Approach to Diabetes Care: Therapeutic Inertia

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HealthPartners®

- Consumer-governed, non-profit
- Integrated health care delivery and financing
  - Clinics and hospitals
  - Health plan
- Twin Cities & surrounding communities
  (MN & Western WI)

HealthPartners Medical Group – Primary Care:
- 500,000+ patients
- 39 locations
- 425+ physicians
- Mixed payer population

Comprehensive Approach

- “Diabetic” vs. patient with diabetes
- Focus on whole patient
  - Most adults with diabetes have at least one comorbid chronic disease and up to 40% have at least three. Up to 75% of adults with diabetes also have hypertension.
- Patients come when there is a perceived need
**Optimal Diabetes Care (2017)**
- Statin use or LDL < 70 (patients > 40 years)
- A1c with a value less than 8.0
- Blood pressure less than 140/90
- Documented non-tobacco user
- Aspirin use (vascular disease)

<table>
<thead>
<tr>
<th>HealthPartners</th>
<th>MN Average</th>
<th>HEDIS 90th %tile (2017)</th>
</tr>
</thead>
<tbody>
<tr>
<td>% A1c &lt; 8.0</td>
<td>69.5%</td>
<td>84.3%</td>
</tr>
<tr>
<td>% Blood pressure &lt; 140/90</td>
<td>65.2%</td>
<td>76.5%</td>
</tr>
</tbody>
</table>

**Therapeutic Inertia**
- Clinician
  - Knowledge
  - Time
- Patient
  - Knowledge
  - Cost
  - Preferences
  - Comorbidities/social determinants
Addressing Therapeutic Inertia

Clinician
• Care team & reliable workflows
• ECHO model
• Health coaching
• CV Wizard

Patient
• Pharmacists
• Cultural humility
• Diabetes educators

Endocrinology Support

• Share expertise and best practices through the use of tele-video
• Discuss difficult diabetes cases with experts and other providers
• Build relationships with colleagues

Move knowledge, not patients
CV Wizard - Patient View

Can you reduce danger of heart attack and stroke?
Yes, you can if you want to reduce your chance of a stroke or heart attack, talk to your doctor about what you can do about the things with the signs. The things with the are ok.

<table>
<thead>
<tr>
<th>Cholesterol</th>
<th>Blood Pressure</th>
<th>Blood Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="images/heart.png" alt="Heart" /> <img src="images/heart.png" alt="Heart" /></td>
<td>Goal: BP &lt; 140/90 Your BP: 138/84</td>
<td><img src="images/heart.png" alt="Heart" /></td>
</tr>
</tbody>
</table>

**Recommendations:**
Talk to your doctor about your statin dose.

<table>
<thead>
<tr>
<th>Weight</th>
<th>Smoking</th>
<th>Aspirin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Your weight: 250</td>
<td>Non Smoker</td>
<td>Not on Aspirin</td>
</tr>
</tbody>
</table>

**Recommendations:**
For support with weight management contact: HP Nutrition Services (951) 967-5120, or visit www.healthpartners.com/public/health, or call your clin

Talk to your doctor about anything with one or more symbols. Take notes here about what you can do to improve your heart health:


Cultural Humility

**Examples from our population:**
Hmong – Rice based diet
Somali – Hope of preservation vs. fear of loss
Other Stakeholders

- Cost relief
- Patients environment
  - Community
  - Workplace

Thank You!