Total Health and Wellness: A Team Approach to Primary Care

- **Presenters:** Candy Rinehart — nurse practitioner/director, Ohio State College of Nursing; (Center);
- **Christopher Westrick** — PharmD, Ohio State College of Nursing (Right)
- **Deborah Hanes** — nurse practitioner, Ohio State College of Nursing (Left)
Objectives

• Describe member roles of the interprofessional team
• Recognize benefits of the team approach to patients and the community
Our Team

- Candy Rinehart, DNP, CRNP, ADM-BC, FAANP, CEO/Director
- Stella Jordan, COO
- Edward Babel, MSN CRNP
- Kenzie Decatur, BSN, RN
- Erinn Dennis-DaCunha, LPCC
- Sarah Donahue, MSN, CRNP
- Monique Ganucheau, MSN, CRNP
- Deb Hanes, MSN, CRNP, CNS
- Lucia Jenkusky, MS, RN, CRNM, C-EFM, FACNM
- Karyn Knipe, LISW
- Niki Kritikos, MS, CRNP, MPH
- Oralea Pittman, DNP, CRNP, FAANP
- Betsy Shaffer, MSN, CRNP
- Teresa Smith, MS, PMHNP
- Chris Westrick, PharmD, BCACP, CDE
- Lori Williams, MS, RD, CSR, LD
Our Team
Our Role:
Adult/Family NP & PMHNP

• Assess current state of health
• Provide evidence-based management of health conditions
• Assist in reaching optimal wellness goals
• Help with anxiety, depression, and other mental health issues
Our Role: THW at Home

• Provide primary care at home
  – Supports individuals who choose to age/live at home
  – Enables access to care for those with disabling conditions or frailty
  – Assist with provision of mobile diagnostic and laboratory services
Our Role: Women’s Health

• Provide OB/GYN services
  – Family planning
    • Including LARCs
  – Prenatal care
  – Post-partum care
  – Annual exams
Our Role: Pharmacy

• Provide chronic disease state education & management

<table>
<thead>
<tr>
<th>Anticoagulation</th>
<th>Diabetes</th>
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<td>Hypertension</td>
<td>Smoking Cessation</td>
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<td>Cardiovascular Risk Reduction and Lipid Management</td>
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• Medication recommendations
  – Efficacy vs. Safety vs. **Cost**
    • Assist with patient assistance programs
Our Role: Social Work/Counseling

• Help with financial issues and community support
• Help with anxiety, depression, and other mental health issues
Our Role: RN Care Coordinator

- Lead weekly TEAMcare meetings
- Provide weekly telephone follow-ups for TEAMcare patients
- Population management
- Hospital/ED follow-up
- In office assistance with injections and phlebotomy
Our Role: Dietary/Nutrition

• Help with dietary and nutrition concerns
  – Provide nutritional education on often misunderstood topics
  – Assist with weight loss/weight gain
  – Ways to eat and cook to improve health
Community Impact

• Improves access to primary care on the near-east side of Columbus
  – Underserved/underprivileged community
  – Provide Community education programs
  – Collect data regarding the demographics and health outcomes of the THW community
Community Impact

• Newly recognized Federally Qualified Health Center (FQHC) Look-alike
  – Increased funding to care for the underserved and provide interprofessional care
• “TEAMcare is a clinic-ready model for managing medical and behavioral conditions that is used nationally for PCMH and ACO programs. TEAMcare is an evidence-based strategy for improving quality of care and outcomes while reducing cost”

• Based out of University of Washington and the Group Health Research Institute

Available from: http://www.teamcarehealth.org/
TEAMcare Patient Selection

• Patients identified for TEAMcare
  – Multiple chronic diseases:
    – Diabetes
    – Dyslipidemia
    – Hypertension
    – Mental Health Disorders
  – High likelihood to require assistance from multiple team members
TEAMcare Key Components

• Formulate an individualized health plan with specific and measurable targets
• Support patient self-management
  – Medication adherence and healthy lifestyle habits
• Carry out “treat-to-target” treatment intensification through frequent follow-up
• Engage in weekly systematic case review
• Monitor clinic progress proactively

Available from: http://www.teamcarehealth.org/ourprogram/keycomponents/
TEAMcare Goals

• Improve depression care through behavioral activation and use of antidepressants

• Improve medical disease control
  – HbA1c, blood pressure, LDL cholesterol

• Support patient self-management
  – Diet, smoking cessation, glucose monitoring

Available from: http://www.teamcarehealth.org/ourprogram/teamcaregoals/
Team-Based Care in Action
Our Future = Our Students!!!

- Interdisciplinary education is the foundation for the future
- Our students work and learn together
References
