
Nurse-Managed Health Centers: The New Disease Management Workforce



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CONSORTIUM

Keeping Our Nation Healthy

NNCC - Who We Are/Background:

VISION:

Keep the nation healthy through nurse-managed care.

MISSION:

To strengthen the capacity, growth and development of nurse-managed health centers to provide access to quality care for vulnerable populations and to eliminate health disparities.

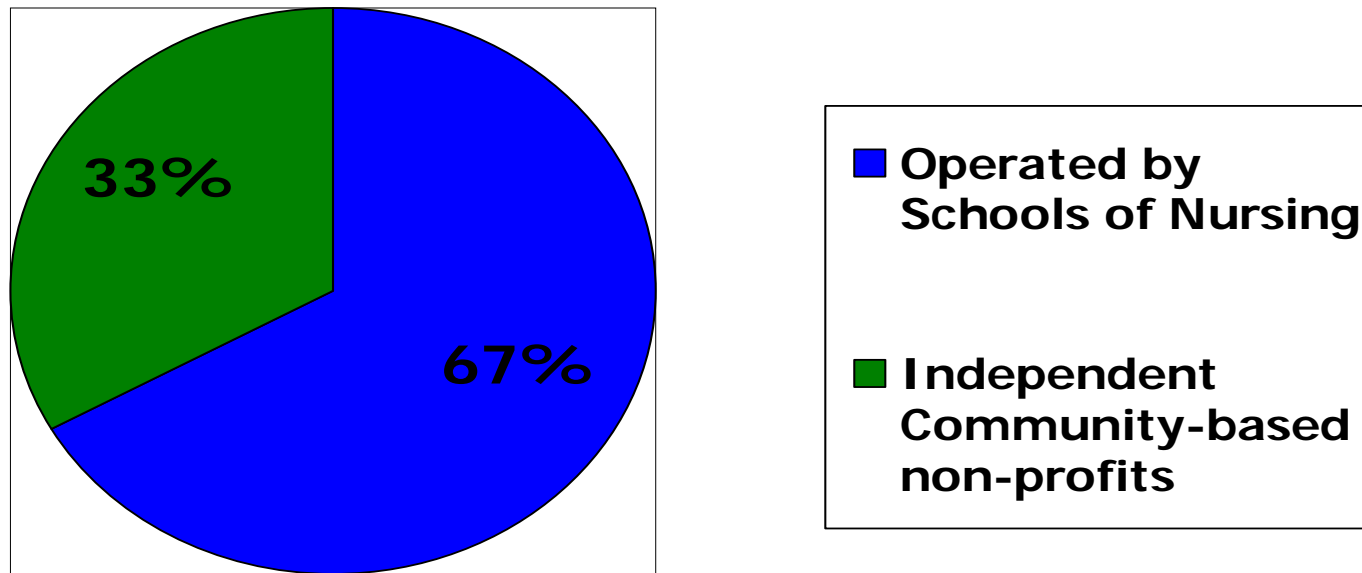
The Consortium:

- Began in 1996 as a regional organization & went National in 2002
- Serve 190 member nurse-managed health centers in the U.S.

Our Member Centers:

- Over 2.5 million health center patient encounters annually & growing
- Reside in both rural, urban & suburban locations
- Provide Primary Care, Health Promotion & Disease Prevention
- Are Run by Advanced Practice Nurses
- Managed by Schools of Nursing, Non-profits and For-profit sector

Member Centers Are Community-Based



Locations: public housing developments, churches, schools, community centers, and homeless or domestic violence shelters



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Centers Offer a Diverse Staff of Health Professionals

Health care providers:

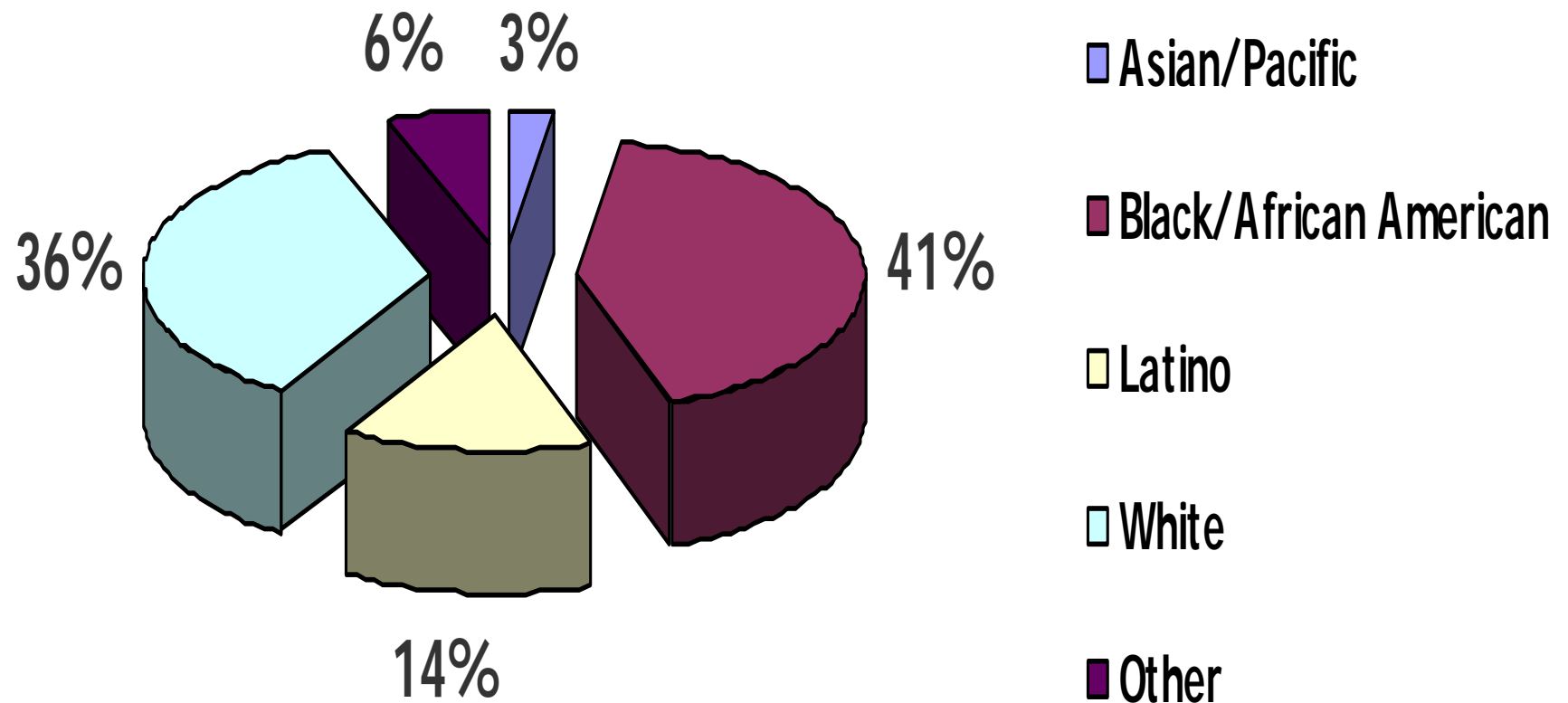
- Certified Registered Nurse Practitioners – 20%
- Advanced Practice Nurses – 23%
- RNs – 9%
- Therapists and social workers – 6.5%
- Community outreach workers - 4%
- Collaborating physicians - .5%
- Administrative Support Staff - 12% of total
- Health educators, students and others – 25%



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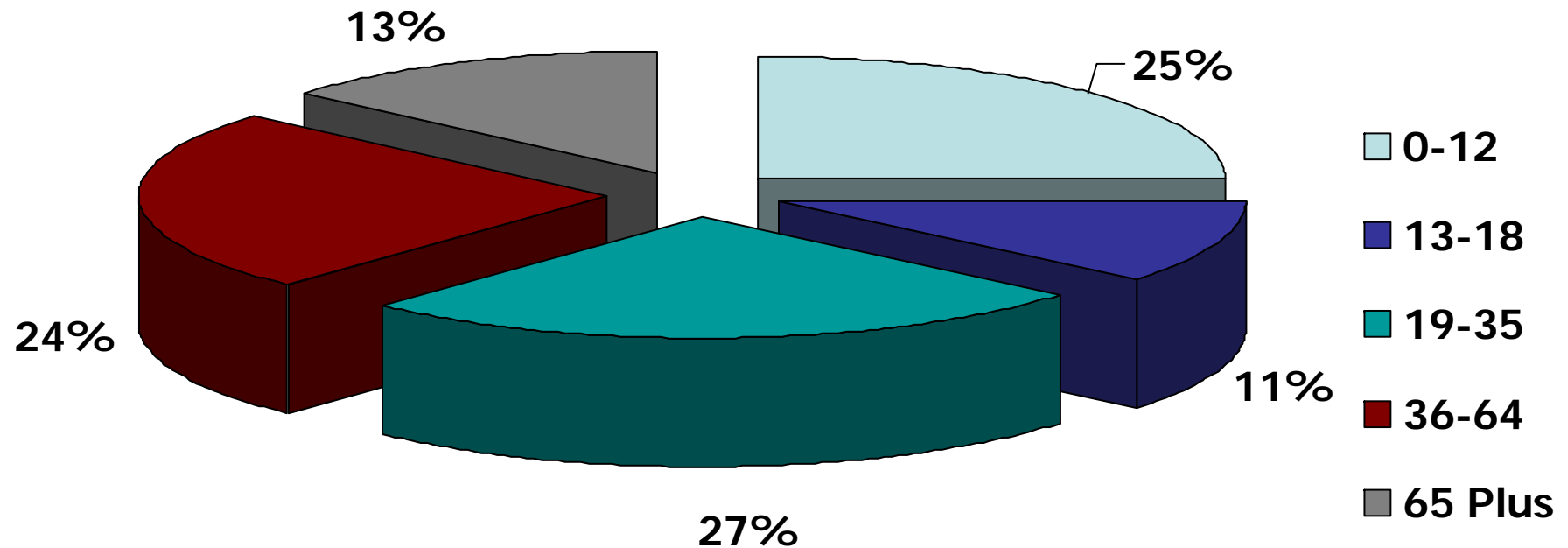
Member Centers Serve a Range of Clients



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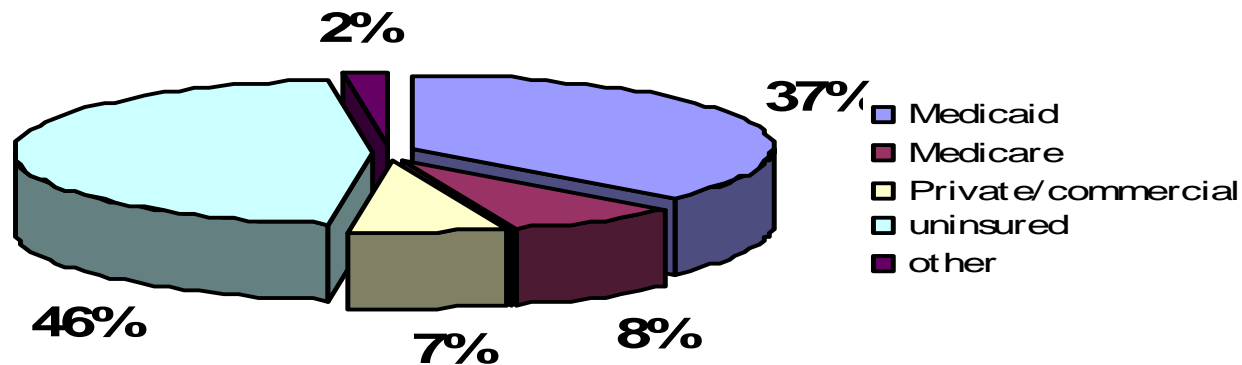
Member Centers Serve Clients Across All Age Groups



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Patient Payor-Mix



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Nurse-Managed Health Centers Outcomes in Primary Care

Centers report:

- High patient satisfaction
- ER use 15% less than aggregate
- Non-maternity hospital days 35-40% less
- Specialty care cost 25% less than aggregate
- Prescription cost 25% less than aggregate
- NMHCs see their members an average of 1.8 times more than other providers



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Reasons for Better Patient Outcomes

- Location, Location, Location: Services are accessible in the community where people live
- More time with patient (nursing model of care)
- Intensive case management
- Affordable care & built-in incentives
- Culturally appropriate services
- Solicit input & listen to community needs/builds trust
- Health promotion and disease prevention focus



Lead Safe Babies

- Design
 - Scripted home visit education program with pregnant women and caregivers of children under one year of age
 - Pre/post-intervention tests of knowledge
 - Visual assessment of condition of home
 - Lead dust swipes
 - Lead blood levels



Lead Safe Babies

- Philadelphia 2005-06: N=2,329
- CDC and HUD funded, includes interim control for homes with high lead dust levels
- Incentives
- Control group children living in same geographic area

Lead Safe Babies

- Outcomes
 - Statistically significant increase in knowledge
 - 69% LSB children born within 6 months of enrollment had blood lead levels lower than the mean for the City
 - 71% LSB children living in high risk blocks had blood lead levels lower than the mean of the City



Asthma Safe Kids

- Design
 - Scripted home visit education program with caregivers of children with asthma
 - Pre/post-intervention tests of knowledge
 - Visual assessment of condition of home



Asthma Safe Kids

- Philadelphia 2004-05: N=115
- Funded by EPA and STEPS to a Healthier Philadelphia
- Incentives
- Children used as their own control group



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Asthma Safe Kids

- Outcomes
 - Statistically significant increase in knowledge
 - Using mattress cover
+85%
 - Using pillow cover
+75%
 - Child not present when cleaning
+45%



Emergency Room visits & Hospital Stays with in one year...

- | | |
|------------------|------------------|
| • Emergency Room | • Hospital Stays |
| • Pre 17% | • Pre 13% |
| • Post 11% | • Post 5% |



Heart & Soul

- Descriptive design
- Exercise classes
 - Line Dancing
 - Tae Bo

Health information

Healthy Snacks

Stroke screening

Blood pressure screening



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Heart & Soul

- Philadelphia 2004-05: N=120
- Funded by Edna G. Kynett Memorial Foundation
- Incentives
- Screenings



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Heart & Soul

- Outcomes
 - 120 African American women participated in exercise/line dancing
 - 11 health fairs held
 - 1,100 newsletters distributed
 - 400 blood pressure and stroke screenings
 - 66% >140/90
 - Average age 30 years
 - 71% had family histories of hypertension
 - 60% had family histories of diabetes
 - 37% had family histories of high cholesterol



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Heart & Soul Outcomes

Before the intervention...

- People did not know the difference between healthy and unhealthy blood pressure.
- There were misconceptions about fat, sugar and salt in common foods.
- Many believed rice and potatoes had high fat content.
- Chicken was thought to include a lot of salt.

After the intervention...

- Knowledge in all areas increased.

Cognitive Therapy

- Design
 - Series of classes for advanced practice nurses followed by application with clients and supportive conference calls
 - Pre/post assessment of nurses' cognitive therapy awareness
 - Pre/post assessments of clients' level of depression and anxiety



Cognitive Therapy

- Philadelphia 2005:
N=132 older adult patients, mean of 6 visits/patient
- Funded by Pew Charitable Trust
- Nurses and patients used as their own control groups.

Cognitive Therapy

- Outcomes

- Mean of nurses on Cognitive Therapy Awareness improved from 55%-82%
- Patient depression scores were unchanged
- Patient anxiety scores improved by 28%

Walk & Win

- Design
 - A descriptive study of a walking program within senior housing or senior centers
 - Curricula were provided to undergraduate nursing students to allow the students to offer a standardized exercise intervention for older adults over eight weeks



Walk & Win

- 2005:
N= 62 students in 6 Pennsylvania nursing schools
N=174 older adults in senior housing or senior centers
- Funded by the Division of Nursing
- Student nurses and older adults served as their own controls.

Walk & Win

- Outcomes

- Student nurses gained knowledge of nursing in the community, older adults and nursing centers,
- Older adults had a statistically significant improvement in their knowledge about exercise and walking.
- Older adults improved their mental and physical health, decreased their limitations due to physical or mental health, improved energy, social functioning and their perception of their health. Eighty-five percent said they would continue their walking.



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Student Run: Philly Style

- Design
 - Adolescents are introduced to distance running as a discipline that could transform their lives.
 - A descriptive design describes the knowledge gained related to health education, as well as data related to self-esteem, goal setting behaviors, grades, school attendance & graduation rates are sources for evaluation data.



Student Run: Philly Style

- Philadelphia 2005-06:
N= 140 students; 40 leaders/coaches
- Robert Wood Johnson funded with local matched funding from Beck Institute, Keystone Mercy Health Plan East, Independence Blue Cross, Independence Foundation, Philadelphia Foundation and, Samuel Fels Foundation, William Penn Foundation
- Adolescents serve as their own control group.



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Student Run: Philly Style

- Outcomes
 - 10-14% improved flexion
 - statistically significant improvement in self-esteem, social competence & knowledge related to smoking



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