**RADM Julia R. Plotnick Publication Award for Health/Nursing Policy**

- Richard Ricciardi, PhD, NP
  **Publication**- A Conceptual Model of the Role of Complexity in the Care of Patients with Multiple Chronic Conditions

(Transcript)

Good morning and welcome to the 24th annual nurse recognition day educational celebration. The impact event subcommittee is honored to host the first-ever virtual nurse recognition day webinar. The focus is of NRD's ethical and quality care and nursing standards. I am Commander Casey Hadsall, and am honored to host this event alongside Commander Steve Morin. In celebration of national nurse's week, today we want to recognize and celebrate the role nurses play in delivering the highest level of quality ethical care to our patients. Thank you for joining the nurse recognition day 2015. We hope you enjoy the informative presentation to follow.

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The 2015 Admiral Publication award for policy as was said I met Admiral. Plotnick in 2006 and with great appreciation that I humbly accept this award in her honor. On a second note the award is also shared with my team because this was not an individual effort and I will share with you shortly who those two members were. For those of you in government we have to have the disclosure no statements I make may be construed as the official policy of the agency for healthcare research or the HHS for that matter the US government I take full responsibility for all as I say this afternoon.

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What I would like to show next is to demonstrate what the challenges is of working on empty populations the complexity of putting together an interprofessional research team because what you saw on the publication that was offered by the group on the top and the colleagues that we were together with the NCC redshirt network are listed on the bottom and I would like to call out my colleagues Dr. Tess Miller who is an expert in public health and Dr. Joy soon who is a health economist. Will give you a little bit of flavor in the presentation today of what it does take to help to formulate a strong an evidence-based approach to prevention and treatment of populations with multiple chronic conditions also we work with group health listed on the slide.

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The agenda for today is to review some of our work on the background of multiple chronic conditions discuss their research network that we put together and the findings along with the manuscript that -- on multiple condition framework.

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So how important is multiple chronic conditions. Almost one in three people in the US live with chronic conditions in the prevalence of multiple chronic conditions increases with age however the problem affects a large number of working age Americans also. The problem is growing and will continue to grow the population increases.

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In terms of the cost about 71% of every dollar of US healthcare spending goes to treating patients are people with multiple chronic conditions. Government spending 93% of every dollar of Medicare goes to people with multiple chronic conditions. The patient populations themselves out of pocket expanding increases in you feel most like the patients with five multiple chronic

conditions are more can expect to be paying out-of-pocket approximately $1600 a year versus patients without multiple chronic conditions are no chronic conditions that all approximately $215 per year.

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Now this great impact on patients around having a multiple chronic condition with approximately 45% of patients are population with multiple chronic conditions having some functional or activity limitations such as trouble getting dressed, trouble bathing, or trouble going out and doing things in daily living. Is also high for patients and their families in terms of remembering and adhering to medications with populations are people with five or more chronic conditions on the average of having over 50 prescriptions filled per year.

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So in response to this is important in 2008 the Health and Human Services office of the assistant Secretary. for health once an initiative to strengthen efforts directed at multiple chronic conditions including the establishment of the Health and Human Services interagency workgroup on multiple chronic conditions. One of the products from network group was the Health and Human Services strategic framework on multiple chronic conditions which is a national roadmap for public and private stakeholders as well as an attitude of inventory of federal initiatives around multiple chronic conditions. I'm sorry I have to move the Admiral. over a little bit so, I can advance the slide in a little bit.

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The strategic framework has four goals. Foster health and public health system changes to improve the health of individuals maximize the use of proven self-management and other services; provide better tools and information to nurses and all healthcare professionals to deliver better cared individuals with multiple chronic conditions and to facilitate research to fill knowledge gaps. Obviously nurses are involved at a high level across all three of these priorities within the strategic framework.

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So AHRQ being a member of the interagency workgroup partnered with all the other members and between 2000 and between 2008 and 2010 funded 30 5R 21 and R 24 grants which became otherwise known as the NCC reach search network to expand and enhance the existed body of knowledge and evidence of care with patience of multiple chronic conditions. The goal was help to optimize decisions about preventative or treatment and management of care and multi-morbid patients support effectiveness research which many of you know was a hot issue during that time period and to develop an infrastructure to support the additional research it would be necessary around multiple chronic conditions.

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They started and engaged a lot of the researchers who were funded and developed a more formal structure called the multiple chronic condition research network in a form that to improve the understanding of the interventions that were out there and many of those interventions were interprofessional involving nursing public health physicians and a number of other health professionals so these are a wide spanning interventions to improve the effectiveness of those interventions especially in subpopulations and how the interventions could potentially be modified to improve the target audience.

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You can find short summaries of each grant that we develop to translate the research methods and findings and the applications of health professionals and lay audiences. The profiles are available on the website.

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In addition they are 24 grants the network website houses the data sets for some of them and related materials crenellated by the investigators is website is updated to do -- include detailed information on the data set codebooks and how to access the data how to access these if you're interested in potentially doing research on some of the funded are 24's.

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More recent work in 2014 they funded 14 additional grants which support the goal for of the HHS interagency strategic framework. The grants which are now awarded an ongoing are titled rapid secondary analysis to optimize care for patients with multiple chronic conditions the seven are ones that were funded and addressing methodological challenges in research for patients with multiple chronic conditions so seven are 21s that were funded around method.

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In addition to that the multiple chronic research network has other products that may interest you one is an animated video which I am very proud of which was produced by Tess Miller and joy and myself which we are going to show today and a bit. There is a man for graphic which I showed you which is available on the website and there is also a chart book using medical expenditure panel data around the population of multiple chronic conditions.

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So taking us to the publication in addition of MCC research network we put together a focused Journal supplement medical care in which the lead article which myself and collaborators wrote on a conceptual model of the role of -- here we go here's a video. We can show it now if you would like or we could wait just one minute. I will wait and see what the responses.

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I will show that and that will frame the publication nicely so we will finish up on the publication and then we will show the video which I think to put it all together.

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The title of the publication was a conceptual model of the role of complexity in the care of patients with MCC. The objective was to create a framework that could improve the delivery of care and advance future research and inform policymakers and clinicians about caring for patients with MCC so we had a broad focus that we were particularly interested in engaging the help policymakers to get them involved and give them a better understanding of what patients with MCC go through. The methods we used were around table discussion with experts directly from expert advisors and a review of the science. The result was what the MCC research network conception model defined complexity is a gap between patient needs and health care services taking into account the multiple considerations that affect the needs of multiple chronic condition patients as well as a contextual factors that influence health service delivery. The model reframes prophecies and outcomes to include not only clinical care quality and experience but also patient health, well-being and quality of life. The single condition tattered time which we are frequently using for treating the needs of one by one falls apart and the video which we will see will highlight the need for care systems that address of patients dynamic needs. So in conclusion the finding complexity in terms of the misalignment between the patient needs and services offers new insights to researcher’s policymakers and clinicians and helps to develop solutions for

patient care. On that note I would like to show the video which should have voice so I will press play happily.

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Patients with multiple chronic conditions are frequent healthcare appointments that can complicate an already busy schedule. The amount of information from many sources can be often confusing conflicting and impersonal. Different clinicians offer different treatment plans and advice and there is often no communication and coordination between them clinicians do not have the information they need to best support people with chronic conditions. Hypertension and arthritis are not enough to deal with, she also lives with depression. It comes with another appointment and another plan for treatment and into a life which is already complex enough. What if there was just one care provider. Created just for make and with make. One plan that would treat her as a whole person rather than focusing on each of her separate conditions. A plan is created by her caretaker with her family which is easy to understand and agreed-upon by everyone. Like everyone patients with multiple chronic conditions need to understand that working together we can transform the health of patients and family working together to get it done. Researchers policymakers patients and families working together to get it done.

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I hope you were able to hear that I for some reason only heard the backend of it. If you have not I do recommend that you take a look into it because what it does in a really nice way is pulled it all together and can help facilitate if you have the need to engage policymakers clinicians and others in better understanding. There are a lot of dynamics going on here. There we go.

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Also in the paper we did a synopsis of the science and there is a table that has a nice review of other models are conceptual models you might want to look at regarding care for patients with multiple chronic conditions. I also highlighted where you can find additional products where you can link to the person who was the star of the video, may, and you can link to her through the site. So I hope that you enjoyed the presentation and got some interesting insights into the care of the patient with multiple chronic conditions and I'm very excited to be in a position to kick off the meeting where I will be followed by two other dynamic speakers and award winners and I look forward to your questions and hearing from the following speakers. Thank you.