

Be The CEO Of Your Healthcare

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Medical Director

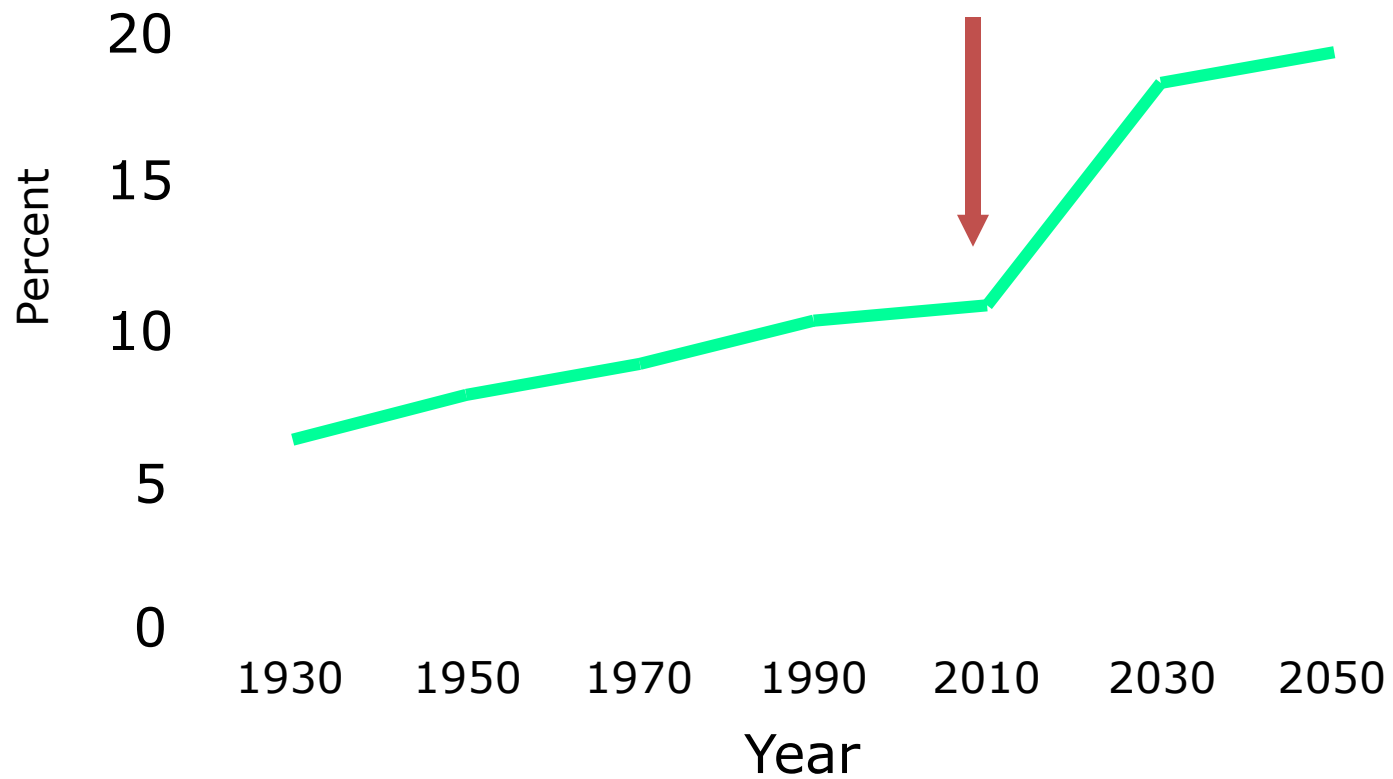
Orchard Cove Wellness Center

Why?

- Empowerment
- Safer Care day-to-day
- Self Knowledge
- Factual recall in emergencies
- Teaming with your Health Care Provider

An Aging Population

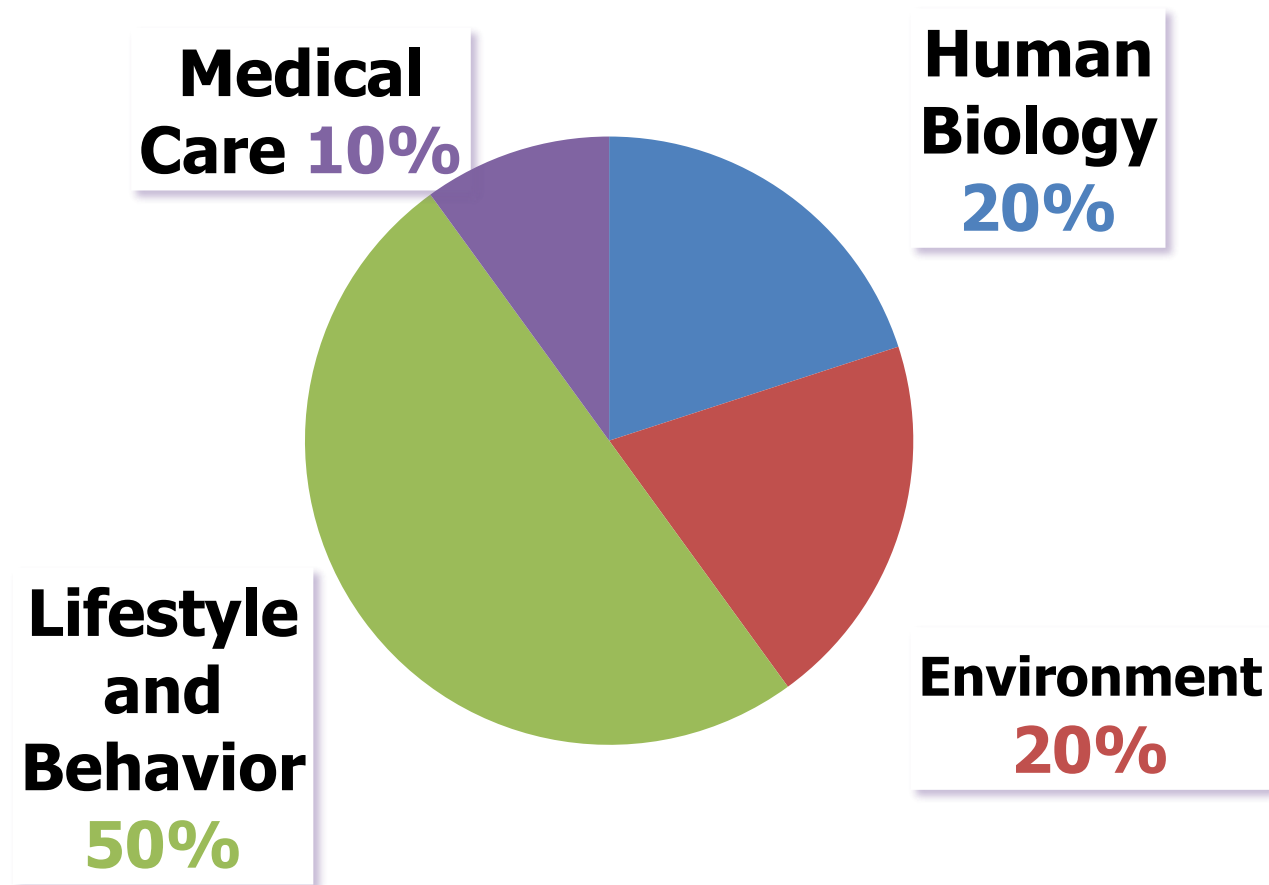
Percentage of U.S. Population over Age 65



Source: From Baby Boom to Elder Boom: Providing Health Care for an Aging Population.
Washington, DC: Watson Wyatt Worldwide, 1996

What Impacts Health Most?

Influence Factors on Health Status



Source: McGinnis and Foegen, JAMA 1996 & the CDC

Walking down the mountain



“Actual Causes of Death”

Behavioral Risk Factors

Behavior	% of deaths, 2000
– Smoking	19%
– Poor diet & nutrition/ Physical inactivity	14%
– Alcohol	5%
– Infections, pneumonia	4%
– Racial, ethnic, economic – Disparities	?

Diet

- Diseases with major impact include:
 - Constipation
 - Urinary frequency
 - Dizziness
 - Falls
 - Acid reflux
 - Heart disease
 - Cholesterol elevation
 - Diabetes
 - Osteoporosis

Diet

Adequate fluids

- Total non-caffeinated beverages daily: 6-8 glasses
- Before 4pm (to limit nighttime urination)
- Avoid high citrus, caffeine and alcohol, these are bladder irritants

Especially important for patients with hypertension, on multiple blood pressure medications, valvular heart disease or those with chronically **low** blood pressure

Exercise

- Minimizes loss of bone density
- Increases muscle mass, strength and balance
- Fall risk reduced by 30-50%

Exercise

- Tai Chi
- Quadriceps strengthening
 - Chair rise
 - Climbing a step
 - Squatting
- Cardiovascular Fitness
 - 30-40 min 2-3 times weekly

Exercise

- Physical Therapy offers a individually prescribed course in muscle strengthening and balance retraining
- Home hazard assessment and modification in a person with history of falling can reduce risk for future falls

Home Safety Checklist

- Remove throw rugs
- Secure carpet edges
- Reduce clutter
- Check lighting for adequate illumination at night (esp bathroom pathway)
- Eliminate chairs that are too low to sit in, get raised toilet seat or bars to assist rising
- Ensure telephone can be reached from the floor
- Grab bars/rubber mats in shower

Knowledge is power:
you've got to own it!!

Diagnoses

Procedures

Doctors Names and Places

Medications

Advance directive

Medications

- Tufts Medical Center survey, 2003
- 18,000 Medicare beneficiaries
- 46% took **MORE** than 5 prescriptions daily
- 35% took medications prescribed by different doctors
- Prescribing cascade: medications prescribed by one doctor to treat side effect of medication prescribed by another doctor

Medications

Increased number of drugs leads to:

- Increase in **ADRs (Adverse Drug Reaction)**
- Increase in risk of drug interactions
 - 5.6% on 2 drugs, to 100% on >8 drugs
- Increase in med errors with number of prescriptions
 - 15% with one drug
 - 25% with 2-3 drugs
 - >35% with >4 drugs

Medication Safety

- An estimated 30% of **hospital admissions** are due to drug related problems
- Psychotropic medications (sleep aides, anti-depressants and anti-seizure medications) increase risk for **falling** by 6x that of an average person

Medications

- Name (Prescription and Over the Counter)
- Dosage
- How many times a day?

Medications	Dosage	#Times/Day

Medication Cost

- How can you lower the cost of your medication?
 - Generic
 - Over the counter
 - Drug discount programs at Wal-Mart or Target
 - VA benefits
 - Mail away programs
 - REDUCE THE NUMBER YOU NEED TO TAKE!!

Diagnoses

- List your top three diagnoses

Example:

1. Heart Disease—includes heart failure, heart attack, irregular heartbeat or atrial fibrillation
2. Osteoarthritis—back and shoulders
3. Diabetes—not on insulin

How can I take charge of my first diagnoses?

- Become educated about options
- Join a support group
- Speak to your doctor about different treatments
- Purchase Monitoring equipment
 - BP cuff
 - Glucometer
 - Scale
 - Water bottle or measured pitcher

Advance Directives

- Signing a DNR does NOT mean you will be left without proper medical attention
- Applies only in the out-of-hospital setting
- Requires that you have had a **CARDIAC ARREST** in order to be applicable
- Resuscitation requires chest compressions and mouth-to-mouth assistance with breathing

Advance Directives

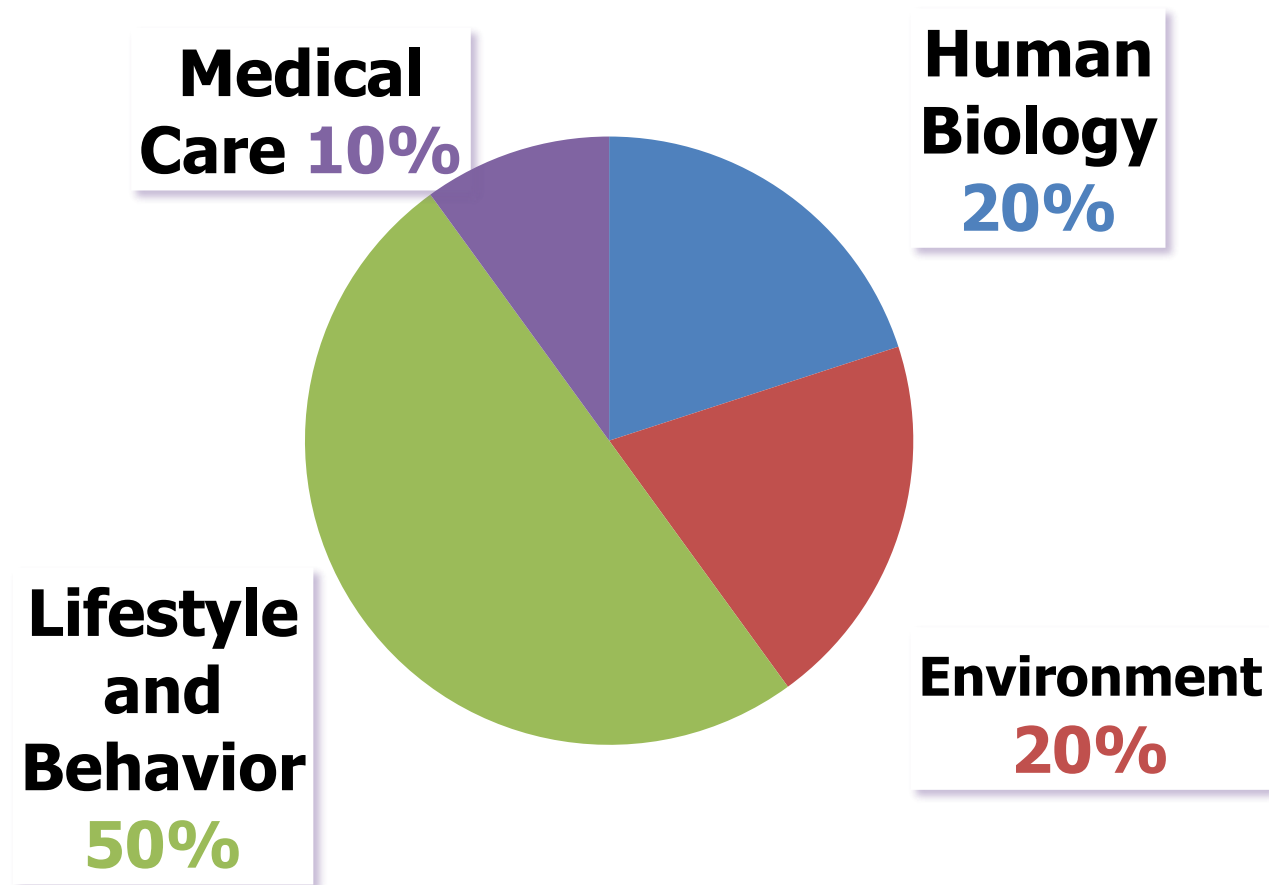
- Chance of reaching pre-morbid state of independence is <95% after an out-of-hospital arrest
- Survival rates as of 2007 for out-of-hospital arrest vary from 5% to 18%; mortality rate 82-95%
- Compare this success rate to other procedures:
 - Cardiac bypass mortality is 2-5%
 - Elective knee or hip replacement 1-3%
 - Aortic dissection repair mortality 25%

Driving

- Assessment of driving-related skills
- Consists of: vision, cognition and motor function
- *RMV handout
- Driver rehab is an option that offers
 - Clinical assessment, on-road assessment, vehicle assessment and treatment/intervention

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Empowerment

- Directing your own life goals MEANS you define the goal (not your doctor or your family or society norms)
- Allowing your medical issues to direct your day to day lifestyle means you lose some ability to influence your own bottom line
- The “medical mountain” is complicated and individually unique
- Don’t get stuck at the top

Beautiful young
people are accidents
of nature, but
beautiful old people
are works of art