

Patients' Health Priorities: Core Metric for Value-Based Healthcare (particularly for older adults with multiple conditions)

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Mary Tinetti: @GoalsDriveCare

PPC: @PtPriorities

Patientprioritiescare.org

Definitions

- **Health outcome goals:** Actionable & reliable health & life outcomes that patient most desires
- **Healthcare preferences:** Healthcare activities (Medications, self-management tasks, healthcare visits, testing, & procedures) that patient finds helpful & doable OR NOT
- **Health priorities:** Health outcome goals that are consistent with healthcare preferences

Disease care & metrics for Mr. A: 78 yo with heart failure, depression. DM, hypertension, etc...

- **Cardiologist:** start β -blocker
- **Psychiatrist:** stop β -blocker, depression metrics
- **Primary Care:** BP & A1C metrics
- **Hospital:** Readmission, β -blocker, HCAPS
- **Result for Mr. A:** ~20 health visits; 12 medications; conflicting recommendations; observation vs. admission

Healthcare for older adults with MCCs is...

- **Burdensome**
 - Ave. 33 contact days/yr (visits, tests, procedures, hospital (Bynum, Dartmouth Atlas, 2016)
 - 1 in 3 receive guideline –based medication that harms coexisting medications (Lorgunpai, PLOS 2014)
- **Uncertain benefit**
 - Not in evidence-generating trials
 - What outcome defines benefit with MCCs?

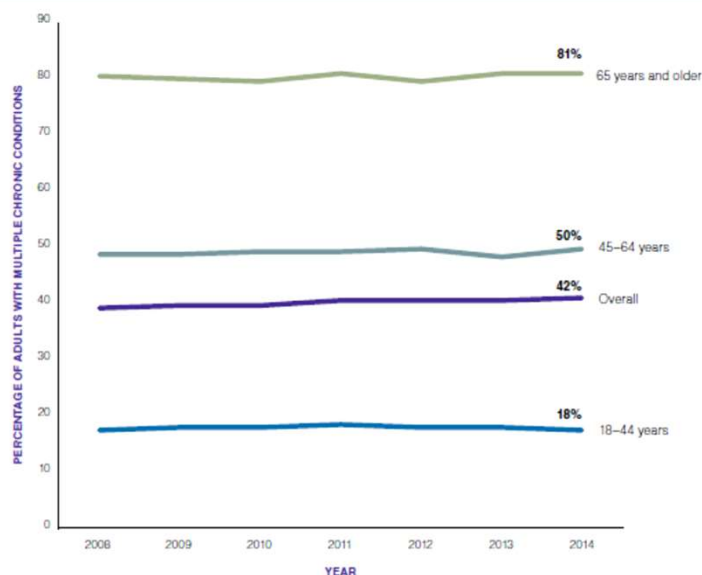
Healthcare not always aligned with patient's health priorities ...

Vary in outcomes

- Function: 42%
- Symptom relief: 32%
- Live longer: 27%

Vary in care preferences

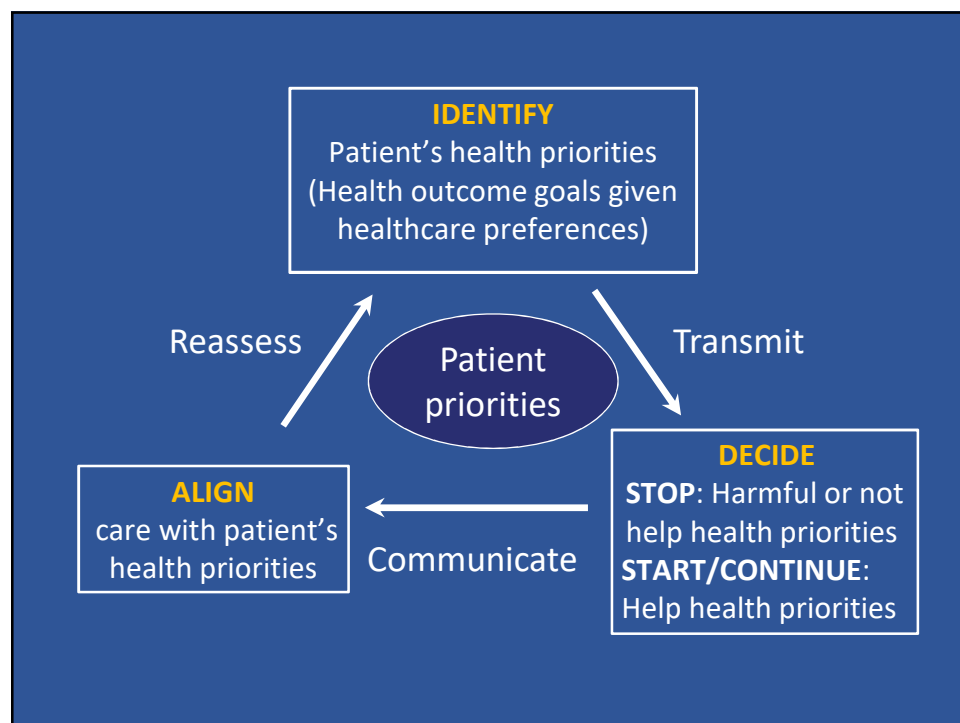
Fried, Arch IntMed 2011



Why patients' health priorities as the core patient experience measure?



- Disease & event measures) not applicable (may be harmful) Boyd, JAGS 2012, 2019
- Current patient experience measures inadequate
- One true patient centered measure
- Improves value: Output /Input
 - Person level = Desired outcomes/financial & opportunity costs
 - Society level = population outcomes/healthcare costs
- Examples: Patient Priorities Care; Age Friendly Health Systems; Advanced illness



Examples of specific, actionable, reliable health outcome goals

- “Babysit and play with my 2 y.o. grandson twice a week.”
- “Work ½ day at my office.
Doctor visits interfere.”
- “...do ceramics and walk ½ mile with my husband - tiredness from my medications makes this difficult.”



Examples of healthcare preferences: Helpful and doable

I feel safer in hospital
when I'm sick

CPAP
helps

I walk & do the exercises that PT taught
me every day

Examples of healthcare preferences: Not help or unable

My medications
cause muscle pain;
it's hard to be active

Insulin & glucose
checks too often

I get hypoglycemic and
shaky. I'm taking too much
of something

I don't want
back surgery

Compared with usual care, Patient Priorities Care associated with...

- Greater documentation of priorities based decision-making
- Less unwanted care:
 - Twice as many medications stopped
 - 80% fewer tests
 - 40% fewer self management tasks added
 - Trend toward fewer procedures
- Decrease in treatment burden (TBQ; $P=0.05$)

Tinetti, under review



Age Friendly Health System initiative

Establish Age-Friendly Care in 20% of US hospitals and health systems by 2020

4M Framework of Age Friendly Health Systems



- Areas affected by “all” diseases
- Unifying focus for all care in all settings
- What people want from their healthcare
- Provides a simplified framework
 - for managing the complexity
 - for getting everyone on the same page
- Strong evidence base

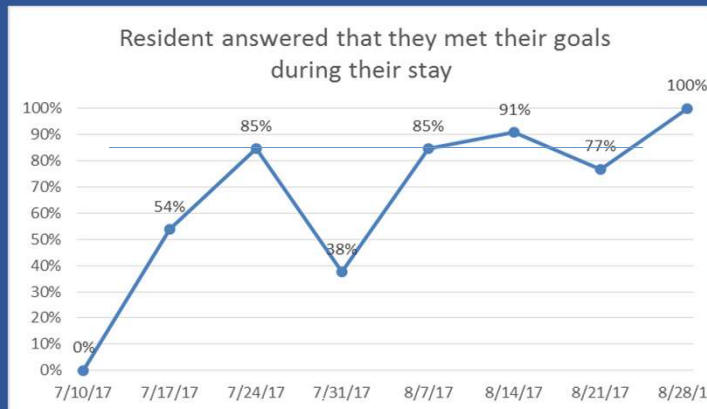
Current Age Friendly Health Systems



AFHS What Matters Most (Health priorities)

- Specific Ask: *“What do you most want to focus on while you are in the hospital_____ (health problem) so that you can do_____ (desired activity) more often or more easily?”* (patientprioritiescare.org)
- For older adults with advanced or serious illness, consider: *“What are your most important goals if your health situation worsens?”* Serious Illness Conversation <https://www.ariadnelabs.org/areas-of-work/serious-illness-care/resources/#Downloads&%20Tools>.

Trinity Glacier Hills



Patient health priorities based care improves value to patients & society

- Asking & addressing what matters: ↓ ICU stays 80%; ↑ hospice use 47% & pt satisfaction (AHRQ 2013)
- Advanced care planning among NH residents (Martin, JAMDA, 2016)
 - ↓ hospitalization 9-26%
 - ↓ total healthcare costs by \$1839 per resident
 - ↑ in actions consistent with wishes by 13- 29%

Patients' health priorities as patient experience measure: Current

- Hospital: Nothing
- Consumer Assessment of Healthcare Providers and Systems (CAHPS) Patient Centered Medical Home
 - Someone from provider's office talked with patient about specific health goals
 - Someone from provider's office asked if there were things that made it hard for patient to take care of health

Patients' health priorities as the core patient experience measure

- Benefits
 - Explicitly measures what matters to patients
 - Reduce plethora of disease- and event-based measures (cumbersome, costly, not applicable with MMCs)
 - Incentivize high value care for patients & "society"
- Challenges
 - How to measure it
 - Avoid "gaming"
 - Avoid "checkbox adherence" (did the care happen?)