Integrating Mind and Body Healing into Primary Care: A Team Approach

Laurel Newman, RN, BSN
Quality Implementation Manager
Primary Care Clinic Program
Intermountain Healthcare
Since 1975
- 22 hospitals
- 2,784 licensed beds

Since 1983
- Health plans
- 635,000 members

Since 1994
- 1,200 employed physicians
- 530 advanced practice clinicians

Since 1997
- 9 key service lines

Our Charge: To become a “Model Healthcare System”
Core Business

Our efforts are ultimately centered around what matters most to our patients, employees, members and communities:

Best clinical care in the world doesn’t matter if no one can afford it.

Perfecting the Clinical Work Process
What is Mental Health Integration?

A standardized clinical and operational team process that incorporates mental health as a complementary component of wellness & healing

* Mental Health includes Substance Abuse Recovery
Multiple Efficient Team Touches

*Patient Reported Outcomes (p < .001)*

*Journal of Primary Care and Community Health,* January 2014 vol. 5 no. 1, 55-60.
A streamlined implementation process has resulted in exponential growth in MHI clinics (N = 82)
Total Savings to the Insurance Plan (SelectHealth)


Difference in Per Patient Allowed Charges Between Pre and Post (in 2005 dollars)
For All Service Lines

- MHI Effected Service Lines
- Remaining Service Lines
- All Service Lines

<table>
<thead>
<tr>
<th>Service Lines</th>
<th>MHI (N=796)</th>
<th>Remaining Service Lines</th>
<th>All Service Lines</th>
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</thead>
<tbody>
<tr>
<td>2005 Dollars</td>
<td>MHI Effected Service Lines</td>
<td>Remaining Service Lines</td>
<td>All Service Lines</td>
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<tr>
<td>$640</td>
<td>$1,046</td>
<td>$667</td>
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54% Reduction in ER utilization

Remaining service lines includes:
- Inpatient Services: Obstetrical and Surgical;
- Outpatient Services: Urgent care, Specialty care;
- Ancillary Services: Pharmacy for other drugs, Lab, Outpatient Radiology and Testing, Outpatient other, Chemo and radiotherapy, and Other miscellaneous.
MHI expands Team-based care to Community Health.
Our focus should be on the conditions for good health

“The circumstances in which people live and work are related to their risk of illness and length of life” Marmot (2004) The Status Syndrome