

A Comparison With Three Chronic Medical Illnesses

Hypertension
Diabetes
Asthma

Why These Illnesses?

- ◆ No Doubt They Are Illnesses
- ◆ All **Chronic** Conditions
- ◆ Influenced by Genetic, Metabolic and Behavioral Factors
- ◆ **No Cures** - But Effective Treatments Are Available

HYPERTENSION

Adherence to **medication** regime: < **60%**

Adherence to **diet and exercise**: < **30%**

Retreated in 12 months: **50 - 60%**
(by Physician, ER, or Hospital)

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DIABETES (Adult Onset)

Adherence to **medication** regime: < **50%**

Adherence to **diet and exercise**: < **30%**

Retreated in 12 months: **30 - 50%**
(by Physician, ER, or Hospital)

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ASTHMA

Adherence to medication: < 30%

Retreated in 12 months: 60 - 80%
(by Physician, ER, or Hospital)

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RELAPSE

Predictive Factors - All 3 Illnesses

- #1 - Lack of Adherence to diet, medications, or behavior change
- #2 - Low Socioeconomic status
- #3 - Low Family Supports
- #4 - Psychiatric Co-Morbidity

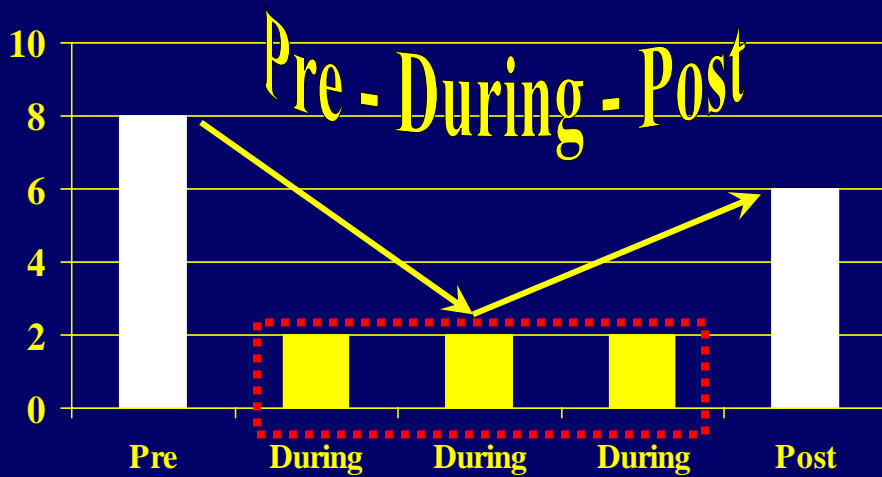
Sources: Natl Ctr Health Stats; Harrison, 13th Ed.; 30+ studies

The Problem With Treatments for These Disorders

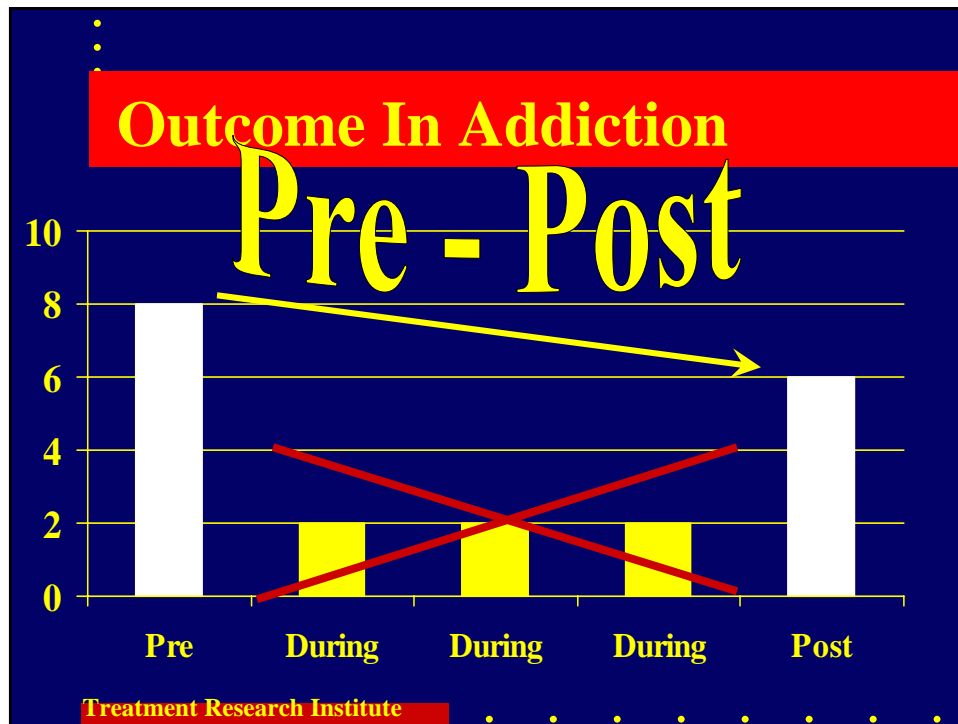
- **Patients Won't Do What You Ask!**
 - Won't Take Meds
 - Won't Change Their Behaviors
- **Relapse Following Discharge**
 - About 50 - 80% Over 12 Months
 - Factors of poverty, few social supports, psychiatric co-morbidity

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Outcome In Hypertension



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Rehabilitation Model

“.. treatment benefits should be sustained for at least six months following discharge for addiction treatment to be worth it ...”

(McLellan, 1998).

Lessons From Chronic Care

- **Multiple Acute Care Episodes IS NOT a Continuing Care Strategy**
 - Expensive and Wasteful
 - Patient Education Necessary
 - Align Patient and Provider Incentives to Promote Adherence/Compliance

Lessons From Chronic Care

- **Patients Do NOT Take Their Meds or Change Their Behaviors As Prescribed**
 - Compliance worse for poor, homeless, psychiatrically ill patients
 - Compliance worse when “illness” doesn’t produce pain and suffering (Hypertension)
 - Technical and Motivational Strategies

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Lessons From Chronic Care

- **Most Patients Do NOT Respond to Their First Treatment/Medication**
 - Need for more alternatives
 - Improves retention
- **Monitoring is Part of Health Care**