

No Bones (and Muscles) about it!!!

State of NH Quarterly Wellness
Coordinator Training

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Anthem BCBS in NH
July 24, 2014

Agenda

- Introduction
- Goals and Objectives
- Major Orthopedic Problems
- Therapeutic Options
- Prevention

Goals and Objectives

- Understand the implications of orthopedic problems
- Understand the cost comparison of Bone and Joint problems
- Review the general treatment options
- Review activities to prevent orthopedic problems

Introduction and Conflicts

Richard Lafleur MD, FACP

Anthem Blue Cross Blue Shield of NH Medical Director

Board certified in Internal Medicine and have been practicing for 30 years, including 3 years working with the Public Health Service in Pennsylvania and 26 years here in NH

Continue to practice Internal Medicine at Southern NH Internal Medicine, a 15-provider independent medical practice which includes 9 MDs and 6 Mid-level providers located in Derry, NH

Conflicts:

Insurance Medical Director

and

Have an active medical practice

Hands Only CPR

According to the American Heart Association:

Over 420,000 Americans suffer out-of-hospital cardiac arrests every year

90 percent of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival

Why don't they get CPR? There are a lot of reasons – but a big one is that people have shied away from learning CPR because they don't want to perform mouth-to-mouth

Hands Only CPR

REMEMBER!!!

You can save a life without having to do mouth-to-mouth, and that's what we are here to teach you today: Hands-Only CPR

Anthem Blue Cross and Blue Shield's corporate foundation has provided a three-year, \$4.5 million grant to American Heart Association to support this Hands-Only CPR awareness campaign

Anthem Blue Cross and Blue Shield Foundation is contributing to the American Heart Association's campaign to double survival from cardiac arrest by 2020

Take part in a nationwide effort to raise awareness about this lifesaving technique and helping the Heart Association achieve its goal

If you can simply remember the beat of the classic song "Stayin' Alive" you can provide lifesaving assistance to someone in need

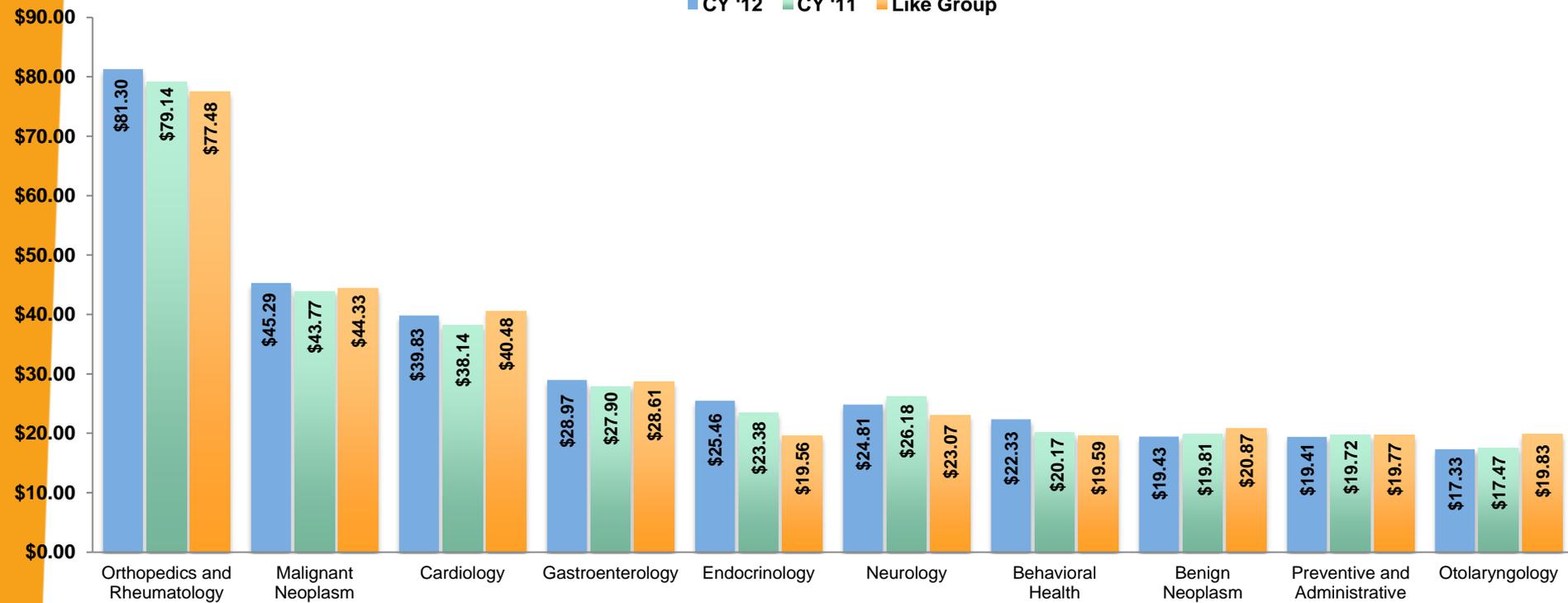
Top Ten Major Health Categories

Can you name the top ten health expenditures?

Of all the Health categories, what do you think ranks in the highest for health expenditures?

Top Ten Health Condition Categories

Per Member Per Month
 ■ CY '12 ■ CY '11 ■ Like Group



- The top ten health condition categories accounted for 71.2% of claims paid for the total expenditures
- The Employees drove 57.1% of the expense in the top ten health condition categories
- Nephrology showed the greatest overall increase in trend from the prior period-> 135.2% increase

The Problem - “Give me the facts”

“Just some of the Facts why orthopedic expenditures rank high”

- Injuries – 5.1 million deaths (1 in 10 in the world are related to trauma)
 - Most common transportation related
 - 40% of deaths for ages 10-24 years, 52% for males in same age group
 - Road accidents are eighth leading cause of death in the world!
 - Falls are second most common injury leading to deaths

NEJM 368;18:1723-30. May 2, 2013 Global Health: Injuries

The Problem - “More to it”

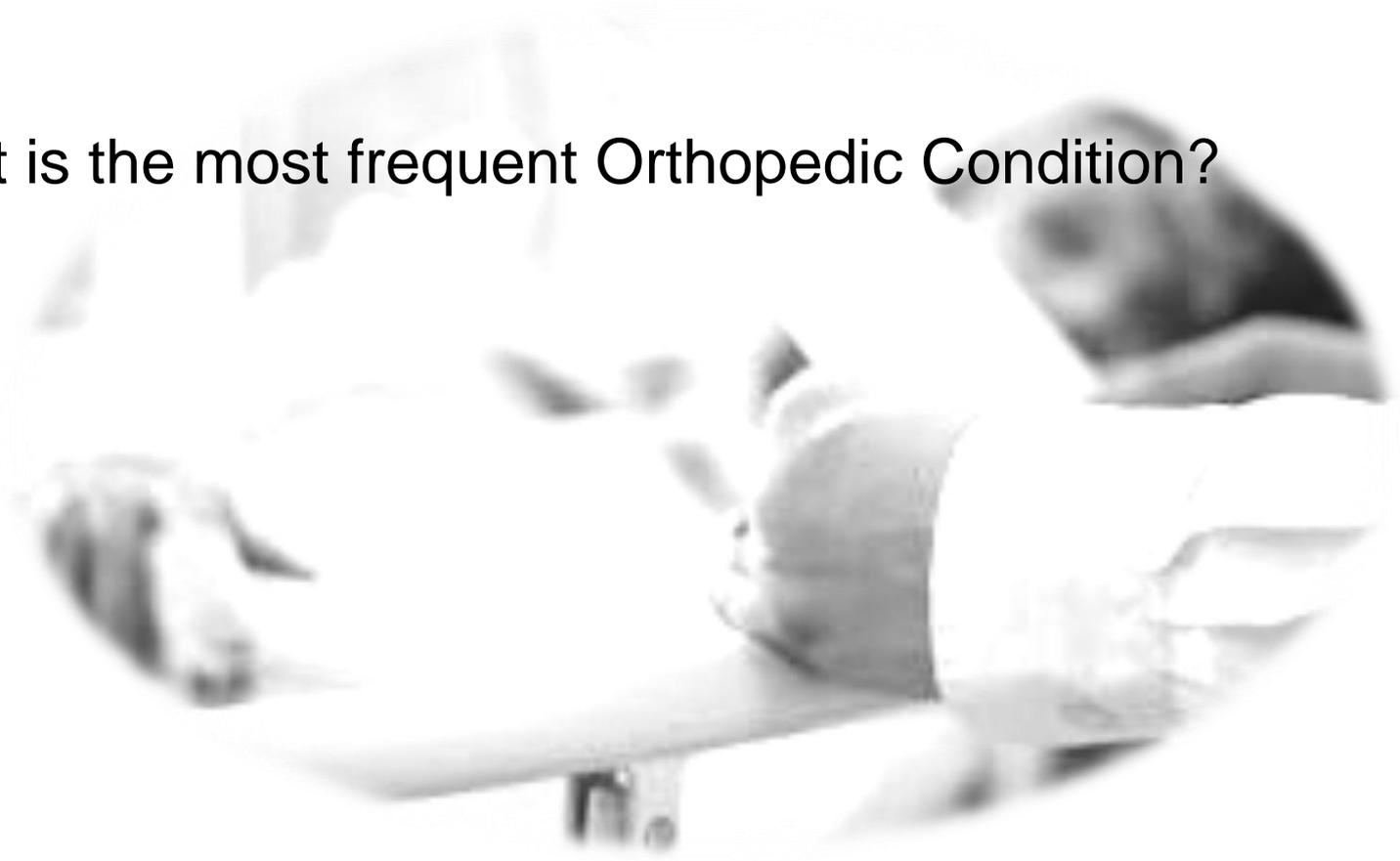
Other causes of Bone, Joint and Muscle disorders

- Injuries
- Inactivity/deconditioning
- Obesity
- Osteoarthritis
- Infections
- Autoimmune conditions
- Aging



Types of Orthopedic Problems

What is the most frequent Orthopedic Condition?



Types of Orthopedic Problems

What is the most frequent Orthopedic Condition?

Back Pain – are you surprised?

Other conditions:

Knee pain

Hip pain

Neck Pain

Treatment Options

Surgery- which includes injections, joint debridement etc.

Joint replacement

Medication

Physical Therapy



Example of Treatment Results

First Issue

- Back pain in most cases will resolve on it's own or with conservative treatment.

Second Issue

- Knee Pain related to Osteoarthritis and Meniscal tears

Treatment Results - Knee Pain (example)

Overview

- X-ray documented symptomatic osteoarthritis affects 9 million
- Meniscal tears (cartilage) are highly prevalent
 - 35% of people over age 50 – 66% are asymptomatic
- Meniscal tears are present in many with osteoarthritis
 - Many of the tears are not the cause of the problem
 - Frequently treated surgically

Surgical Intervention

- Arthroscopy and “trimming of tear”
 - 465,000 done annually in the US

NEJM 368:18: May 2, 2013: 1675-1684. Surgery versus Physical Therapy for Meniscal Tear and Osteoarthritis

Treatment Options – Knee pain

Study:

351 patients with SYMPTOMATIC osteoarthritis and Meniscal tear
Randomly assigned to surgery or physical therapy

Results:

- Initial surgery patients seemed to do better earlier
- Functional Improvement not significantly different at 6 and 12 months
- Adverse events were the same
- 30% of the PT group eventually had surgery
- 70% of the PT group did just as well



Summary of Example

Surgery vs Therapy



1. Improvements on Bone and Joint conditions can improve without intervention
2. No added risk
3. Injuries or conditions do not always need surgery
4. Think about FUNCTION
5. Ask questions about options
6. Therapy can work

Prevention

What states were recently assessed by the CDC as the healthiest places for individuals > age 65?

- Top 5
- Lowest 2



Prevention

What states were recently assessed by the CDC as the healthiest places for individuals > age 65?

Top 5

#1 Minnesota!!

#2 Hawaii

#3 New Hampshire

#4 Vermont

#5 Massachusetts

Lowest 2

#50 Mississippi

#49 Louisiana



Prevention

How to Decrease Bone, Joint and Muscle Disorders

- Decrease Injuries!!
- Stay active – relative to your situation and add gradually
 - Just remember: “Aging – easier to injure – longer to heal”
- With aging the key is consistency of exercise not intensity
- Low impact activities as we age – adjust to risk
- Muscle strengthening particularly for muscles around joints
- Stretching before activity and daily
- Give time for recovery
- Weight loss
- Eat healthy –
 - Omega-3, vitamin D, and less caffeine



Prevention

Essentially bone, joint and muscle problems can be hard to prevent but key is **Lifestyle**:

- Stay active
- Achieve ideal body weight or lose weight
- Muscle strengthening
- Stretching

No easy answer like a pill or a new bionic joint!



Value to Employers and Insurers

Activities focused around bone and joint health:

- Lower Cost of Health Care
- Improved Satisfaction
- Healthy Workforce
- Decreased Absenteeism
- Improved Presenteeism
 - Productivity



Discussion suggestions for your Visits

Critically important to discuss your Musculoskeletal Health with your provider

Create a List of Questions

- Create list based on what is important to you
- Present to Medical Assistant or Nurse at start of visit
- Ask what options are available
- Ask for suggestions of activities

Create list and track events since your last visit

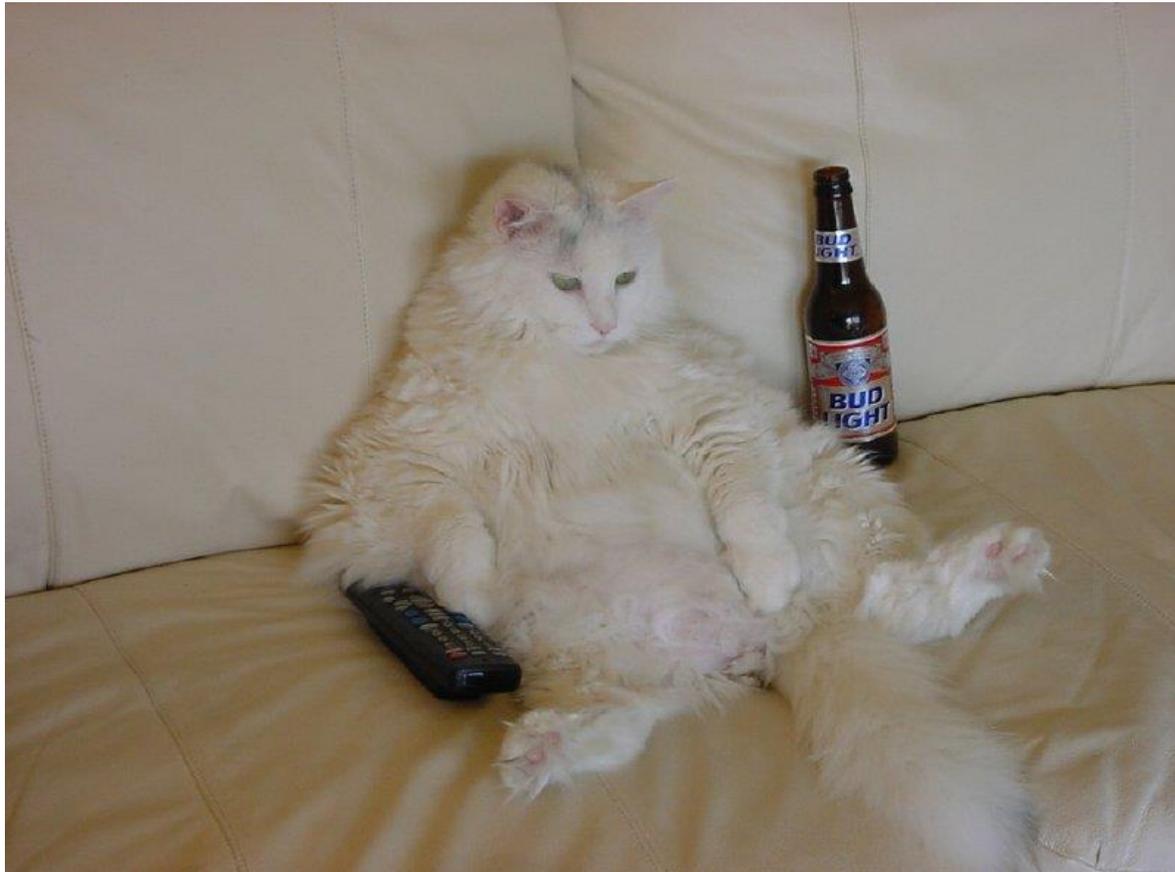
- New injuries, illnesses
- Discuss activities that may be affected

What can Worksites do to Help Employees

- Awareness of bone and joint health
- Importance of maintaining activity
- Encourage stretching
- Take the stairs
- Healthy work stations and posture
- Develop programs to encourage team activities



Have we lost responsibility for our Health? How did we get this way?



Courtesy of Kathy Sherman

Remember it is about lifestyle changes and taking Control !



Summary Thoughts

- Create a Partnership with your Health Care providers
- Ask Questions
- Understand what you need to do
- Take Charge and Control of your Health
- Stay active
- Reduce injuries