

OptimalCare education resources in context



Specialty Modules

CME-accredited foundational lectures for primary care that distill key evidence in core specialties that is actionable to promote high-value care and decrease low-value care.



Forum for Evidence-Based Medicine

Bimonthly, CME-accredited newsletter that provides timely and actionable updates on emerging literature important to primary care.



Grand Rounds

An OptimalCare CME-accredited series of live and on-demand sessions focused on aspects of care important to PCPs and their patients.



Clinician and Patient content

A collection of evidence-based clinical algorithms and hand-outs providing actionable decision-support and assistance with shared decision-making.

OptimalCare and Pulmonary Conditions



Pulmonary condition algorithms available on Xyleme

[Chronic obstructive pulmonary disease](#)

[Maintenance therapy for adult asthma](#)

[Long-term oxygen therapy in chronic disease](#)



[Specialty modules](#) – Select Pulmonary

Explore the role of evidence-based guidelines as it applies to COPD management



Pulmonary [handout](#)

A distillation of actionable evidence on several topics covered in the Pulmonary specialty module



Forum for Evidence-Based Medicine

See next slide for specific Forum articles that distill new evidence pertaining to COPD and to asthma

Optimal Care for Pulmonary
Evidence driven~Better outcomes~Lower cost

LUNG CANCER SCREENING

- ✓ Not indicated outside the parameters of the National Lung Screening Trial (NLST).¹
- ✓ Overall absolute mortality reduction with screening 0.4%.²
- ✓ False positive rate of screening exceeds 96%.¹
- ✓ Shared decision making is essential.
- ✓ Use Fleischner nodule algorithm for follow-up of nodules detected on screening.³

COPD MANAGEMENT AND BEST PRACTICES

- ✓ Treatment is predominately for symptom control as evidence weak for preservation of lung function.⁴
- ✓ Long-acting antimuscarinic agent (LAMA) therapy is superior to long-lasting beta-agonists (LABA) as a single agent.⁵
- ✓ ICS use is for the asthmatic subtype or severe COPD with frequent exacerbations.
- ✓ Mortality is predicted better by degree of dyspnea than degree of lung function impairment.⁶
- ✓ Pulmonary rehabilitation is of benefit in GOLD stages 3 and 4.⁷
- ✓ Daytime oxygen is not of benefit with mild to moderate daytime hypoxia.⁸
- ✓ Advanced care planning is essential when COPD is advanced.

PHARMA MANAGEMENT

- ✓ Because generic versions of ICS/LABA inhalers are available, branded agents should no longer be used.⁹
- ✓ LAMA inhalers and LAMA/LABA combination inhalers are similarly priced.⁹
- ✓ Triple inhaler therapy adds approximately \$1,500 to the yearly cost of LAMA/LABA.⁹
- ✓ New treatment option for mild persistent asthma – Begin with the use of LABA/ICS combination on an “as needed” basis to reduce ICS use by over 75%.⁴

PULMONARY EMBOLUS ¹⁰

- ✓ 61% of CTA’s are inappropriate due to low risk.
- ✓ Use Dichotomized Wells Score and D-dimer for low risk patients.
- ✓ Provoked deep venous thrombosis (DVT) and pulmonary embolus (PE) should be treated for 3 months.
- ✓ Consider lifelong therapy in unprovoked DVT/PE.
- ✓ Subsegmental PE may not need treatment if no ongoing PE risk.

Optimal Care

- ✓ Evidence driven
- ✓ Better outcomes
- ✓ Lower cost

Pulmonary

Ken Cohen, MD, FACP
January 2021

OPTUMHealth
Education

Confidential property of OptumHealth Education. Do not distribute or reproduce without express permission.

Forum for Evidence-Based Medicine

March 2021

- The utility of nocturnal oxygen supplementation in COPD **and** Adding umeclidinium to inhaled corticosteroid plus long-acting β 2-agonist (triple inhaler therapy) slightly improves lung function but does not reduce asthma exacerbations

Nov/Dec 2020

- Pulmonary rehabilitation in Medicare beneficiaries decreases mortality

Sep/Oct 2020

- Triple inhaler therapy for COPD — Optimal use

Mar/Apr 2020

- Triple inhaler therapy for moderate to severe asthma

Sep/Oct 2019

- Precision medicine to guide step therapy for COPD patients

Jul/Aug 2019

- GINA (Global Initiative for Asthma) updated treatment guideline

Jan/Feb 2019

- Antibiotics to prevent COPD exacerbation

Sep/Oct 2018

- Defining the role of inhaled corticosteroid therapy in asthma and COPD

Mar/Apr 2018

- COPD management by phenotype

The image shows the cover and accreditation page for the 'Forum for Evidence-Based Medicine' podcast. The cover features the Optum logo, the title 'Forum for Evidence-Based Medicine', and a call to action: 'Listen to Dr. Cohen's Forum for Evidence-Based Medicine podcast [here](#).' Below this, it states 'Earn up to 1.00 CNE/CME credit per issue.' The accreditation page includes sections for 'Claiming credit', 'Activity description', 'Target audience', 'Learning objectives', 'Accreditation statement', 'Credit designation statements', and 'Attendance'. It details the accreditation by the American Academy of Nurse Practitioners Certification Program (AANPCP) and the American Academy of Physician Assistants (AAPA), and provides information on how to claim credit and obtain a certificate of attendance.

Announce next grand rounds topic and timing

Topic: Optimal osteoarthritis care – major joint and spine

Date: July 27, 2022

Time: TBD

Registration link: pending