PREVENTATIVE COMMUNITY PHARMACY DIABETES MANAGEMENT PROGRAMS

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DISCLOSURE STATEMENT

- Brooke Hudspeth is employed by The Kroger Co.
- No other conflicts of interest to disclose
OBJECTIVES

- Understand the value of lifestyle change programs to reduce the burden of pre-diabetes in America.
- Demonstrate how community pharmacies can actively participate in CDC’s National Diabetes Prevention Program.
- Understand how collaboration across the healthcare continuum can prevent or delay onset of type 2 diabetes and improve overall patient health.
MAKING TYPE 2 DIABETES PREVENTION A REALITY—
HOW PHARMACISTS CAN SUPPORT THE NATIONAL DIABETES PREVENTION PROGRAM
OUR PUBLIC HEALTH CHALLENGE...

29 million Americans have diabetes

86 million Americans have prediabetes

9 out of 10 adults with prediabetes don’t know they have it

OVERVIEW OF THE NATIONAL DIABETES PREVENTION PROGRAM

1. The core of the National Diabetes Prevention Program (National DPP) is a CDC-recognized, year-long lifestyle change program that offers participants:

   - A trained lifestyle coach
   - CDC-approved curriculum
   - Group support over the course of a year

2. To successfully implement these lifestyle change programs, the National DPP relies upon a variety of public-private partnerships including: community organizations, private insurers, employers, health care organizations, faith-based organizations, and government agencies. Together, these organizations work to:

   - Build a workforce that can implement the lifestyle change program effectively
   - Ensure quality and standardized reporting
   - Deliver the lifestyle change program through organizations nationwide
   - Increase referrals to and participation in the lifestyle change program

MEDICARE DIABETES PREVENTION PROGRAM

CMS HAS PROPOSED COVERAGE FOR ELIGIBLE MEDICARE BENEFICIARIES, EFFECTIVE APRIL 2018.

CMMI Authorization to Evaluate Innovative Payment Techniques

- Section 115A of the Social Security Act established the Center for Medicare and Medicaid Innovation (CMMI) to test innovative payment techniques for service delivery models.
- Per Section 115A, the Secretary of Health may expand models:
  - that reduce spending without reducing quality, or improve quality without increasing cost
  - where the CMS Chief Actuary certifies that the expansion will reduce net program spending

Evaluation of Y-DPP Model

- CMMI conducted a 15-month test of Medicare participants in the Y-DPP and found that participation saved $2,650 per enrollee over the course of the test.
- CDC DPRP data and data from commercial health plan participating in the National DPP were also used for actuarial certification.

Status of Rule-Making Process

- First final rule was published in November, 2016
- Second proposed rule is currently open for public comment until September 11, 2017
National DPP Pharmacy Outreach & Engagement – An Action Guide for the Community Pharmacy Workforce

Project Objective

The CDC’S Division of Diabetes Translation’s is focused on strengthening partnerships with the pharmacy and pharmacist communities to increase awareness and engagement in the National DPP by:

1. Increasing the awareness of prediabetes and referring eligible patients with prediabetes to existing CDC-recognized diabetes prevention programs

2. Establishing and sustaining new CDC-recognized programs within the pharmacy setting.
WHAT PHARMACISTS CAN DO...

01/

PROMOTE AWARENESS of prediabetes and the National DPP
•  [www.cdc.gov/diabetes/prevention/prediabetes-type2](http://www.cdc.gov/diabetes/prevention/prediabetes-type2)

02/

SCREEN, TEST, & REFER PEOPLE at risk to a CDC-recognized lifestyle change program
•  [www.cdc.gov/DDT_DPRP/Programs.aspx](http://www.cdc.gov/DDT_DPRP/Programs.aspx)

03/

DELIVER THE PROGRAM by becoming a CDC-recognized organization
•  [www.cdc.gov/diabetes/prevention/lifestyle-program](http://www.cdc.gov/diabetes/prevention/lifestyle-program)
Join largest national effort to mobilize and bring effective lifestyle change programs to communities across the country!

Congress authorized CDC to establish the NATIONAL DIABETES PREVENTION PROGRAM (National DPP) — a public-private initiative to offer evidence-based, cost-effective interventions in communities across the United States to prevent type 2 diabetes to achieve a greater combined impact on reducing type 2 diabetes.

Research shows structured lifestyle interventions can cut the risk of type 2 diabetes in half.
KROGER PHARMACY

- Large-chain supermarket community pharmacy
- Pharmacies in 24 states and Washington D.C.
THE KROGER CO./LOUISVILLE DIVISION

- Illinois, Indiana, Kentucky
- 90 pharmacies
- 4 geographical areas
- Community Pharmacy Residency Program in partnership with the University of Kentucky College of Pharmacy
KROGER PHARMACY DIABETES PREVENTION PROGRAM (DPP)

- Part of the CDC Diabetes Prevention Recognition Program
- American Association of Diabetes Educators (AADE) DPP site
  - Diabetes Self-Management Education Program (Nationally recognized program by the American Diabetes Association)
AADE AND PREVENTION

- 78% of AADE members in 2012 reported including people with prediabetes in classes and/or doing programming specifically for people with prediabetes
- In 2012 AADE was chosen by CDC as one of 6 National Grantees to work in the Diabetes Prevention Space
AADE’S DPP MODEL FOR THE GRANT: TO WORK WITH MEMBERS AND DSME PROGRAMS

- DSME Sites Guarantee Experience with:
  - Appropriate management of personal health information
  - HIPAA compliance
  - Quality DPP Lifestyle Coach Trainings
  - Third-party payment processing
  - Linkage with local primary care practitioners
  - Strong background in diabetes
- Evidence-based answers to participant questions
- Linkage with DSME for people with diabetes
- Linkage to other clinical services as needed
KEY ASPECTS OF KROGER DPP

- Certified Lifestyle Coaches
  - Certified Diabetes Educator (CDE)
  - Registered Dietitian (RD)
  - Pharmacist (Pharm.D.)
  - Licensed Diabetes Educators (LDEs and MLDEs)
- Location
  - Easily Accessible
  - Access to grocery store
  - Pharmacy
  - Dietitians
  - Little Clinic Partnership
RELATED SERVICES

- Diabetes Risk Assessments and Biometric Screenings
- Coaching Programs
  - Diabetes Disease State Management (Coaching)
  - Fitness, Nutrition, Weight Management Program
  - Cardiovascular Disease State Management
  - Smoking Cessation
  - Medication Therapy Management
- Immunizations
KROGER DPP AT A GLANCE

- 2 years providing DPP services
- 15 cohorts
- 62 DPP participants
- 13 Lifestyle Coaches trained
- 6 locations where DPP has been implemented
- 6.8% weight loss achieved at 6 months
- 7.1% weight loss achieved at 12 months
TARGET PATIENTS

- State Health Plan Employees
- Cash Pay/Scholarship
- Kroger Employees
STATE EMPLOYEE HEALTH PLAN

- Referrals based on claims data as well as member interaction with Personal Health Consultants (PHC) that are Registered Nurses. Customer Service Advocates also support program awareness.

- PHCs make outreach calls to triggered members
  - Anthem will request and monitor class schedules provided by DPP Coordinators each month.

- Final confirmation of class eligibility will be determined by the DPP coordinator.
Invoicing

- DPP coordinators have a single-point-of-contact at Anthem to submit class attendance and respective invoices.
- Anthem is managing the process of remitting payment to DPP providers

Program Statistics

- Anthem will provide aggregated program participation data to KEHP
CASH/SCHOLARSHIP

- Screening Events
- Pharmacist Referral
- Physician Referral
- Patient Referral
KROGER EMPLOYEES

- Pilot Program in two Divisions
- Replacement of Fitness, Nutrition, Weight Management Program
- Third Party Administrators
WHY PHARMACY

- Appropriate management of personal health information
- HIPAA compliance
- Quality DPP Lifestyle Coach Trainings
- Third-party payment processing
- Linkage with local primary care practitioners
- Strong background in diabetes

Pharmacists’ Patient Care Process
PROGRAM COSTS

- CDC estimates $500/person
- Lower when variable costs adjusted and program is delivered efficiently and effectively
- Costs
  - Lifestyle Coach Training
  - Personnel Salary/Wages
  - Class Materials
  - Room Rental
  - Tech Augmentation
  - Incentives
  - Program Specific Features
REIMBURSEMENT

- Coverage
  - Private Payers
  - Employers
  - Some Medicaid
  - Medicare (2018)
- Amounts, structure and requirements dependent on the payer
BARRIERS

- Reimbursement
- Time/Resource Restraints
- Program Content
- Underserved Areas
SOLUTIONS

- Use of personnel with lower hourly rate
  - Residents
  - Student Pharmacists/Pharmacy Interns
  - Certified Technicians
  - Nutrition Technicians
- Pharmacists to Oversee the Program
  - Referral for medication management
  - Referral for complex issues or development of T2DM
- Collaboration with other members of the healthcare team
- Partnerships with third party administrators
- Involvement in DPP networks
- Combine face-to-face and virtual delivery options
1. Medicare will start reimbursing CDC recognized programs in April 2018?
   a) True
   b) False
2. Which of the following is a goal of the diabetes prevention program?

a) The goal is for each participant is to lose ≥6% of body weight

b) Progressively reduce dietary intake of only fat through improved food choices

c) Gradually decrease moderate physical activity

d) Increase physical activity ≥150 minutes per week
3. Which of the following is recommended to prevent development of diabetes as per Prevent Diabetes STAT initiative?

a) Impact- Impact others by recruiting friends
b) Screen- Use CDC Prediabetes Screening Test or the American Diabetes Association Diabetes Risk Test
b) Plan: schedule a to do list to prevent diabetes
c) Change- drastically change eating habits to cut calories
Thank You!

Questions? Please contact Brooke Hudspeth at brooke.hudspeth@kroger.com or Rachel Blacher at rblacher@cdc.gov

Division of Diabetes Translation
National Center for Chronic Disease Prevention and Health Promotion
Centers for Disease Control and Prevention
www.cdc.gov/diabetes