Minimally Disruptive Medicine:
Setting the Stage for Our Journey Together

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@krboehmer
Introductions
Housekeeping
Packets

• Schedule for 2 days
• Lunch location options
• Map of campus
• How to claim CME Credits
Helping Hands

Kirsten Fleming
Anjali Thota
Paige Organick
Nataly Espinoza
Social Media

• #MDM2017

• @KERUnit
MDM
Multiple chronic conditions
On dialysis
Lives with son and his family
Does not speak English
The work of being a patient

- Sense-making work
- Organizing work and enrolling others
- Doing the work
- Reflection, monitoring, appraisal

Gallacher et al. Annals Fam Med 2012
Life

Workload

Capacity

Scarcity

Burden of treatment
  access
  use
  self-care

Burden of illness

Outcomes

Shippee N et al JCE 2012
25 yrs and 42 RCTs

30-day readmission

Interventions supporting capacity

30% more effective

Leppin A et al. JAMA Intern Med 2014

Shippee N et al JCE 2012
Clinicians ask for too much, the work is too hard, and it gets delayed or not get done.

More common in low SES and sicker patients.
“Interventions that maximize collective competence in enacting practical tasks, distributing help and exploiting local resources, and effect increased confidence in healthcare processes and outcomes, are therefore likely to reduce inappropriate demands on healthcare services.”

May, 2014
WORKLOAD → CAPACITY
My Life My Healthcare

How does your healthcare fit with your life?

This discussion aid will help you and your clinician talk about how your healthcare fits with your life.
Are these areas of your life a source of **satisfaction**, burden, or both?

<table>
<thead>
<tr>
<th>Area</th>
<th>Satisfaction</th>
<th>Burden</th>
</tr>
</thead>
<tbody>
<tr>
<td>My family and friends</td>
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<td>My work</td>
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<tr>
<td>Free time, relaxation, fun</td>
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<tr>
<td>Faith or personal meaning</td>
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<td>Where I live</td>
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<td>Getting out and transportation</td>
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<td>Being active</td>
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<td>My rest and comfort</td>
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<td>My emotional life</td>
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<td>My senses and memory</td>
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<td>Eating well</td>
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</table>

What are the things that your doctors or clinic have asked you to do to care for your health?

Do you feel that they are a **help**, a burden, or both?

<table>
<thead>
<tr>
<th>Action</th>
<th>Help</th>
<th>Burden</th>
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</thead>
<tbody>
<tr>
<td>example: come in for appointments</td>
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<tr>
<td>example: take aspirin</td>
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</tbody>
</table>

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<tr>
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Statin Choice

**Current Risk**

Select Risk Calculator

- **Age**: 55
- **Gender**: M
- **Population Group**: White or other
- **Smoker**: No
- **Diabetes**: No
- **Treated SBP**: No

**Select Current Intervention**

- **Statin**: No
- **Aspirin**: No

**Current Risk of having a heart attack**

Risk for 100 people like you who **do not** medicate for heart problems

**Future Risk of having a heart attack**

Risk for 100 people like you who do take **standard dose statins**

- **Over 10 years**
  - **6 people will have a heart attack**
  - **92 people will have no heart attack**
  - **2 people will be saved from a heart attack by taking medicine**
### Current Risk of Stroke Without Anticoagulation
In 100 people like you who **are not** taking an anticoagulant, **at 5 years...**
- 88 people will have no stroke
- 4 people will have a fatal or disabling stroke
- 8 people will have a non-disabling stroke

### Future Risk of Stroke With Anticoagulation
In 100 people like you who **are** taking an anticoagulant, **at 5 years...**
- 93 people will have no stroke
- 2 people will have a fatal or disabling stroke
- 5 people will have a non-disabling stroke

### Anticoagulation Routine
- **Warfarin** (Coumadin)
  - Once daily
  - Regular blood tests at a clinic or possibly at home
- **Direct Anticoagulants**
  - Apixaban (Elquis)
  - Dabigatran (Pradaxa)
  - Edoxaban (Savaysa)
  - Rivaroxaban (Xarelto)
  - Once daily

Are you available to do the regular blood tests that Warfarin requires?

### Cost
- **Warfarin** (Coumadin)
  - $545 per year including cost of blood tests
- **Direct Anticoagulants**
  - Apixaban (Elquis)
  - Dabigatran (Pradaxa)
  - Edoxaban (Savaysa)
  - Rivaroxaban (Xarelto)
  - $2,930 per year

Cost will depend on your insurance plan. Average cost without insurance shown.
Toolkit for
Peer Support Specialists in
PACT: Capacity Coaching
<table>
<thead>
<tr>
<th>Areas of Life</th>
<th>Satisfaction</th>
<th>Burden</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>My Family and Friends</td>
<td><img src="x" alt="X" /> <img src="x" alt="X" /></td>
<td><img src="x" alt="X" /> <img src="x" alt="X" /></td>
<td>Diabetes, AIC, weight, hip, shoulder, hernia surgery, liver, depression, allergies. Don’t feel like I get enough support. Work full time. Financial burdens. Conflicting advice between providers and condition management. 4 children, one at home. 3 children with mental illness. Currently in Diamond Program. Hearing impaired. Salvation Army church.</td>
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<tr>
<td>My Work</td>
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<td>My House &amp; Neighborhood</td>
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<td>My Finances</td>
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<td>Being Active</td>
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<tr>
<td>My Emotional Life</td>
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<tr>
<td>My Senses and Memory</td>
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<td>Eating Well</td>
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</tbody>
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**What are the things that your doctors or clinic have asked you to do to care for your health?**

- Exercise
- Eating better
- blood sugars

**Comments**

- Diabetes, AIC, weight, hip, shoulder, hernia surgery, liver, depression, allergies.
- Don’t feel like I get enough support.
- Work full time.
- Financial burdens.
- Conflicting advice between providers and condition management.
- 4 children, one at home.
- 3 children with mental illness.
- Currently in Diamond Program.
- Hearing impaired.
- Salvation Army church.

**Do you feel that they are a help, a burden, or both?**

- Food
- Workout
- Blood sugars
- Emotional
- Family

**Comments**

- More aware of how things are affecting me.
## Workload-capacity imbalance?

<table>
<thead>
<tr>
<th>Treatment burden</th>
<th>Capacity</th>
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<tbody>
<tr>
<td>Prioritize (ICAN/SDM)</td>
<td>Coaching</td>
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<tr>
<td>De-prescribe</td>
<td>Self management training</td>
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<td>Palliative care</td>
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<td>Mental health</td>
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<td>Physical and occupational therapy</td>
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<td>Financial and resource security services</td>
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<td>Community and governmental resources</td>
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</table>
Our Journey Together
Fig. 2 Taxonomy of the burden of treatment
Tomorrow:

Artwork:
https://warosu.org/biz/thread/175022

Why We Revolt
A patient revolution for careful and kind care

Victor Montori
More about MDM:
http://minimallydisruptivemedicine.org

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