OSMAP Update

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Areas of Focus

OSMAP 2019

• 2019 Survey of America’s Patients
• Physician Wellbeing
The Physicians Foundation’s 2019 Survey of America’s Patients

• Evaluated attitudes of 2,000+ patients on the physician-patient relationship, the cost of health care and key drivers of health care outcomes, such as social determinants of health and the opioid epidemic.

• In addition to the physician-patient relationship, patients are concerned about:
  • Cost
  • Politics
  • Opioids

65% of Americans say the time they spend with their physicians is limited

91% of patients believe physicians should have the ability to significantly influence the health care system.
The Most Pressing Things on Patients’ Minds: Cost

- 73% of Americans are concerned about their ability to pay for medical treatment if they were to get sick or injured and half of Americans say they feel they are one sickness away from being in serious financial trouble.
  - 42% of Americans could afford $500 or less before they would have financial issues.
- 84% of Americans say they are concerned about how much health care costs will affect them in the future.
- 86% of Americans say cost and 72% say waiting for insurance pre-approvals negatively impact patient care.
The Most Pressing Things on Patients’ Minds: Politics

- 22% of Americans don’t know what single payer health care means at all.
  - 77% cannot agree on one definition.
- 55% of Americans are more likely to vote for a presidential candidate who advocates for expanding private insurance reforms.
- 62% of Americans say rising health care costs are due to cost of prescription drugs, while 49% point to hospital costs.
The Most Pressing Things on Patients’ Minds: Opioids

- 35% of Americans know someone who has abused or is addicted to opioids.
  - 21% know someone who has died because of opioid use.
- 60% of Americans believe rehabilitation is an essential health care service, while 45% believe care for substance abuse is essential.
- 53% of Americans say pharmaceutical companies are most responsible for the opioid epidemic... while two in five (39%) say physicians are most to blame.
  - Even though data from the 2018 Survey of America’s Physicians found that 69% of physicians are prescribing fewer pain meds.
Physician Wellbeing

• The “Practice Transformation Initiative” in partnership with our AMA

• Vital Signs Awareness Campaign
Practice Transformation Initiative
Solutions for Increasing Joy in Medicine
Program Objectives

• **Reduce clinician burnout** by furthering practice transformation research focused on evidence-based interventions

• **Collaborate and learn from health systems** committed to assessing clinician satisfaction and its correlation to workflow design and practice efficiency

• **Foster a network of organizations** implementing evidence-based solutions, sharing best practices and driving sustainable change to improve Joy in Medicine
## 2019 Participating Organizations

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<tr>
<th>North Carolina Medical Society</th>
<th>Washington State Medical Association</th>
<th>Medical Society of New Jersey</th>
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<td>Boice-Willis Clinic</td>
<td>Allegro Pediatrics</td>
<td>St. Peter’s Medical Associates</td>
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<td>Cancer Care of Western NC</td>
<td>Evergreen Health Medical Group</td>
<td>Lifeline Medical Associates</td>
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<td>Catawba Valley Family Medicine</td>
<td>Family Care Network</td>
<td>Hackensack / Meridian Health</td>
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<td>Kaiser Permanente</td>
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<td>Novant health Durham Internal Medicine Associates</td>
<td>MultiCare Health System</td>
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<td>Piedmont Health Services</td>
<td>The Everett Clinic</td>
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<td>Wake Emergency Physicians</td>
<td>UW Valley Medical Center</td>
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<td>Wilmington Health Associates</td>
<td>Virginia Mason</td>
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*19 participating organizations*
Practice Transformation Interventions

Each practice site selected one of three interventions to implement over the course of their project engagement.

- **Pre-visit planning** - Scheduling patients for future appointments at the conclusion of each visit, arranging for pre-visit lab testing, gathering the necessary information for upcoming visits, and spending a few minutes to huddle and handoff patients.

- **Pre-visit laboratory testing** – Ordering patient laboratory tests for completion before upcoming appointments. This gives physicians the opportunity to discuss results with patients at their visit, eliminating the need to review results later, and coordinate follow-up care.

- **Synchronized annual prescription renewal** – Process of renewing all of a patient's stable medications for the typical maximum duration of 12 to 15 months.

**AMA physician coaches** hosted a series of virtual meetings with practice sites to describe the interventions in detail and to provide coaching to sites as they implemented their interventions. These virtual meetings also allowed practice sites to connect with one another and share learnings and pain points.
Mini Z Burnout Survey

• 10-item survey used to assess rates of burnout within practice sites

• Survey was customized across each participating state to include demographic information from survey respondents

• Survey deployed in Fall 2019 to control and intervention groups of the practice sites to gather baseline measurements; distributed to over 3500 physicians

• Survey will be deployed post-intervention (Spring 2020) to assess changes in burnout and professional well-being

• Each state medical association will receive aggregate data from across their cohort and comparison data to the national benchmark from the AMA well-being data lab
Physician Wellbeing

• Physicians have the highest suicide rate of any profession and more than twice that of the general population. It’s estimated that one million Americans lose their physician to suicide each year.
• To recognize National Physician Suicide Awareness Day, we launched Vital Signs to help raise greater awareness about the physician suicide epidemic and to provide physicians the tools to attend to their own wellbeing.
  • Vital Signs is designed to empower physicians, their colleagues and loved ones, to check in on one’s another’s wellbeing.
Physician Wellbeing

• In September during Vital Signs launch, we:
  • Published commentaries in KevinMD, Saving a physician from burnout saves patients too, and The Hartford Courant, Physicians have the highest suicide rate of any profession. Why aren’t we talking about it?
  • Engaged with physicians directly at the American Conference on Physician Health
  • Garnered engagement from 14+ county and state medical societies
  • Received 2,000+ people visiting the Vital Signs webpage to learn more to attend to their wellbeing
Join Us in Preventing Physician Suicide

• We invite you to share this campaign via events, listservs, social channels or on your website. If you do share the campaign, please let us know and if sharing on social media, mention @PhysiciansFound on Twitter and @The Physicians Foundation on LinkedIn.

• **Share a Piece of Your HEART**: Share Vital Signs with your networks to help others learn the warning signs to look for in someone who may be suicidal. [With the HEART acronym, we hope to help you easily remember these signs.]
  
  • [Vital Signs](#)
  • [Handout](#)
  • [Shareable social media content](#)
  • [A Newsy Investigation Documentary: Unspoken: Doctor Depression and Suicide](#)

• **Open Your HEART**: Check in with colleagues and loved ones and support them when needed.
  
  • [Conversation Starter](#)
  • [physiciansfoundation.org/vitalsigns](#)
Coming Attractions:

The 2020 Survey of America’s Physicians
Thank You!