

The Role of Integrated Medical Clinic in Transforming Healthcare Delivery to Improve Quality of Health Outcomes Amongst Geriatric Patients

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Aim

The Integrated Medical Clinic (IMC) care model aims to transform healthcare delivery for geriatric patients, with a focus on improving the quality of health outcomes through collaborative relationships among caregivers, patients and their healthcare teams, as well as better co-ordinated, patient-centered care approaches.

Background

The growing geriatric population presents unique challenges to healthcare systems globally. Traditional healthcare models often fall short in addressing multidimensional needs for complex care coordination. IMC consolidates healthcare services around complex geriatric patients by assigning a healthcare team comprising of a Primary Co-ordinating Doctor (PCD), nurses, psychologists and administrators to promote care ownership, patient engagement and empowerment. Through these efforts, IMC focuses on areas beyond clinical issues, including overall quality of life, functionality, physical, mental and social health status.

Methods

At their first and subsequent 1 year and beyond follow-up IMC consultations, a Patient-Reported Outcome Measures (PROMs) questionnaire will be completed by IMC patients and/or caregivers. The PROMs questionnaire will feature the EuroQol-5 Dimension¹ (EQ5D), Instrumental Activities of Daily Living² (iADLs), Altarum Consumer Engagement (ACE) Measure³, Geriatric Depression Scale⁴ (GDS-7) and Patient Health Questionnaire⁵ (PHQ-2). An analysis of their baseline and post IMC enrolment PROMs scores was done to assess how IMC impacts on their quality of health outcomes.

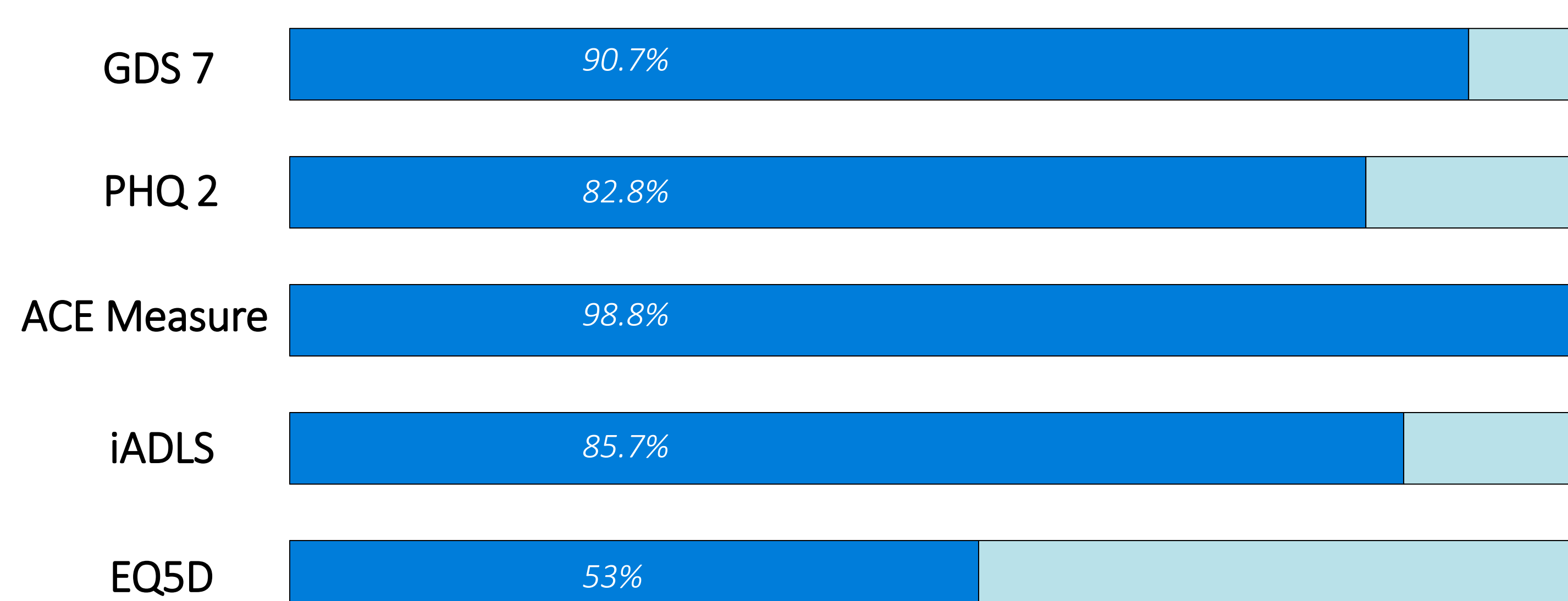
Results and Discussion

The EQ5D is a widely used standardised tool to assess health-related quality of life (HRQoL) by assessing 5 dimensions, namely: Mobility, Self-Care, Usual Activities, Pain/ Discomfort and Anxiety/ Depression¹. Comparing their collated baseline and subsequent EQ5D results, more than half of our IMC patients (53%) have maintained and/ or improved HRQoLs. This also correlates with our findings that 85.7% of our patients have sustained and/ or improved functional dependency as measured by their iADLs. This demonstrates our programme's impact on both overall well-being and practical day-to-day functionality.

The ACE Measure is a tool designed to assess and predict how engaged patients are in their healthcare journey and it focuses mainly on commitment, informed choices and navigation³. Commitment and navigation of patients' health was reported to be engaged amongst 98.8% of our patients which demonstrates more effective and personalised healthcare delivery amongst our IMC patients.

Lastly, we collected data of two widely used depression screening tools namely the PHQ-2 and GDS-7. 82.8% of our IMC patients have indicated improvement or maintained their positive scores, based on their reported differences in PHQ-2 scores measured at baseline and follow up, whereas 90.7% of our patients have improved and/ or maintained positive scores based on their GDS-7 results. This shows that a significant majority of our patients demonstrate positive mental health outcomes, either by showing reduced depressive symptoms or successfully sustained their well-being.

Chart 1. % of Positive Quality of Health Outcomes based on PROMS



Conclusion

IMC have emerged as a transformative solution, combining multidisciplinary care teams, streamlined communication, and value-based approaches to optimise patient outcomes. Enrolled IMC patients have demonstrated better engagement, empowerment, and improved mental, social well-being while living with advanced chronic conditions and psycho-social complexities. This enhanced relationship and holistic care between geriatric patients with their care team can bridge care gaps, promote better management of chronic diseases continuity of care and enhance overall quality of life.

References

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