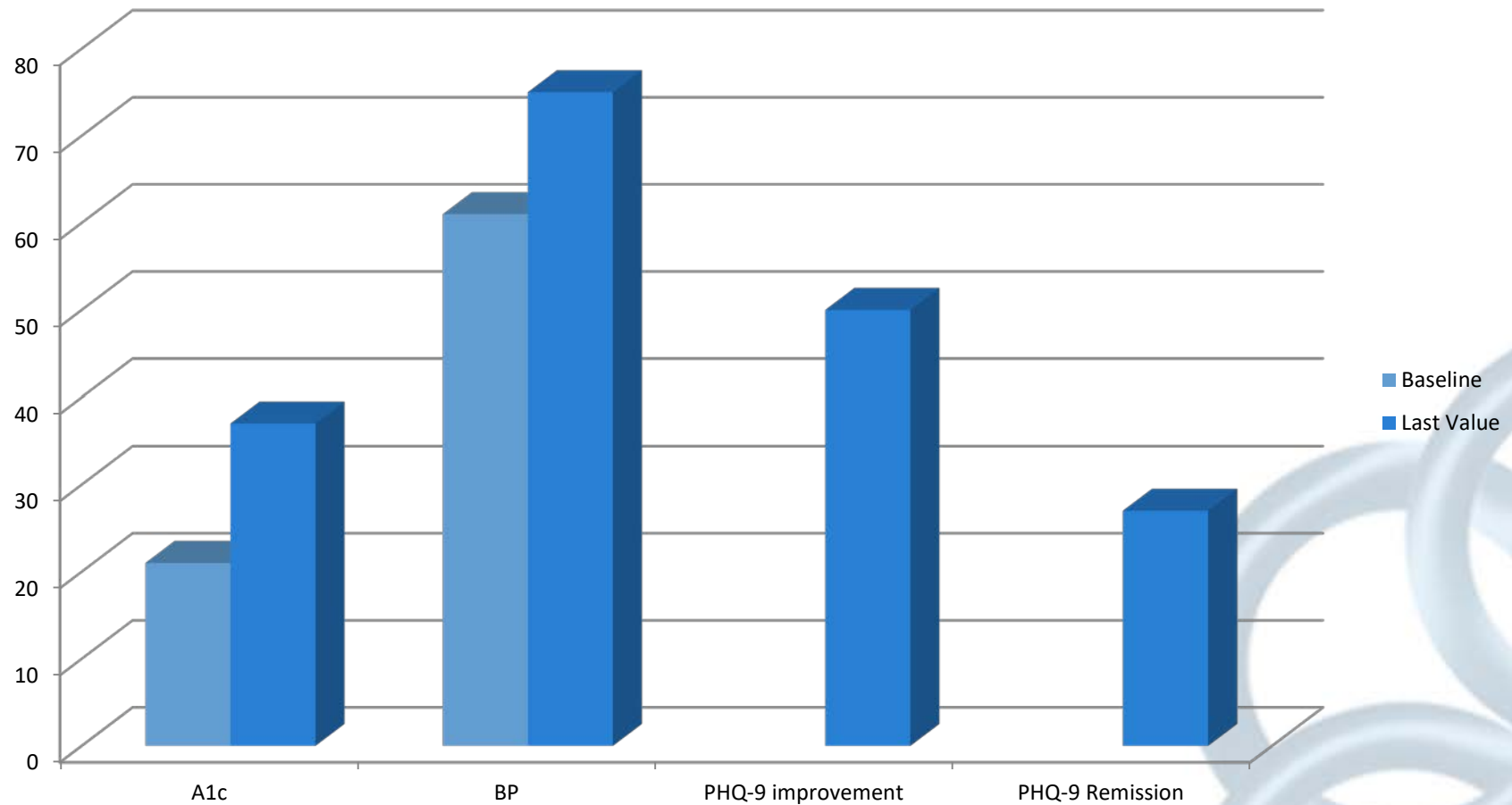
15% of patients with diabetes or heart disease have depression.

When depression is present with chronic disease:

- ✓ costs are higher
- ✓ complications higher
- ✓ premature death



West Michigan outcomes January 2018 (N=441)



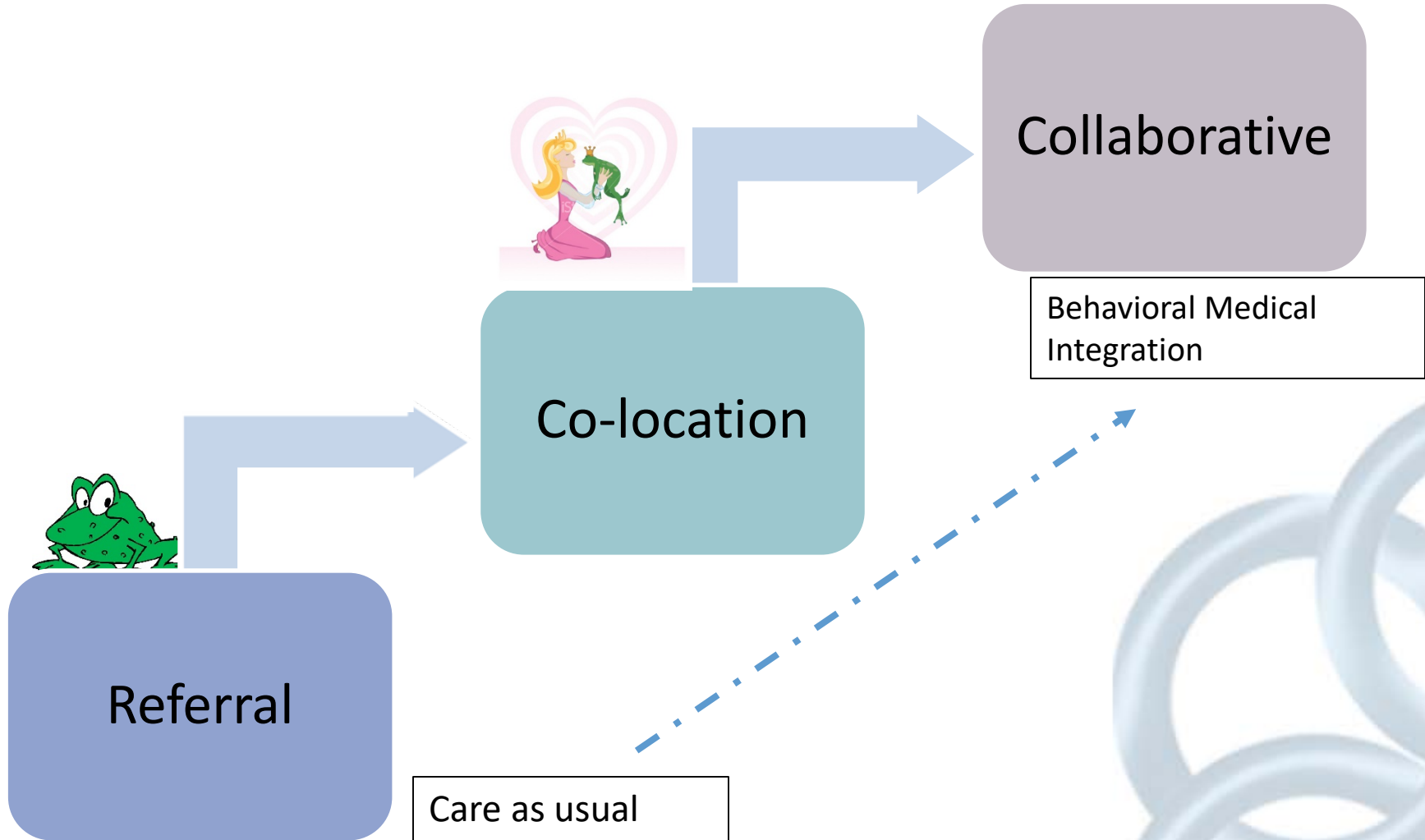
Cochrane Review 2012

- Collaborative care is associated with significant improvement in depression and anxiety outcomes compared with usual care, and represents a useful addition to clinical pathways for adult patients with depression and anxiety.

Archer J, Bower P, Gilbody S, Lovell K, Richards D, Gask L, Dickens C, Coventry P. Collaborative care for depression and anxiety problems. Cochrane Database of Systematic Reviews 2012, Issue 10. Art. No.: CD006525. DOI: 10.1002/14651858.CD006525.pub2

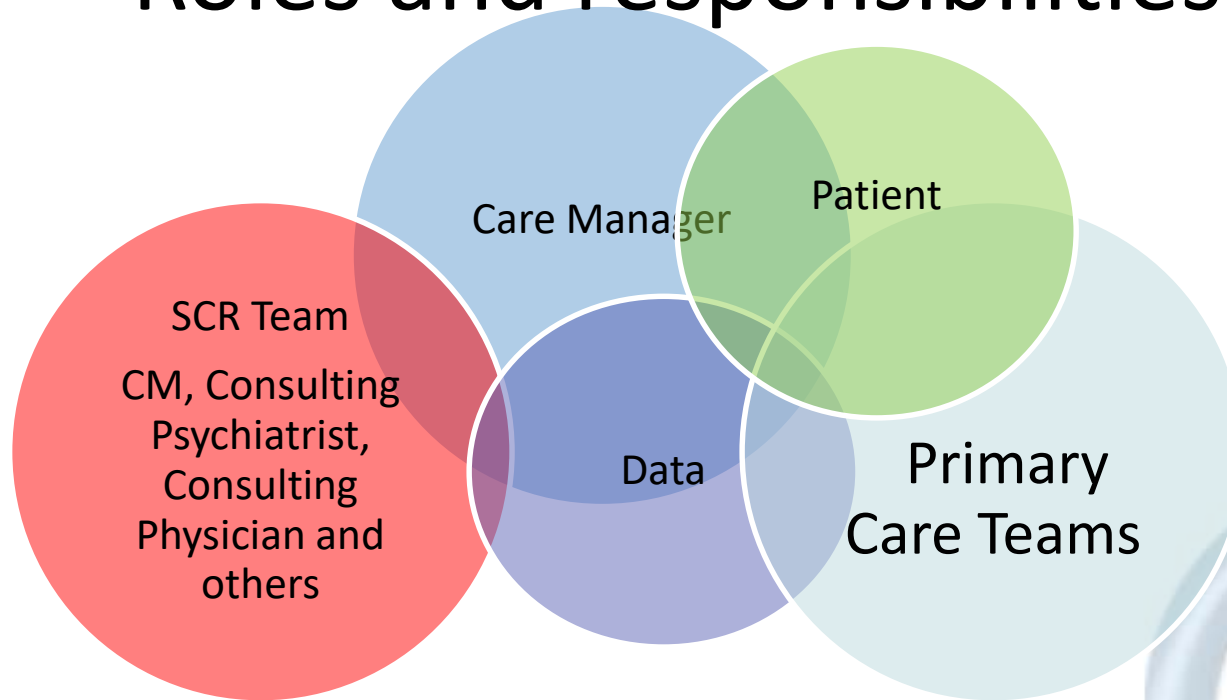


True Transformation



Collaborative Care

Roles and responsibilities



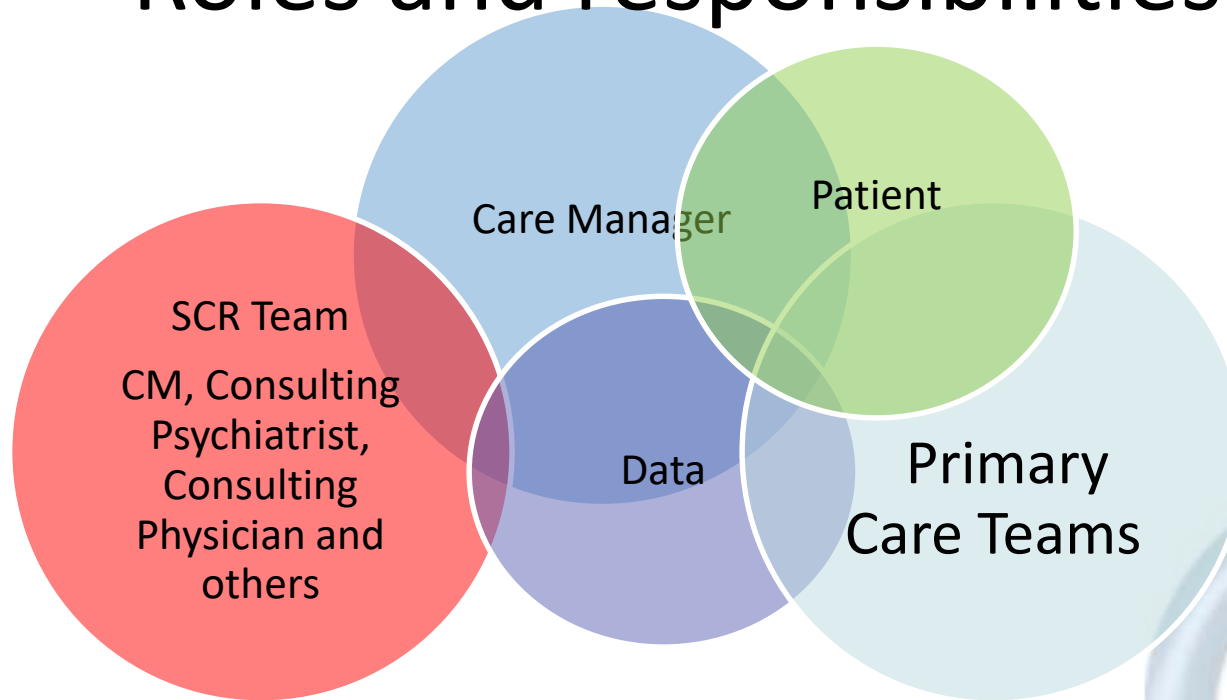
Patient

- Active member of the team
 - Participant in treatment planning
 - Self-management strategies



Collaborative Care

Roles and responsibilities



Excel Data

Clinic: Rockford Office

New Patient ID	LName	FName	Birthdate	A1c			BP			LDL			PHO-S/GAD7			Diagnosis					New Recomm ndtns	
				BL	Pre	Now	BL	Pre	Now	BL	Pre	Now	BL	Pre	Now	CHF	DEP	DM	CAD	HTN		
[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]			05/12/14	07/27/17		11/15/18			115/49	02/27/17		01/26/18							
Baty, Philip J		Jeanne Gordon	7/27/2017	00.0	00.0	05.5	135/86	0.0	148/90	0	0	119	17		17	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
						0	0	0			0	0	0									
[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	06/22/17		03/18/17	06/22/17		10/19/17	06/13/17		06/13/17										
Baty, Philip J		Jeanne Gordon	6/23/2017	89.4	00.0	07.8	152/86	0.0	154/90	104	0	104	0			<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
						0	0	0			0	0	0									
[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	04/01/17		01/31/16	03/18/17		03/25/17		02/01/17	06/01/17		11/29/17								
Baty, Philip J		Lori Brown	6/2/2017	88.6	00.0	07.0	130/72	0.0	128/68	0	0	133	14		7	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		
						0	0	0			0	0	0									
[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	03/04/15		01/02/18		01/03/18	02/28/18		02/24/17	03/17/15		01/05/18								
Baty, Philip J		Lori Brown	3/3/2015	68.1	00.0	08.5	0/0	0.0	128/78	122	0	50	12		6	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
						0	0	0			0	0	0									
[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	10/29/13		12/11/17		04/01/18		06/28/17	12/29/12		12/15/17									
Baty, Philip J		Lori Brown	10/29/2013	16.2	00.0	06.0	0/0	0.0	08/58	0	0	36	10		11	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
						0	0	0			0	0	0									
[REDACTED]	[REDACTED]	[REDACTED]	[REDACTED]	11/09/16		01/29/18	12/15/18		01/29/18	11/02/18		04/17/17	12/10/18		12/14/17							
Baty, Philip J		Lori Brown	12/5/2016	11.2	00.0	09.5	118/80	0.0	128/77	114	0	131	13		0	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>		
						0	0	0			0	0	0									

1. Lab values with red highlight are out of normal range.
 2. Data sorted by Clinic, by Care Manager, by new status, by PCP, by patient name.

3/6/2018 11:47 AM

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Access Database

A1c

A1c Goal

Baseline

A1c Date	A1c Score
12/11/2017	6
11/20/2017	6
8/14/2017	7.7
6/12/2017	6.7
4/10/2017	7.6
2/11/2017	7.6

Record: 1 of 49

Blood Glucose

BG Goal

Baseline

Blood Glucose Date	Blood Glucose Score	Fasting / Non-Fasting
*		

Record: 1 of 1

Blood Pressure

Syst. Goal

S. Baseline

Diast. Goal

D. Baseline

Blood Pressure Date	Systolic	Diastolic
1/3/2018	108	64
12/20/2017	110	68
12/11/2017	98	70
11/20/2017	129	68
11/16/2017	103	65
10/18/2017	126	76

Record: 1 of 57

PHQ-9 Scores

PHQ-9 Goal

Baseline

PHQ-9 Date	Total Score	Item #9 Score
12/11/2017	11	
8/14/2017	5	
2/13/2017	3	
12/12/2016	9	
8/8/2016	0	
6/13/2016	2	

Record: 1 of 42

[Click Here to View PHQ9 Jive Portal Page](#)

BMI

BMI Goal

Baseline

BMI Date	BMI
2/1/2018	37.30000000
1/3/2018	36.70000000
12/21/2017	35.70000000
12/20/2017	36.00000000
12/14/2017	36.00000000

GAD-7 Scores

GAD-7 Goal

Baseline

GAD-7 Date	GAD-7 Total Score
4/11/2016	3
*	



Access Database

Glucose / BMI / PHQ9 / GAD-7 Medication / Recommendations Diagnoses / Notes

Record: 1 of 1524

Medication	Dosage	Current	Frequency
metformin 500 mg tablet		<input type="checkbox"/>	
Farxiga 10 mg tablet		<input type="checkbox"/>	
venlafaxine ER 150 mg ca		<input type="checkbox"/>	
bupropion HCl XL 150 mg		<input type="checkbox"/>	
metformin 500 mg tablet		<input type="checkbox"/>	
atorvastatin 40 mg tablet		<input type="checkbox"/>	
etodolac 300 mg capsule		<input type="checkbox"/>	
Victoza 3-Pak 0.6 mg/0.1		<input type="checkbox"/>	
etodolac 300 mg capsule		<input type="checkbox"/>	
metformin 500 mg tablet		<input type="checkbox"/>	
Accu-Chek Aviva Plus tes		<input type="checkbox"/>	
metformin 500 mg tablet		<input type="checkbox"/>	

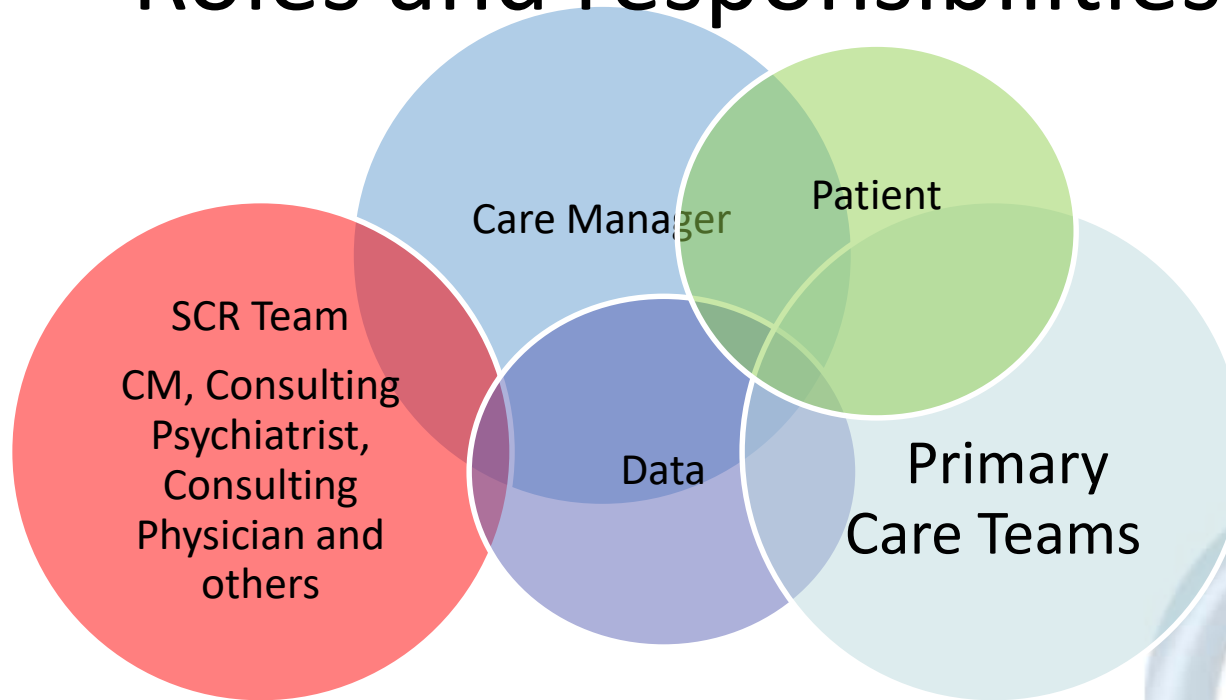
Recommendation List

Recommendation Date	Patient Recommendation	Patient Recommendation Status
1/9/2018	not sleeping well. Recommend guided meditation/mindfulness, check blood sugar before bed, can continue melatonin for now. If not helping, stop melatonin, start trazodone 50 mg at bedtime.	
12/12/2017	Low BP - PCP reduced lisinopril to 2.5mg daily, A1c 6.0%. Back brace is off. Check if getting back in with therapist.	
11/28/2017	Pt wants to stay with therapist, really likes him, willing to make the drive.	



Collaborative Care

Roles and responsibilities



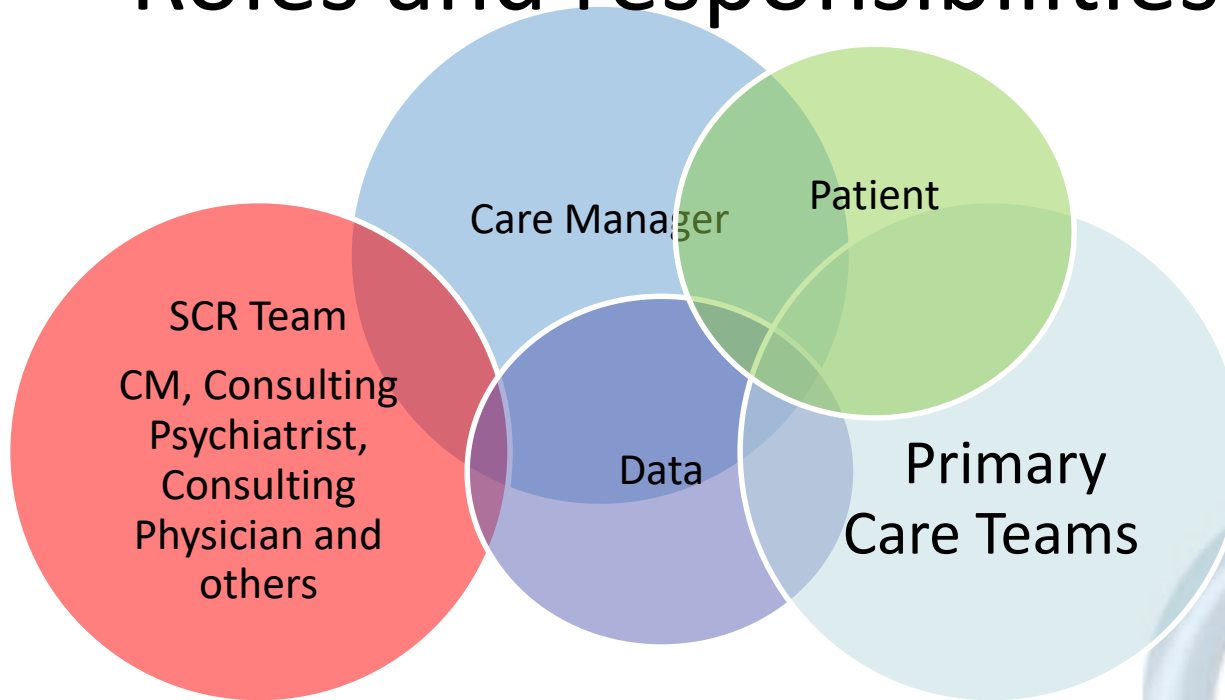
Care Manager

- Care Coordination
 - PCP and team
 - Systematic case review team
 - Patient
 - Ancillary staff (MSW, pharmacist)



Collaborative Care

Roles and responsibilities



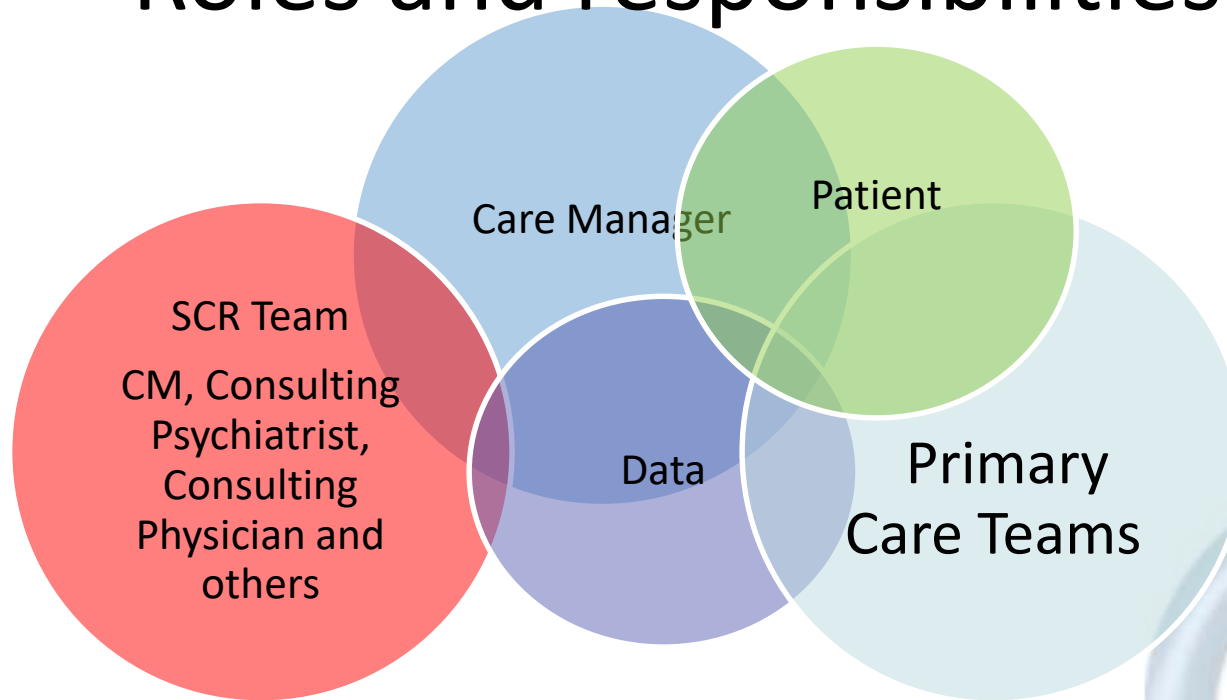
Psychiatrist role

- Curb side consultant
 - Diagnosis
 - Treatment planning and modifications
 - Does not see the patient – provides recommendations



Collaborative Care

Roles and responsibilities



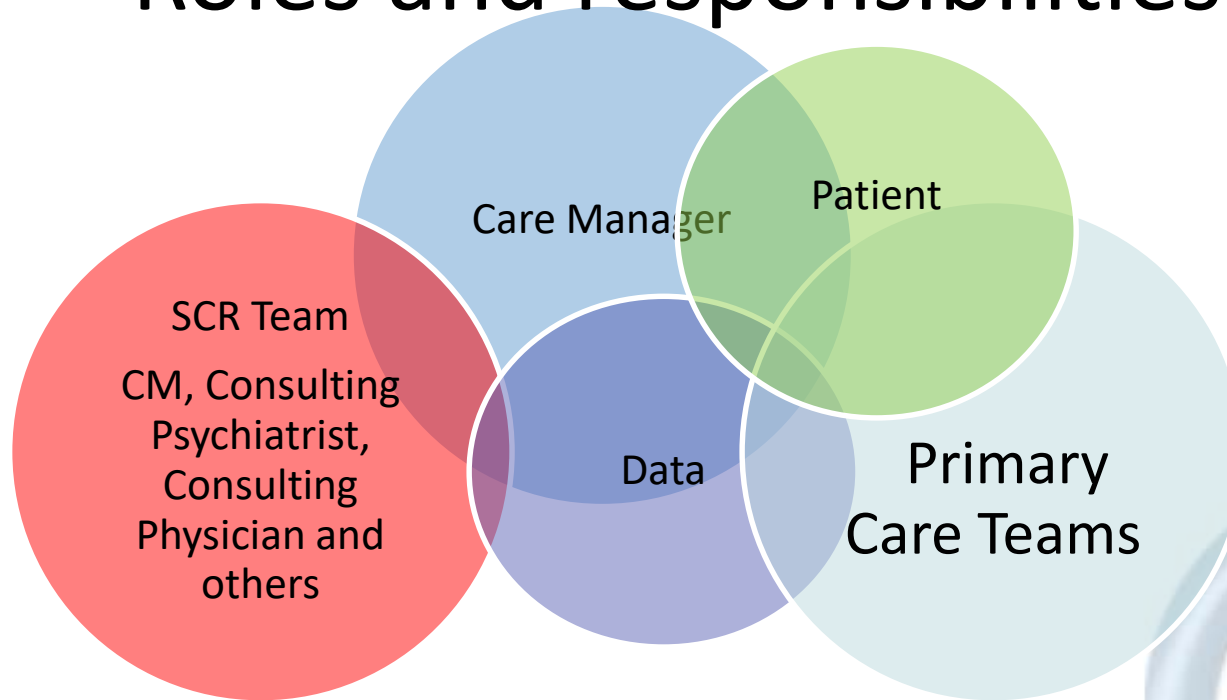
Medical Consultant

- Curb side consultant for the medical conditions (diabetes, CAD)
 - Medical management
 - Treatment planning and modifications
 - Not the patients primary care physician



Collaborative Care

Roles and responsibilities



Primary care team

- Screen and identify candidates
- Learn and use care managers to help at risk patients
- Evaluate/Implement Systematic Case Review recommendations



Collaborative Care Key Components

Care Management Process

Enrollment

- Pre-screening
- Patient identification

Care Plan
development
Population
management

- Assessment and care planning

Outcome
oriented CM

- Implementation, follow-up and
monitoring

Care planning
and routine
follow-up

- Case closure and evaluation



Treatment Principles

Treat-to-target

- Treatment titration
 - Frequent and consistent
 - Relentless, incremental increases
- Always
 - Increase to next step
 - If not, discuss why
- TTT Algorithm
 - Simplified and uniform approaches across conditions to achieve targets
 - Riddles et al, Diabetes Care, 2003
 - Kaiser Permanente, Care Management Institute



Establishing Systematic Case Review

Who and How

- In person
- Virtual
- At minimum
 - Case manager(s)
 - Medical consultant
 - Psychiatrist
 - Data

Key Components

- Registry results
 - Status of treat-to-target
- Weekly
 - Update
 - New enrollees
- Addressing barriers
 - Psychosocial needs
 - Medical needs



Lessons learned- change is hard

Be prepared for hesitancy

- Engagement and trust of the PCP requires constant attention from a champion



Lessons Learned – it's not easy

Kissing the frog will not magically
produce a prince of a team!



Closing Comments

“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

MARGARET MEAD



Questions



References

Resources

- ❁ Daniels Story Video <https://aims.uw.edu/daniels-story-introduction-collaborative-care>
- ❁ Katon, Lin, Susan Video – COMPASS Care Training Materials c/o University of Washington
- ❁ PHQ screening <https://aims.uw.edu/care-partners/content/phq-9-video-demonstrations>
- ❁ Collaborative Care Model Systematic Case Review <https://www.icsi.org/asset/p2j4t2/COMPASSCROverview2014.pdf>
- ❁ Activity Worksheets – Mi-CCSI training materials
- ❁ COMPASSinfo@neighborcare.org.
- ❁ www.miccsi.org

