



OSTEOARTHRITIS: PA CCI REFERRALS

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Disclosures

None

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Objectives

- Describe the importance of the physician in the treatment of osteoarthritis (OA)
- Describe how the physician can motivate and sustain change in patient behaviors related to OA
- Introduce the physician's referral role within PA cAARds!
- Discuss OA programs currently offered in Southeastern Pennsylvania

Introduction

- Osteoarthritis prevalence
- Obesity has become a key factor in global morbidity/mortality
- Data to support link between increased BMI and osteoarthritis/pain
- Primary Care Doctor in key position to facilitate discussion diet/ exercise

Role of Primary Care Physician

- Significant time spent on diagnosing and treating downstream complications related to excess weight
- Shortage of PCPs, higher visit complexity makes counseling difficult
- Studies have looked at time spent on discussion regarding obesity and weight management strategies in primary care practices
 - 544 obese adults
 - 50% included discussion of weight
 - 35% of visits contained an assessment and treatment discussion
 - 6% of providers set realistic weight loss goals

E. L. Antognoli et al. 2014. Weight counseling in primary care. *Clinical Obesity*, 4, 69-76.

Treatment Discussion Strategies

- Given low rate of discussion, strategies needed to improve and assist
- Opportunities exist to train providers with techniques to facilitate new behaviors
- Recent shift towards team based care including referral to community resources may help
 - Motivation / Techniques
 - Exercise
 - Strengthening
 - Weight Management
 - Pain Management

Process

- Patient in office; you suspect osteoarthritis as cause of pain
- Employ tool from 2nd webinar;
- List/describe the participating programs;
- Tips for employing lifestyle changes and sustaining changes, motivational interviewing (MI);
- Referral form (PCP to community provider);
- Consult note (community provider to physician);

PA CCI

- The PA CCI (Pennsylvania Community-Clinical Integration Initiative) PA cAARds! program incorporates long-term individual improvement, follow-up, and disease management
- The goal is to proactively address the dual risks of unmanaged chronic disease and their associated risk factors by maximizing utilization of local, regional and statewide resources
- Educate health care and other community-based organizations in an integrated brief intervention and referral process (Ask, Advise, Refer) to address osteoarthritis and its risk factors

Referral Form




**Osteoarthritis Self-Management in PA
PATIENT FAX REFERRAL FORM**

Tablet's Title:

Refer to the Osteoarthritis Self-Management in PA program for patients who are looking for lifestyle changes to better manage their Osteoarthritis pain. These patients want self-management techniques to control their arthritis and are willing to participate in community evidence-based arthritis education programs in addition to their usual medical care. **Do not refer to this program for patients who do not meet the program criteria.**

Indicate the Referral Reason (Please print clearly):

Provide Name and Initial: _____
 Community Location: _____ Community Center Address: _____
 Address: _____ City: _____
 ZIP: _____
 Phone: _____

Please check box if the patient has any of the following conditions: neuropathic uncontrolled high blood pressure heart disease recent surgery (i.e., joint replacement)

If you do not check, please note to facilitate Osteoarthritis Self-Management in PA community sites to be made aware when patients participate in an exercise-based intervention program. If provider does not sign and/or the patient has any of the above listed conditions, the Osteoarthritis Self-Management in PA program will not be responsible for injuries sustained from participating.

Provider Signature: _____

Please Check Patient agrees with provider to be referred to the Osteoarthritis Self-Management in PA.

Print or Type the Referring Provider's Name:

Yes, I am ready to participate in the Osteoarthritis Self-Management in PA program. I understand that Osteoarthritis Self-Management in PA will inform my provider about my participation. I am giving permission for the Osteoarthritis Self-Management in PA to be forwarded to my provider of record. This information will be kept private and confidential to the maximum extent permitted by law.

Signature: _____ Patient Initials: _____

Send forms to: Self-Management in PA (Fax) (301) 458-3333 or (301) 458-3333 or (301) 458-3333

Date of Birth: _____ Gender: M F

Public Name (Last): _____ (First): _____

Address: _____ City: _____ State: _____

Zip Code: _____

Phone #1: _____ Phone #2: _____

Language: English Spanish Other _____

Consult Note

Osteoarthritis (OA) Consult Note

Date: _____

Patient Name: _____

Organization Site and OA Program Name: _____

Program Completed? (Circle one): Yes No

Number of classes offered in program: _____ Number of classes completed: _____

Results of Intervention: _____

Impression: _____

Behavior Changes: _____

Follow-up: _____

Additional Comments: _____

Motivating Change

- Motivational interviewing (MI) and patient empowerment (PE) help a patient properly manage their arthritis
- MI strengthens a patient's motivation to change
- Health educators can use PE to focus on areas the patient is already motivated to change and take responsibility for
- These tools use open-ended questions to help a patient explore his or her thoughts and feelings about the targeted behavior

Nelson JB. 2014. A motivational challenge: blending practice and theory. AADE In Practice. 42-45.

SEPA Programs

Location Name	Address	Intervention	Name	Title
Coatesville Area Senior Center	22 N 5th Street, Coatesville, PA 19320	Arthritis Foundation Exercise Program (AFEP)	Coleen Gill (610) 383-6900, coleen@coatesvilleseniorcenter.org	Activities Director
Brandywine YMCA	295 Hurley Road, Coatesville, PA 19320	Aquatics	Lauren Hartshorne 610-380-9622 x 2480, lhartshorne@ymcagbw.org	Aquatics Director
Lionville YMCA	100 Devon Drive, Exton, PA 19341	Aquatics	Keith Coleman, (610) 363-9622 x 2916, kcoleman@ymcagbw.org	Activities Director
West Chester YMCA	605 Airport Road, West Chester, PA 19380	Aquatics	Rebecca Starr	Activities Director
Wellington at Hershey's Mill	1361 E Boot Road, West Chester, PA 19380	Aquatics	Jeanne Dickson	Activities Director

Sustaining Change

- Have a clear plan of action or goal – set a date
- Provide the skills to learn – take them through the program
- Meet again to set the next long-term goal and expected outcome – did the intervention work?
- Continue to update their understanding of disease
- Reflect on how far they have come
- Encourage record keeping / keeping a log at home
- Set up nursing meetings periodically to track progress
- Praise and encouragement

Thank you!

For technical assistance with the PA CCI program, please contact **Caitlin Lam**, clam@phmc.org or (215-731-2026)
