



CTSA Clinical & Translational
Science Awards Program

CTS Research Program

Improving Care for Chronic Disease in Diverse Populations

Ruth Farrell, MD

Goutham Rao, MD



MODULE GOALS

- Racial and ethnic disparities in the diagnosis and management of chronic medical conditions are well-known. The **overall goal** of the CTS research program is to improve care for populations with chronic medical conditions whose outcomes are impacted by healthcare disparities.
- Specific goals include:
 - 1) To improve outcomes among patients with chronic medical conditions
 - Including specific subpopulations: adolescents and young adults, pregnant persons, racial and ethnic minorities, and LGBTQ individuals.
 - 2) To improve self-management of chronic medical conditions among minority patients through technology-based strategies including education, peer-support and medical follow-up delivered remotely through telehealth.
 - 3) To improve alignment of care for patients with chronic medical conditions with recommended guidelines through provider education, clinical decision support and empowering patients with the necessary resources to seek higher quality care.

PLANS TO ACHIEVE GOALS

- We will employ a multi-faceted model grounded in several implementation science frameworks to achieve our stated goals.
- Key elements include:
 - 1) Prompting of patients to seek guideline-based treatment for chronic medical conditions through text messaging and electronic portals.
 - 2) Enrolling patients in a comprehensive telehealth management program to supplement in-person care which includes (a) training to use telehealth resources; (b) regular scheduled medical follow-up visits with medical providers and (c) regularly scheduled peer support with other patients with common chronic medical conditions.
 - 3) Provider education through an Extension for Community Health Outcomes (ECHO) remote education program as well as development of EHR-based clinical decision support to promote guideline-based-care.



OUTCOMES AND METRICS

- We will consider both process, utilization/cost, and clinical outcomes, to include but not limited to:
 - 1) Rates of guideline-based treatment among patients with chronic medical conditions.
 - 2) Rates of successful completion of training by patients.
 - 3) Rates of successful participation in telehealth aspects of the program.
 - 4) Rates of participation by providers in educational programs about guidelines and new research developments.
 - 4) Rates of adoption of recommended therapies for chronic medical conditions
 - 6) Patient engagement
 - 7) Patient reported outcomes, including satisfaction with care and decision-making process leading to that care path