

# Large Simple Trials

The Patient Perspective

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# Why are LSTs good for patients?

- \* To answer that question, we must understand what is most important to patients
- \* To understand what matters to patients, let's look at the factors that influence patients' health care decision-making

# Factors in Patient Decision-making

- \* Medical care cost pressures
- \* Insurance coverage limitations
- \* Shift toward focus on the patient
- \* Expansion of health IT implementation

# Medical Care Cost Pressures

- \* 30% of U.S. adults struggle to pay bills, 18% contacted by collection agency (Commonwealth Fund, 2013)
- \* Premium increases under Affordable Care Act
  - \* One-third of individual policy holders, some small-group policyholders face increase (Kessler, 2013)
  - \* Expanded coverage costs more
  - \* Penalty for those who don't/can't buy coverage
- \* Inflation, treatments that aren't covered

# Insurance Coverage Pressures

- \* 84 million Americans uninsured/underinsured in 2012 (Commonwealth Fund, 2013)
- \* Changes to Medicaid eligibility
- \* Potential for delay in Medicare eligibility
- \* Possible insurance loss in 2014 under ACA
  - \* Employer cuts to employee, retiree coverage
  - \* Work hour reductions to avoid penalty
- \* Self-employed must purchase coverage (ACA)

# Shift Toward Focus on Patient

- \* Patient-centered medical home concept
- \* Emphasis on patient-centered research
  - \* PCORI to receive \$3.5b through Sept. 2019)
- \* Rise in patient-physician initiatives
  - \* imPatient Movement for data exchange
- \* Patient-initiated efforts
  - \* PatientsLikeMe, Society for Participatory Medicine
- \* Emphasis on population health

# Growing HIT Implementation

- \* 45% of U.S. physicians use electronic health records (Accenture, 2013)
- \* Health information exchanges will facilitate sharing of patient data across institutions, insurers, and state lines -- creating new research and treatment opportunities
- \* Blue Button for health record download by patients
- \* Greater adoption of patient portals

# Growing HIT Implementation (cont)

- \* 20% of U.S. docs use mobile health apps daily (CompTIA, 2013)
- \* Data use to create a Learning Health System
- \* Greater ability to provide evidence-based medicine as health analytics come of age
- \* Effects of digital divide on health disparities and outcomes are unclear

# The Result

- \* Care may improve, but accessing needed care may be more complicated
- \* Patients will need technology knowledge, skills, and abilities that many now lack
- \* Many (most?) will pay more in the future
- \* **Patients must assume more responsibility for managing their health**

# Value of Large Simple Trials

- \* LSTs help answer the questions patients care about
  - \* What can I expect from a treatment given my other health conditions, therapies, and needs?
  - \* What impact does this treatment have on the rest of my life?
  - \* Which treatment option will best fit my health needs, preferences, goals, and budget?

Questions?