CHALLENGES IN CARING FOR THE GREATEST GENERATION

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OBJECTIVES

- The participant will be able to identify challenges in a rural setting related to providing the standard of care for common disease processes.
- The participant will be able to identify barriers to access to care in the veteran population.
- The participant will be able to identify barriers to access to care in the long-term care population.

OBJECTIVES

- The participant will be able to compare and contrast the accessibility of standards of care for the rural population, Veteran population, and long-term care residents as members of the "greatest generation" related to the common disease processes.
- The participant will be able to identify popular medications as well as common alternatives when faced with medication restrictions.

RURAL HEALTH

US 2010 Census

- Population = 308,745,538
- 9.7% increase from 2000
- 83.7% live in the nation's 366 metro areas (population over 50K)
- 10.0% live in the nation's 576 micro areas (population between 10K and 50K)
- 6.3% live in rural areas (population less than 10K)

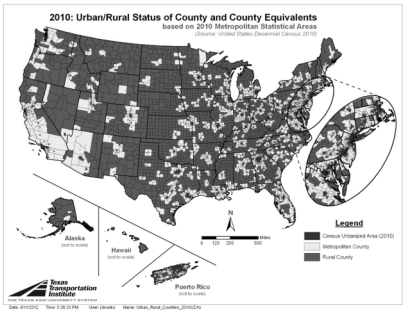
US Department of Commerce
Population Distribution and Change: 2000 to 2010

TEXAS RURAL HEALTH

CHALLENGES

- Workforce Shortages and Recruitment
  - Texas Ranks 46th in Primary Care Providers
- Location
  - 11% of population live in one of the 172 rural Counties
- Community Resources
  - 18% poverty, 22% high school drop out
  - Hospital Closure
- Standard of Care:
  - Advanced Alternative Payment models (APMs) or
  - The Merit-based Incentive Payment System (MIPS)

WHAT RURAL LOOKS LIKE…

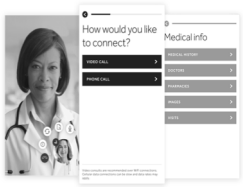


RURAL LIVING

RURAL LIVING

Out with the Old…

In with the New….



PREVENTATIVE HEALTH GERIATRICS

Alcohol Use
Blood Pressure
Breast Cancer
STI
Colorectal Cancer
Depression
Diabetes
Lipid Disorders
Obesity
Osteoporosis
Immunizations

…John Hopkins Medicine

AAA
Alcohol Use
Blood Pressure
STI
Colorectal Cancer
Depression
Diabetes
Lipid Disorders
Obesity
Osteoporosis
Immunizations

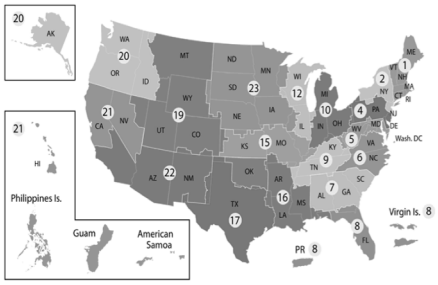
…John Hopkins Medicine

… American Academy of Family Physicians	Robust	Frail	Moderately Demented	End of Life
Cholesterol	Yes	Maybe	No	No
Colonoscopy	Yes	No	No	No
Glucose	Yes	Yes	Yes	Maybe
FOB	Yes	Yes	Yes	Yes
Zoster	Once	Once	Once	Once
Influenza	Yes	Yes	Yes	Yes
Lifestyle	Yes	Yes	Maybe	No
Mammography	Yes	Yes	Maybe	No
Pap	Maybe	No	No	No
Pneumococcal	Once	Once	Once	Once
PSA	Discuss	Discuss	Discuss	Discuss
Tdap	Yes	Yes/Maybe	Maybe	No

VETERAN HEALTHCARE

- Access
  - Clinic
  - Hospital
  - Long-term care
  - Specialties
- Medication Formulary
  - www.pbm.va.gov/nationalformulary.asp
- EMR
- Costs

VISN



OUTPATIENT CLINICS

- Austin
- Corpus Christi,3
- Dallas
- Ft Worth
- Harlingen
- Katy
- Laredo
- Lubbock
- McAllen
- San Antonio, 5
- Temple
- Tyler
- Victoria

VETERANS NURSING HOMES

- Amarillo
- Big Spring
- Bonham
- El Paso
- Floresville
- McAllen
- Temple
- Tyler

LONG-TERM CARE

- Access to Specialty Testing
- Dementia
- State Restrictions
- Access to Medications
- Staffing
- Funding

LEADING CAUSE OF DEATH

- >65
  - Heart Disease
  - Malignant Neoplasm
  - CVA
  - COPD
  - Influenza/Pneumonia
  - Alzheimers
  - Diabetes
  - Renal Failure
  - Infection
- All Ages
  - Tobacco Use
  - Poor Diet/lifestyle
  - Alcohol
  - Influenza/Pneumonia
  - MVC
  - Firearms
  - Drug Use
  - Sexual Behavior

HEART DISEASE

- Ischemic Heart Disease
- Congestive Heart Failure
- Atrial Fibrillation
- Ventricle Arrythmia

DIABETES MELLITUS

- Oral Meds
- Injectable
- Glucose testing
- Diet limitation

COPD

- Exposure
- Inhalers
- PO Meds
- O2
- Access to Testing

DEPRESSION GERIATRICS

- **Symptoms**
  - Low mood
  - Reduced interest
  - Lack of energy
  - Poor concentration
  - Poor sleep
  - Poor appetite
  - Preoccupation with health problems
- **Patient Characteristics**
  - Female
  - Widowed or divorced
  - Brain changes
  - Disabling illness
  - Poly-pharmacy
  - Alcohol use
  - Social isolation
  - Caregiver for compromised spouse/adult child

DEPRESSION GERIATRICS

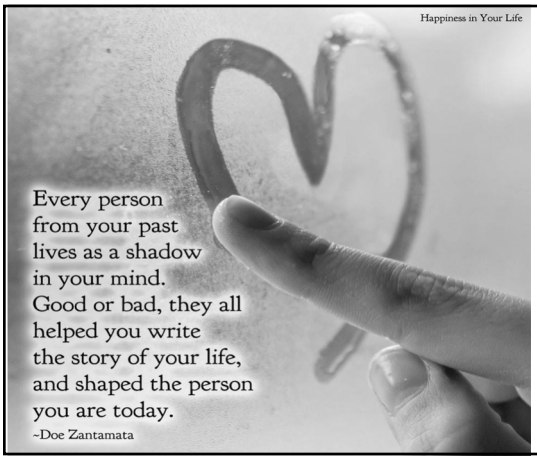
- Mental Health Issue (14-20%)
- Higher in Hospitalized Patients
- Decrease in function resulting in facility placement
- Economic Impact
- Lack of Resources

TREATMENT GOALS

- Improve function
- Experience fewest side effects
- Start low
- Avoid impacting other disease process
- Consider other modalities
- Long-term Care and Psychotropic drugs

Questions??

"You become underserved when you lose your voice…."



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