

Managing chronic disease in Europe – an overview

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www.euro.who.int/observatory

TACKLING CHRONIC DISEASE IN EUROPE

Strategies, interventions and challenges

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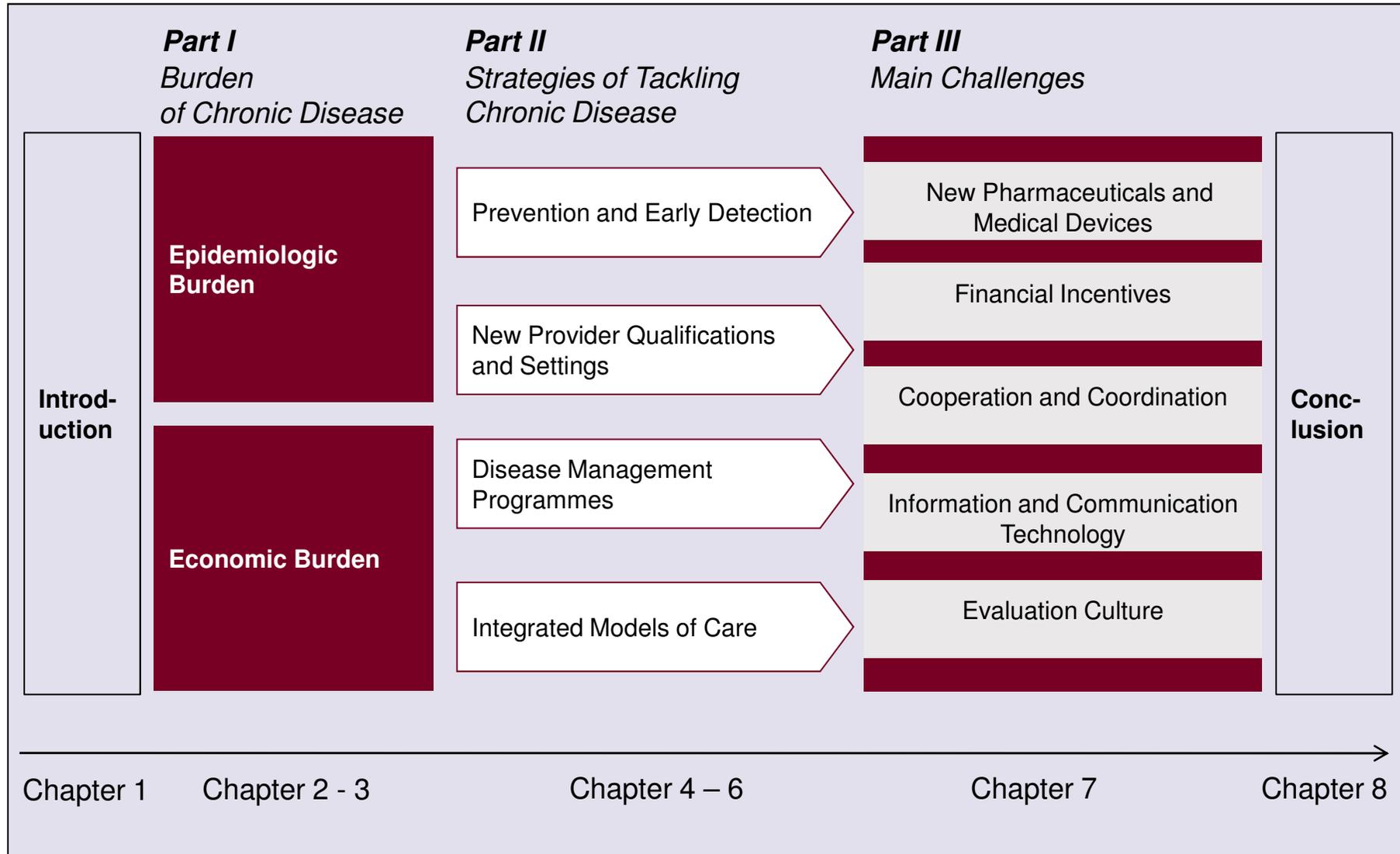
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Managing chronic disease (CD) –

the “ongoing management of conditions over a period of years or decades”,

which goes beyond CVD/cerebrovascular disease, diabetes and asthma/COPD to include cancer and HIV/AIDS (as survival rates and times have visibly improved), mental disorders (depression, schizophrenia, dementia/ Alzheimer’s...) as well as certain disabilities (sight impairment, arthroses ...) – **is potentially the greatest health care challenge.**

Structure of the book

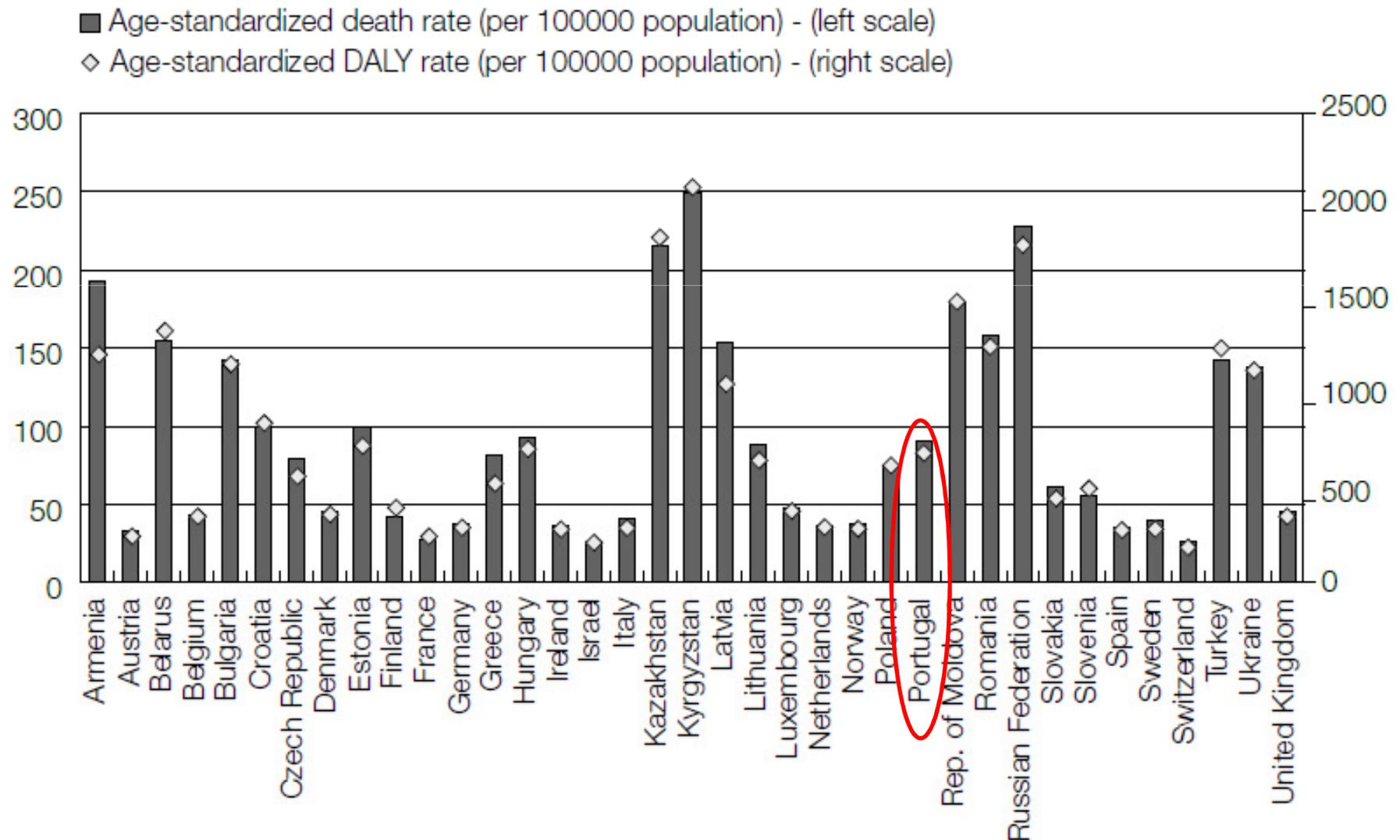


Disease burden and deaths

in the WHO European region by cause (2005)

Groups of causes	Disease Burden		Deaths	
	DALYs (x 1000)	Proportion from all causes (%)	Number (x 1000)	Proportion from all causes (%)
Selected noncommunicable diseases				
Cardiovascular diseases	34.421	23	5.067	52
Neuropsychiatric conditions	29.370	20	264	3
Cancer (malignant neoplasms)	17.025	11	1.855	19
Digestive diseases	7.117	5	391	4
Respiratory diseases	6.835	5	420	4
Sense organ diseases	6.339	4	0	0
Musculoskeletal diseases	5.745	4	26	0
Diabetes mellitus	2.319	2	153	2
Oral conditions	1.018	1	0	2
All noncommunicable diseases	115.339	77	8.210	86
All causes	150.322	100	9.564	100

Burden of death and disease attributable to stroke in selected countries in the WHO European region (2004)



Epidemiology and burden of chronic disease – predictions

- Predictions vary: WHO (2008) has projected fewer deaths and DALYs from **stroke** for both sexes and all ages by 2030. But Carandang et al. (2006) have estimated more strokes and a greater burden of disease.
- Deaths directly attributable to **diabetes**: 166,000 (2008) → 209,000 (2030) as a result of rising obesity levels, especially among children.
- Deaths from **COPD**: 248,000 (2008) → 300,000 (2030) – but the burden of COPD is projected to fall.
- Persons with **dementia**: 7.7 (2001) → 10.8 million (2020). Without effective prevention and treatment → 15.9 million (2040).

Economic consequences of chronic disease

Microeconomic: chronic diseases negatively affect wages, earnings, workforce participation and hours worked, lead to early retirement, high job turnover and disability [*many studies in US settings*]

Macroeconomic: CD is costly to health system *AND* CD impairs economic growth (-> double burden)

Strategies against chronic disease: what is being done?

- Prevention and early detection: at least regarding tobacco now taken seriously, obesity recognised but not tackled comprehensively (conflict health / agricultural/ industry policy), cancer screening on the rise (e.g. mammography)
- Treatment interventions: important for cancer, HIV, dementia but well-established drugs for diabetes and hypertension (issue is to manage cost-ineffective new drugs)

-> main focus on

Service provision and coordination issues

General practitioner

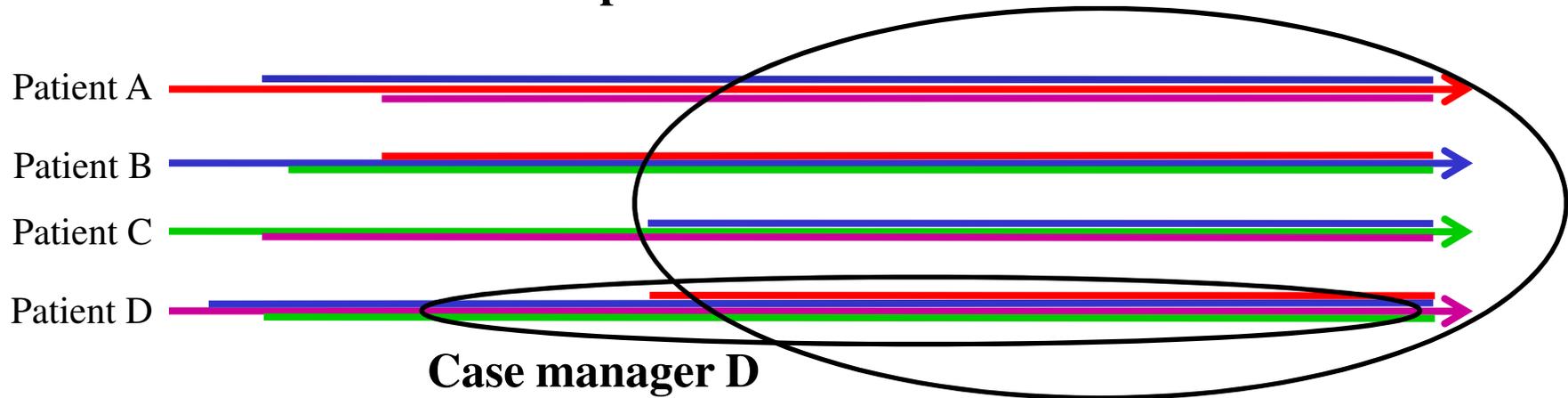
Specialist I

Specialist II

Specialist III

Nurse practitioner

Provider settings combining expertise
for red disease, blue disease ...



Integrated models of care (Chronic Care Model)

Disease Management Program RED DISEASE

Disease Management Program BLUE DISEASE

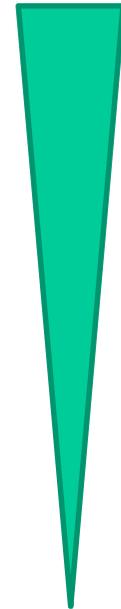
Disease Management Program GREEN DISEASE

Disease Management Program PURPLE DISEASE

New provider qualifications and settings

- Focus on developing highly-qualified nurses (no standard name yet)
- Nurse-led clinics in Sweden
- Nurse practitioners in the Netherlands
- Community matrons as case managers in England
- Nurses as extended arms of GPs in Germany

Autonomy



Disease management programmes: key elements

- comprehensive care: multidisciplinary care for entire disease cycle
- care continuum, i.e. coordination of the different components
- population orientation (defined by a specific condition)
- active client-patient management tools (health education, empowerment, self-care)
- evidence-based guidelines, protocols, care pathways
- information technology
- continuous quality improvement

DMPs are popular – at least in Germany, where they were tied to financial incentives until 2008

DMP	Number of patients enrolled in DMP 2008
Diabetes mellitus type 2	2.7 mn
Diabetes mellitus type 1	0.1 mn
Coronary heart disease	1.2 mn
Asthma	0.3 mn
COPD	0.3 mn
Breast cancer	0.1 mn
Total	4.7 mn (7% of SHI-insured)

Strategies against chronic disease: how effective?

- *Crucial and weak point!*
- Most publications report on relatively small-scale interventions without control group or inadequate control (e.g. no randomization, no risk adjustment)
- (As for pharmaceuticals etc. :) the weaker the study design, the larger the published effects
- Logic of Evidence-based Medicine applies: best available evidence counts

Effects of anti-smoking measures on smoker prevalence

Measure	Effect on smoker prevalence
Price increase by 10 percent	Decline by 4 percentage points in countries with high per capita income
Ban on smoking at work	Decline by 5-10 percentage points
Bans on smoking in pubs, restaurants and other public places	Decline by 2-4 percentage points
Advertising ban	Decline by 6 percentage points if ban is absolute
Health warning on cigarette packs	In the Netherlands, 28 percent of all 13- to 18-year-olds said they smoked less as a result of the health warnings; in Belgium, 8 percent of those asked said they smoked less because of warnings.
Media campaigns	Percentage of smokers declines by 5-10 percentage points, depending on how the campaigns are targeted at specific groups
Withdrawal measures; subsidies for treatment	Decline by 1-2 percentage points after 2 years, depending on the spectrum of people registered

Source: European Network for Smoking Prevention. Effective tobacco control in 28 European countries, October 2004.

www.ensp.org/files/effectivefinal2.pdf

How effective are Disease Management Programmes?

Disease	Clinical Processes	Health-related Changes in Behaviors	Disease Control	Clinical Outcomes	Healthcare Utilization	Financial Outcomes	Patient Experience Satisfaction, Quality of Life, Etc
	Adherence to Evidence-based Guidelines		Changes in Intermediate Measures		Changes in Utilization of Services		
CHF	Improved	Inconclusive evidence	Improved	Inconclusive evidence	Reduced hospital admission rates	Inconclusive evidence	Improved
CAD	Improved	Evidence for no effect	Improved	Evidence for no effect	Inconclusive evidence	Inconclusive evidence	Insufficient evidence
Diabetes	Improved	Evidence for no effect	Improved	Insufficient evidence	Inconclusive evidence	Inconclusive evidence	Insufficient evidence
Asthma	Inconclusive evidence	Inconclusive evidence	Inconclusive evidence	Evidence for no effect	Inconclusive evidence	Evidence for no effect	Insufficient evidence
COPD	Insufficient evidence	Insufficient evidence	Inconclusive evidence	Insufficient evidence	Insufficient evidence	Insufficient evidence	Insufficient evidence
Depression	Improved	N/A	Improved	Inconclusive evidence	Increased utilization	Increased cost	Improved

Codes: N/A: not applicable, as no relevant health-related behaviors for depression exist.

Disease-end point combinations in which disease management seems to achieve the intended result are shaded.

Source: RAND analysis using identified articles.

CHF indicates congestive heart failure; CAD, coronary artery disease; COPD, chronic obstructive pulmonary disease.

Summary of evidence on effectiveness of Chronic Care Model (CCM) components

<i>CCM component</i>	<i>Interventions shown to be effective</i>	<i>Outcome measures affected</i>
Patient self-management support	<ul style="list-style-type: none"> • Patient educational sessions • Patient motivational counselling • Distribution of educational materials 	<ul style="list-style-type: none"> • Physiological measures of disease • Patient <ul style="list-style-type: none"> – quality of life – health status – functional status – satisfaction with service – risk behaviour – knowledge – service use – adherence to treatment
Delivery system design	<ul style="list-style-type: none"> • Multidisciplinary teams 	<ul style="list-style-type: none"> • Physiological measures of disease • Professionals adherence to guidelines • Patient service use
Decision support	<ul style="list-style-type: none"> • Implementation of evidence-based guidelines • Educational meetings with professionals • Distribution of educational materials among professionals 	<ul style="list-style-type: none"> • Professionals adherence to guidelines • Physiological measures of disease
Clinical information systems	<ul style="list-style-type: none"> • Audit and feedback 	<ul style="list-style-type: none"> • Professionals adherence to guidelines
Delivery system	Little published experimental evidence	
Community resources	Little published experimental evidence	

Strategies against chronic disease: how costly and how cost-effective?

- Even less published evidence; if costs are reported in evaluations, the methodology is usually flawed!
- On macro-economic implications, we have to rely on models and projections!
- **Managing CD costs additional money (-> not effective for cost-containment in short run), but may be cost-effective (data missing!).**

Cost per Quality-Adjusted Life Year (QALY) saved by interventions to reduce or prevent obesity

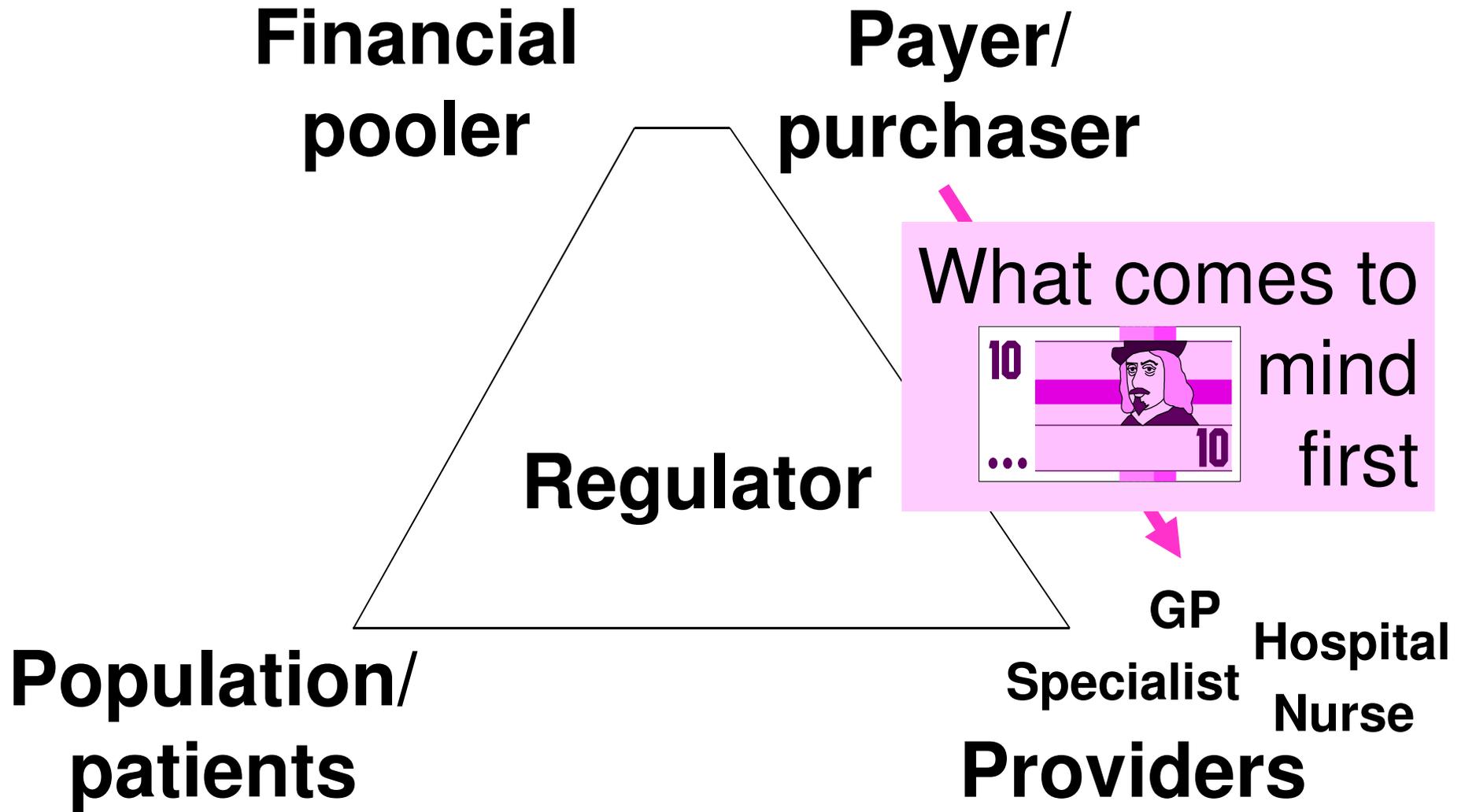
Intervention	Target population	Estimated cost per QALY, US\$	Source
Planet health (a school-based intervention to improve nutrition and increase physical activity)	Middle-school children	In girls, 4,305	(Wang et al., 2003)
Orlistat (a pharmaceutical intervention)	Overweight and obese patients with type 2 diabetes mellitus	8,327	(Maetzel et al., 2003)
Bariatric surgery	Middle-aged men and women who are morbidly obese	Women: 5,400-16,100	(Craig & Tseng, 2002)
		Men: 10,000-35,600	
Diet, exercise, and behaviour modification	Adult women	12,640	(Roux et al., 2006)

The evidence on the four strategies ...

- Relatively good evidence on **preventive “technologies”** to reduce risk factors (tobacco, obesity ...) – best in comprehensive approaches, which however are nowhere fully utilised; prevention also cost-effective (but may require resources in the order of curative technologies)
- Developing **new professions** promising but evidence limited to certain country examples
- **DMPs** improve processes but evidence on outcomes still to come; no cost savings but possibly cost-effective
- Integrated care (**CCM**): sounds necessary and promising, but hardly any solid evidence beyond some individual components

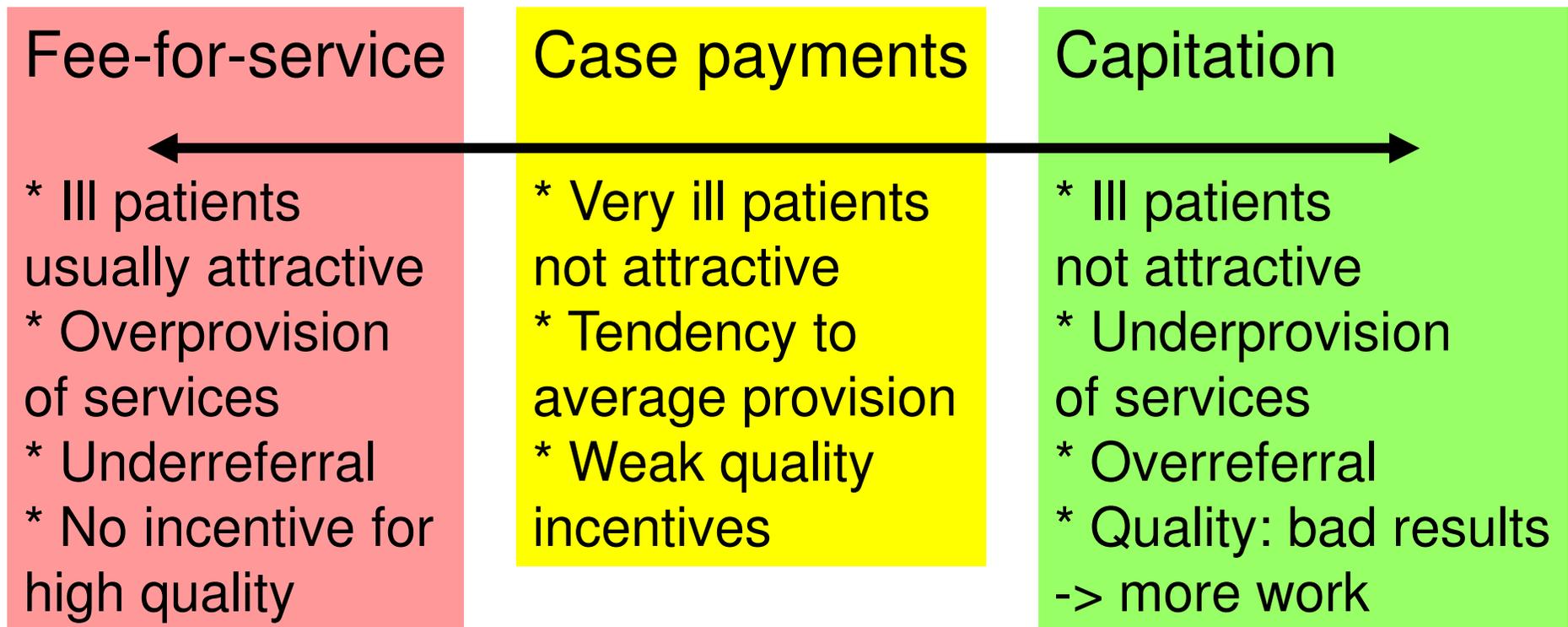
Tackling the challenges of managing chronic diseases

- Right mix of financial incentives very important (for insured/ patients, payers, providers ...)
- Strengthen coordination (in access, orientation, provision of information, continuity/ coordination/ communication among professionals)
- Elaborated information and communication technologies crucial, but agreement on international technical standards necessary, and ICT have to meet needs of patients and health professionals
- Establish evaluation culture without exceptions



Right mix of financial incentives

Weaknesses of traditional ways of paying providers for chronic care



* No incentives for appropriate continuity of care across providers

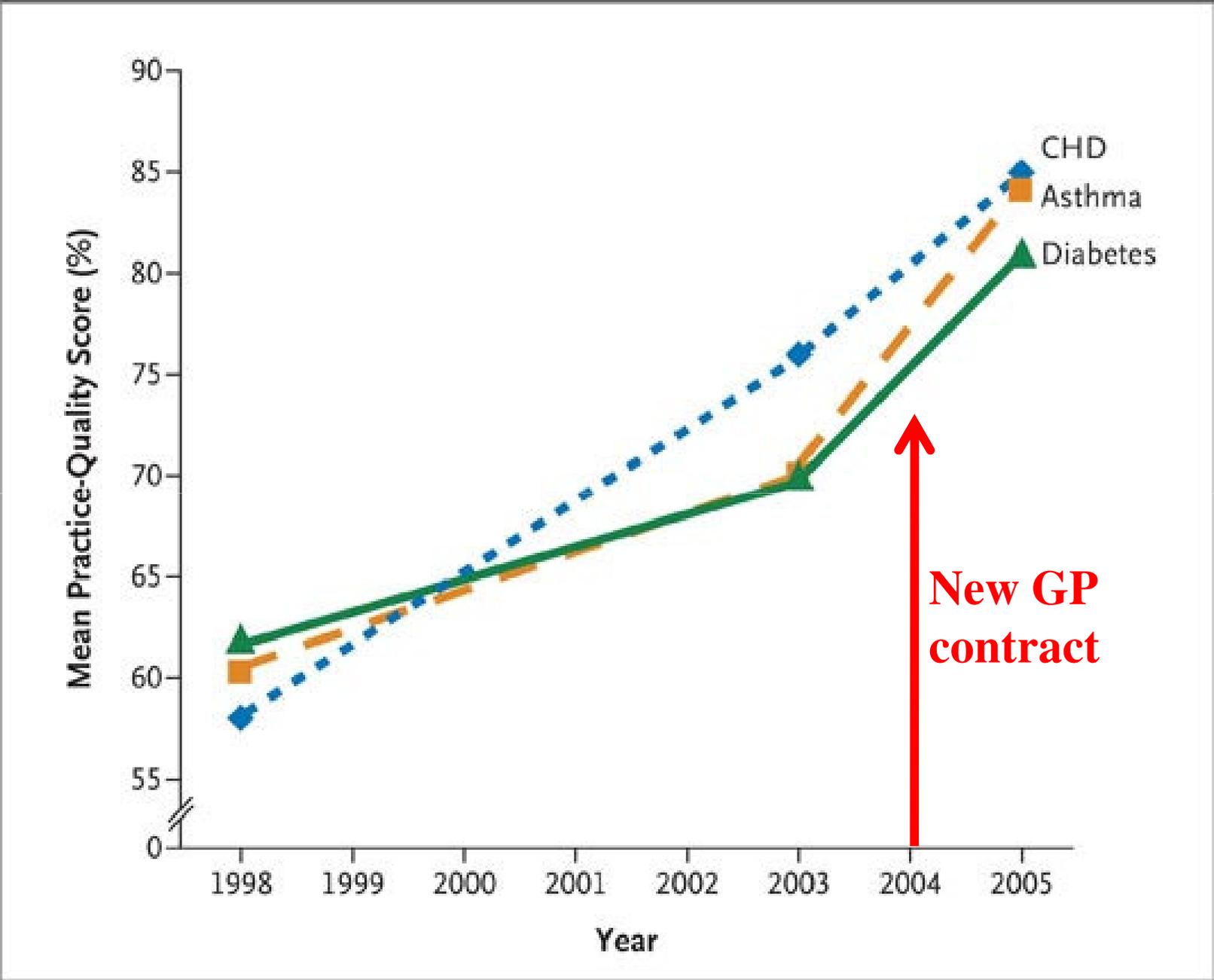
Examples of new payment measures

- ‘year of care’ payment for the complete service package required by individuals with chronic conditions (DK)
- Per patient bonus for physicians for acting as gatekeepers for chronic patients and for setting care protocols (F)
- bonus for DMP recruitment and documentation (D)
- 1% of overall health budget available for integrated care (D)
- bonuses for reaching structural, process and outcome targets (UK)
- ‘pay-for-performance’ bonuses (US)

Paying for chronic care quality in the UK:

bonus of GBP 125 per quality point up to 1050 points

Examples of indicators, targets and point values in the GP contract			
Type	Indicator	Points	Target Range
Structural	Patients are able to access a receptionist via telephone and face to face in the practice, for at least 45 hours over 5 days, Monday to Friday.	1.5	yes/no
Structural	The practice establish a register for patients with stroke or TIA	4	yes/no
Process	The percentage of patients with history of myocardial infarction who are currently treated with an ACE inhibitor.	7	25%-70%
Process	Patient Survey: The practice will have undertaken an approved patient survey each year	40	yes/no
Outcome	The percentage of patients with diabetes in whom the last blood pressure is 145/85 or less.	17	25%-55%
Outcome	The percentage of patients age 16 and over on drug treatment for epilepsy who have been convulsion-free for last 12 months recorded in last 15 months	6	25%-70%



Paying for chronic care quality in the UK

- Practices reached 91% of all points in first year, 96% in the second year
- for an average bonus of GBP >100,000/ year (= > 1 billion for the NHS)!
- i.e. documented “quality“ went up, e.g. 100,000 persons were newly diagnosed with diabetes: prevalence from 3.3 to 3.6%
- Younger, middle-class patients more popular with GPs (higher compliance) -> access problem

Chronic patients' cost-sharing – traditional approaches

- no co-payments for services related to their disease, e.g. 'ALD' (30 mainly chronic diseases) in France
- lower annual limits on co-payments
- certain drugs require lower cost-sharing if the indication is deemed serious

Chronic patients' cost-sharing – newer approaches

- 'ALD' exemption only if care protocol is established for each patient by their GP and signed by patient (France since 2004)
 - cost-sharing may be reduced or waived if patients enrol in DMPs
 - patients with chronic conditions/complex needs managed via a care plan/ inscribed in DMP receive rebates (Australia) or additional services (Germany)
- ↓
- 'ALD' exemption only if protocol is presented to every treating physician at each visit (France)
 - lower cost-sharing limit applies only if patient is compliant (Germany from 2007)

STRUCTURAL
QUALITY

PROCESS
QUALITY

Structural barriers to coordination

- Competing operation cultures and management approaches in different sectors
- Different ownership structures
- Separate and competing providers with no incentives to cooperate
- Rivalries between professional groups
- Lack of clarity about competencies and accountability

-> Policy-makers must recognise that well-organised interests tend to benefit from fragmented care, so reforms aimed at improving coordination should be well-prepared, and supported by strong political will.

Evaluation culture

- Many aspects of managing CD are not properly *evaluated* -> effectiveness and cost-effectiveness of various prevention and treatment interventions not well established.
- Policy-makers are therefore not best equipped to make informed decisions.

-> Policy-makers must ensure that evaluation based on rigorous methodology is an integral part of all strategies.

Existing data should be made available for research and review across different technologies, settings and providers.

Conclusions

- challenge of managing CD better is serious
- “proof“ that various strategies are effective in terms of health outcomes yet to come
-> inbuilt evaluation important
- consideration of various strategies and dimensions important
- but: one size will not fit all -> local implementation
- *Managing CD will not lead to immediate health expenditure savings but better health (if proven)
-> economic growth -> more money available for health care*

**Presentation and further
material at:**

<http://mig.tu-berlin.de>

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