

# The Science of Digital Therapeutics: The CHC Experience



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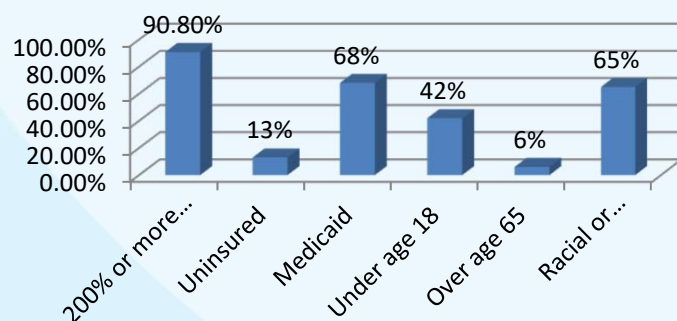


## Community Health Center Inc. Profile:

- Founding Year - 1972
- Primary Care Hubs – 13
- No. of Service Locations - 216
- Licensed /Total SBHC locations – 51
- Mobile dental in 200 locations
- Organization Staff - 800

## CHC Patient Profile:

- #consider CHC their health care home: 130,000
- Health care visits: more than 429,000



## Three Foundational Pillars:

Clinical Excellence  
Research & Development  
Training the Next Generation

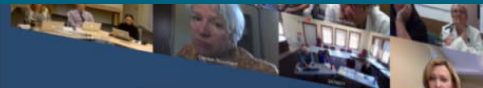


## **CHC's New Regional Structure**



## Innovations:

- Center for Key Populations
- Weitzman Institute
- Project ECHO for vulnerable populations
- National NCA on clinical workforce development
- Post graduate residency training for NPs and postdoctoral psychologists
- Formal research program
- Transformative quality improvement program
- E-consult specialty services



Bup ECHO  
Feb 5, 2013



Buprenorphine

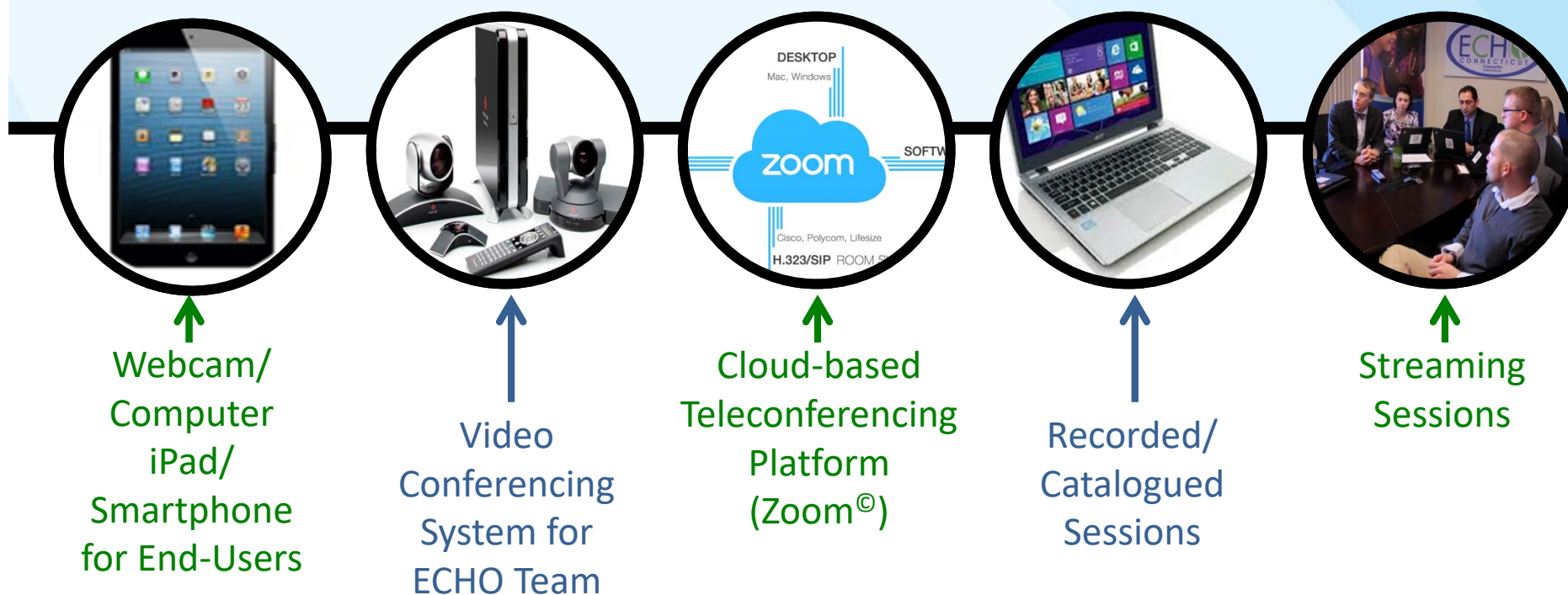


Dr. Sanjeev Arora  
University of New Mexico

“The mission of Project ECHO is to develop the capacity to safely and effectively treat chronic, common and complex diseases in rural and underserved areas and to monitor outcomes.”



## Technology Infrastructure





# Key Elements of an ECHO Session

## Case Presentations

- 2-3 Cases per ECHO session
- Often co-presented by 2+ care team members
- Complex cases
- Multi-disciplinary consultation available
- Valuable for discussion and teaching
- Total time = 1.5 hours

## Didactic Presentations

- 1 per session
- Focused and topical
- By expert faculty
- Total time < .5 hour



## Weitzman ECHO Buprenorphine Session Data

|                                              |     |
|----------------------------------------------|-----|
| # ECHO Buprenorphine sessions since Feb 2013 | 72  |
| # Unique patients presented                  | 174 |
| # Case presentations (new and follow up)     | 215 |



## Weitzman ECHO Buprenorphine Participant Data

|                   | Total Since 2013                                        |         |            | Currently          |         |           |
|-------------------|---------------------------------------------------------|---------|------------|--------------------|---------|-----------|
| Sites             | 81                                                      |         |            | 23                 |         |           |
| States            | 13 - CA, CO, CT, IA, IL, KS, ME, MT, NC, NJ, OH, PA, RI |         |            | 4 - CA, CT, NJ, MT |         |           |
|                   | CHC                                                     | Non-CHC | Total      | CHC                | Non-CHC | Total     |
| Medical Providers | 24                                                      | 115     | <b>139</b> | 10                 | 33      | <b>43</b> |
| BH Providers      | 16                                                      | 77      | <b>93</b>  | 7                  | 33      | <b>40</b> |
| Care Team Members | 30                                                      | 75      | <b>105</b> | 4                  | 32      | <b>36</b> |



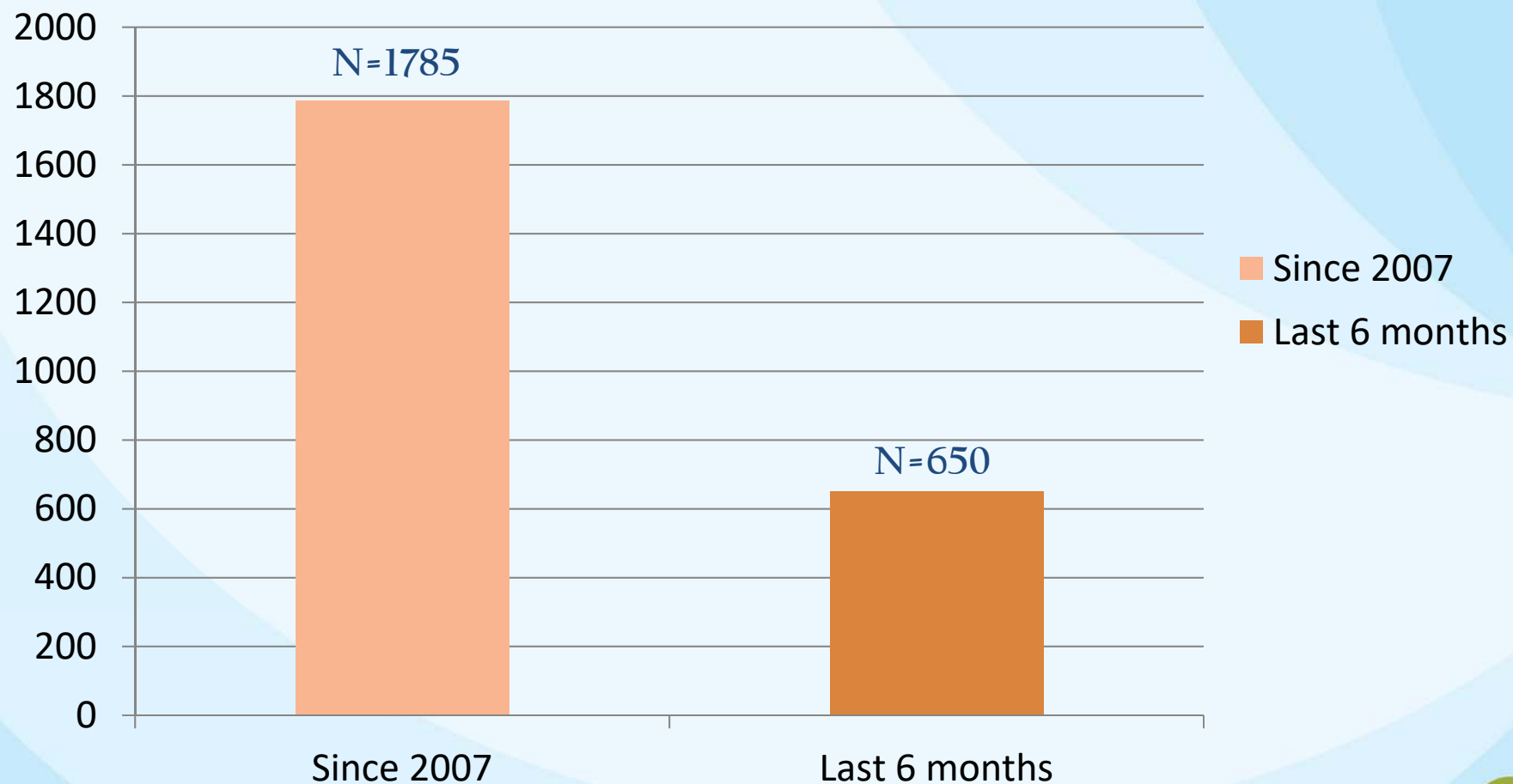
## Project ECHO Buprenorphine Provider Survey Study

- N= 13 Medical Prescribers (MPs) and 10 Behavioral health providers (BHPs)
- Baseline and 6 month survey
- Results Summary:
  - All questions improved, many trended toward significance
  - Team-based approach (achieved statistical significance)
    - MP: RN and BHP collaboration
    - BHP: MP communication
  - Skills (achieved statistical significance)
    - MP: 15 of 16 skills
    - BHP: 9 of 12 skills
  - Attitudes and approaches (achieved statistical significance)
    - MP: BMT appropriate in PC; more disruptive, improved professional satisfaction
    - BHP: none





## Number of Patients Prescribed Buprenorphine



# TELEMEDICINE BUPRENORPHINE VISITS



## CHC Telemedicine Visits

|                                | N  |
|--------------------------------|----|
| Total # unique patients        | 38 |
| # seen in cross-coverage       | 22 |
| # seen in self-coverage        | 16 |
| Total # of telemedicine visits | 63 |
| # visits in cross-coverage     | 46 |
| # visits in self-coverage      | 17 |
| During coverage period         |    |
| # patients seen once           | 19 |
| # patients seen twice          | 13 |
| # patients seen three times    | 6  |



| Survey Questions                                                        | Results                            |
|-------------------------------------------------------------------------|------------------------------------|
| Q1: Overall how satisfied were you with the session?                    | 95%<br>Satisfied/Very Satisfied    |
| Q2: How easy was it to talk with the provider?                          | 95%<br>Easy/Very Easy              |
| Q3: How much did the provider seem to care about you as a person?       | 98%<br>Cares Much/Very Much        |
| Q4: How did you feel during the session?                                | 92%<br>Relaxed/Very Relaxed        |
| Q5: Do you think use of telemedicine helps with delivery of your care?  | 100%<br>Same-Very Much             |
| Q6: Do you think your session was as good as a regular in-person visit? | 95%<br>Same-Much Better            |
| Q7: How did the equipment work today?                                   | 94%<br>Well/Very Well              |
| Q8: How likely are you to recommend telemedicine to someone else?       | 95%<br>Somewhat Likely-Very Likely |



# Thank You!



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