Patient Centered Integrated Care treatment and prevention programs

Knowledge exchange program
Singapore - The Netherlands
April 2016

Prof. Mark Kramer MD PhD
Chief of Medicine

Evert Jan Hoijtink
Founder & CEO

PORTAVITA
Networked Health
Start of Portavita 15 years ago ...

- In 2001, innovation initiative of Agis Health Insurance (currently part of Achmea)
- Goal:
  - Do something with the Internet
  - Increase efficiency (lower cost)
  - Increase effectiveness (better health)
  - Involve patient
- Bring project to the bed side as a business
- 1st project: Anticoagulation Self-management with dr. Mark Kramer
- Concept: Patient in the driver seat
Portavita: Solutions, Modules & Timeline

- **526,000** patients:
  - Anticoagulation
  - Diabetes
  - Cardiovascular Risk Management
  - Asthma / COPD
  - Elderly Care
- **100,000** patients performing **self management**
- **10,000** medical professionals
- **2,500** Medical outlets (Homecare teams, Nursery Homes, Outpatient Clinics, GP’s, ...)

Total 526,000 patients

<table>
<thead>
<tr>
<th>Year</th>
<th>Anticoagulation</th>
<th>Diabetes</th>
<th>Cardiovascular Risk Management</th>
<th>Asthma/COPD</th>
<th>Elderly Care</th>
</tr>
</thead>
<tbody>
<tr>
<td>2001</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2005</td>
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<tr>
<td>2010</td>
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<tr>
<td>2015</td>
<td></td>
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</tr>
</tbody>
</table>

Graph showing the increase in patients from 2001 to 2015.
Dutch Integrated Care – Why diabetes

• In 2005, Dutch patient foundation NPCF found only ± 26% of Dutch Diabetes patients treated conform the Dutch National Guideline.

• No patient participation: No access and insight to his or her treatment process and data.

• Many medical professionals and organizations involved but different non compliant protocols.

• No case management.

• Payment dispersed budgets (1st, 2nd and 3rd line care, long-term care, ...).
Definition Integrated Care & main targets

- coordinated / transmural care
- new organizational arrangements
- value based payment

Patient in the driver seat...

Patient Participation
Patient participation = access to all data
The Netherlands: Nr. 2 in Europe
Strong Point: Integrated Care
Weak point: No Diabetes Registry

Euro Diabetes Index 2014, Total Scores

Health Consumer Powerhouse

Euro Diabetes Index
2014

Report
Wien,
September 17th, 2014

This report may be freely quoted, referring to the source. © Health Consumer Powerhouse Ltd., 2014.
ISBN 978-91-980687-4-0

Transmural: break the walls
Regional Care Group: Integrated delivery

Integrated Care System: Protocol Management, Workflow, Authorization, BI, ...
Indicators are available every month!

### Indicators Type 2 diabetes

**Show data based on the knowledge of:** 02-04-2016

**Indicators**
- Type 2 diabetes
- Not type 2 diabetes

### Data based on the knowledge on 02-04-2016

<table>
<thead>
<tr>
<th>Parameter</th>
<th>All patients in healthcare group</th>
<th>Patients of Demo Ziekenhuis</th>
<th>Patients of Jong, R. de</th>
<th>Patients of Internist MMC</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Number</td>
<td>Percentage</td>
<td>Number</td>
<td>Percentage</td>
</tr>
<tr>
<td>Total number of active patients</td>
<td>430</td>
<td>100%</td>
<td>17</td>
<td>4,0%</td>
</tr>
<tr>
<td>Patients without consultation in the last year</td>
<td>400</td>
<td>93,0%</td>
<td>16</td>
<td>94,1%</td>
</tr>
<tr>
<td>Patients with self-checks in last year</td>
<td>56</td>
<td>13,0%</td>
<td>1</td>
<td>5,9%</td>
</tr>
<tr>
<td>Blood pressure of patients measured last year</td>
<td>18</td>
<td>4,2%</td>
<td>1</td>
<td>5,9%</td>
</tr>
<tr>
<td>Of which patients with mean systolic blood pressure</td>
<td>12</td>
<td>66,7%</td>
<td>1</td>
<td>100,0%</td>
</tr>
<tr>
<td>Of which patients with mean diastolic blood pressure &gt; 160</td>
<td>0</td>
<td>0,0%</td>
<td>0</td>
<td>0,0%</td>
</tr>
<tr>
<td>Of which patients with mean diastolic blood pressure &gt; 80</td>
<td>0</td>
<td>0,0%</td>
<td>0</td>
<td>0,0%</td>
</tr>
</tbody>
</table>

**Performance of the whole region**

**Patients treated by specific case manager / medical professional**

**Patients treated in the hospital**
Not only reporting but also real time info

Lioe-Ting Oei MD, PhD

• Internist Vascular Medicine, Meander MC Amersfoort
• PI University Medical Center Utrecht / Julius Center partner VUMC Amsterdam

- **Regional Diabetes Care**: multidisciplinary diabetes protocol
- **Out Patient Hospital Care 2008**: 19% → **2013**: 14% → **2016**: <10%
  GP’s use eConsult with endocrinologist
- **Ophtalmologist**: 2008: 100% → **2016** = 0%
  All patients are now checked using **Tele Fundus** at **optometrist**
- **Diabetes rethinopathy patients**: 2008: 44 → **2015**: 23
- **Value based health delivery**: if you do not perform you are not reimbursed
Thanks

www.portavita.com/singapore2016