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
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
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?