

How Collaborative Care Can Transform Treatment for Patients With Multiple Chronic Conditions

Samepage and Swedish Medical Center Collaborative Care Outcomes

Swedish Medical Center significantly improved patient outcomes to provide:



74%

Decrease in Depression



69%

Increase in Glucose Control



56%

Decrease in Patients with Two or More Emergency Department Visits

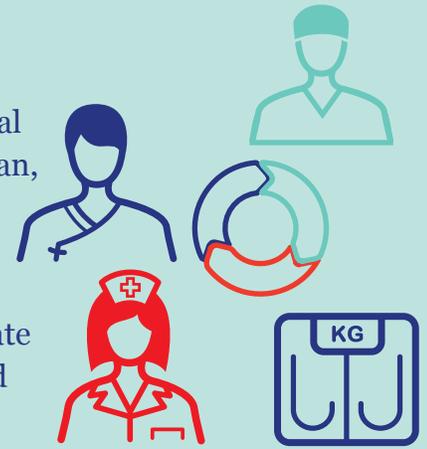


\$1.21

Cost Savings per Dollar Spent By Enrollment in This Program

What is Collaborative Care?

Collaborative care provides a surround sound of support for each individual patient through an integrated care model that joins a primary care physician, pharmacist, psychiatrist, care navigator and nurse care manager to systematically review a patient's care and ensure the best possible outcomes. With the use of Samepage methodology, based on clinical trial research, Swedish Medical Center is among the first care centers to integrate these teams leveraging technology to drive down healthcare utilization and improve patient outcomes.



The healthcare system has always struggled to help patients with multiple chronic conditions, including depression. This is a large group that suffers terribly and tends to deteriorate despite traditional care management efforts. Failure to help these patients improve is a major contributor to caregiver burn-out, and costs associated with these sickest and saddest patients drives up to **80 percent** of the total cost of care.

These are the sickest of the sick. I know that for many, my best effort will not be enough. Collaborative care is a gift of hope. I can overcome the inertia, make a difference and change lives. I see it happen every day. It works, period.

– Phil Capp, MD, Director of Ambulatory Behavioral Health, Swedish Medical Center



The Samepage Solution

In order to treat individual patients with multiple chronic conditions, Samepage and Swedish Medical Center assembled a diverse team of medical experts once a week, in person and online, for a systematic case review of complex patient cases to identify unique patient challenges and develop patient-centered solutions.



Scalable



Cost effective



System ready



Clinically proven

Together Samepage Health and Swedish Medical Center produced:

Better Outcomes for Patients



74%

Decreased
Depression



69%

Increased
Glucose Control



29%

Increased Blood
Pressure Control

Better Efficiency for the Care Provider



56%

Fewer Emergency Department Visits



\$1.21

Emergency Room Cost Savings
Per Dollar Spent

They were a great team, I loved that they paid attention to me and called to make sure I was doing okay. I'm the kind of person that wants that support in managing my diseases. The reminders and knowledge that someone was thinking about me, concerned about me, that made all the difference.

Sharon, Diabetes and Depression Patient, Age 50

Program Methodology

Starting on November 18, 2014, a total of 63 patients from eleven Swedish primary care clinics were enrolled into the multi-condition collaborative care program that was part of a four tier behavioral health program launched in 2014. Patients had out-of- target diabetes and/or hypertension and the majority had active depression. Mean age of enrollees was 60.8 years old; 57% were female; 46% were white. On average, patients had 9.6 chronic conditions and were enrolled in the program for a median duration of 17 weeks.

Patients received collaborative care from nurse case managers for addressing multiple out-of-target conditions, based on established methods, and consisted of: systematic case review (SCR), treat-to-target clinical methodology, integrated communication with primary care, and behavior change and behavioral health strategies.



While analyses are based on the first cohort of 45 cases, the program continues with ongoing enrollment.



About Samepage Health

Samepage Health has worked to provide innovative telehealth solutions that deliver rapid, transformative results for patients living with multiple chronic conditions. Samepage has led the way in collaborative care management, bringing diverse specialists onto one team, under one platform to help address the unique needs of patients battling multiple conditions. Through this collaborative healthcare approach, case management teams are able to provide proven solutions to help address the care of the costliest segment of the patient population.

For more information, visit samepagehealth.com, or contact us at support@samepagehealth.com or 111 S Jackson St, Seattle, WA 98104, USA.



About Swedish Medical Center

Swedish has grown over the last 103 years to become the largest non-profit health provider in the Greater Seattle area with 11,000 employees, more than 2,000 physicians and 1,700 volunteers. It is comprised of five hospital campuses (First Hill, Cherry Hill, Ballard, Edmonds and Issaquah); ambulatory care centers in Redmond and Mill Creek; and Swedish Medical Group, a network of more than 100 primary-care and specialty clinics located throughout the Greater Puget Sound area. In addition to general medical and surgical care including robotic-assisted surgery, Swedish is known as a regional referral center, providing specialized treatment in areas such as cardiovascular care, cancer care, neuroscience, orthopedics, high-risk obstetrics, pediatric specialties, organ transplantation and clinical research.

For more information, visit swedish.org, swedishcares.org, facebook.com/swedishmedicalcenter, or twitter.com/swedish.