Evidence-Based Practice and Patient-Centered Care

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University of Bridgeport
College of Chiropractic
What does evidence-based practice mean to you?
Are you an evidence-based practitioner?
ACA Evidence-Based Practice article
Discussion
What is patient-centered care?
Patient centered care requires medical doctors and chiropractors to work side-by-side.
My Message

• Integration of evidence-based chiropractic services into the health care system enhances patient safety and quality of care.
The National Prevention Strategy

AMERICA’S PLAN FOR BETTER HEALTH AND WELLNESS

Join the effort! Spread the word! Learn more
Increase the number of Americans who are healthy at every stage of life.
The Affordable Care Act permits chiropractors to function as members of the primary care team. The language in the bill ensures that doctors of chiropractic can be included on these patient-centered and holistic teams. The non-discrimination provision lifts some of the burden imposed by unfair limitations of certain insurance companies.
A Call to Revolutionize Chronic Pain Care in America: An Opportunity in Health Care Reform
Pain Care in America Must Change

• Most people in pain, including those with chronic symptoms, go to primary care providers to get relief. But current systems of care do not adequately train or support internists, family physicians and pediatricians, the other health care providers who provide primary care in meeting the challenge of treating pain as a chronic illness. Primary care providers often receive little training in the assessment and treatment of complex chronic pain conditions.
National Pain Strategy
A Comprehensive Population Health-Level Strategy for Pain
Health Reform Will Cut Number of Uninsured Dramatically

Number of non-elderly uninsured

60 million

- Red line: Without Affordable Care Act
- Blue line: With Affordable Care Act

Data: Congressional Budget Office, March 2012

*If all states institute the Medicaid expansion in 2014 as CBO had assumed prior to the Supreme Court decision.
Current Status of Chiropractic Physicians in Health Care System

1. Misunderstood
2. Over trained (Limited scope)
3. Under trained (Chiropractic specialist)
4. Under paid
5. Under utilized
Patient centered care requires medical doctors and chiropractors to work side-by-side.
Keys to Integration

• Competent and caring
• Evidence based
• Holistic and kind
• Patient centered
• Willing to introduce yourself
New Pain Management Model

- Health care team
- Primary care providers
  - MD
  - DO
  - NP
  - PA
- Chiropractic faculty members, residents and students
- Behavioral health
Project STEP-ing Out

Chiropractic Services at CHCI
Meriden pilot evaluation
Ianita Zlateva
Daren Anderson
The Stepped Care Model for Pain Management at CHC

**STEP 1**
- PCMH Primary Care Pods
  - Routine screening for presence & intensity of pain
  - Comprehensive pain assessment and follow up
  - Management of common painful conditions
  - Structured follow up assessment
  - Nurse Care coordination

**STEP 2**
- Onsite Co-management
  - On-site behavioral health co-management
  - Pain management group sessions
  - Stress reduction
  - Chiropractic
  - Project ECHO consultation

**STEP 3**
- RISK
  - Tertiary Interdisciplinary Pain Centers
    - Advanced diagnostics & interventions
    - CARF accredited pain rehabilitation
    - Integrated chronic pain and SUD treatment

- Complexities

- Comorbidities

- Treatment Refractory
Pain Referrals by cohort

- Rheumatology: 3% (Chronic Opioid Cohort), 3% (Opioid Cohort), 4% (Pain Cohort)
- Orthopedic Surgery: 20% (Chronic Opioid Cohort), 16% (Opioid Cohort), 25% (Pain Cohort)
- Neurological Surgery: 7% (Chronic Opioid Cohort), 4% (Opioid Cohort), 3% (Pain Cohort)
- Physical Med and Rehab: 6% (Chronic Opioid Cohort), 6% (Opioid Cohort), 7% (Pain Cohort)
- Physiotherapy: 0% (Chronic Opioid Cohort), 0% (Opioid Cohort), 0% (Pain Cohort)
- Pain Management: 9% (Chronic Opioid Cohort), 7% (Opioid Cohort), 12% (Pain Cohort)
- Physical Therapy: 14% (Chronic Opioid Cohort), 13% (Opioid Cohort), 14% (Pain Cohort)
- Acupuncturist: 0% (Chronic Opioid Cohort), 0% (Opioid Cohort), 0% (Pain Cohort)
- Chiropractor: 0% (Chronic Opioid Cohort), 0% (Opioid Cohort), 0% (Pain Cohort)
- Addiction Medicine: 0% (Chronic Opioid Cohort), 0% (Opioid Cohort), 0% (Pain Cohort)
Action plan

Lack of pain training/low knowledge scores
Lack of pain specialty support
Low rates of opioid agreement/urtox monitoring
Low rates of pain reassessment
Poor documentation of pain assessment and treatment
Low behavioral health co-management
Low use of CAM

Online pain CME
Project ECHO
New CHC Policy
- Utox q 6 month
- Opioid agreement q yr
- Documented f/u q 3 mo
- Pain follow up HPI folder
- Pain dashboard

Behavioral health pain referrals
Chiropractic and (?) acupuncture svc at CHC
CHC Meriden Chiropractic PDSA

- University of Bridgeport Contractual
- Dr. Jim Lehman + 3 students
- 4 hr sessions Wed. and Sat.
- Internal referral in ECW
- ECW HPI folders
- Collaborative management for pain/musculoskeletal problems
- Preliminary Results 1/04- 4/18/2012
  - Number of Unique Patients Seen – 45
  - Number of Patient Visits – 152
Who are the Chiropractic Patients?

Gender
- Female: 58.7%
- Male: 41.3%

Age Range Distribution
- <35 years: 23.91%
- 36-50 years: 50.0%
- >50 years: 26.09%

Race
- Hispanic: 52.2%
- Caucasian: 39.1%
- Black or African American: 6.5%
- Asian: 2.2%

Last Medical Financial Class
- Medicaid: 21.7%
- Uninsured: 13.0%
- Medicare: 2.2%
- Unknown: 28.3%
- Medicaid Managed Care Fee for Service: 34.8%
- Unknown: 28.3%
CHC Meriden Chiropractic PDSA
CHC Meriden Chiropractic PDSA
### CHC Meriden Chiropractic Patients

#### Period: Jan. 4 - April 18

<table>
<thead>
<tr>
<th></th>
<th>Average/4 hr session</th>
<th>TOTALS – N (%)</th>
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</thead>
<tbody>
<tr>
<td><strong>Booked</strong></td>
<td>8.90</td>
<td>267</td>
</tr>
<tr>
<td><strong>Show Total</strong></td>
<td>5.07</td>
<td>152 (57%)</td>
</tr>
<tr>
<td>Show - Initial</td>
<td>1.50</td>
<td>45 (30%)</td>
</tr>
<tr>
<td>Show - Established</td>
<td>3.53</td>
<td>107 (70%)</td>
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<tr>
<td><strong>Cancel Total</strong></td>
<td>1.97</td>
<td>59 (22%)</td>
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<tr>
<td>Cancel - Initial</td>
<td>1.10</td>
<td>32 (54%)</td>
</tr>
<tr>
<td>Cancel - Established</td>
<td>0.90</td>
<td>27 (46%)</td>
</tr>
<tr>
<td><strong>NO show</strong></td>
<td>1.90</td>
<td>56 (21%)</td>
</tr>
<tr>
<td>NO Show - Initial</td>
<td>0.90</td>
<td>24 (43%)</td>
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<tr>
<td>NO Show - Established</td>
<td>1.07</td>
<td>32 (57%)</td>
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</table>
CHC Meriden Chiropractic PDSA: Results
CHCI Chiropractic Services
Referral ICD-9 Codes

<table>
<thead>
<tr>
<th>Code</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>724.50</td>
<td>Back pain (chronic)</td>
</tr>
<tr>
<td>724.20</td>
<td>LOW BACK PAIN</td>
</tr>
<tr>
<td>338.40</td>
<td>Chronic pain syndrome</td>
</tr>
<tr>
<td>V82.9</td>
<td>SCREEN FOR CONDITION NOS</td>
</tr>
<tr>
<td>723.10</td>
<td>CERVICALGIA</td>
</tr>
<tr>
<td>723.90</td>
<td>NECK DISORDER/SYMPT NOS</td>
</tr>
<tr>
<td>728.85</td>
<td>MUSCLE SPASM</td>
</tr>
</tbody>
</table>
CHC Meriden Chiropractic PDSA: Study

- Pain functional assessment tool: very useful, assessed impact of pain on a variety of factors
- Pt satisfaction with chiropractic assessment tool: highly satisfied
How much did pain interfere with:

- **Your family life**: 39.5% quite a bit, 13.2% somewhat, 13.2% a little bit, 7.9% not at all
- **Your household chores**: 39.5% quite a bit, 21.1% somewhat, 13.2% a little bit, 10.5% not at all
- **Enjoyment of social activities**: 36.8% quite a bit, 21.1% somewhat, 10.5% a little bit, 5.3% not at all
- **Things you usually do for fun**: 50.0% quite a bit, 21.1% somewhat, 13.2% a little bit, 5.3% not at all
- **Your enjoyment of life**: 40.0% quite a bit, 15.0% somewhat, 7.5% a little bit, 2.5% not at all
- **Ability to participate in social activities**: 37.5% quite a bit, 22.5% somewhat, 7.5% a little bit, 2.5% not at all
- **Work around the home**: 45.0% quite a bit, 15.0% somewhat, 7.5% a little bit, 2.5% not at all
- **Day to day activities**: 42.5% quite a bit, 35.0% somewhat, 12.5% a little bit, 2.5% not at all

**Percent of Patients**

- Not at all
- A little bit
- Somewhat
- Quite a bit
- Very much
spent enough time with me

Percent of Patients

- Disagree
- Agree
- Strongly Agree
# Pain Functional Assessment Tool

<table>
<thead>
<tr>
<th>How much did pain interfere with:</th>
<th>Time 1 (Pre-Treatment) Mean (N=40)</th>
<th>Time 2 (Post-Treatment) Mean (N=8)</th>
</tr>
</thead>
<tbody>
<tr>
<td>your day to day activities</td>
<td>4.20</td>
<td>2.87</td>
</tr>
<tr>
<td>work around the home</td>
<td>4.00</td>
<td>2.37</td>
</tr>
<tr>
<td>your ability to participate in social activities</td>
<td>3.80</td>
<td>2.75</td>
</tr>
<tr>
<td>your enjoyment of life</td>
<td>3.90</td>
<td>2.75</td>
</tr>
<tr>
<td>the things you usually do for fun</td>
<td>3.77</td>
<td>3.00</td>
</tr>
<tr>
<td>your enjoyment of social activities</td>
<td>3.67</td>
<td>2.87</td>
</tr>
<tr>
<td>your household chores</td>
<td>3.87</td>
<td>3.00</td>
</tr>
<tr>
<td>your family life</td>
<td>3.6</td>
<td>2.75</td>
</tr>
</tbody>
</table>

Note: Pain Interference Scale. Scores on pain interference items range from 1 (not at all) to 5 (very much).
Patients’ Comments from the Surveys

• Dr. Lehman and his staff of 4th yr. interns were absolutely great. I was very impressed and would recommend them to anyone.
• You are awesome. I feel great :-) 
• I would recommend your services to anybody. Thank you very, very much!
• All areas have been addressed, I am improving 100%.
• I want to appreciate the treatments I received with my chiropractor when I came in the first time I was in a lot of pain and I wasn't able to function at all and today I'm feeling wonderful. **Thanks to you all and I wish and pray that these services stay with us. Good Luck!**
Community Health Care Pilot Study
Student Comments

• Thank you for allowing me to participate...
• The one-on-one training was fantastic...
• Seeing patients with serious pain respond to chiropractic care was very valuable...
• Excellent clinical training...
• I learned more in 6 weeks than the prior year...
Community Health Center, Inc.

Site of the first UBCC/CHC chiropractic service
Community Health Center, Inc.
Middletown
Community Health Center Inc. New sites with Chiropractic Services

- Bristol
- Danbury
- Norwalk
- Meriden
- Middletown
- New Britain
- New London
- Stamford
- Waterbury
Thank you

Questions?