

Optimal Care – Available topics to support Shared Decision-Making



Screening

- Anxiety (includes GAD-2 and GAD-7)
- Colorectal CA
- Depression (includes PHQ-2 and PHQ-9)
- Osteoporosis
- PSA
- Mammography

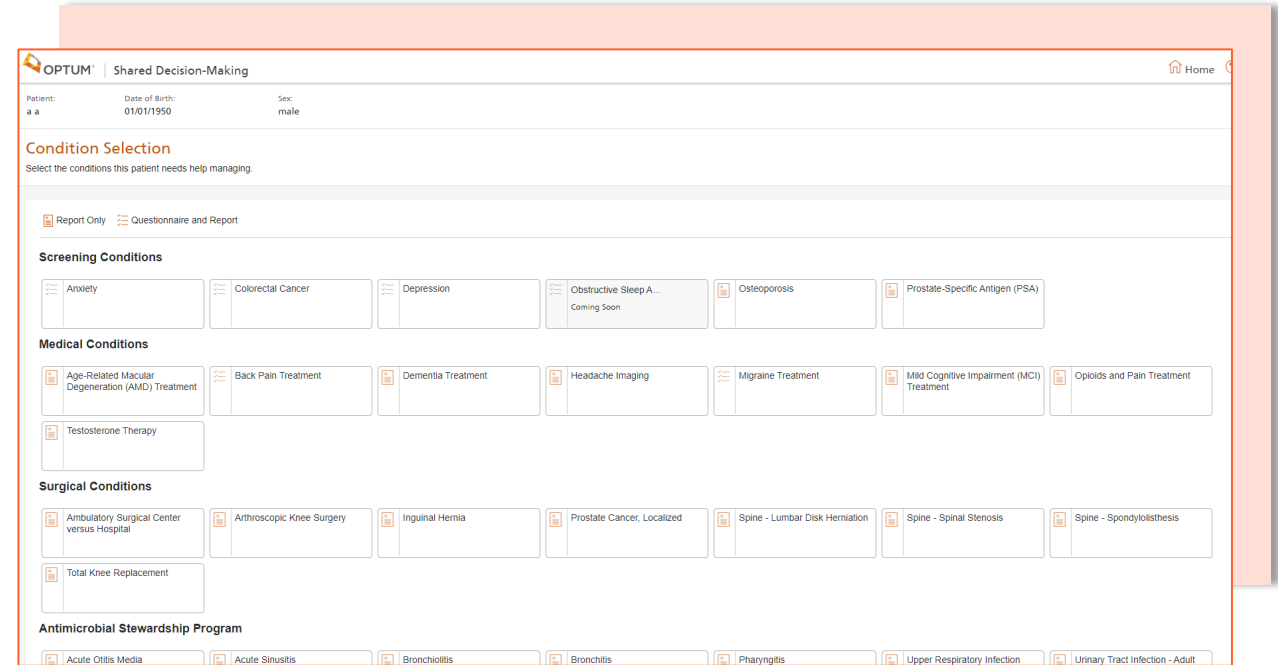
Medical

- Macular degeneration treatment
- Back pain treatment (includes STarT Back Tool)
- Dementia treatment
- Headache imaging
- Migraine treatment (includes MIDAS)
- Mild cognitive impairment treatment
- Opioids and pain treatment
- Testosterone therapy

Surgical

- ASC versus HOPD
- Arthroscopic knee surg
- Inguinal hernia

For access to the SDM app or more info, contact OptimalCare@optum.com



More topics on the way...

- Prostate CA (new multimedia platform in 2023)
- Spine – lumbar disk herniation
- Spine – spinal stenosis
- Spine – spondylolisthesis
- Total knee replacement

Patient Reported Outcomes Delivery Tool (aka PRO Tool)

Provides mechanism for clinicians to engage further patients in two-way communication.



- * Collect survey responses (PROMs) of patient's perceived effectiveness of care plan to inform clinical decisions
- * Share patient education materials,
- * Appointment or therapy reminders.

The data collected can be an early indicator of intervention success and patient satisfaction.

Patient Reported Outcome Measures (PROMs)

Sends link to patient at **configurable intervals** to complete patient reported outcome measure questionnaires in selected targeted clinical area. Responses trended over time, available to clinician and patient to **inform progress**.

Content Sharing

Supports health literacy by providing patients **direct access** to **relevant** education and shared decision-making materials. Can also be selected by clinician/office and sent to patient. Appointment and therapy reminders can be pushed to the patient.

Analytics and Reporting

Tracks patient engagement and displays responses over time to **inform treatment effectiveness** that aids in clinical decision making and **continued patient engagement**.

Current programs

Osteoarthritis (OA) Care collects PROMs longitudinally across multiple domains; physical function, pain interference, nutrition screening, pain associated psychological distress, and patient specific goals. Includes dashboard for creating and managing other patient related tasks.



Score Details		
1.	Raw Score	15.0
2.	T Score	65.2
3.	Severity	Moderate

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2023 Grand Rounds Topics and Timing

- Unlocking patient-reported outcomes to advance quality, experience and decision-making
- Optimal Use of Pharmacotherapy and Bariatric Surgery in the Management of DM2 and Obesity
- Active surveillance and management of prostate cancer
- Pillars of kidney and cardiovascular protective interventions in CKD
- Patient-engagement tools: Palliative care in primary care
- Cancer screening overview of benefits and harms of over and under screening

Every other month starting January, specific dates TBD

Time: 6pm and 8pm Eastern

Registration links for live and on-demand:

<https://www.optumhealtheducation.com/optimal-care-grand-rounds>

Mailing list sign-up: <https://www.optumhealtheducation.com/optimal-care-grand-rounds-mailing-list>