

Sick and Tired of Being Sick and Tired:

The Intersection of Medical and Psychiatric Illnesses

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Disclosure

We have no actual or potential conflict of interest in relation to any product or service mentioned in this program or presentation.





Learning Objectives

1

Identify the impact of chronic medical illness and mental health conditions on economics and wellbeing

2

Define chronic medical illness and differentiate mental illness from mental health

3

Explore the incidence of chronic medical illness and psychiatric illness and the relationship between them

4

Assess the associated incidence of mental illness with chronic medical illness and determine interventions across various physiological systems (e.g., cardiovascular, metabolic, musculoskeletal, etc.)





Why is it Important to Consider the Intersection of Chronic Disease & Mental Illness Conditions?

Economic Impact

90% of annual health care expenditures are for people with chronic and mental health conditions

Half of state mental health agency funding nationally comes from Medicaid

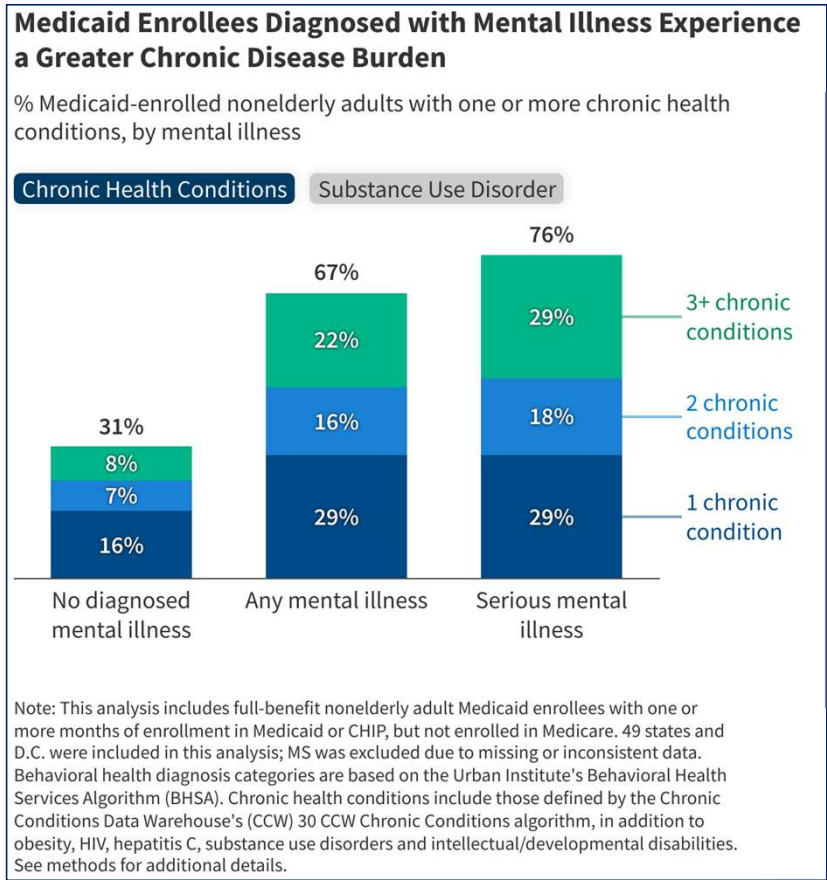
Drastic cuts to federal mental health funding and staffing have taken place, and Congress's latest budget reconciliation package put future cuts to Medicaid on the table.

Socio-economic, environmental, and behavioral factors are correlated with key health care quality measures in Texas Medicaid, and the impact of social drivers of health is relevant across Medicaid managed care populations

Coverage disruptions due to cuts and new requirements, affecting treatment plans for those with chronic mental health conditions



Medicaid Enrollees with Mental Illness Have Higher Rates of Chronic Conditions





Define Chronic Disease

What is a Chronic Medical Illness?



Lasts at least
one year

and



Requires ongoing
medical attention

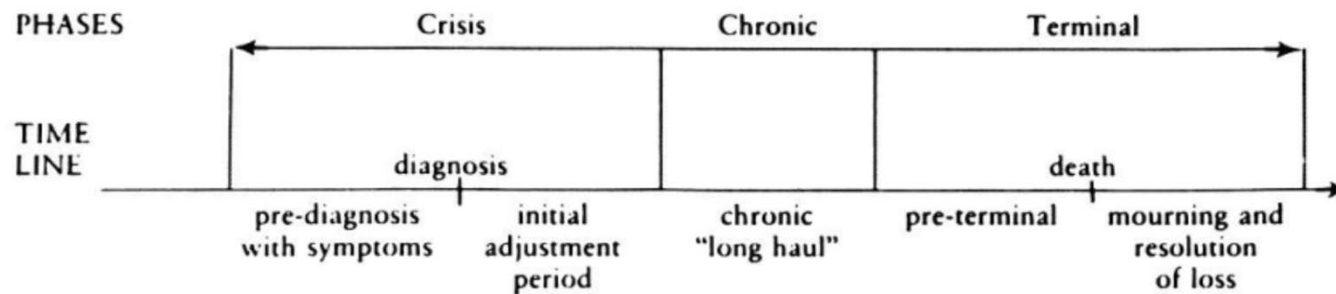
and/or



Limits activities of
daily living



What is a Chronic Medical Illness?



Trauma response

Guilt

Change in lifestyle

Change in life trajectory

Hypervigilance as pt and caregiver

Loss of income /insurance

Getting behind in school due to missed days

For kids:
Developmental delays
Missing social events, milestones, friends move on

Comorbid secondary psychiatric illness



The Chronic Illness Transition/Stasis



Denial: The initial stage where the individual may not recognize the illness



Pleading, Bargaining, and Desperation: The individual tries to control or escape the situation



Anger, Anxiety, and Depression: The individual experiences emotional reactions



Loss of Self and Confusion: The individual may feel disoriented and lose identity



Acceptance: The individual comes to terms with the illness and finds ways to cope





Define Mental Health and Illness

Define Mental Health and Illness

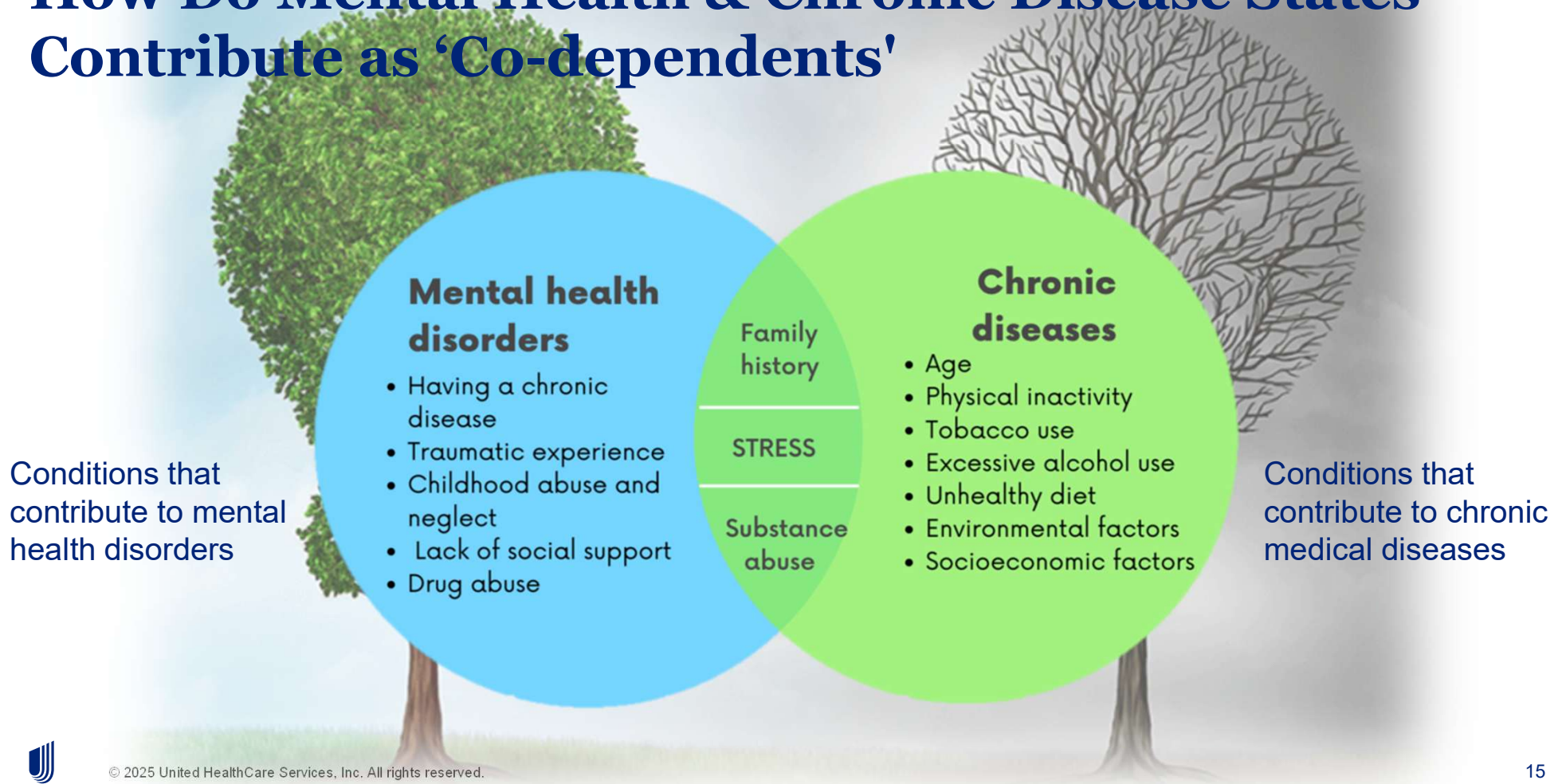
- According to the **Centers for Disease Control** (CDC), **mental illness** refers to “*conditions that affect a person’s thinking, feeling, mood, or behavior.*” These can include but aren’t limited to depression, anxiety, bipolar disorder, or schizophrenia.
- **Mental health** reflects “*our emotional, psychological, and social well-being.*” Affecting “*how we think, feel, and act,*” mental health has a strong impact on the way we interact with others, handle problems, and make decisions





How Chronic Disease & Mental Illness Intersect

How Do Mental Health & Chronic Disease States Contribute as 'Co-dependents'



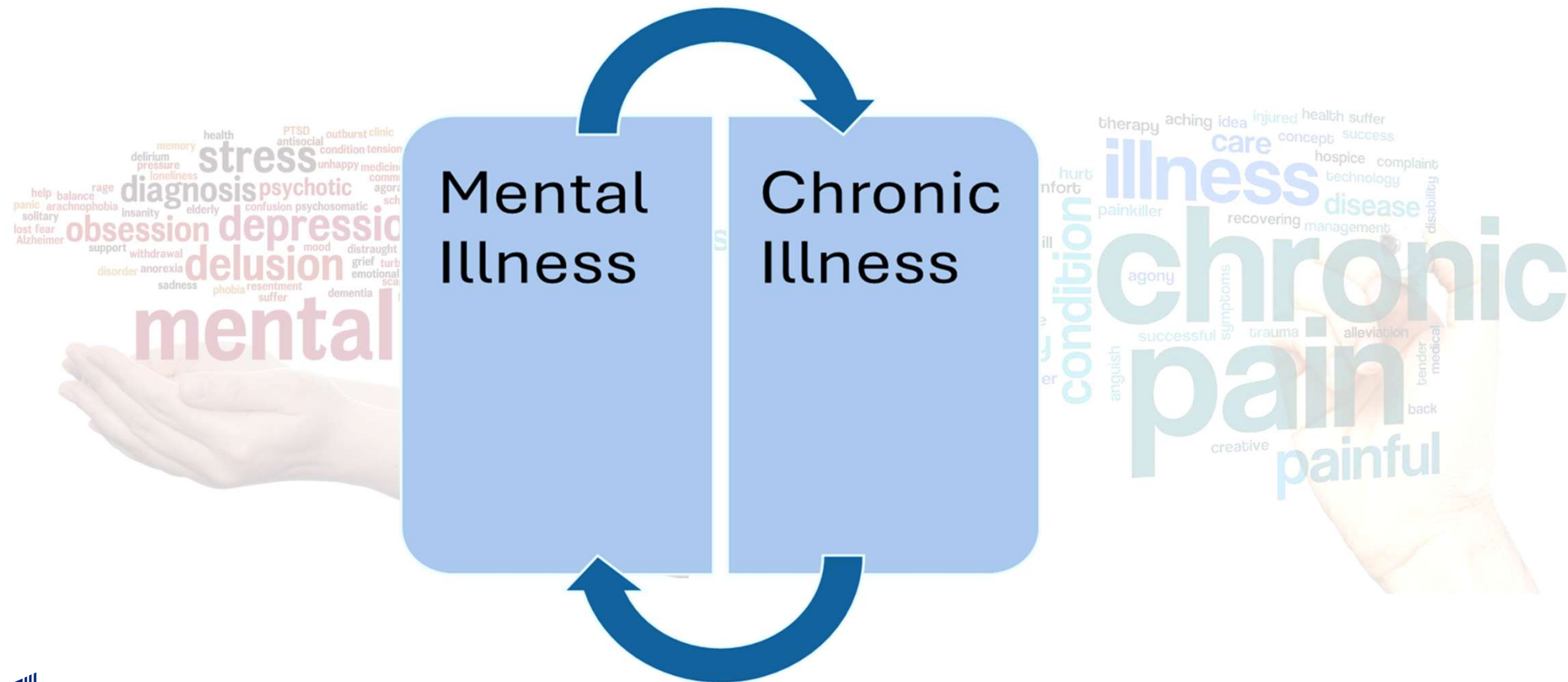
Psychiatric Aspects of Chronic Physical Disease

Findings suggest that mental disorders are associated with an increased risk of onset of a wide range of chronic physical conditions

Interventions aimed at the primary prevention of chronic physical diseases should optimally be integrated into treatment of all mental disorders in primary and secondary care from early in the disorder course



When Chronic Medical Illness is the Driver



Chronic Medical Illness Can Lead to Mental Illnesses



Anxiety
disorder



Mood
disorders



Eating
disorder



Addiction



Patients with Chronic Health Problems Tend to Have Depression

51% of
Parkinson's
patients

42% of cancer
patients

27% of diabetes
patients

23% of
cerebrovascular
patients

17% of
cardiovascular
patients

11% of
Alzheimer's
patients



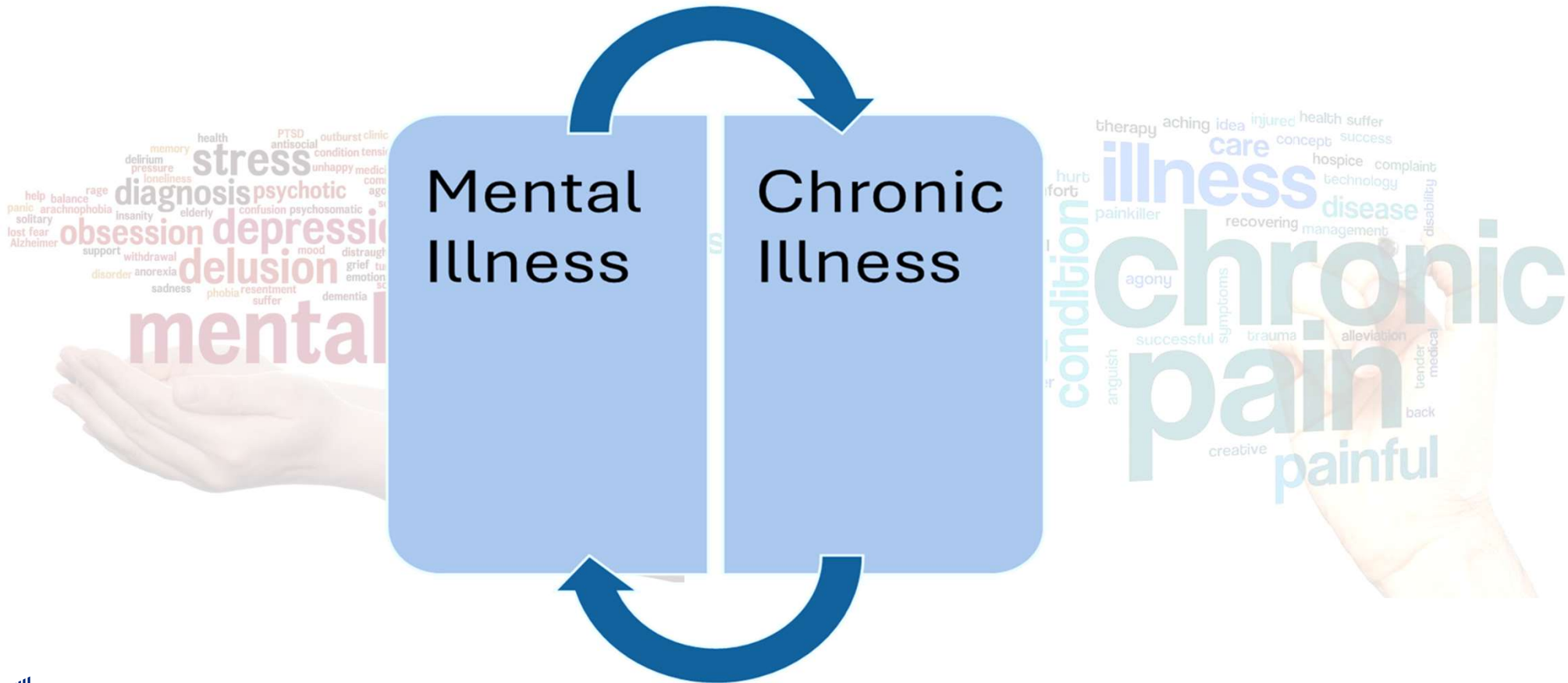
The Will to Live: Advanced Disease and Mental Health

May fluctuate due to:

- Grief
- The physical toll taken by the illness and/or spiritual
- Family dynamics
- Personality issues
- Mental illness such as mood and anxiety disorders



When Mental Illness is the Driver



Anxiety and Depression Result in a Greater Health Burden

A large, semi-transparent background image showing a person from the chest up, with their hands pressed against their face and head, suggesting a state of distress, anxiety, or depression. The image is faded and serves as a backdrop for the text.

- Both can impact functionality and quality of life.
- Importance of a multidisciplinary and holistic approach, focusing not only on clinical outcomes but also on overall well-being.



What is the Impact of Chronic Disease & Mental Health Conditions

Prevalence and high medical costs /economic burden of noncommunicable chronic diseases among adult Medicaid beneficiaries

Unrecognized mental illness and their impact on chronic diseases, which could lead to disease progression and cumulative cost to the health system.

Changes in access and health status among those with diagnosed chronic illnesses, often due to lack of financial resources for medications and doctor visits.

Patients with severe mental disorders, such as schizophrenia or bipolar disorder, have high healthcare costs.

Prevalence and Medical Costs of Chronic Diseases Among Adult Medicaid Beneficiaries
Chapel, John M. et al.
American Journal of Preventive Medicine, Volume 53, Issue 6, S143 - S154



Psychiatric Illnesses Leading to Medical Illness

Depressive or psychotic patient May Fail To Give Their Symptoms Priority

May Have An Impaired Capacity To Communicate Their Symptoms

Ethical Issues Can Arise In Considering The Capacity Of Such Patients To Accept Or Decline Treatment

After An Episode Of Major Depression, the Risk Of Myocardial Infarction Increases Fourfold To Fivefold When Other Medical Factors Are Controlled

Depression In Women Has Been Associated With Decreased Bone Mineral Density

Symptoms of concurrent psychiatric problems can worsen chronic pain

<https://pmc.ncbi.nlm.nih.gov/articles/PMC1070773/>
Turner J, Kelly B. Emotional dimensions of chronic disease. West J Med. 2000 Feb;172(2):124-8. doi: 10.1136/ewjm.172.2.124. PMID: 10693376; PMCID: PMC1070773.



Psychological Factors Affecting Other Medical Conditions (PFAOMC)

Regression

Anxiety

Depression

Denial

Anger



How Does This Affect Members' Physical Health Outcome?

Non-adherence
to treatment

Increased
risky
behaviors

Minimizing
symptoms, not
following up with
recommendations,
poor med adherence

Negatively affecting accuracy
of dx and health outcomes
disruptions in homeostasis,
including sleep architecture,
other circadian rhythms, and
endocrine function





Interventions

What Can You Do?

Challenges



Javon:
15-year-old with
Sickle Cell Disease

#1 is Medication Adherence

- Denial
- Apathy
- Regression
- Health literacy
- Fear of death
- Chronic pain
- Co-morbid psychiatric symptoms such as depression and anxiety disorder
 - Mental stress, fear, and anxiety as triggers of acute vaso-occlusive pain episodes



Strategies to Improve Outcomes



Javon:
15-year-old with
Sickle Cell Disease



Patient
education



Specialty
clinics



Peer support



Case
management



Ensure member has adequate
community support



Value Added Services (for Stress Management) – Star Plus/Kids

- In-home/off-site behavioral health services
- Online mental health resources - Live and Work Well is an online tool
- Self Care by AbleTo - On-demand help for stress and well-being available 24/7 on a self-paced digital platform
- Mental health journal - One mental health journal per fiscal year after completing 7-day or 30-day post hospitalization visit. Includes a list of resources
- Mindfulness journal



Case Study: Alcohol Use Disorder

- Bob: 48-year-old male with liver cirrhosis, HTN, presents with GI bleed; admits to drinking 1/5 ETOH daily; frequent admissions to ER.
- Refusing treatment because “we all have to die someday”



Alcohol
Use
Disorder

What is your discussion
with Bob going to be?

How can we help Bob?



How Can We Help Bob?



MOTIVATIONAL
INTERVIEWING



PEER
SUPPORT



SPIRITUAL
SUPPORT



SUD REHAB



Value Added Services

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21-year-old with Type 1 Diabetes diagnosis at the Age of 14

- Patient has had five ICU admissions for DKA; she has recently transitioned to adult clinic
- She admits to binge drinking on the weekend and eating anything she wants because "YOLO"
- College is stressful and she often skips meals because she does not like the dorm food and cannot afford healthier meals
- She has never seen a therapist or psychiatrist despite having been referred several times



What is she going through?
What would you ask her?

How can you help her?




21-year-old with Type 1 Diabetes diagnosis at the Age of 14

- Motivational interviewing
- Case management
- Refer to Type 1 diabetic support group
- Nutrition consult
- OBH referral
- Value Added Services

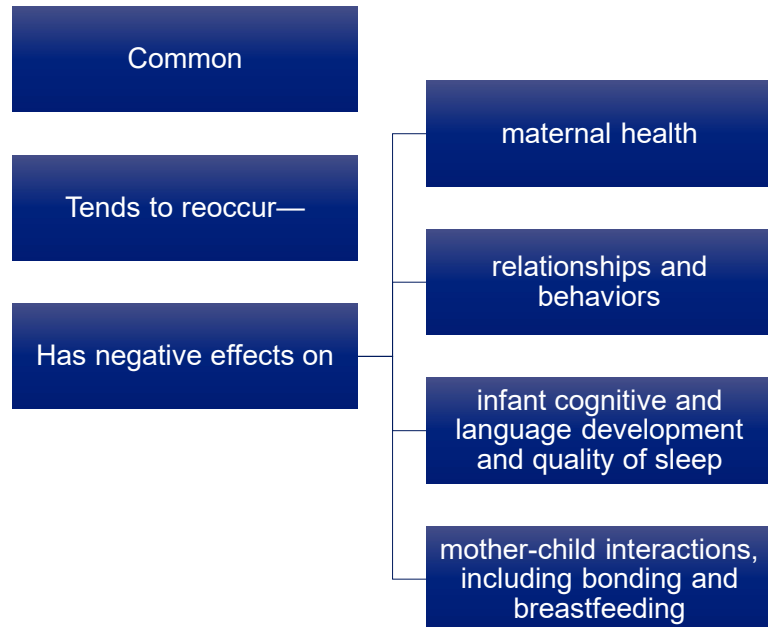


Motivational Interviewing: 4 Key Principles (REDS)

Rolling	Rolling with Resistance
Expressing	Expressing Empathy
Developing	Developing Discrepancy
Supporting	Supporting Self Efficacy

A photograph of a man with a beard, wearing a red and black plaid shirt over a white t-shirt, smiling and looking towards a woman. The woman is seen from the back, wearing a light blue shirt. They appear to be in a professional setting, possibly a counseling session. The image is partially overlaid by a blue semi-transparent rectangle that serves as a background for the table.

Pregnancy and Mood Disorder

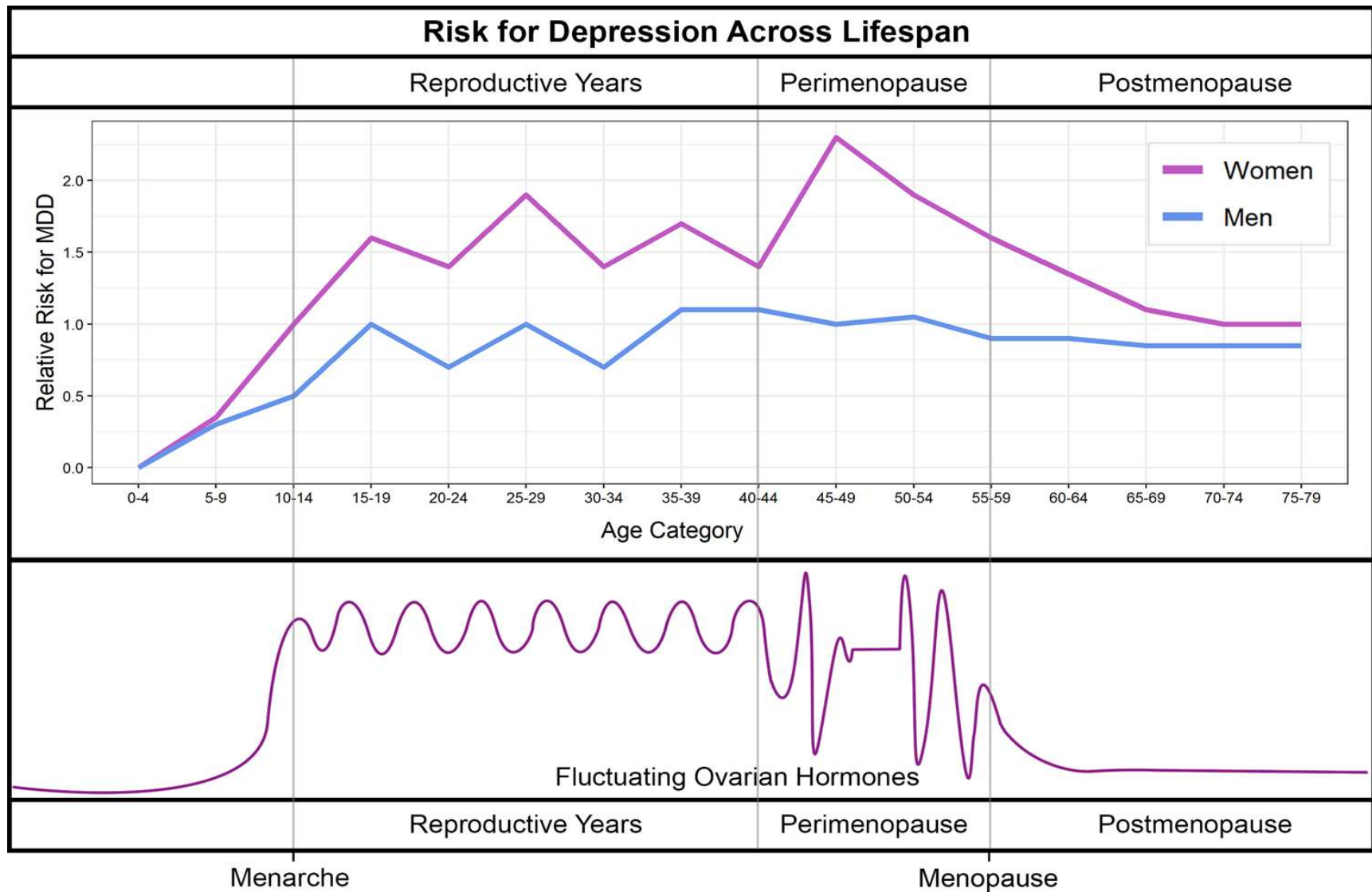


Sex Hormone Fluctuation & Increased Female Risk for Depression & Anxiety Disorders

Women are at twice the risk for anxiety and depression disorders as men

Underlying biological factors and mechanisms are largely unknown.





Resources & Value Added Services for Women's Health

Maternity
Support

Healthy First
Steps

Breast feeding
/grocery cart

Breast feeding
supply kit

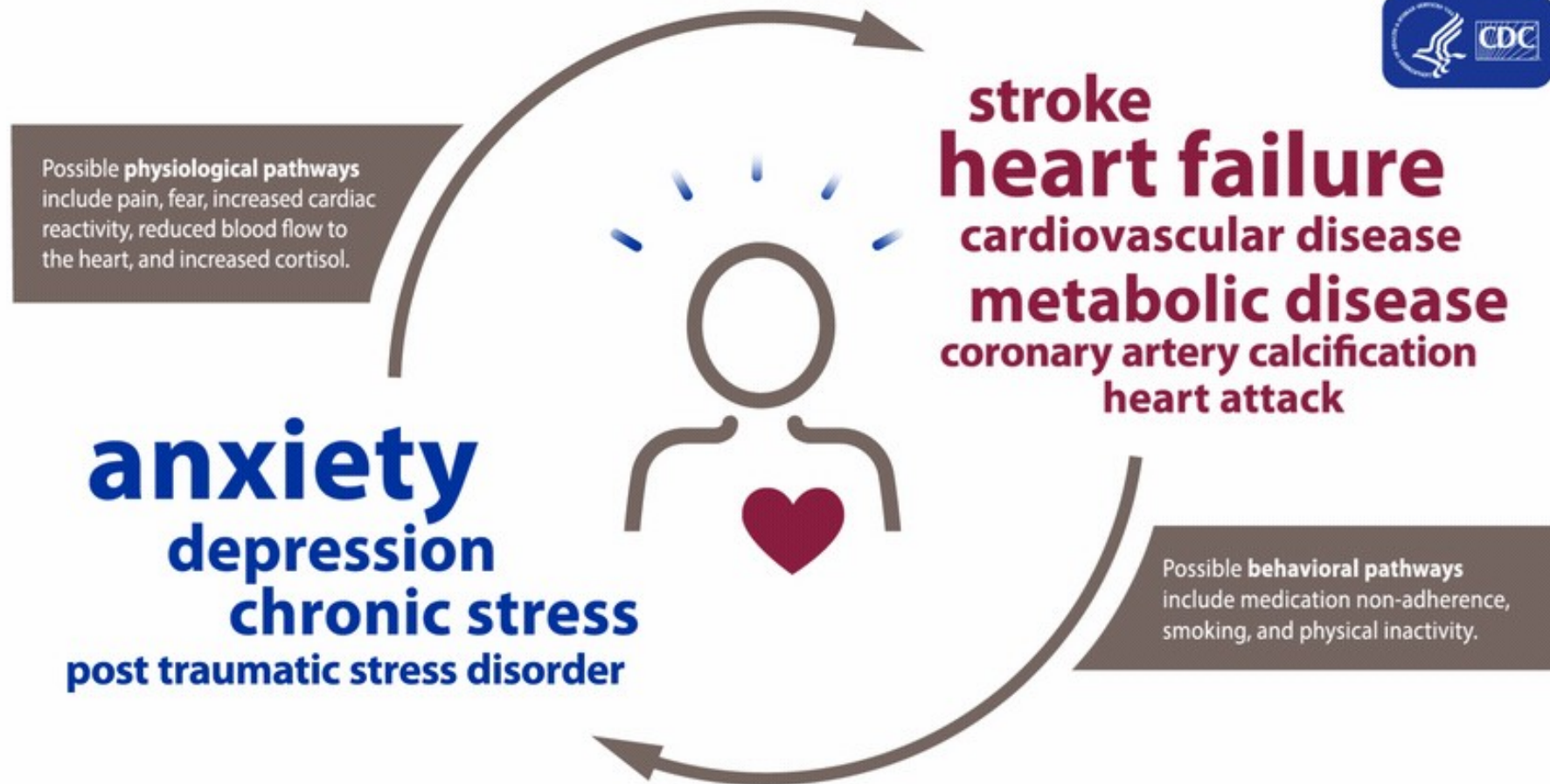
Doula network

WellHop

Delfina

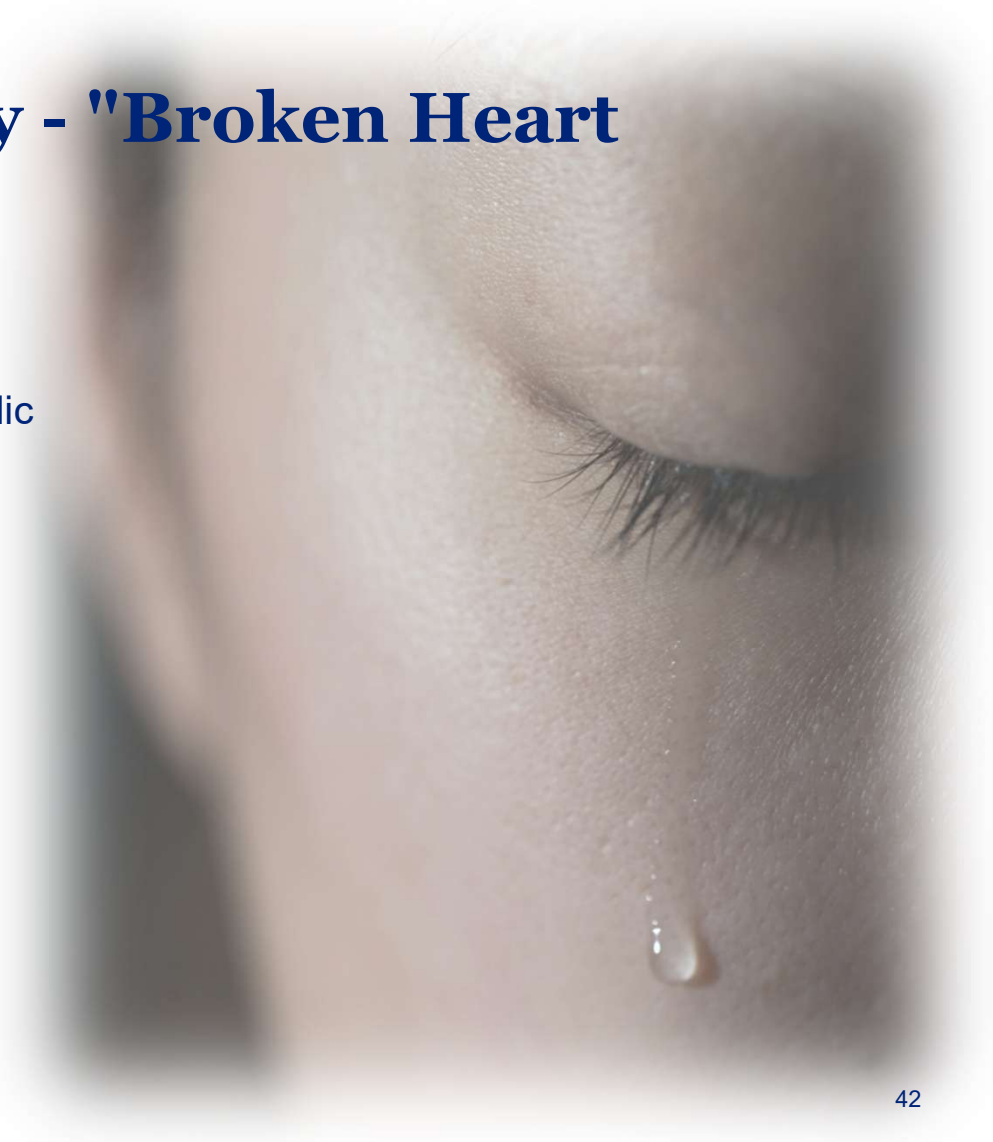
Care Angel





Takotsubo Cardiomyopathy - "Broken Heart Syndrome"

- Stress
- A syndrome characterized by transient regional systolic dysfunction, principally, of the left ventricle (LV)
- Mimicking myocardial infarction (MI)
- Absence of angiographic evidence of obstructive coronary artery disease or acute plaque rupture



Interventions – For Cardiovascular Conditions

Stress management - to reduce the impact in the individual of stressful environmental events and to better regulate the stress response

Beta blockers – Possible for patients with known coronary disease



Metabolic and Cardiovascular Disease Risks in Serious Mental Illness

Metabolic
syndrome
(30%)

Hypertension

Obesity
(50%)

Glucose
intolerance
(25%)

Type
2 diabetes
(10%)

Risky
behaviors-
smoking

Poor diet

Low physical
activity



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Caretaker Syndrome - Impact on the Family System

Long-term stress from caregiving can manifest in various ways:

- A weakened immune system
- Weight gain
- Increased risk of chronic diseases like heart disease, cancer, and diabetes
- Memory and attention problems





Summary

Summary

- Medical illnesses and psychiatric illnesses have a significant economic impact on health care
- There is reciprocal relationship between mental illness and physical illness
- It is important to address both when looking at utilization trends
- Anxiety and depression can result in a greater health burden for members
- Screening tools such as the Phq9 can help identify the comorbid psychiatric symptoms in a primary care setting
- Psychological factors and coping style can negatively affect other medical conditions and health outcomes
- Remember to offer Value Added Services that are available
- Remember basic motivational interviewing techniques (REDS) to drive change and better health outcomes



Screening Tools in PCP Setting

PHQ2 for Common Psychiatric Disorders and the PHQ9 for Depression

PATIENT HEALTH QUESTIONNAIRE-9 (PHQ-9)				
Over the <u>last 2 weeks</u> , how often have you been bothered by any of the following problems? (Use "✓" to indicate your answer)	Not at all	Several days	More than half the days	Nearly every day
1. Little interest or pleasure in doing things	0	1	2	3
2. Feeling down, depressed, or hopeless	0	1	2	3
3. Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4. Feeling tired or having little energy	0	1	2	3
5. Poor appetite or overeating	0	1	2	3
6. Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7. Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8. Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9. Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

FOR OFFICE CODING: 0 + + +
=Total Score: _____

If you checked off any problems, how difficult have these problems made it for you to do your work, take care of things at home, or get along with other people?

Not difficult at all	Somewhat difficult	Very difficult	Extremely difficult
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>





Q&A



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