

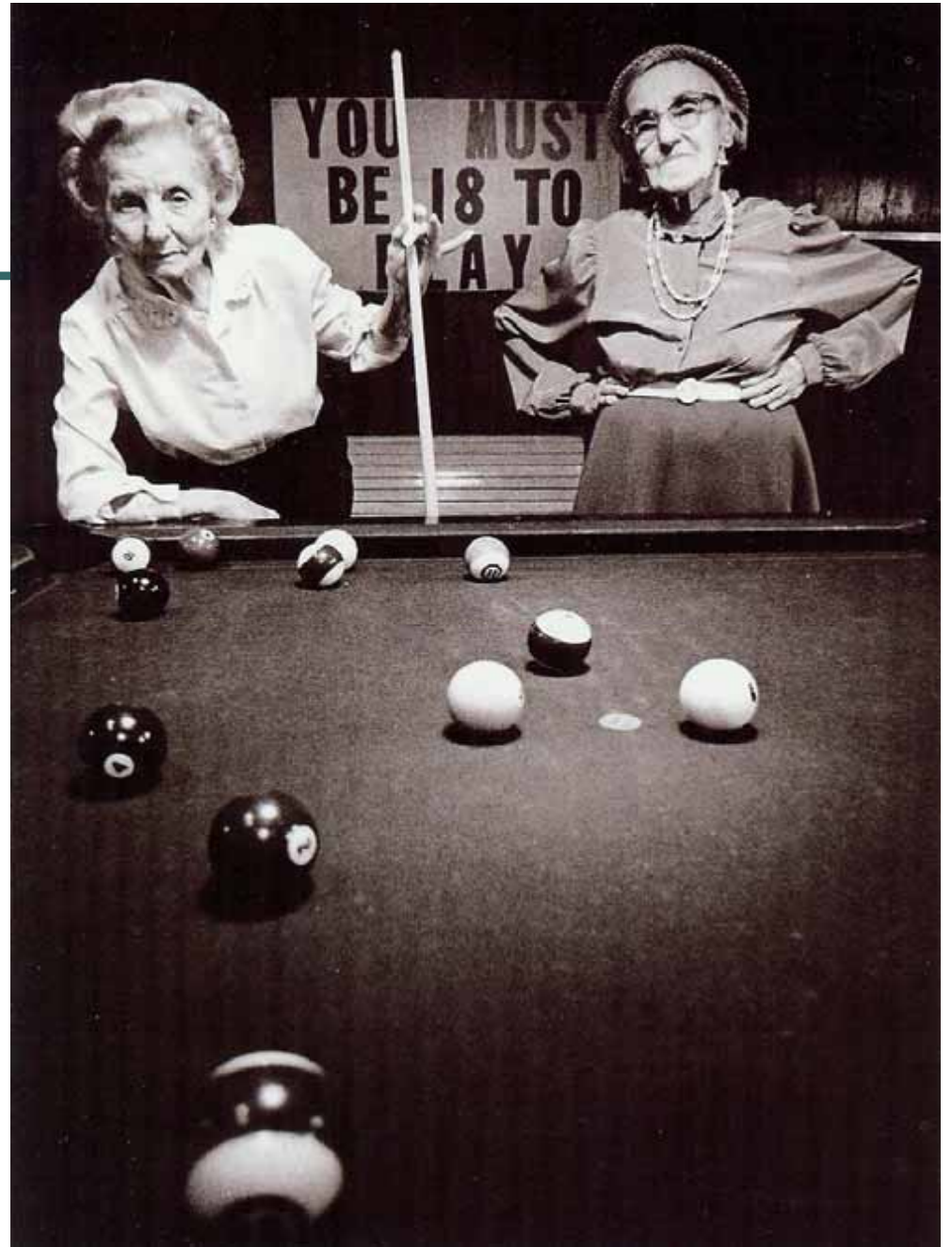
EMBRACING PREVENTIVE CARE:
The Healthy Aging Project

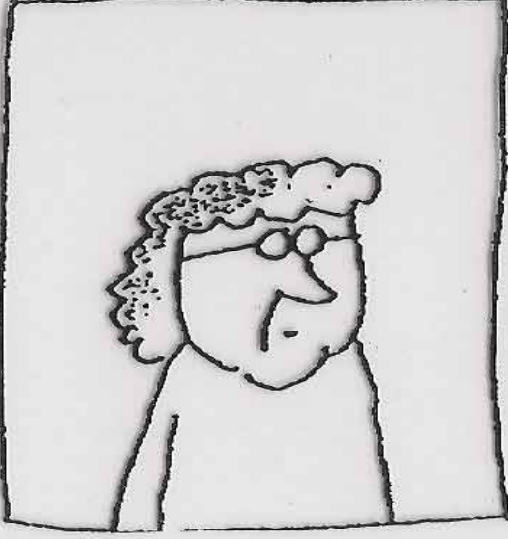
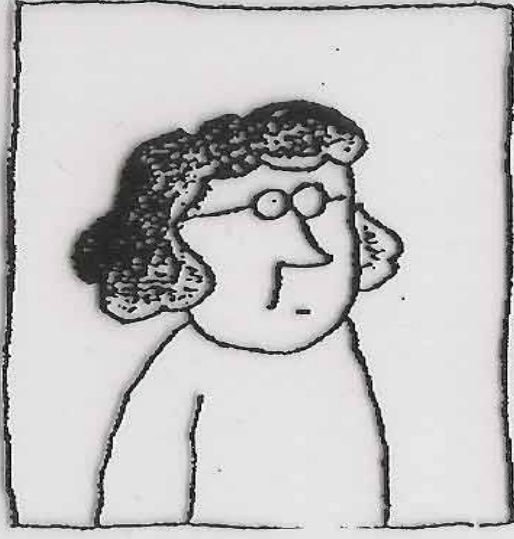
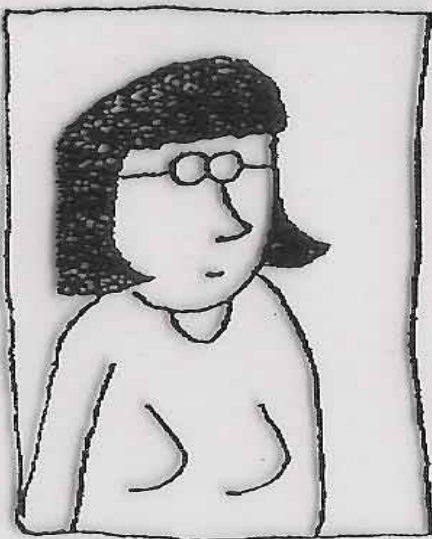
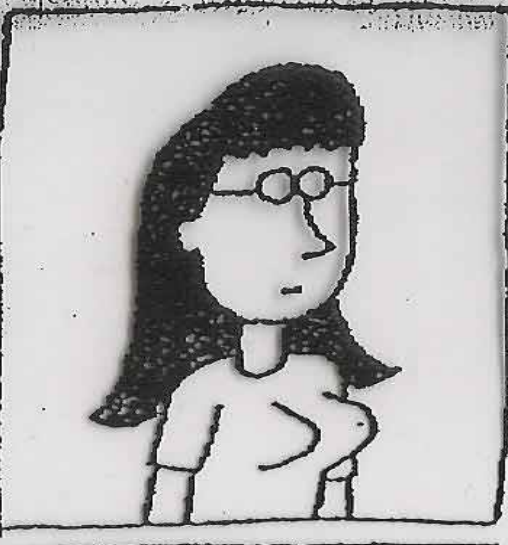
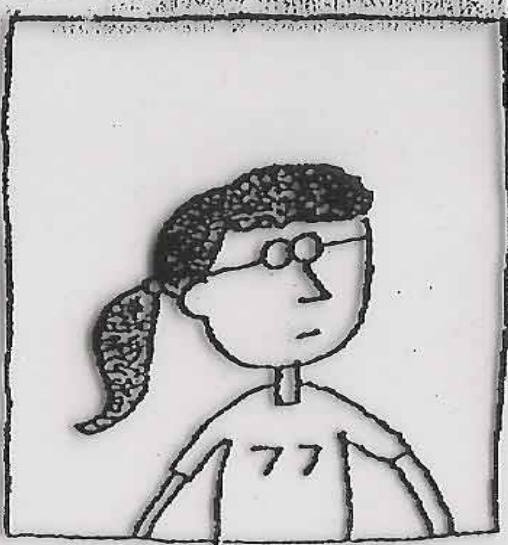
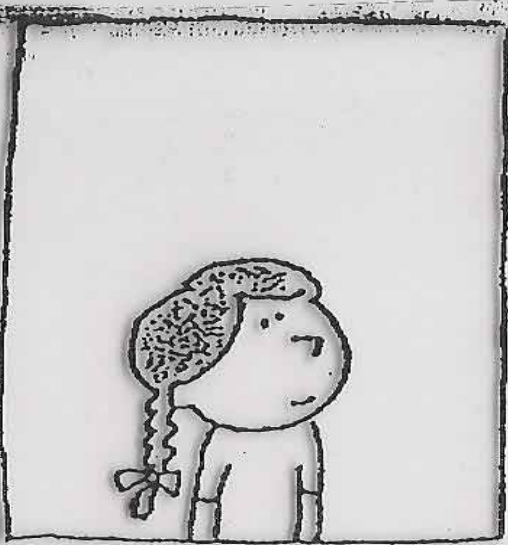
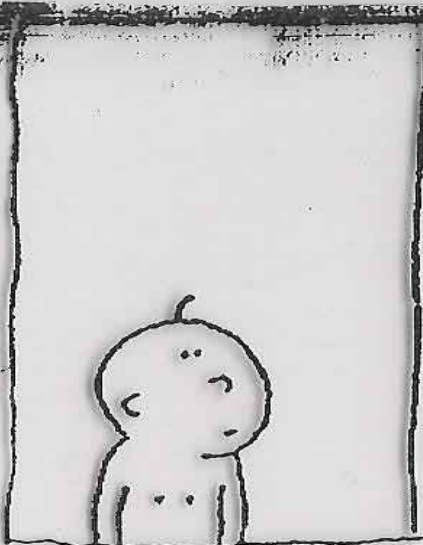
Christine (Himes) Fordyce, MD
Family Practitioner and Geriatrician
Group Health Permanente
June 11, 2009

Overview

- Re-defining Healthy Aging
- The Healthy Aging Evidence Base
- Medical models and partnerships
- The Healthy Aging Project
- Thoughts and lessons for those of us in the field of Aging

***‘Old age ain’t
for sissies!’***





Group Health Cooperative

- Consumer governed, not-for-profit organization founded in 1947
- Integrated model: Local community-based health plan + delivery system
- Service Area: 20 counties in WA and 2 counties in N. ID
- 575,000 Members
- 9,750 staff, including 889 Group Health Permanente Group physicians
- Facilities: 1 Hospital, 25 primary care clinics, 6 specialty units,
- Contract with 44 hospitals and 9,100 physicians
- All lines of business

Newsweek

September 18, 1995 \$2.95

VIA HILL ON PACKWOOD



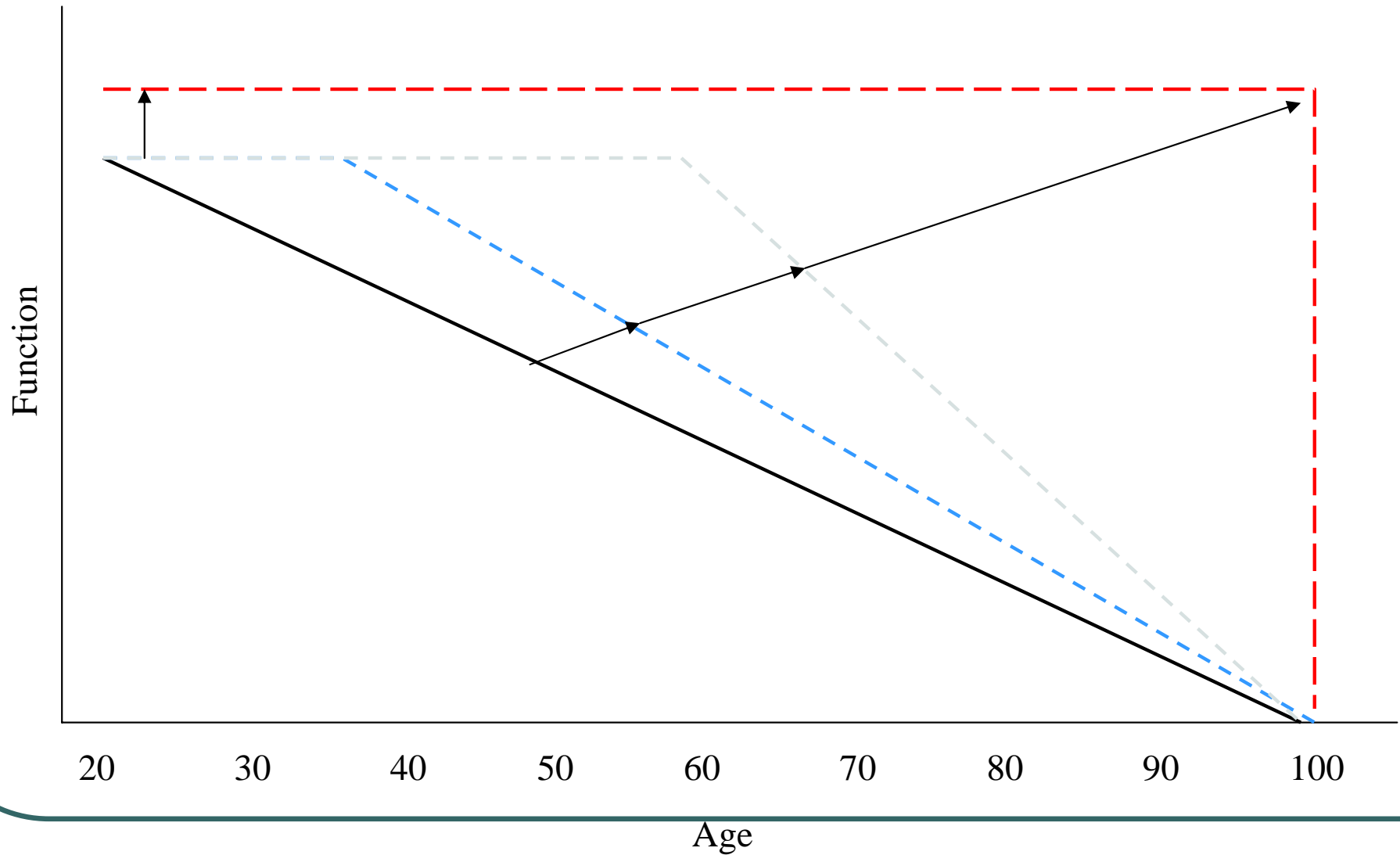
Get Ready
to Get Less:
The Attack
on Medicare

MediScare

Young vs. Old:
Who Will Carry
the Burden?



'Healthy' Aging



Healthy Aging: The Evidence Base



Chronic Care Model

Community

**Resources and
Policies**

**Self-
Management
Support**

Health System

Health Care Organization

**Delivery
System
Design**

**Decision
Support**

**Clinical
Information
Systems**

**Informed,
Activated
Patient**

**Productive
Interactions**

**Prepared,
Proactive
Practice Team**

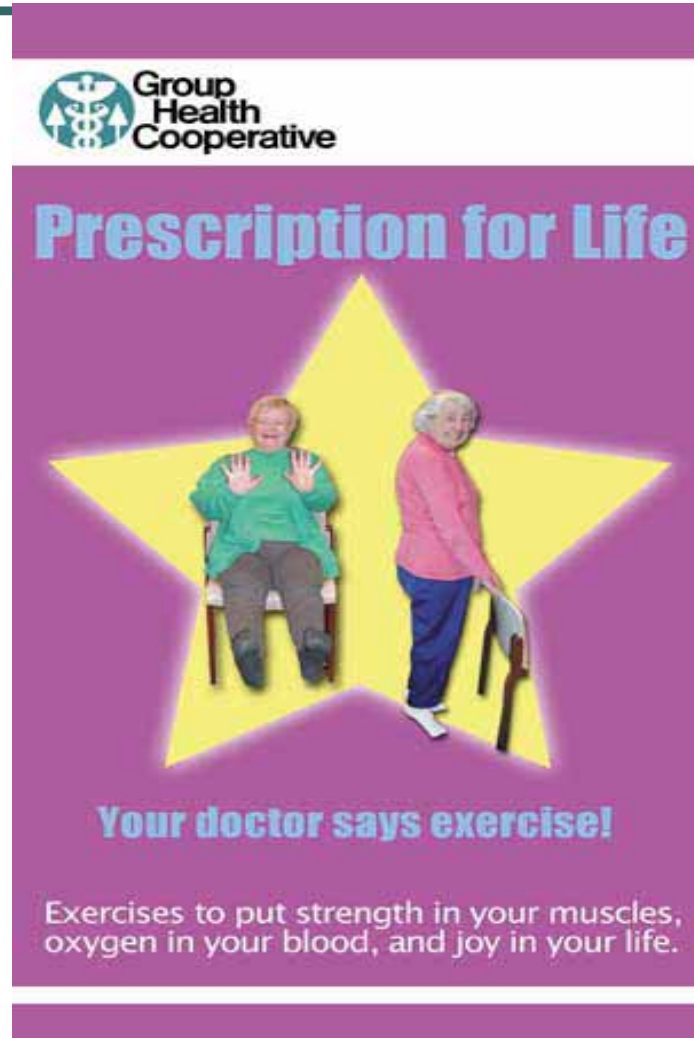
Improved Outcomes

Social and Physical Activity: Biggest Bang for the Buck!

- **There are only 2 things shown to statistically significantly affect overall health outcomes for the Medicare Population: *social isolation* on the negative side and *regular physical activity* on the very positive one.**
- There is no more important '*prescription*' to write, individualize and assure compliance with than regular PA for all patients, whether robust or frail, living independently or in nursing homes.

'Full Spectrum' Formulary: Group Health Cooperative

- Walking programs, chair exercises, senior center and health club partnerships, master rowing, STP sponsorship, yoga, Tai Chi, clinic based classes, group visits, home videos, nursing home and CCRC classes, diabetes and COPD programs.
- The more frail and disabled, the more immediate the gain.
- HEDIS/HOS measures



Lifetime Fitness/Enhance Fitness and Silver Sneakers Programs

Lifetime Fitness Program:

- GHC partnership with the UW and Sr. Services
- ~ 700 participants
- Data shows significant decrease in overall healthcare costs and utilization for those with *>1x/wk participation*
- Cornerstone of HEP.

Silver Sneakers:

- Contracted in 1997 as part of retention strategy/clinical priority
- Partnership with local health clubs through HCD/now AXIA
- Medicare enrollee benefit starting in 1998
- ~1700 enrollees
- Outcome data very similar to LFP.

Self Efficacy

- Perceived ability to achieve a certain behavior
- Expected success the behavior will provide
- 4 major sources of information: performance experience, observing the experience of others, **verbal persuasion**, and emotional/physiologic states.



Initiation and maintenance of physical activity behavior change

- Self efficacy beliefs critical in initiation
- Pleasure, satisfaction, and self regulatory skills (goal setting and ***monitoring***) are most important in sustaining PA behavior.



The 'Health Enhancement Project'

Enhance Wellness

- Group Health and Pac Med patients >70 yo
- Geriatric Syndrome screening, assessment, intervention and follow-up by ARNP/MSW team based in a senior center
- Evidence-based interventions known to improve overall health outcomes with clear roles for each of the multi-disciplinary team
- Shown to decrease healthcare costs, improve function and QOL in 6-12 months
- Partnerships between health plans, patients, practitioners, academia, senior centers and community resources

Preventive Care for Older Adults

- Immunizations
- Cancer Screens
- Chronic condition management
- Assessment and intervention: The Geriatric Syndromes
- Community Resources



Adults ages 65+

This worksheet helps you and your health care team to make decisions about your health care needs. Your health care team uses this form to enter information into Group Health's secure medical record system.

Group Health values your privacy. We will keep your answers confidential. If you don't want to answer a question, leave it blank.

Name:	For Clinic Use
1. How would you describe your general health? <input type="checkbox"/> Excellent <input type="checkbox"/> Good <input type="checkbox"/> Fair <input type="checkbox"/> Poor	
2. During the past year, have you had any major changes in your life, good or bad? If YES, please explain: <input type="checkbox"/> Yes <input type="checkbox"/> No	
3. During the last 2 weeks, how often has feeling down, depressed, or hopeless bothered you? <input type="checkbox"/> not at all <input type="checkbox"/> several days <input type="checkbox"/> more than half the days <input type="checkbox"/> nearly every day <small style="display: flex; justify-content: space-around;">[0][1][2][3]</small>	A score of 2 or 3 on either question: use depression questionnaire (PHQ-9)
4. During the last 2 weeks, how often have you been bothered by having little interest or pleasure in doing things? <input type="checkbox"/> not at all <input type="checkbox"/> several days <input type="checkbox"/> more than half the days <input type="checkbox"/> nearly every day <small style="display: flex; justify-content: space-around;">[0][1][2][3]</small>	
5. How many drinks containing alcohol do you have on a typical day when you are drinking? <input type="checkbox"/> 1 or 2 <input type="checkbox"/> 3 or 4 <input type="checkbox"/> 5 or 6 <input type="checkbox"/> 7 to 9 <input type="checkbox"/> 10 or more <small style="display: flex; justify-content: space-around;">[0][1][2][3][4]</small>	A score of 1 or more: on either question: use AUDIT questionnaire
6. How often do you have 4 drinks or more on one occasion? <input type="checkbox"/> Never <input type="checkbox"/> Less than monthly <input type="checkbox"/> Monthly <input type="checkbox"/> Weekly <input type="checkbox"/> Daily or almost daily <small style="display: flex; justify-content: space-around;">[0][1][2][3][4]</small>	
7. Have you fallen down in the last 6 months? <input type="checkbox"/> Yes <input type="checkbox"/> No	
8. In the past 6 months, have you had problems with urination or leaking urine? <input type="checkbox"/> Yes <input type="checkbox"/> No	
9. Do you get at least 30 minutes of physical activity most days of the week? You can add up all the physical activity you do each day, including walking, gardening, and cleaning, to equal 30 minutes. <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Not sure	
10. Are you thinking of increasing your physical activity in the next 6 months? <input type="checkbox"/> Yes <input type="checkbox"/> No	
11. Are you able to take care of all your personal needs by yourself? For example: bathing, dressing, eating, using the bathroom, or walking. <input type="checkbox"/> Yes <input type="checkbox"/> No	

PLEASE CONTINUE ON BACK PAGE

12 Do you need help with any of the following?

- | | | |
|------------------------------------|------------------------------|-----------------------------|
| a. Preparing meals | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| b. Taking medicine | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| c. Housework | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| d. Food shopping | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| e. Managing money | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| f. Transportation | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| g. Making and keeping appointments | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

13 Do you have memory problems that make it hard to do daily activities? Yes No

14 How many days a week does pain usually keep you from doing things you like to do?

- 0 1-2 days each week 3-4 days each week 5 or more days each week

15 Do you have both a signed Living Will and a Durable Power of Attorney (DPOA) for health care? Yes No Not sure

If you have a Durable Power of Attorney for health care, who is it?

Name:

Telephone number:

16. Is there a friend, relative, or neighbor who would take care of you for a few days if necessary

- Yes No

If YES, Name:

Relationship:

Telephone number:

Please answer the following questions if you're new to Group Health or anything has changed since your last visit.

Have you smoked at least 100 cigarettes in your entire life? Yes No

FOR MEN ONLY: If YES, ONE-TIME AAA screening

List major illnesses, injuries, or conditions. Describe each one and give the approximate date.

None

List major surgeries. Describe each one and give the approximate date.

None

Have you had a tetanus booster in the last 10 years? Yes, date: _____ No

Have you had a Pneumovax vaccine (to immunize against pneumonia)? Yes, date: _____ No

The Geriatric 'Syndromes'

- Common threats to functional status and quality of life
- Decreased physiologic reserve
- Too often ignored: “I’m just getting OLD...”
- Evidence-based interventions known to improve overall health outcomes with clear roles for each of the multi-disciplinary team

Geriatric Syndromes

- Physical Inactivity
- Falls prevention
- Depression
- Incontinence
- (Vision/hearing)
- Poor Nutrition
- Dementia
- Medication-Related Complications
- Advanced Planning

Self Report of Health

- The most important self-report predictor of poor health outcomes
- If 'fair' or 'poor' OR two or more chronic conditions not optimally managed, refer to Self Management of Chronic Disease classes



“How would you describe your general health?”

Aging and Chronic Disease

- 88% of people over 65 have at least one chronic health condition, 68% have two, 48% have three or more.
- 21% of people over 65 have chronic disabilities. (NIA Report on Aging, 2000)

Evidence Based Clinical Guidelines

- Increasing physical activity levels is the **most important intervention** for virtually ALL chronic disease management and prevention programs.
- In diabetes the evidence clearly shows exercise and diet interventions are better than metformin in controlling A1C's (NNT 6.9 for exercise and 13.9 for metformin).

Diabetes Care 2000 DPP;
23:1619-1629



GHC Senior Care Integration Model

POPULATION CONTINUUM

Health Status Subpopulations

End of life		Hospice, home care, palliative care
Frailty (~700 or 1% use 20% of hospital days)	2%	Preventive Care, Physical activity programs, chronic care management, case management, Hospital, SNF, NH, BH
Functional decline		Preventive Care, physical activity programs, chronic care management, PT, OT, ST, MSW, BH
Active Chronic Disease (100% of reimbursement by 2007)	80%	Preventive Care, Physical activity programs, chronic care management, RN's, clinical pharmacists, specialty care, BH
At risk for functional decline		Preventive Care, Physical activity programs
At risk for chronic disease		Preventive Care, Physical activity programs
Robust and healthy	18%	Preventive Care, Physical activity programs

The HEALTHY AGING PROJECT

Vision:

- **Create a national model for preventive care for older adults in the framework of the chronic disease model within the new medical home model for primary care**

Foundational Thinking:

- **GH is a steward and content expert for the evidence base around healthy aging**
- **Our purpose is to package healthy aging resources in a way that is easily accessible to the aging population both in our clinics and in communities where they live**

Healthy Aging Project: The Toolkit

- **Focus: Develop core content and tools in healthy aging with focus on prevention, health promotion and self management.**
- **Step 1: Development of a Healthy Aging Toolkit**
- **Phase 1 toolkit focus is on health promotion/prevention, key geriatric syndromes and advanced planning**
- **Phase 2 will add prevention/management of chronic diseases and topics of special interest to seniors**
- **Toolkit products to include: 1)Screening and assessment; 3)Clear, evidence based interventions; 3)Goal setting/individualized wellness plan; 4)Tracking tools and support; 5)Educational resources for both patients and providers**

Healthy Aging Toolkit

Phase one: 12 module introduction

- **Healthy Aging Overview**
- **General Preventive Care**
 - Screenings, immunizations, chronic disease management
- **Key Geriatric Syndromes:**
 - Physical Activity
 - Social Activation
 - Memory
 - Nutrition
 - Falls
 - Depression
 - Urinary Incontinence
 - Advance Planning
 - Medication Management
- **Putting it all together: Planning for the 'What If's'**

Healthy Aging Toolkit: Phase Two

- Chronic Disease Management modules: **arthritis, osteoporosis, diabetes, heart disease, lung disease, neurologic disease, fibromyalgia, cancer**
- Modules on topics of Special Interest: **Pain management, digestion, skin care, sleep, downsizing, vision and hearing problems, sexuality, emergency planning, community resources**
- Web-based functions and services: **‘Ask the Expert’, Chat rooms**
- All built out on the myGroupHealth.org website and integrated into patient care in the Medical Home Model

Healthy Aging Program: Toolkit Uses

- Internally in clinical practice
 - Physical exam/group visits
 - Backbone of curriculum for MDs around approaches to geriatric care
- Through MyGroupHealth and Incontext
 - Member education
- In the community locally and nationally
 - Community forums
 - As part of an offering to senior retirement communities
- As foundation for furthering a policy agenda on healthy aging

The Chronic Care Model for Healthy Aging

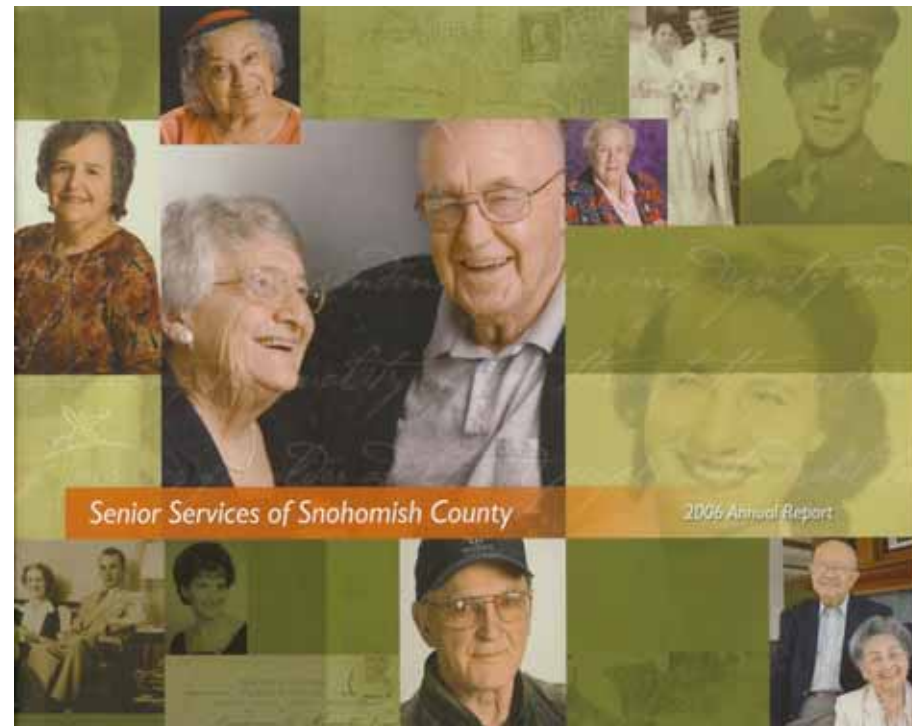
1. Delivery system design: **Medical Home Model**
2. Self Management support: **modules on healthy aging essentials and areas of interest; screening and assessment, E-B intervention plans, goal setting, tracking tools and educational resources; chronic disease self management classes live and online**
3. Decision support: **guidelines and protocols, EPIC, Incontext and provider training**
4. Clinical Information Systems: **fully integrated with EPIC and myGroupHealth.org.**

Community Resources and Public Policy

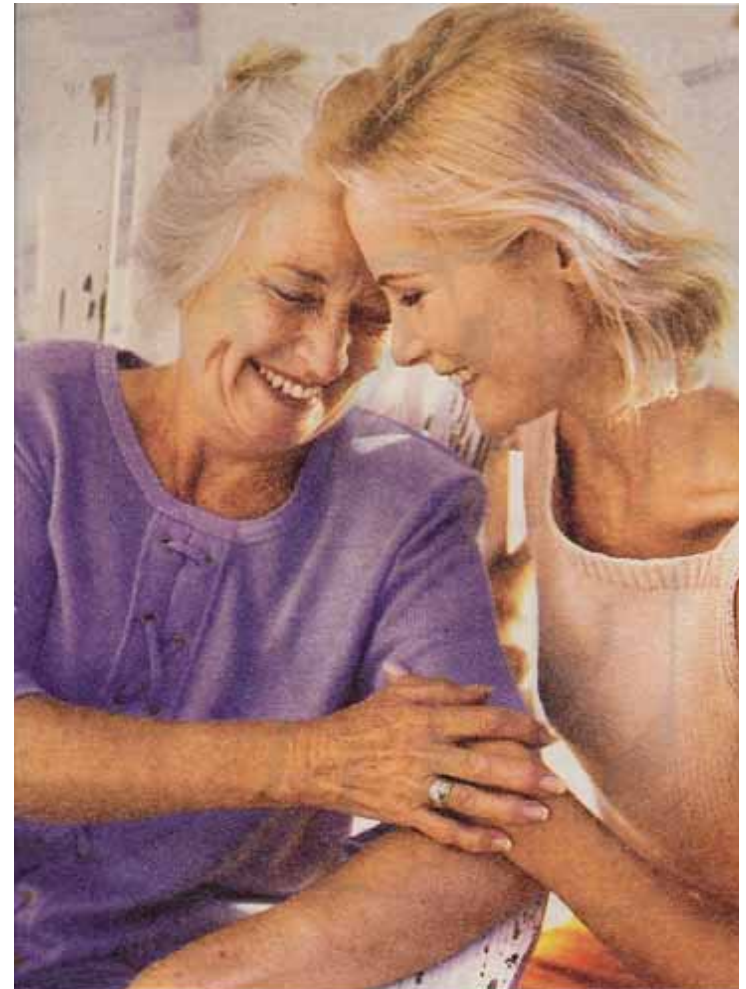
Creating Possibilities

- CCRC's
- Alzheimer's Assn
- American College of Sports Medicine
- NIA
- NCOA
- King Co Senior Services
Congressional leaders
- CMS
- Parks and recreation
- NCOA
- Illuminage

?W4A



Parents and Their Children: Taking Care of Each Other



Advanced Planning: Considering the 'What-Ifs'

What if:

- I can no longer drive?
- I cannot cook or clean regularly?
- I cannot do regular bathing ?
- I cannot manage all my finances?
- I get sick?
- I am unable to walk easily?
- I am temporarily unable to care for myself?
- I am permanently unable to care for myself?
- The power goes out?
- The phone goes out?
- Someone is trying to break in my house?
- I develop dementia?

Emergency Planning



Photos by STEVE THORNTON / STAFF PHOTOGRAPHER

The Red Cross shelter at the Temecula Community Recreation Center was filled to capacity Tuesday with evacuees from the various fires in the region. Another shelter was opened in the gym at Temecula Valley High School to accommodate more evacuees.

THE CALIFORNIAN
AN EDITION OF THE NORTH COUNTY TIMES

WEDNESDAY, OCTOBER 14, 2003

President Bush sends help A-3 | Fallbrook in flames A-5 | De Luz fire in hand B-1

UNDER SIEGE

Fires spark state's largest evacuation; President Bush sends federal help

DAVE DENNEY
Staff Writer

COVERAGE

- Deaths:** President warned for his death. A-2
- Rescue:** Residents remain hopeful, uncertain. A-7
- De Luz:** Firefighters are finally getting the upper hand. B-1
- All the shelters:** Evacuees arrive from all over the county. A-6
- Weather:** Stormy air gives way to clear, but not calm. A-7
- Fallbrook:** 300 homes burned, 2,000 harvest destroyed. B-6
- Animals:** Shelter for pets set up at Forest Dogger Sports Park. B-6

A photograph showing a large, intense fire burning in a field, likely a wildfire. The fire is bright orange and yellow, with thick black smoke rising into the air.

Patty Hagan and her mother, Priscilla Duranto, who went to the Temecula Community Recreation Center to evade the blaze destroying part of Fallbrook, also experienced the Gavilan fire in 2002.

Emergency Planning Resource



Resources to support older adults and caregivers on the issue of personal emergency readiness

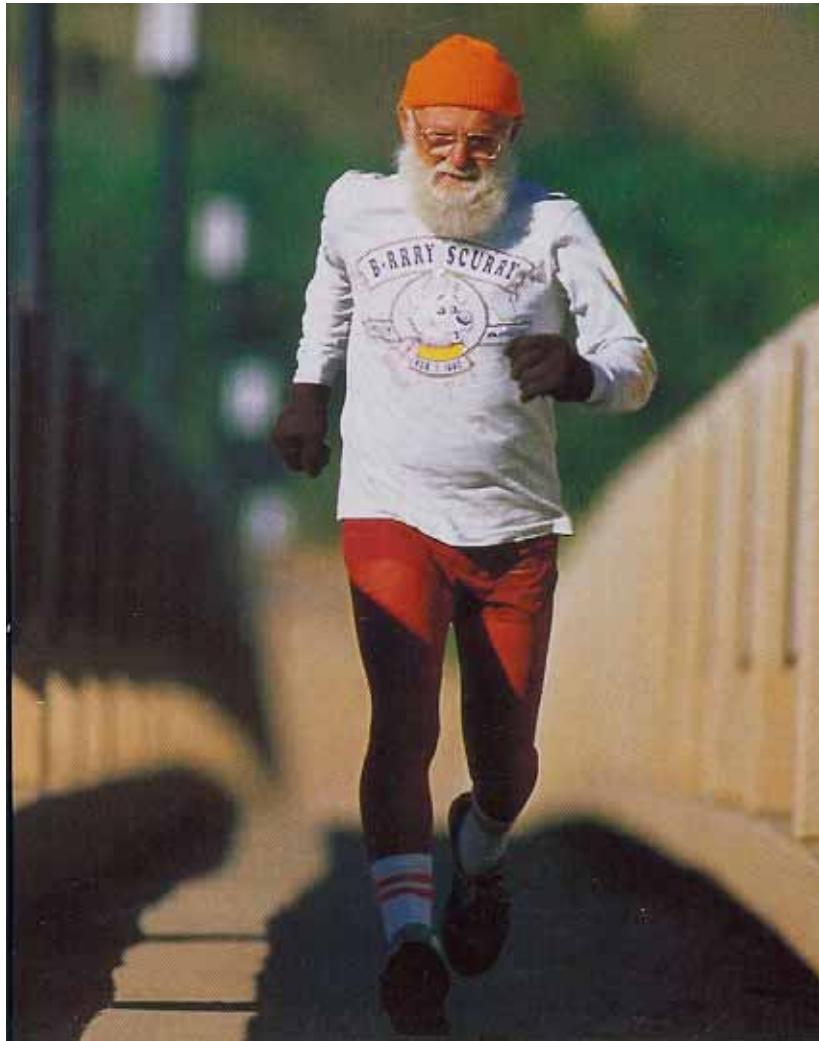
- >> **Factsheet** and **checklist** now included as part of the National Family Caregiver Support Program - www.AoA.gov
- >> **Factsheet** and **checklist** also included as a new supplement to the book, *Aging in Stride - Plan Ahead, Stay Connected, Keep Moving*
- >> **Factsheet, checklist, and video (streamed)** available as free consumer resources at www.AgingInStride.org
- >> To order the **complete package, with video on VHS or DVD and presenter's guide**, please visit www.AgingInStride.org or call 800-448-5213. (A small charge applies to cover production cost, shipping, and handling.)

Keys to Healthy Aging

- **Keep Moving**
- **Stay Connected**
- **Plan Ahead**



*Possiamo morire giovani il piu
tarde possibile!*



Dedicated to Changing the Way We Age

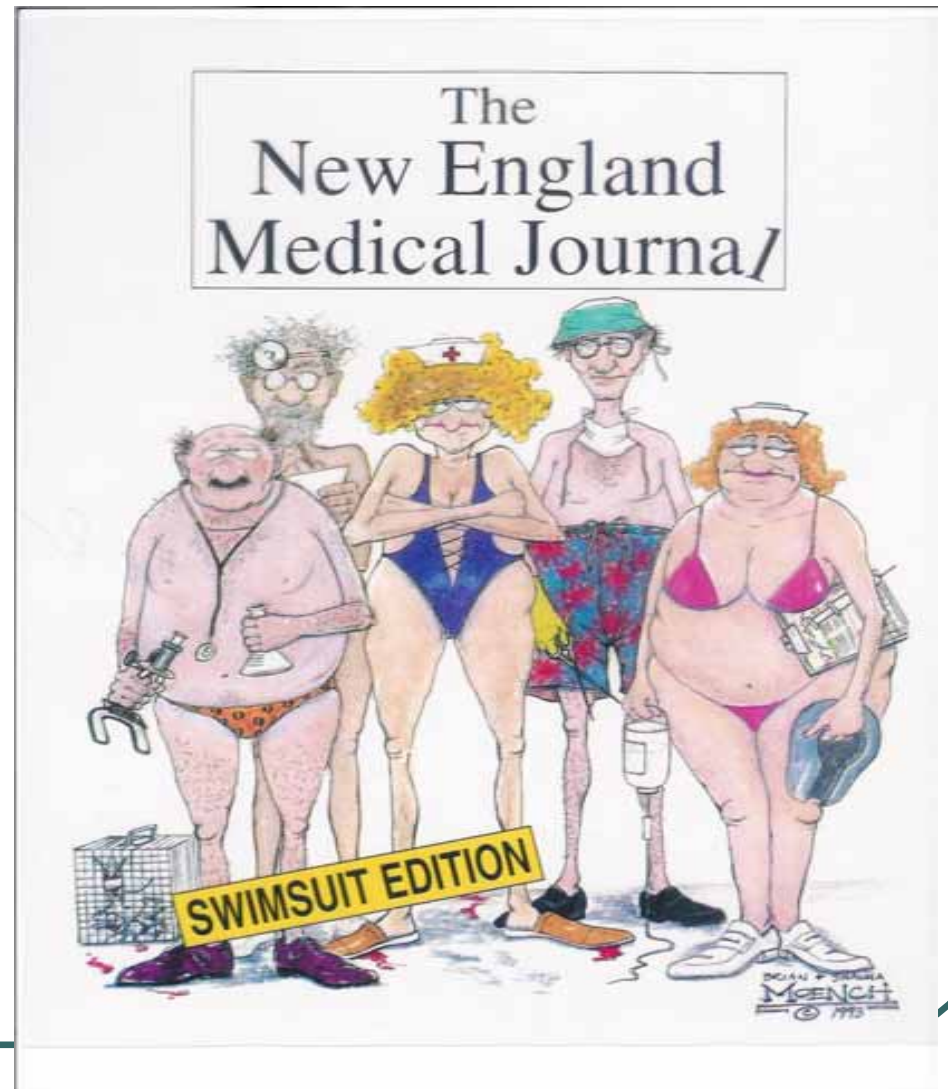
- Writing the chapters of our lives
- Painting the canvas
- Future reflections
- The Art of Possibilities



'Practicing' what we preach...

***You must BE the
change you wish
to see in the
world!***

Gandhi



'Harley gals' in hog heaven

Eastside Harley-Davidson group takes Marianwood nursing-home residents for a ride







*Beautiful young
people are an
accident of
nature, but
beautiful old
people are
works of art.*

--Eleanor
Roosevelt

What do you want to be

When **YOU**
Grow UP?

A **C** **t**

Y **OU** **r**

A **g** **e**

What dreams do
you have that you
want to come true?

THANK YOU!

**Comments/
Questions?**

Chris (Himes) Fordyce

Himes.c@ghc.org