

The Patient's Role in Initiation of Therapy: Improved Engagement Leading to Improved Adherence



Larry Allen

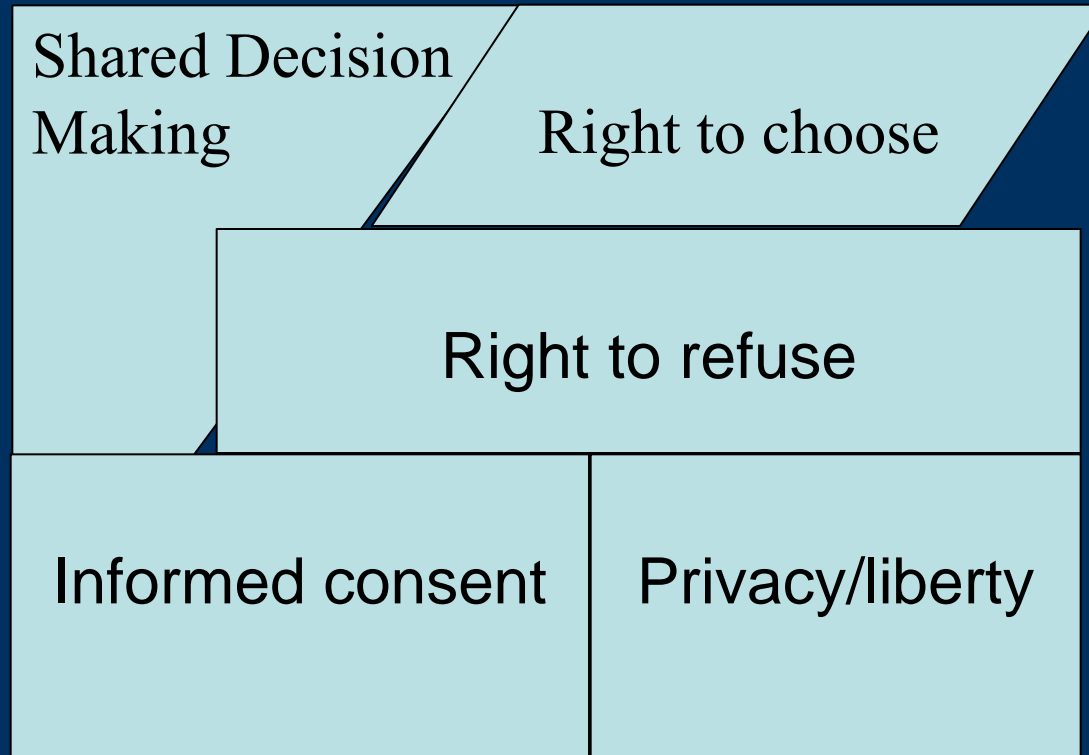
University of Colorado

October 22, 2016 – Organized Systems of Anticoagulation Care Summit

Presenter Disclosure Information

- I will **not** discuss off label use or investigational use in my presentation.
- I **have** financial relationships to disclose:
 - Employee of: **University of Colorado**
 - Consultant for: **J&J/Janssen, Novartis, ZS Pharma**
 - Stockholder in: None
 - Research support from: **NIH / NHLBI, PCORI, AHA**
 - Honoraria from: None

#1: Legal Requirement



Union Pacific R. Co. v. Botsford, 141 U.S. 250, 251 (1891).

Schloendorff v. Society of New York Hospital, 211 N.Y. 125, 105 N.E. 92 (1914)

Superintendent of Belchertown State School et al. v. Joseph Saikewicz, Mass., 370 N.E.2d 417, 1977

Cruzan v. Director, Missouri Department of Health, 497 U.S. 261 (1990)

#2: From Duty to Policy to Payment



PERSPECTIVE

SHARED DECISION MAKING

Shared Decision Making — The Pinnacle of Patient-Centered Care

Michael J. Barry, M.D., and Susan Edgman-Levitan, P.A.

Nothing about me without me.

— Valerie Billingham,
Through the Patient's Eyes,
Salzburg Seminar
Session 356, 1998

tive of patients: respect for the patient's values, preferences, and expressed needs; coordinated and integrated care; clear, high-quality information and education for the patient and family; physical com-

for the rest of one's life, and screening and diagnostic tests that can trigger cascades of serious and stressful interventions.

For some decisions, there is one clearly superior path, and patient

Medicare

Medicaid/CHIP

Medicare-Medicaid
Coordination

Private
Insurance

Innovation
Center

Regulations &
Guidance

Research, Statistics,
Data & Systems

Outreach &
Education

OVERVIEW

ADVANCED
SEARCH

INDEXES

REPORTS

DOWNLOADS

 BASKET (0)

Contextual Help is Off | Page Help

[<< Back to National Coverage Analyses \(NCA\) Details for Percutaneous Left Atrial Appendage \(LAA\) Closure Therapy](#)



Proposed Decision Memo for Percutaneous Left Atrial Appendage (LAA) Closure Therapy (CAG-00445N)

*“A **formal shared decision-making interaction between the patient and provider** using an **evidence-based decision tool on anticoagulation** in patients with NVAf must occur prior to LAAC, must be documented in the medical records, must include a discussion of the benefits and harms, must document an appropriate rationale to seek a non-pharmacologic alternative to anticoagulants, taking into account the safety and effectiveness of the device compared to anticoagulants, and have, after being informed of the reported risks of LAAC and reasonable alternative management strategies, given informed consent.”*

#3: Recognize Types of Medical Decisions

1. Benefit >> Risk: **Behavioral counseling** is used when scientific evidence for benefit strongly outweighs harm (e.g. smoking cessation, beta-blocker for HFrEF), and decision support designed to describe, justify, and recommend is most appropriate.
2. Benefits ~ Risks: **Shared decision making** is most easily applied to **preference-sensitive** decisions, where both clinicians and patients agree that equipoise exists, and decision support helps patients think through, forecast, and deliberate their options.

Anticoagulation

Behavioral
Support

Shared
Decision Making

VKA for
LVAD

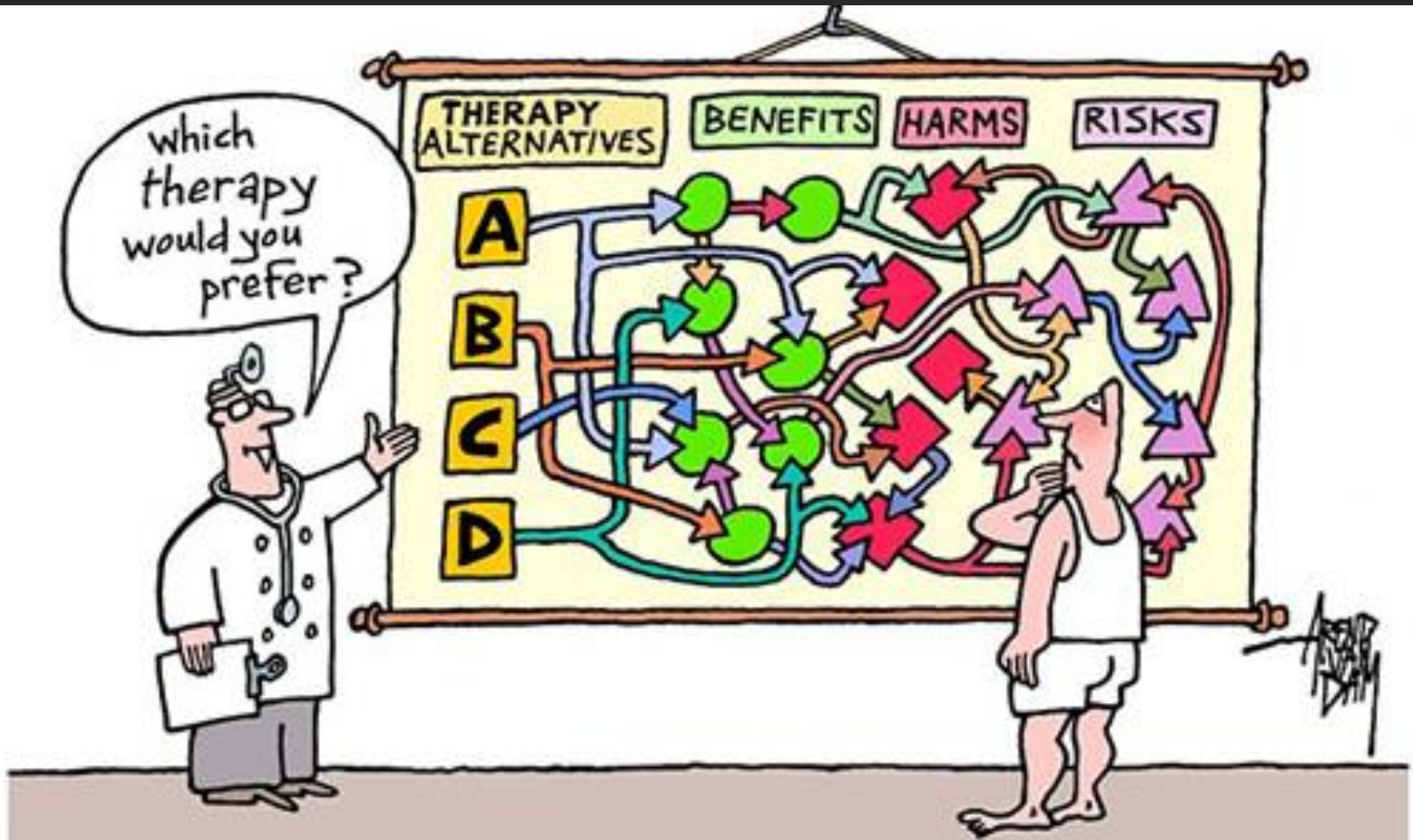
OAC for
CHADSVASc=6

OAC
CHADSVASc=2
moderate bleeding risk

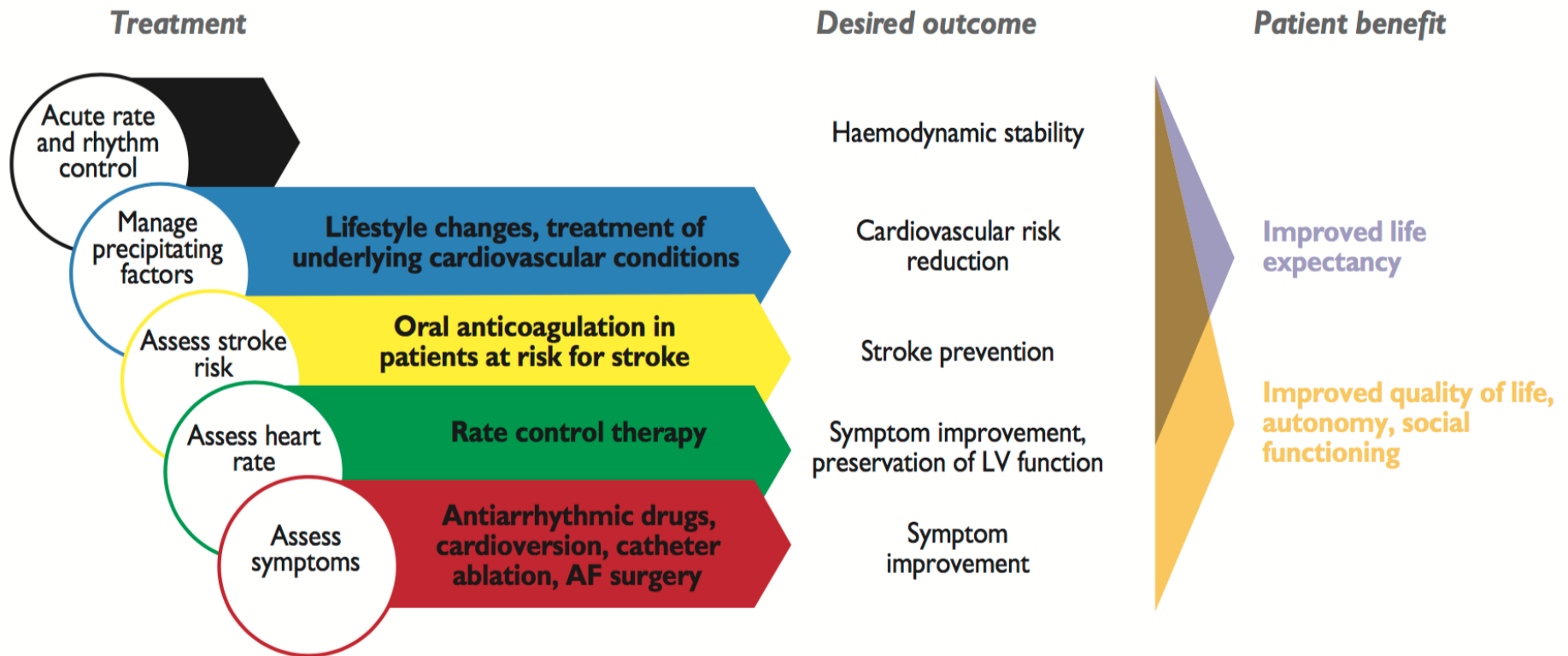
LAAC v. VKA v. NOAC
CHADSVASc=1 for CHADSVASc=3
Moderate-high bleeding risk



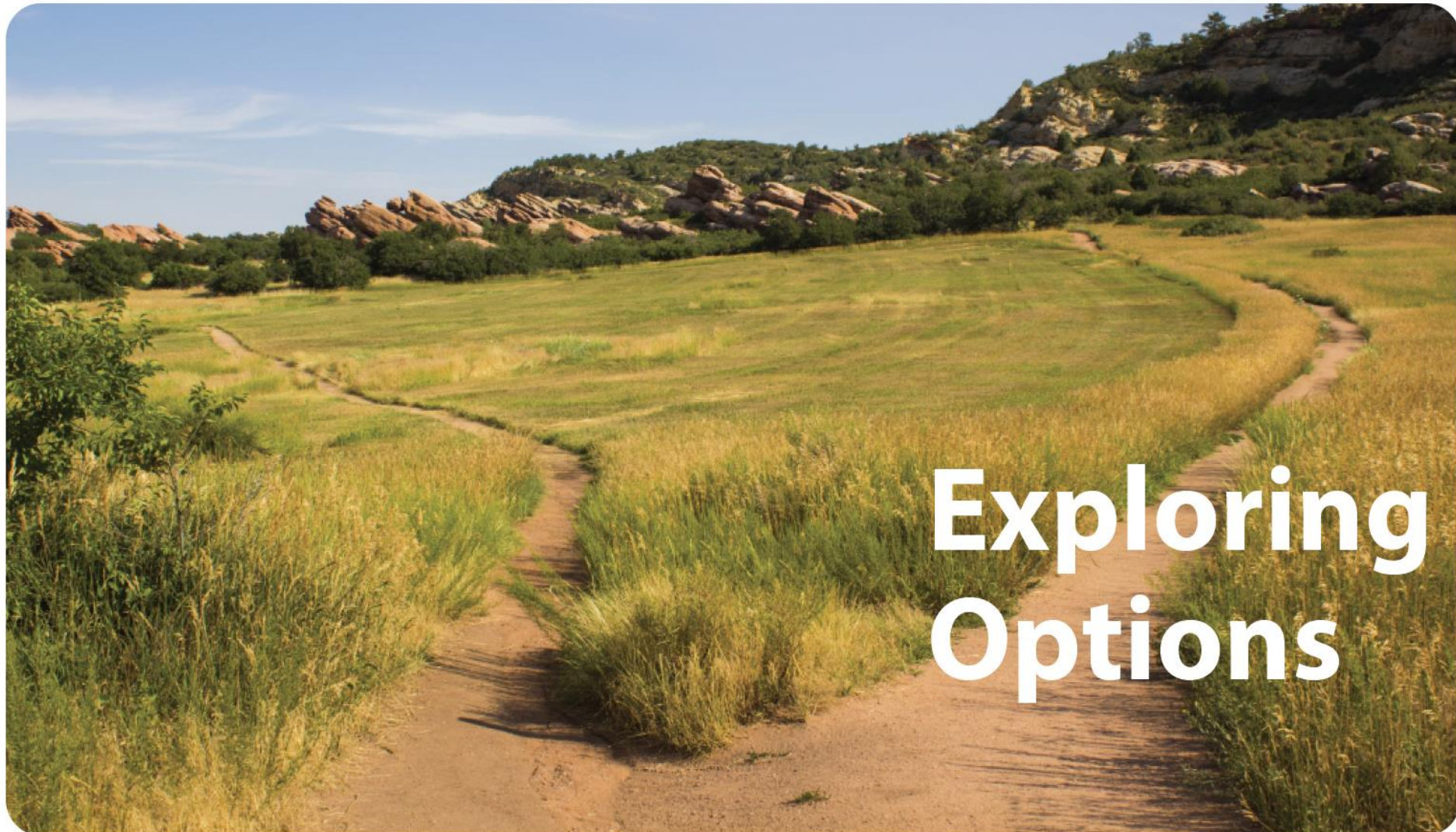
#4: Recognize Complexity



New Diagnosis of Afib ...



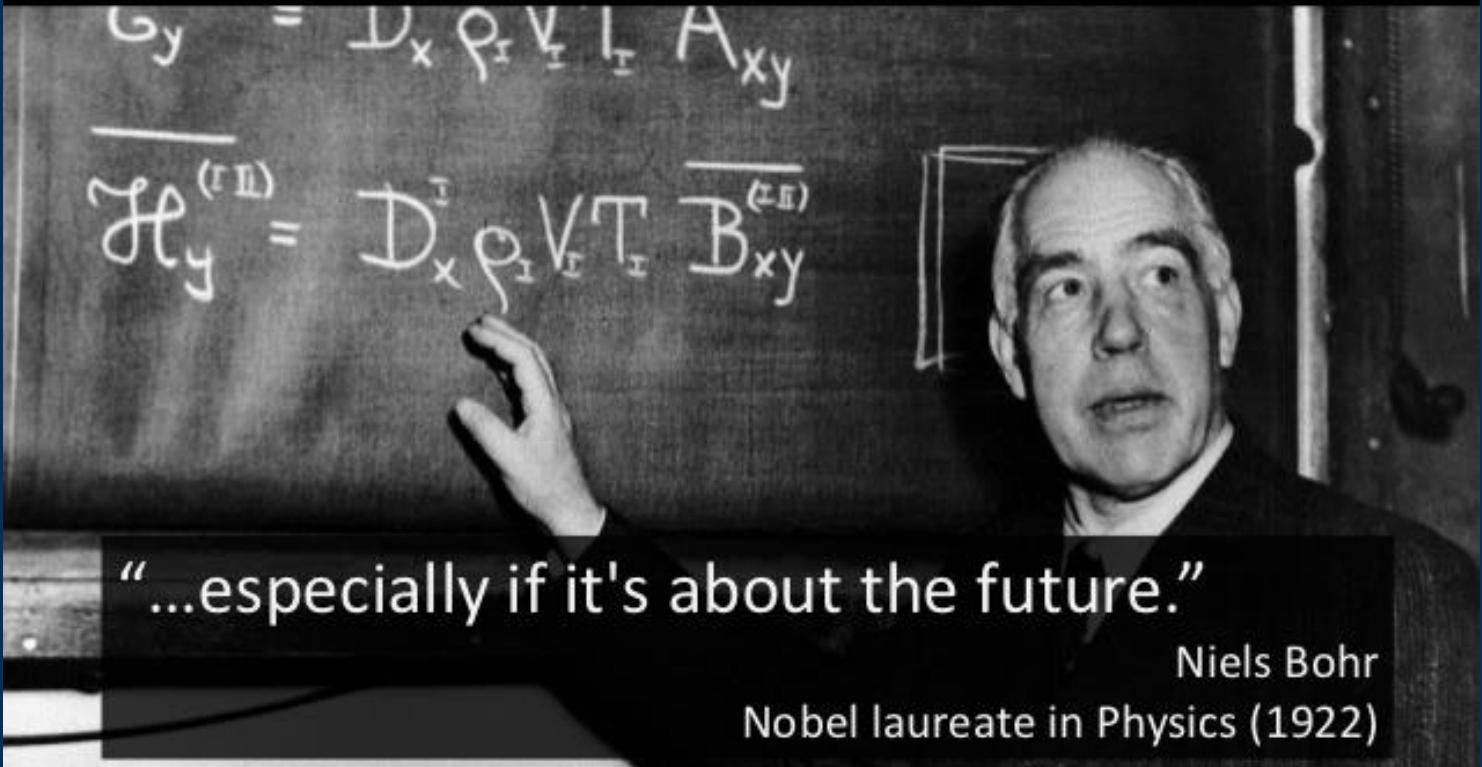
Break it down



**Exploring
Options**

#5: Convey Risks and Benefits

“Prediction is very difficult...”

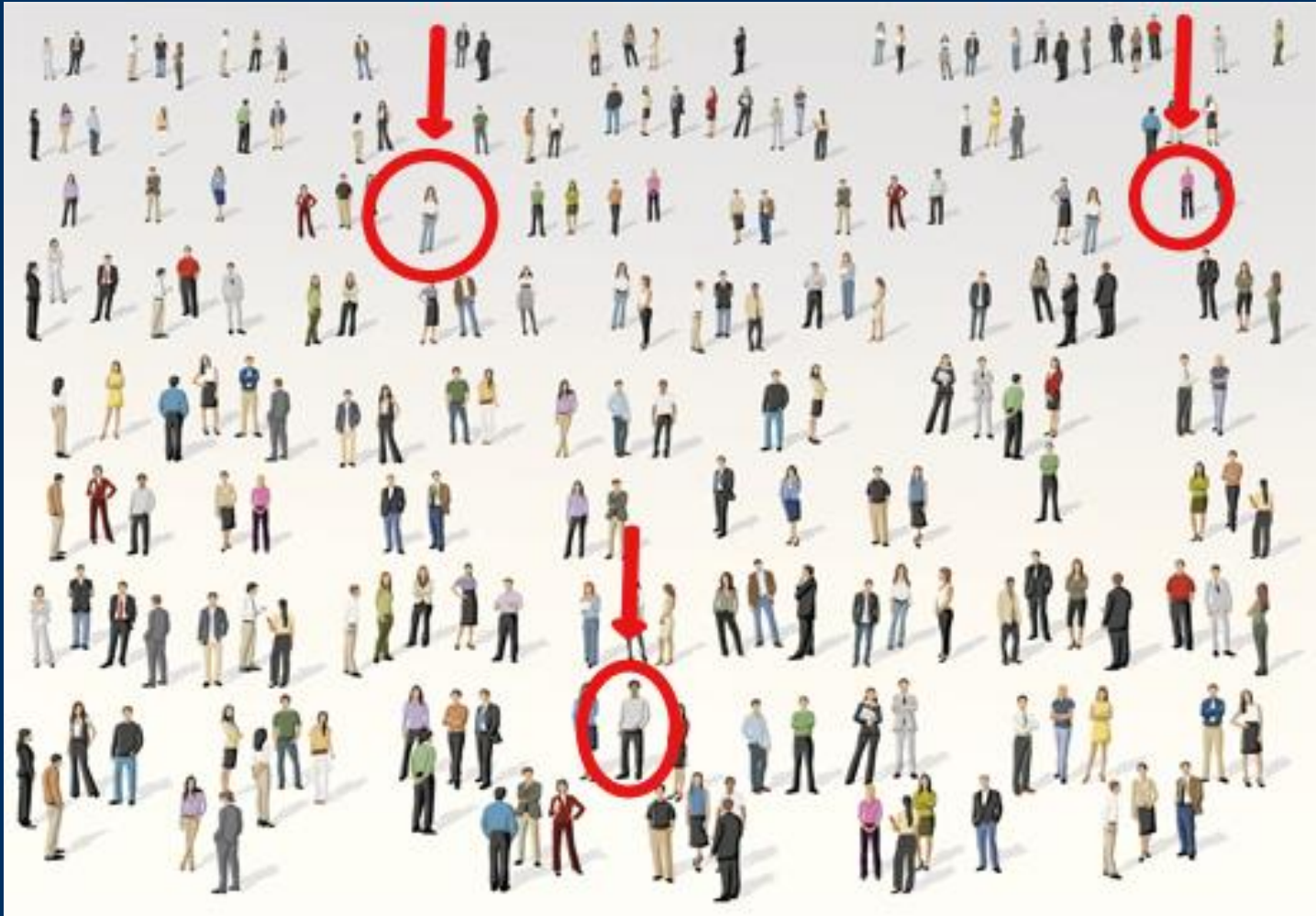


“...especially if it's about the future.”

Niels Bohr

Nobel laureate in Physics (1922)

Population v. Individual





Accurate Prediction for individual



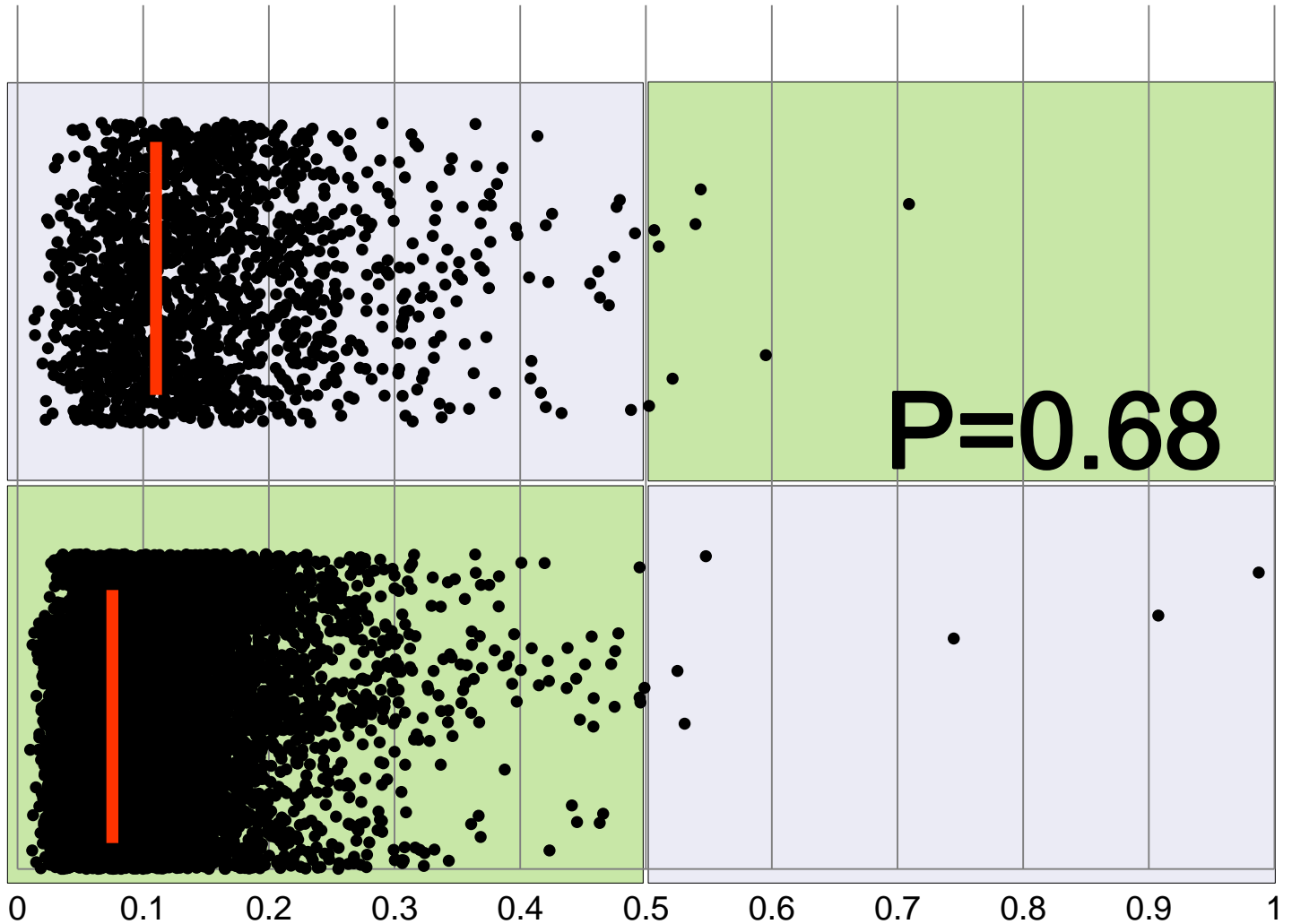
Inaccurate Prediction for individual

Event

At 1 year

None

At 1 year

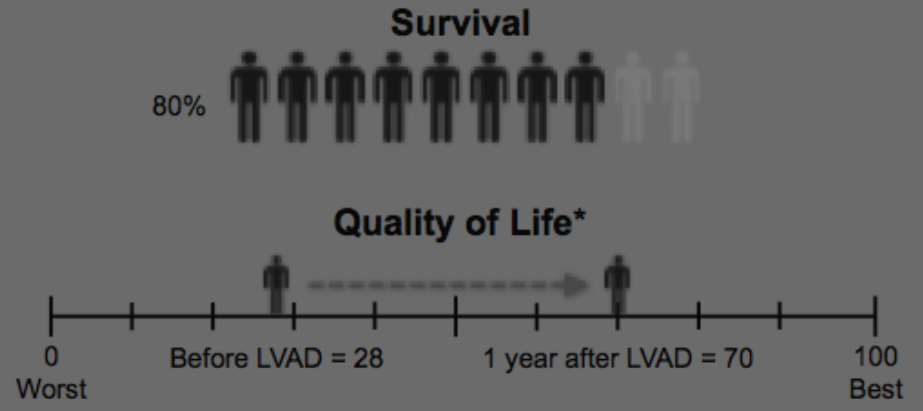


P=0.68

1-Year Estimated Risk of Event



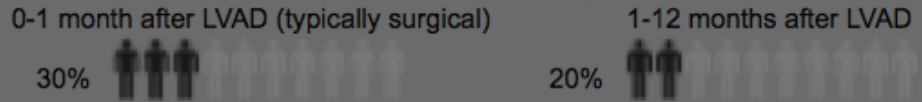
Benefits
1 year



Rehospitalized for Any Cause



Major Bleeding†



Device Malfunction Due to Clotting||



Ongoing Heart Failure¶

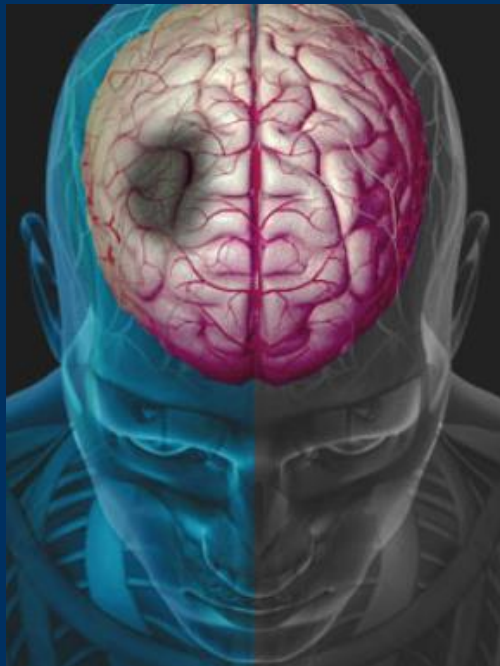


What might my life look like with each option?

The numbers below are a summary of information collected from recent medical studies. However, no one can know what will happen to an individual person.

#6: Weigh Future Unexperienced Events

“Would you rather have a stroke or a GI bleed?” Really??



#7: Beyond Education

CardioSmart
American College of Cardiology

FOR CAREGIVERS +
FOR CLINICIANS +

Heart & Vascular Conditions | Drugs & Treatments | Heart Basics | Healthy Living | Connect | News & Events | My Dashboard

Atrial Fibrillation Also called: AF, Afib

Atrial Fibrillation Home
Understand Your Condition
Questions to Ask Your Doctor
Your Responsibilities
Your Care Team
Getting Support

Taking an active role in your care can help you feel better and more in control.
Learn about Living Well With AFib

Featured Video
CardioSmart | Atrial Fib...
Eat a Nutritious Diet
AFib affects more than 3 million people in the United States.

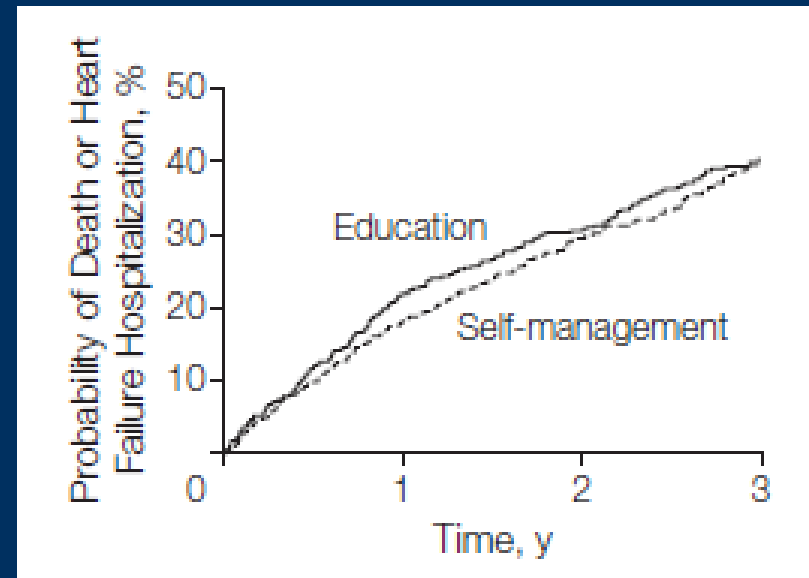
How is it TREATED?

RATE CONTROL
Treatment to make sure the heart doesn't beat too quickly during AFib.

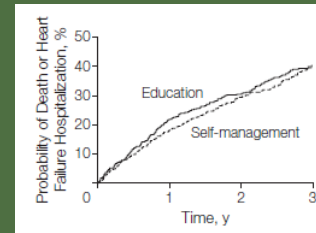
RHYTHM CONTROL
Treatment to restore the heart's rhythm to a normal state, and keep it there.

ANTICOAGULATION MEDICATION
(Blood Thinners) to reduce stroke risk.

LIFESTYLE CHANGES
Get regular exercise, eat a heart-healthy diet, don't smoke, watch alcohol and caffeine intake.



Direct-To-Consumer



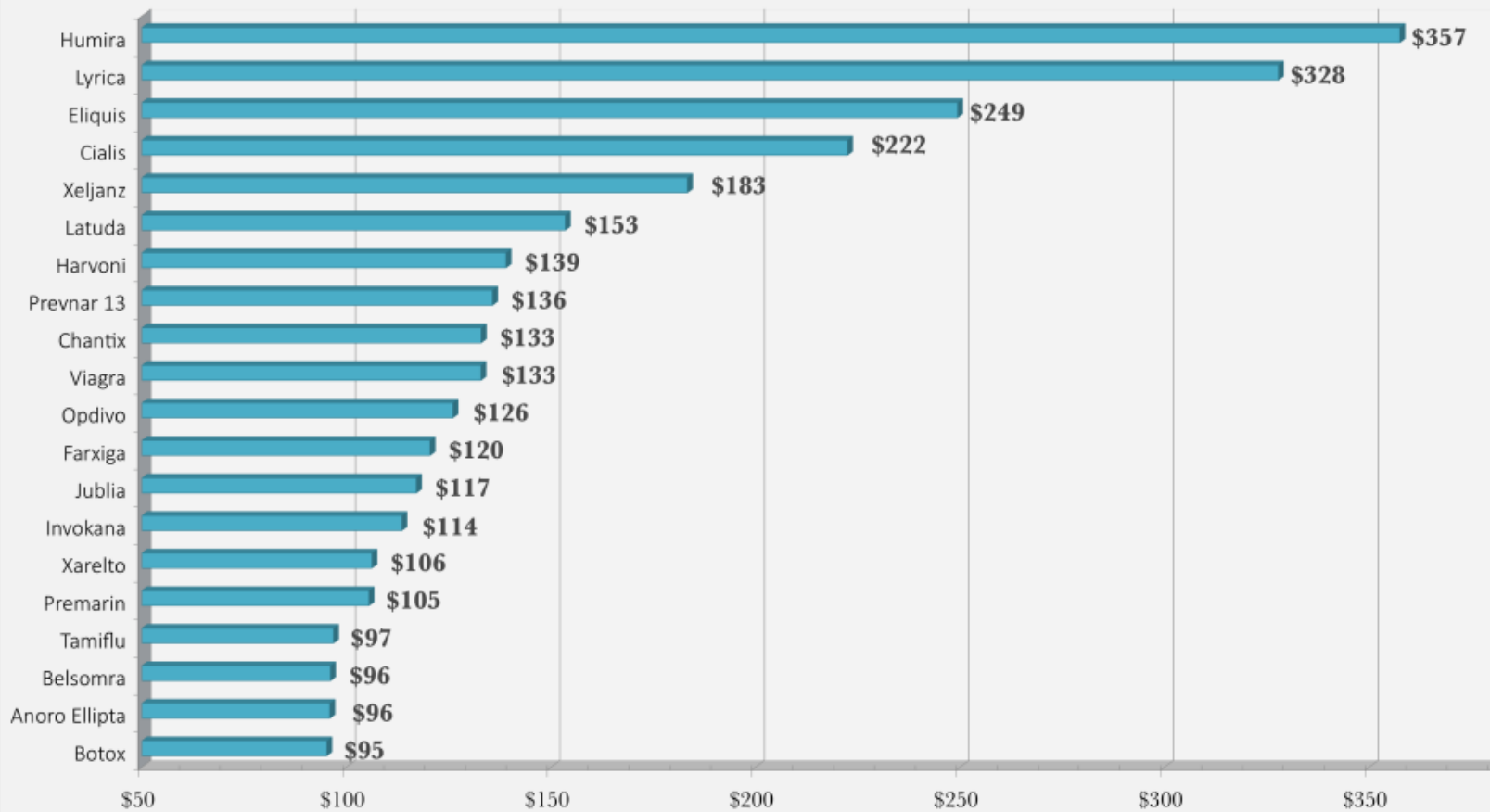
Provider
decision
support for
prescribing

Patient
education for
adherence and
self care

Direct-to-Consumer Not Lost By Industry

THE 20 MOST-ADVERTISED RX DRUGS IN 2015, BY SPENDING

Source: Kantar Media. Figures in millions.



#8: Heuristics

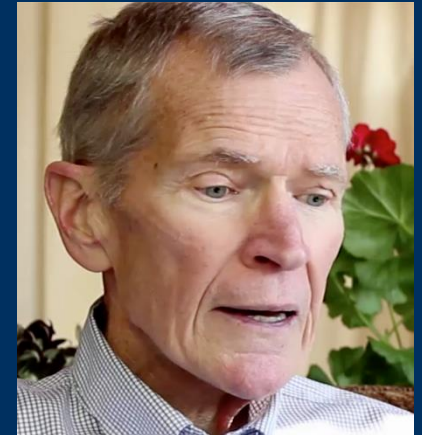


JUST BELIEVE
STEPHEN CURRY

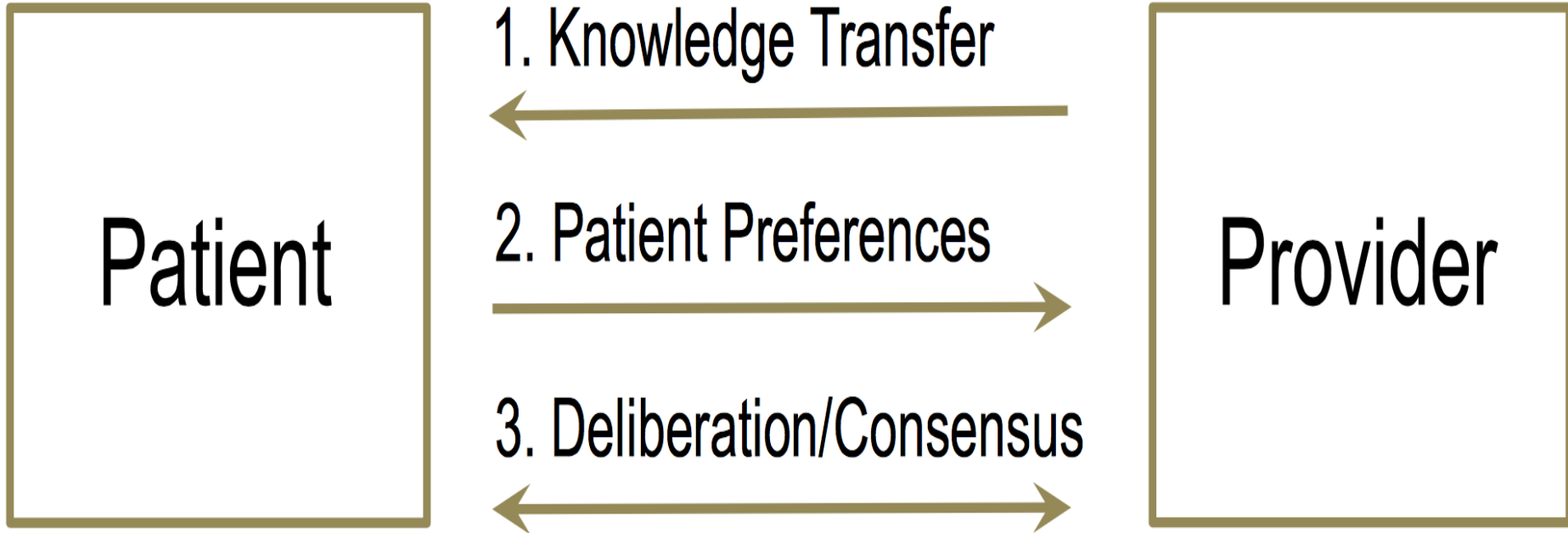
Careful Use of Testimonials

HeartMatePro.com

www.patientdecisionaid.org



#9: Decision Aids Can Help



"A meeting between two experts"

<http://www.ipdas.ohri.ca>



International Patient Decision Aid Standards (IPDAS)
Collaboration

2012 Update of the IPDAS Collaboration Background Document

[Introduction](#)

[Chapter A: Using a Systematic Development Process](#)

[Chapter B: Providing Information About Options](#)

[Chapter C: Presenting Probabilities](#)

[Chapter D: Clarifying and Expressing Values](#)

[Chapter E: Using Personal Stories](#)

[Chapter F: Guiding / Coaching in Deliberation and Communication](#)

[Chapter G: Disclosing Conflicts of Interest](#)

[Chapter H: Delivering Decision Aids on the Internet](#)

[Chapter I: Balancing The Presentation of Information and Options](#)

[Chapter J: Addressing Health Literacy](#)

[Chapter K: Basing Information On Comprehensive, Critically Appraised, And Up-To-Date](#)

[Syntheses Of The Scientific Evidence](#)

[Chapter L: Establishing the Effectiveness](#)

[Implementation of Patient Decision Support Interventions into Routine Clinical Practice: A Systematic Review](#)

[Provide Suggestions for IPDAS Quality Dimensions](#)



Patient Decision Aids

A to Z Inventory of Decision Aids

Search all decision aids:

OR

Browse an alphabetical listing of decision aids by health topic.

The A to Z Inventory of Decision Aids is designed to help you find a decision aid and available decision aids that meet a [minimal set of criteria](#).

More information about [decision aid developers](#).

Atrial fibrillation

- [Atrial Fibrillation Decision Support Tool](#). HealthDecision
- [Atrial fibrillation: medication options](#). Option Grid Collaborative
- [Atrial Fibrillation: Should I Have Catheter Ablation?](#) Healthwise
- [Atrial Fibrillation: Should I Take an Anticoagulant to Prevent Stroke?](#) Healthwise
- [Atrial Fibrillation: Should I Try Electrical Cardioversion?](#) Healthwise
- [Atrial Fibrillation: Which Anticoagulant Should I Take to Prevent Stroke?](#) Healthwise
- [Radiofrequency Ablation for Atrial Fibrillation: A Guide for Adults](#) Agency for Healthcare Research and Quality (AHRQ)

Pre-Encounter v. In-Clinic



This Healthwise Knowledgebase is intended for professional evaluation and not intended for distribution directly to patients. For more information on licensing Healthwise products send an email to: hwsales@healthwise.org.

[Home](#)

Enter search term.

Search

Atrial Fibrillation: Should I Take an Anticoagulant to Prevent Stroke?

You may want to have a say in this decision, or you may simply want to follow your doctor's recommendation. Either way, this information will help you understand what your choices are so that you can talk to your doctor about them.

Atrial Fibrillation: Should I Take an Anticoagulant to Prevent Stroke?

- | | | | | | |
|---------------------------|-----------------------------|---------------------------|---------------------------|---------------------------|--------------------------|
| 1
Get the Facts | 2
Compare Options | 3
Your Feelings | 4
Your Decision | 5
Quiz Yourself | 6
Your Summary |
|---------------------------|-----------------------------|---------------------------|---------------------------|---------------------------|--------------------------|

Get the facts

Your options

- Take an anticoagulant medicine to reduce the risk of stroke.
- Don't take an anticoagulant. You may try aspirin or do nothing.

option
grid



Atrial fibrillation:
stroke prevention
options

Decision aid coming soon

INTERVENTIONS TO ENCOURAGE PATIENTS' PARTICIPATION

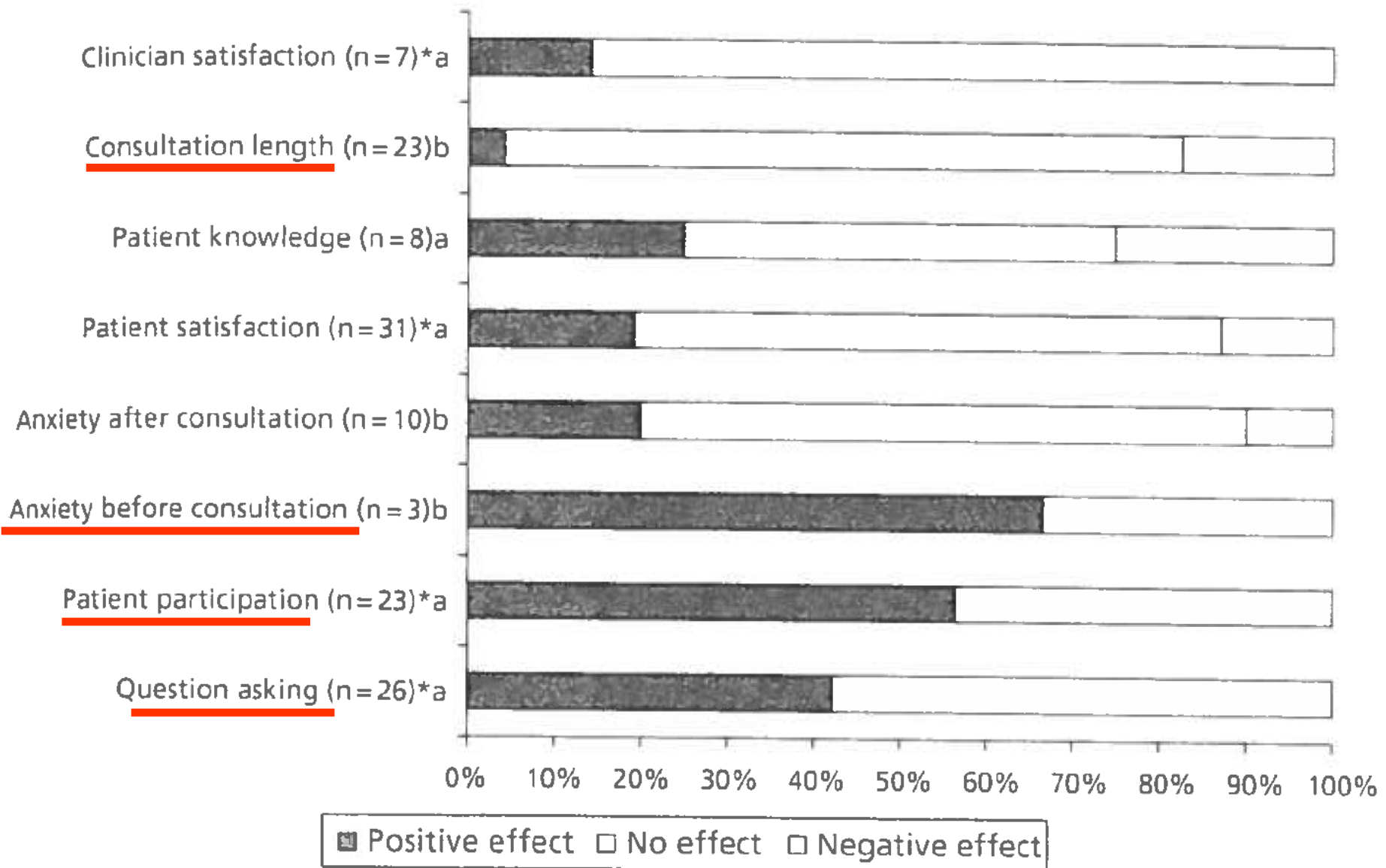


Fig. 25.1 Effectiveness of pre-encounter interventions for helping patients address their information needs.

#10: Adherence?



larry.allen@ucdenver.edu

patientdecisionaid.org