Integrated Chronic Care Disease Management

Trinity Regional Medical Center, Trimark Physicians Group, Berryhill Center for Mental Health and Iowa Health Home Care (collectively “Pioneer ACO Providers”) entered into an arrangement with Webster County Public Health under the Pioneer ACO Participation Waiver to coordinate eight (8) hours of Integrated Chronic Care Disease Management (ICCDM) training for the health care providers of the Pioneer ACO Providers beginning April 2012 and continuing throughout 2013. Initially, the training will occur at Trinity Regional Medical Center and will be led by Webster County Public Health staff who have passed their competency and are certified in the ICCDM training course.

ICCDM training is designed for health care leaders to be prepared to provide patient-centered, expert, quality care across the continuum. Implementation of an ICCDM model is a viable and simple solution to achieve the ACO’s vision of Best Outcome for Every Patient Every Time. Derived from Dr. Wagner’s Chronic Care model, this healthcare system delivery focuses on developing informed activated patients, prepared practice teams, and the interactions between the patients and teams. The training integrates a high-touch delivery system, self-management supports, specialist oversight and technology to achieve activated patients and prepared practice teams. ICCDM training will provide education over the continuum in a consistent standardized process to benefit patients/consumers through a reduction in acute care hospitalization/rehospitalization, increase in employee retention, increase in quality care, decrease in costs, and improvement in patient outcomes. Techniques and tools learned in this 8 hour session can be applied in a variety of settings and guides the trainers to lead others to follow the Integrated Chronic Care Disease Management model. Participants will learn skills necessary to conduct training sessions that focus on teaching the patients problem-solving, assess patient’s motivation level and strategies to ultimately change health behaviors in the chronic care population. Some topics include: Principles of Adult Education and Health Literacy, Evidenced-Based facilitation of Behavior Change and Use of telehealth.

Webster County Public Health will also provide Chronic Disease Self-Management Program training to designated members of the Webster County community and health care paraprofessionals of the Pioneer ACO Providers across the continuum. The training targets those with chronic diseases (e.g., arthritis, diabetes, lung disease, etc.) and includes topics such as controlling pain, exercise program for maintaining strength, and appropriate medication use. The chronic disease self-management education is 2 ½ hours in length for 6 weeks and is targeted to those 55 years of age and older with chronic disease (arthritis, diabetes, lung disease, etc.). Topics may include: Control your pain, Make a step-by-step plan to improve your health and life, Exercise programs for maintaining and improving strength, flexibility, and endurance, Healthy eating and nutrition tips, Appropriate use of medications (managing your prescriptions), Talk to your doctor about your health concerns, Make choices about your treatment and evaluate new treatments and For caregivers how to stay healthy while providing care.