SDM IN THE UNITED STATES

A Symposium on Shared Decision Making in Australia: Identifying Research Priorities and Next Steps

Michael J. Barry, MD
Foundation President
Foundation Mission

• The mission of the Foundation is to inform and amplify the patient’s voice in health care decisions
The Foundation & Health Dialog

• The Foundation has a licensing agreement with Health Dialog (owned by Bupa).
  • Provides royalties and contract funding to develop and maintain decision support materials.

• Strict conflict-of-interest policy.
  • Staff and Medical Editors are prohibited from financial support from the drug and device industries.
Health Policy Relating to SDM

SDM has become a standard part of the language of US health reform

• Affordable Care Act
• Definition requirement for Medicare ACOs
• Requirement for Comprehensive Primary Care Initiatives
• State-based health care reform
• Informed Consent
• Professional societies
• Meaningful use of Health Information Technology
SDM in the Affordable Care Act

- Section 3506 creates a new shared decision-making program and calls for:
  - Establishing a process to certify decision aids
  - Awarding funding to produce and update aids
  - Creating Shared Decision Making Resource Centers
  - Providing grants to health care providers for development, use and assessment of shared decision making using certified decision aids
Perspective

Shared Decision Making to Improve Care and Reduce Costs

Emily Oshima Lee, M.A., and Ezekiel J. Emanuel, M.D., Ph.D.

Medicare Shared Savings ACOs

• To be eligible to participate in the Shared Savings Program, the ACO must define, establish, implement and periodically update processes to promote patient engagement:
  • Communication of clinical knowledge/evidence-based medicine...in a way that is understandable.
  • Beneficiary engagement and shared decision making that takes into account the beneficiaries’ unique needs, preferences, values and priorities.
Medicare Shared Savings ACOs

- “The Final Rule establishing the Shared Savings Program requires the administration of a standardized survey of patient/caregiver experience of care that is based on the Consumer Assessment of Healthcare Providers and Systems (CAHPS).

- Clinician & Group CAHPS for Accountable Care Organizations National Implementation Survey
C&G CAHPS for ACOs

• For patients who talked with a provider about starting or stopping a prescription medication/having surgery or procedure:
  • Did you and this provider talk about the reasons you might want to take a medication/have surgery?
  • Did you and this provider talk about reasons you might not want to take a medicine/have surgery
  • Did this provider ask what you thought was best for you?
Comprehensive Primary Care Initiative

• “...Extends and builds upon the patient-centered medical home concept to include: multi-payer payment reform to support practice transformation...”

• “Practices will engage patients and families in shared decision-making in all aspects of care...”
Comprehensive Primary Care Initiative

Source: Centers for Medicare & Medicaid Services

There are 500 primary care practices participating in the CPC initiative. (List | Map)
This represents 2,144 providers serving an estimated 313,000 Medicare beneficiaries.
WA State Passed Three Bills

• Passed legislation in 2007
• Explicitly recognizes SDM is an enhanced informed consent for Preference-Sensitive Conditions if provider uses a “certified aid”
• Led to Group Health demonstration project
• Payment of providers for SDM being considered

**Law**

**Legal Briefing: Shared Decision Making and Patient Decision Aids**

*Thaddeus Mason Pope and Melinda Hexum*
“Over the past two decades it has become increasingly clear that the traditional informed consent process is deficient. It often fails to ensure that patients have the information and understanding necessary to make truly informed decisions regarding their medical treatment. This is particularly the case in the context of ‘preference sensitive treatment,’ situations in which no single treatment option is ‘correct’ or clearly indicated over all others by the available medical evidence.”
Professional Societies

• “The AMA believes shared decision-making has the potential to enhance the patient-physician relationship and improve the quality and overall value of health care in the United States.”

• Shared decision making increasingly featured in practice guidelines from professional societies
Meaningful Use of HIT

- MU2 (2014): “Use clinically relevant information...to identify patient-specific education resources and provide those resources to the patient” (more than 10% of patients)
- MU3 (proposed, 2016): Provide ability to submit patient generated health information; provide educational materials in one of top 5 non English languages)
Implementing SDM at Scale

More than 100 RCTs support SDM, supported by patient decision aids, as a means for improving the quality of medical decisions. Implementation, though, is a key challenge.

• Health Dialog “deep dive” randomized trial
• Group Health implementation of patient decision aids
• High Value Health Collaborative CMMI project
RCT of telephonic health coaching

- Conducted by Health Dialog
- 174,120 health plan members
- Randomized to usual-support or enhanced-support groups ("deeper dive" based on analytics)
- Telephonic health coaching about SDM (pDAs), self-care, and behavior change
- Powered on costs/hospitalizations

Wennberg D, et al. NEJM 2010; 363:1245
RCT of telephonic health coaching

• After 12 months:
  • 10.4% of the enhanced-support group and 3.7% of the usual-support group received the telephone intervention
  • Average monthly medical and pharmacy costs per person were 3.6% ($7.96) lower (P=0.05)
  • Hospitalizations were 10.1% fewer (P<.0001)
  • Cost about $2.00 per person

Wennberg D, et al. NEJM 2010; 363:1245
Hip and knee decision aids at Group Health

- Introduced pDAs for hip/knee arthroplasty candidates in 2009
- Reached 28% of eligible knee (N=3510) and 41% of hip patients (N=820)
- Over 6 months:
  - 38% fewer knee replacements
  - 26% fewer hip replacements
  - 12-21% lower costs

Arterburn D, et al. Health Affairs 2012; 31(9)
The largest implementation study?

- CMMI Innovation Grant
- “HVHC: Engaging Patients to Meet the Triple Aim”
- 16 member systems (~50 million served) will deploy “patient and family activators”
- Coaching and pDAs for DM, heart failure, back surgery, hip/knee arthroplasty
- Outcomes: quality and cost
THANK YOU!

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