

ALL HEART/PHASE Conference 2015: New Opportunities to Address Racial, Ethnic and Gender Disparities



Presented by:

Winston Wong, MD MS
Medical Director, Community Benefit
National Program Offices

Marc Jaffe, MD
Associate Clinical Professor of Medicine, UCSF
Kaiser Permanente Northern California
South San Francisco Medical Center

Jim Dudl, MD
Diabetes Lead, Care Management Institute
National Program Offices

Today's Conversation

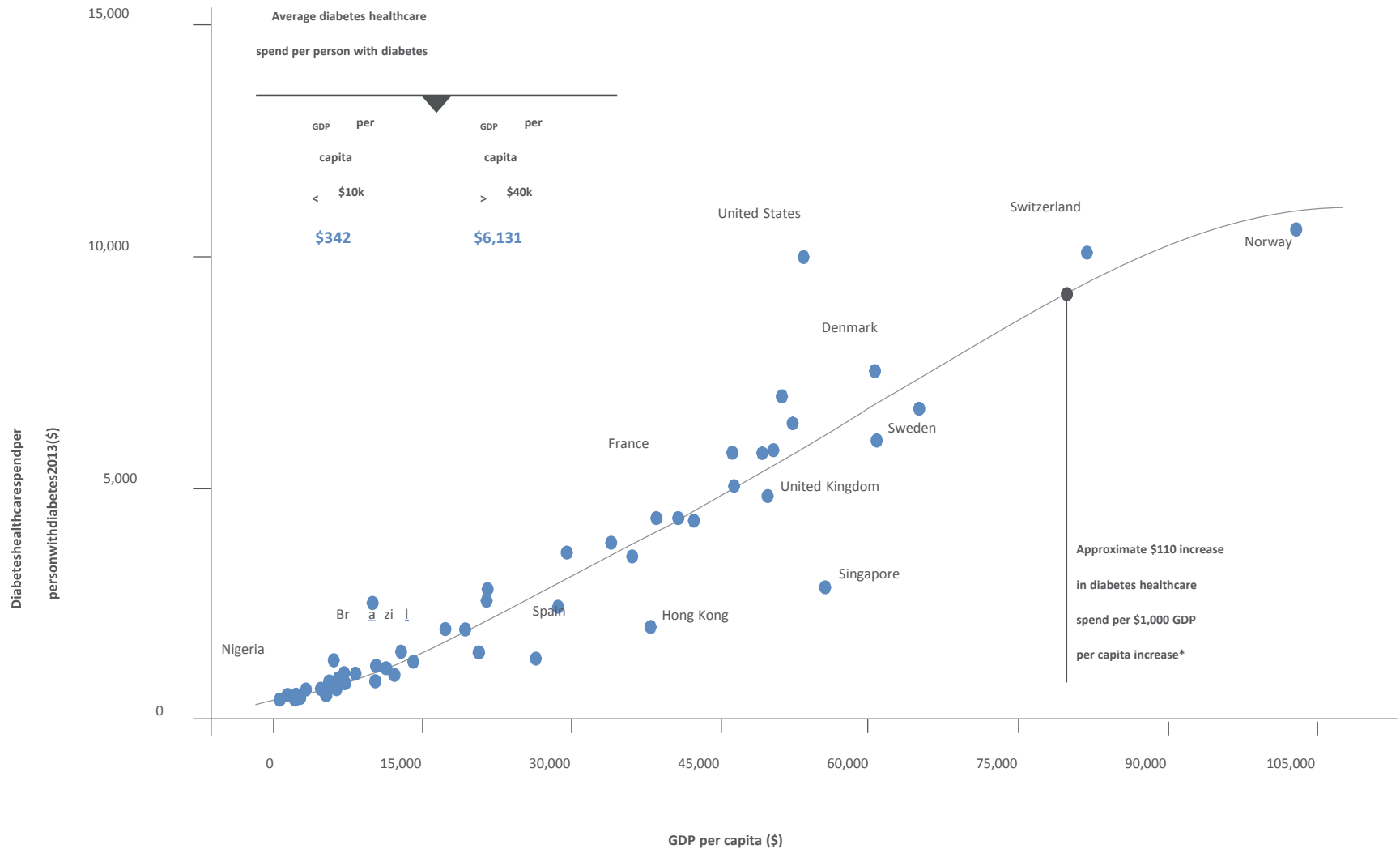
- The Challenge at Hand
- Evolution of Culturally Specific Care Delivery Processes for Large Populations
- Key Tools to Addressing the Disparities

The Challenge Ahead

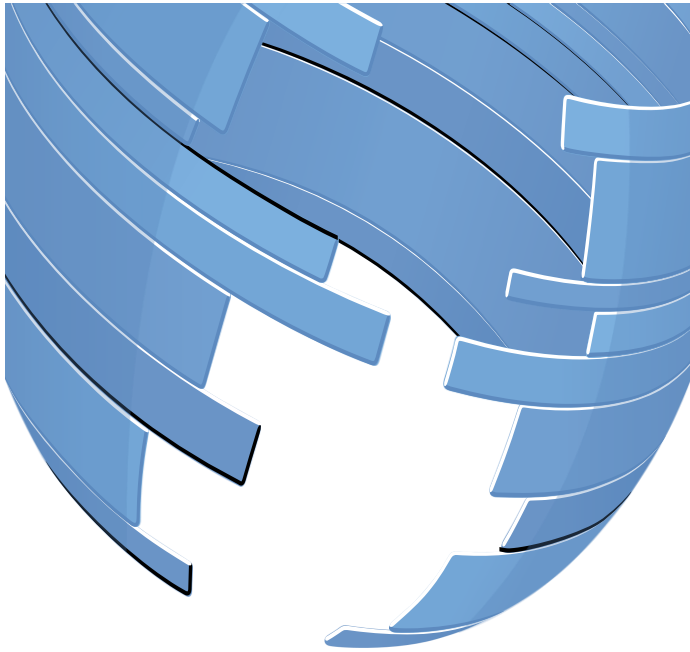


Presented by:
Winston Wong, MD MS
Medical Director, Community Benefit
National Program Offices

Report of the WISH Diabetes Forum 2015



Policy Goal 1: IMPROVE DISEASE MANAGEMENT FOR PEOPLE WITH DIABETES TO REDUCE COMPLICATION RATES



RISING TO THE CHALLENGE PREVENTING AND MANAGING TYPE 2 DIABETES

- Access to medicines and medical treatment
- Support for individual self-management
- Screen for complications

“...the majority of disparities interventions in the ...literature use education to influence the knowledge and behavior of patients...researchers and providers are focused on changing patients, rather than the system that serves them...”

Clarke, et al, “Thirty Year of Disparities Intervention Research”, Medical Care, v.51, No. 11, November 2013

ALL HEART/PHASE Conference 2015: Evolution of Culturally Specific Care Delivery Processes for Large Populations



Presented by:
Marc Jaffe, MD
Associate Clinical Professor of Medicine, UCSF
Kaiser Permanente Northern California
South San Francisco Medical Center

Guidelines That Account for Race (eg HTN, Chol, Osteo)

FRAX Osteo Tool

Paper Charts FAQ References Eng

Canada

US

US (Caucasian)

US (Black)

US (Hispanic)

US (Asian)

About the risk factors

10. Secondary osteoporosis No Yes

11. Alcohol 3 or more units/day No Yes

AHA/ACC Risk Estimator

All fields are required

Gender

Male Female

Race

White

African American

Other

Recommendation 7

In the general black population, including those with diabetes, initial anti-hypertensive treatment should include a thiazide-type diuretic or CCB. (For general black population: Moderate Recommendation - Grade B; for black patients with diabetes: Weak Recommendation - Grade C)

JNC8 HTN Recommendation

Evolution of Culturally Specific Care Delivery Processes for Large Populations

Stage	Guidelines	Care Systems
1	General Guidelines	No Organized Population Care Systems
2	General Guidelines	Organized General Population Care Systems
3	Guidelines that account for Race (eg HTN, Chol, Osteo)	Organized General Population Care Systems
4	Guidelines that account for Race (eg HTN, Chol, Osteo)	Organized Population Care Systems that account for Race (eg HTN metrics by Race)

ALL HEART/PHASE Conference 2015: Key Tools to Addressing the Disparities

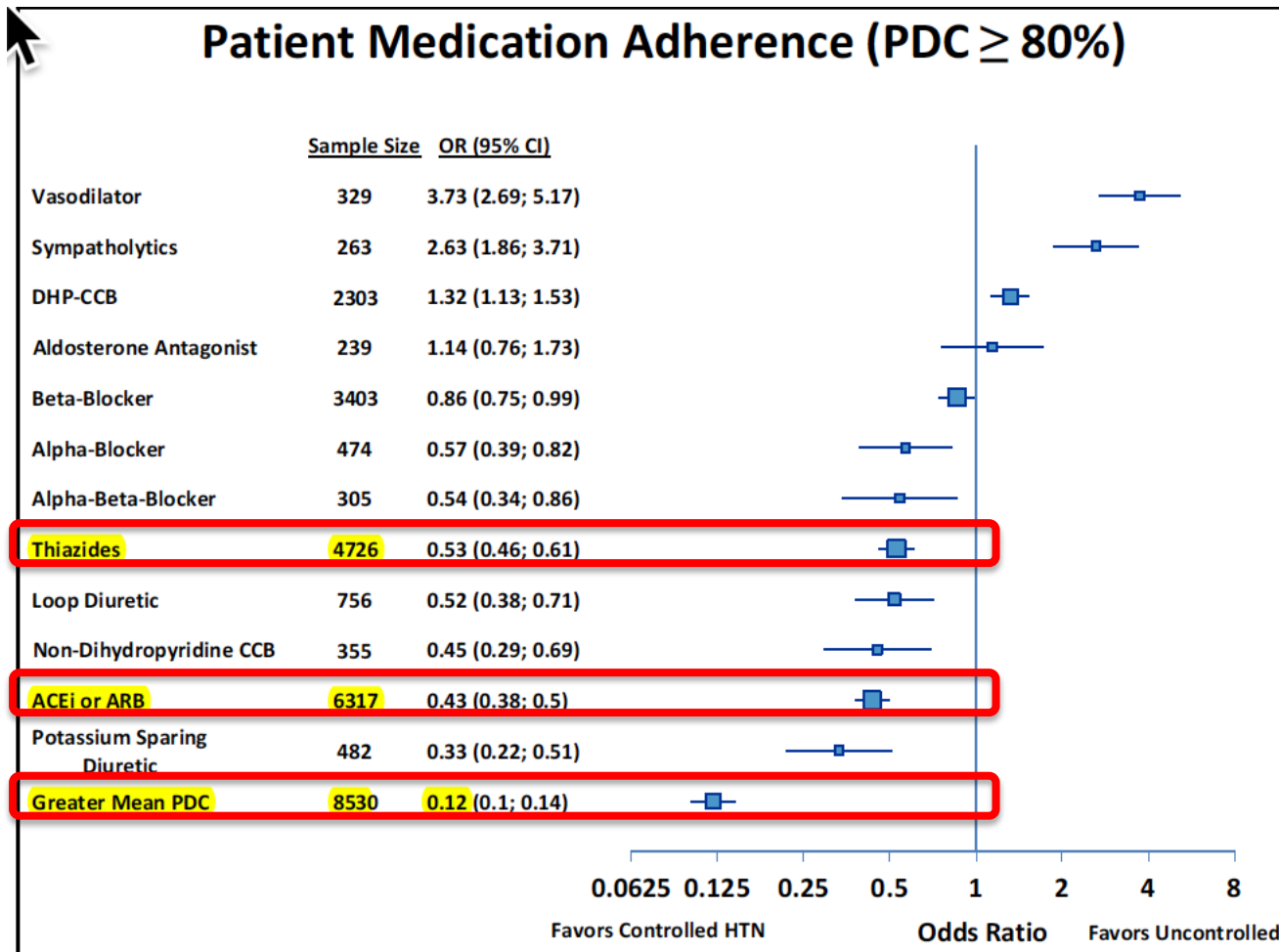


Presented by:
Jim Dudl, MD
Diabetes Lead, Care Management Institute
National Program Offices

The Silent Cardiac Risk Factor!

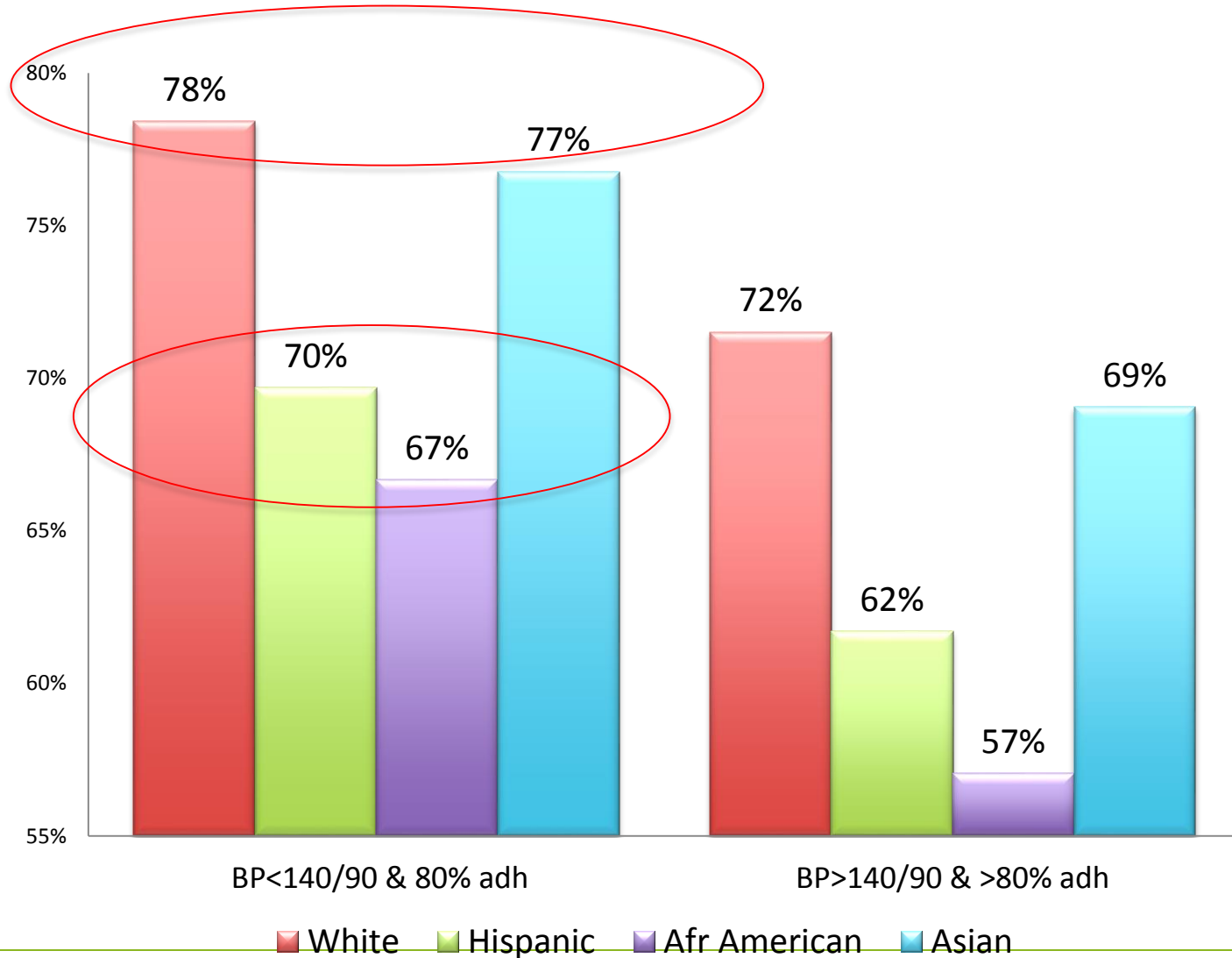
**NON –
Adherence!!**

Low Adherence in Cohort of 1,500 Uncontrolled HTN Patients in Kaiser Permanente

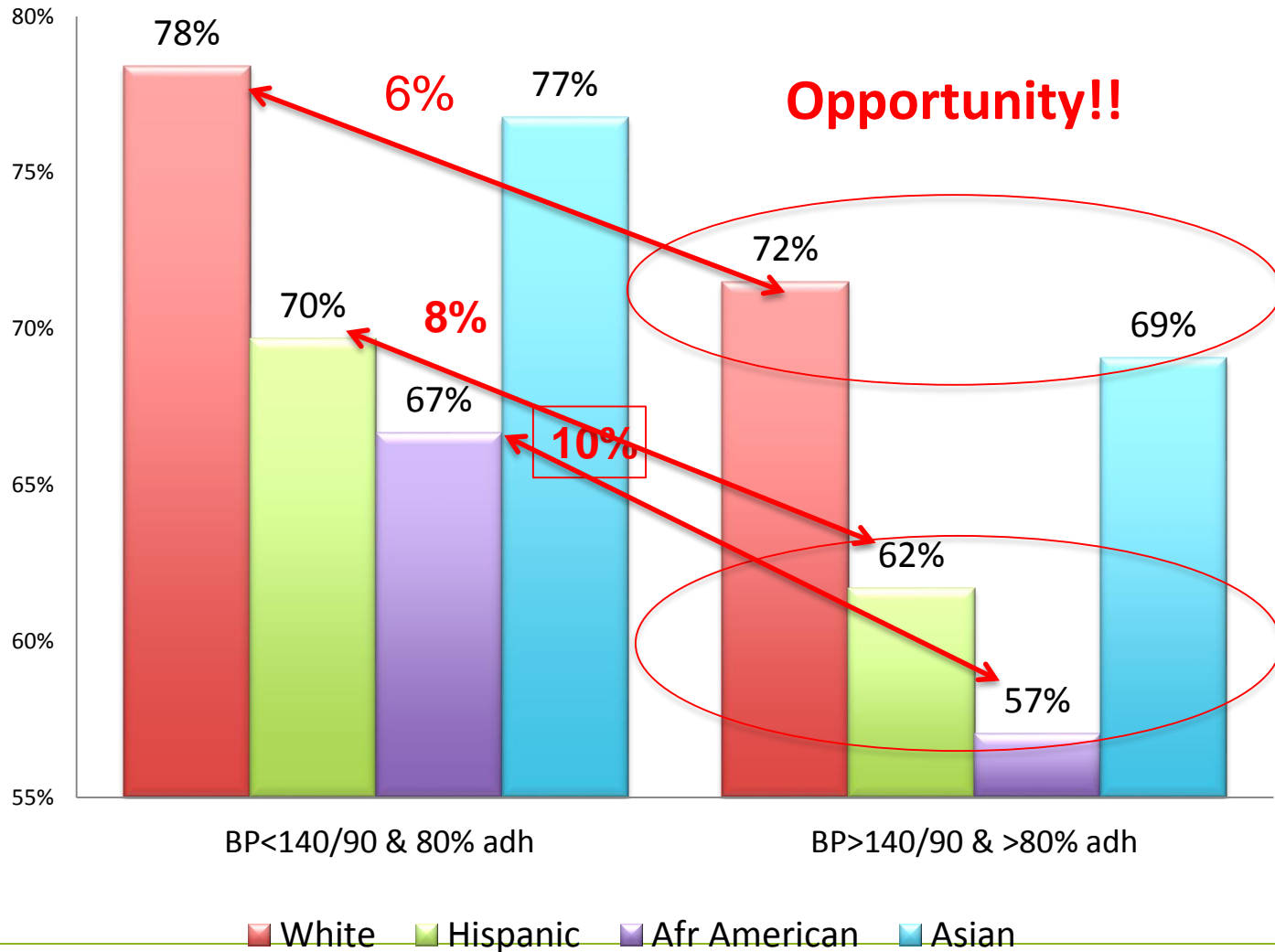


J Clin HTN 2015 pg 1-9 Adherence is =>80% Pt Days Coverd

Htn Med Adherence in Controlled/Uncontrolled BP by Race/Ethnicity



Htn Med Adherence in Controlled/Uncontrolled BP by Race/Ethnicity



What DOESN'T Work? Not Removing Barriers

Table 2. Barriers to appropriate medication use and adherence		
Patient-related barriers	Medication-related barriers	Clinician-related barriers
Forgetfulness	Complex medication regimens	Poor relationship with clinician
Lack of knowledge about medication and its use	Side effects or adverse effects from the medication	Poor communication with clinician
Cultural, health, and/or religious beliefs about the medication	Taking multiple medications at the same time	Cultural, health, and/or religious beliefs—disparity between clinician and patient
Denial or ambivalence regarding conditions	Length of therapy	Lack of feedback and ongoing reinforcement from clinician
Financial challenges		
Lack of health literacy		
Lack of social support		

- But >30% of barriers not on this list,
- The ideal way to discover barriers is to ask
 - “in order to take your meds as directed, what problems questions or concerns do you need to deal with now?”

The Permanente Journal 2009 13 pg 62

What DOES work ? Simplicity & Coaching



That's been one of my mantras - focus and simplicity. Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains.

(Steve Jobs)

izquotes.com

Combination drugs like ACE/Thiazide 20%, bundles like blister packs 20% therefore bundles like TALL, and community health worker coaches

Questions?