

NON-CME WEBINAR

Improving Outcomes for Patients with AFib

 AFibexperience. 

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My AFib Experience®





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WELCOME

Robert Page, PharmD, MSPH

Professor of Clinical Pharmacy &
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University of Colorado, Denver



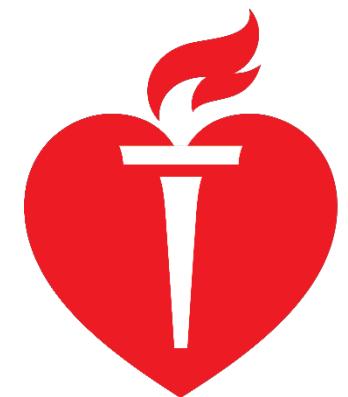
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WELCOME

Pamela McCabe, PhD, APRN-CNS, FAHA

*Department of Nursing
Mayo Clinic, Rochester, MN*



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WELCOME



Mellanie True Hills
Atrial Fibrillation Patient &
Heart Disease Survivor
Founder & CEO, StopAfib.org

StopAfib.org

Webinar Objectives

- Recognize AFib Patient Values
- Learn about the **Value of My AFib Experience®** - an online portal for patients & clinicians
- Understand Multi-Disciplinary Approaches to Treating AFib
- Discuss the importance of Shared Decision Making in Treating AFib





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Recognize AFib Patient Values

Mellanie True Hills

How AFib Affects Patients

- Many clinicians may underestimate how dramatically AFib affects patients' lives.
- AFib patients have reported feeling:
 - Like they're **running a marathon 24 hours/day**
 - Their **hearts racing** with difficulty breathing, even while sleeping
 - Like a **fish is flopping** in their chests
- AFib can be completely debilitating, leaving those with the condition feeling drained of energy all day.



The Disconnect Between Patients & Clinicians

“Compared with CAD & HF, AF is not typically seen by clinicians as a complex cardiac condition that adversely affects quality of life. Therefore, clinicians may minimize the significance of AF to the person & may fail to provide the level of support & information needed for self-management of recurrent symptomatic AF.”

— Pamela McCabe, PhD, RN



AFib Patient Values

- Around 1,000 AFib patients from around the globe responded in online forums to the question:
 - “What would you tell your healthcare providers about living with AFib?”
- The recurring theme through all responses:
 - Atrial fibrillation is **complex & adversely affects quality of life**
 - When **providers understand** what it's like to live with the condition, **communication** between doctors & AFib patients **can optimize care**



What AFib Patients DON'T Want to Hear



What AFib Patients DO Want



What You Can Do for AFib Patients

- Providing better treatment for AFib patients means **listening more closely & responding a little differently.**
- Healthcare providers who **acknowledge the serious effects** AFib has on patients can forge meaningful & productive relationships.





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The Value of **My AFib Experience®**

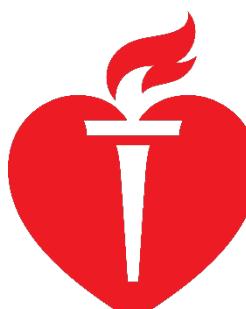
Mellanie True Hills

My AFib Experience®

- A collaboration between the American Heart Association & StopAfib.org
- An online platform on the Support Network for AFib patients, caregivers & healthcare professionals that provides:
 - Evidence-based information on AFib
 - Useful interactive tools & resources to help patients manage AFib
 - A community for those living with AFib to connect with one another for emotional support

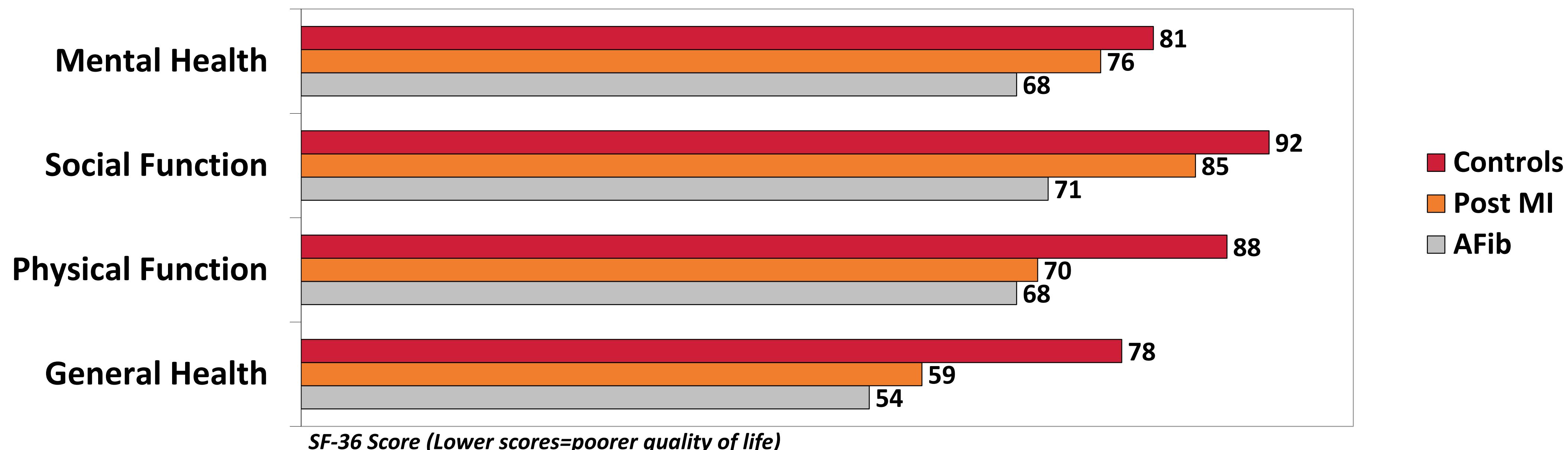


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AFib Patient Quality of Life

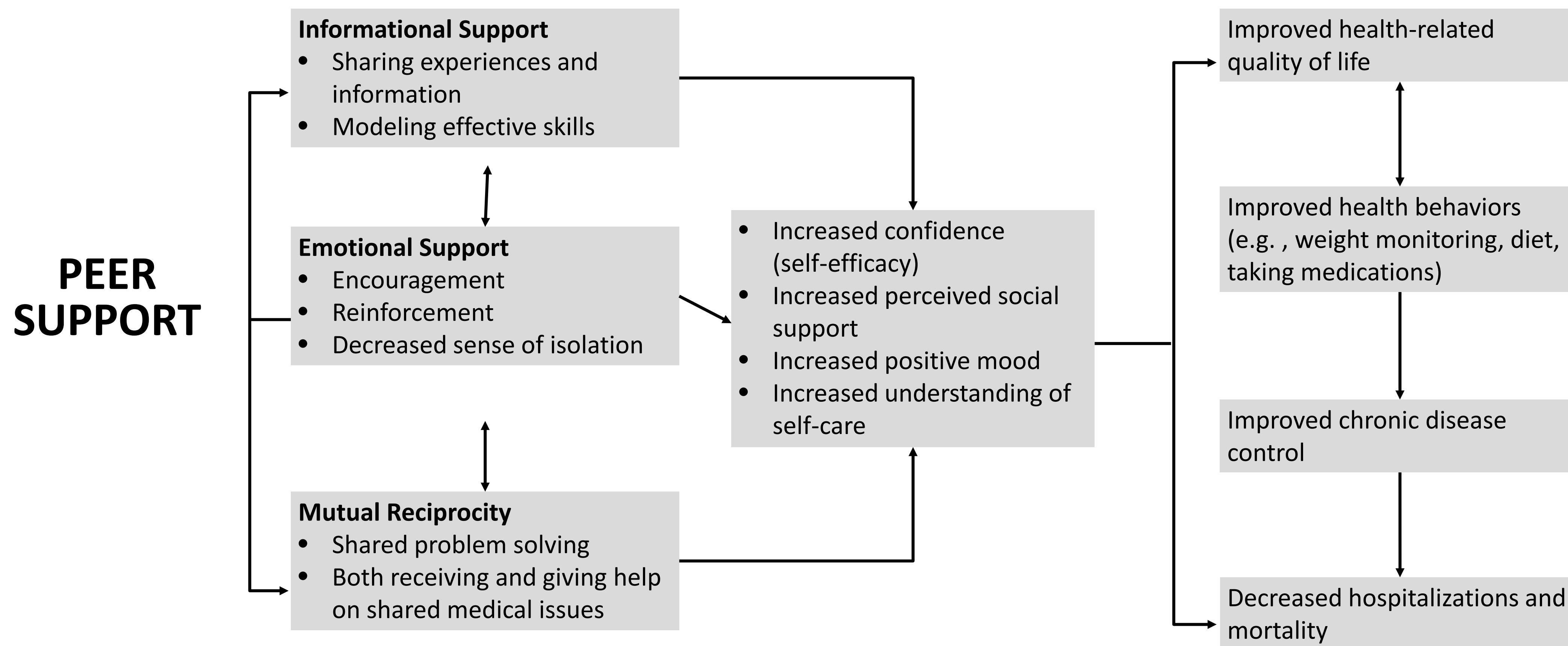
Atrial Fibrillation Adversely Affects Quality of Life
Adapted from Dorian et al. Study



Source: Dorian, P, et.al., "The impairment of health-related quality of life in patients with intermittent atrial fibrillation: implications for the assessment of investigational therapy", Journal of the American College of Cardiology, 2000



How Peer Support Can Improve Chronic Disease Outcomes



Source: Heisler, M., "Building Peer Support Programs to Manage Chronic Disease: Seven Models for Success", 2006

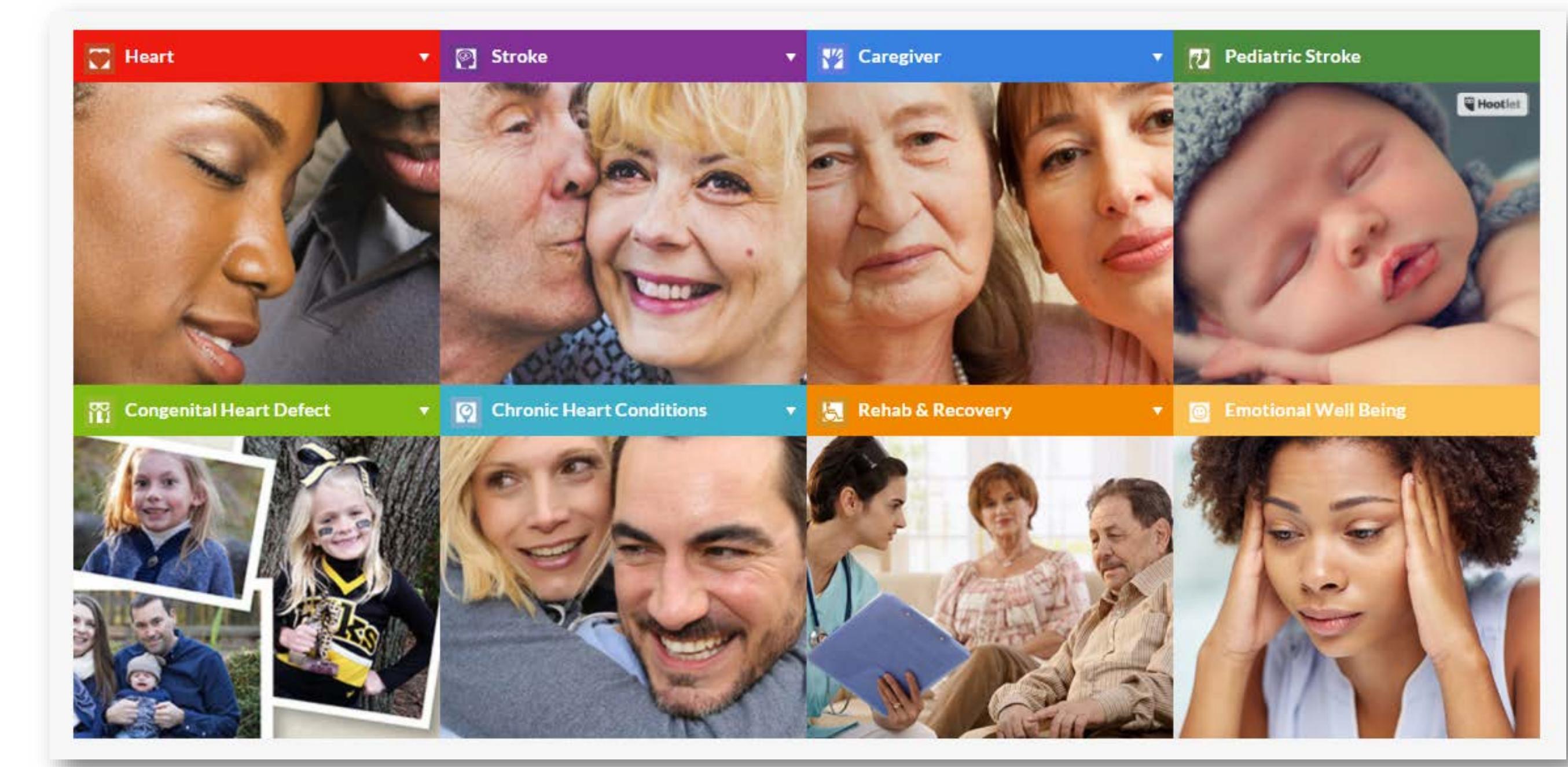


Resources & Support for Comorbid Conditions

The 10 most common comorbid chronic conditions among Medicare beneficiaries with AFib.

Beneficiaries ≥ 65 yrs.	%	Beneficiaries < 65 yrs.	%
Hypertension	83.0	Hypertension	81.1
Ischemic heart disease	63.8	Ischemic heart disease	64.5
Hyperlipidemia	62.1	Hyperlipidemia	60.6
HF	51.4	HF	59.3
Anemia	42.3	Diabetes mellitus	53.1
Arthritis	39.8	Anemia	45.6
Diabetes mellitus	36.5	CKD	40.3
CKD	32.3	Arthritis	33.0
COPD	23.2	Depression	33.0
Cataracts	22.5	COPD	31.4

Integration with Support Network now gives patients access to resources on comorbid conditions.



Source: January, C. et.al., "2014 AHA/ACC/HRS Guideline for the Management of Patients With Atrial Fibrillation", AHA Circulation, March 2014



My AFib Experience® Users

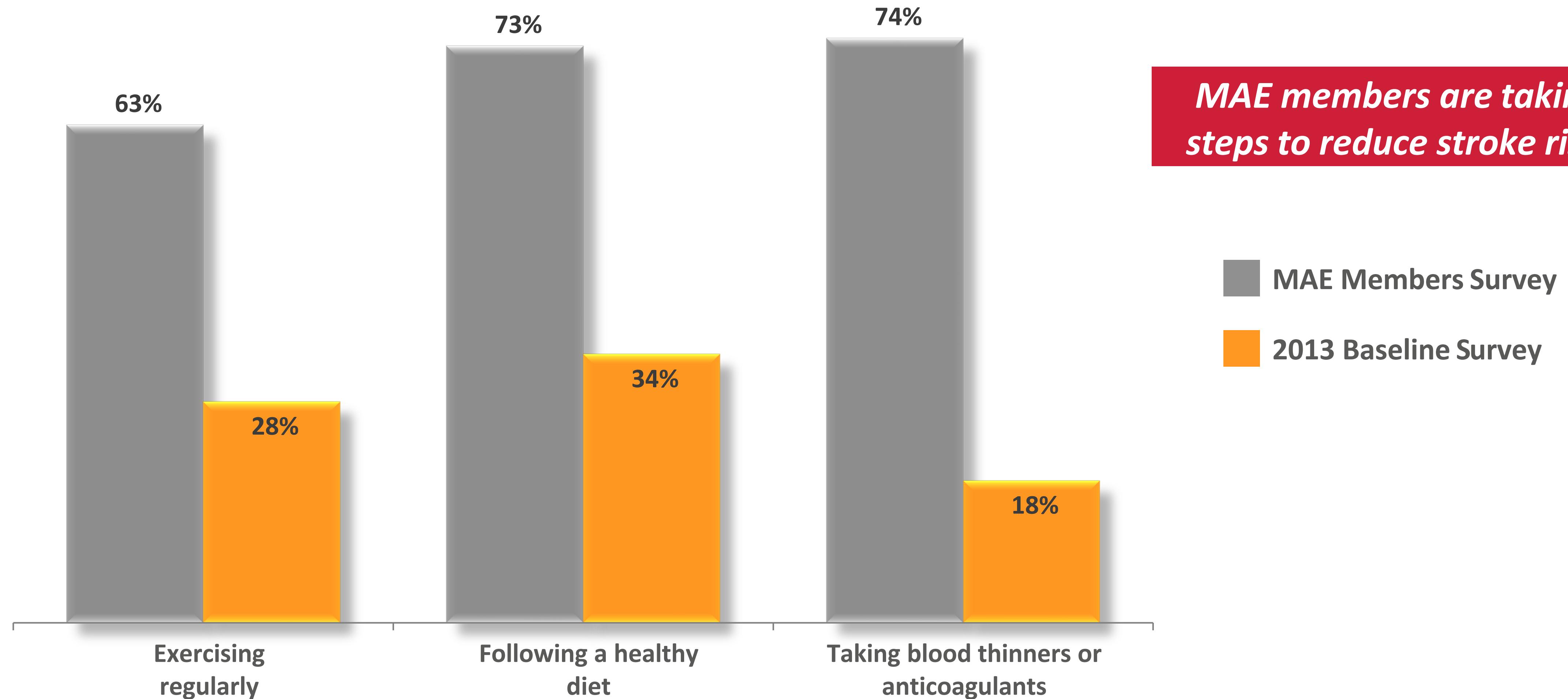
A recent survey done on 493 community members revealed the following:

- My AFib Experience® (MAE) was cited as the second most valuable source of information, second only to their doctors/cardioologists
- **75% would recommend MAE to other patients, & 47% would recommend the site to their doctor**
- **96% knew that AFib puts you at an increased risk for stroke, even if you do not have any symptoms**
- **72% of those that knew the correct meaning of CHA₂DS₂-VASc, know their personal score**
- MAE members are **adherent to their medication**: **90%** of AFib patients 65+ rarely or never forget to take their medication



My AFib Experience® Users

MAE Members vs. 2013 Survey of 508 AFib Patients



My AFib Experience®

Resources

The screenshot shows the homepage of the My AFib Experience website. At the top, there's a search bar with the placeholder "Search for a resource". Below it are four resource cards: 1) "HOW WELL ARE YOUR MEDICATIONS LOWERING YOUR STROKE RISKS?", featuring a puzzle piece graphic; 2) "AFIB INFORMATION SHEET", showing a person with a heart icon; 3) "MEDICATION TRACKER", showing a grid for tracking medications; 4) "AFIB QUIZ", with a colorful banner. The main navigation bar includes links for "Community Forums", "Newly Diagnosed", "Treatment", "Life Style", "Risk Factors", "Survival Stories", "News/Blog", and "Resources". A user profile for "sllawson" is visible. The main content area features a large graphic titled "SEEKING SUPPORT FOR AFIB" with the subtext "Taking a proactive approach to learn more about AFib is the next step." It includes a "JOIN MY AFIB" button and logos for "American Heart Association" and "StopAfib.org". At the bottom, there are four call-to-action boxes: "AFib News Blog" (with an announcement), "Community Forum" (with an introduction), "Patient Education" (with a link to managing AFib), and "Afib Goals" (with a link to personal goals).

Patients have access to numerous resources in My AFib Experience® such as:

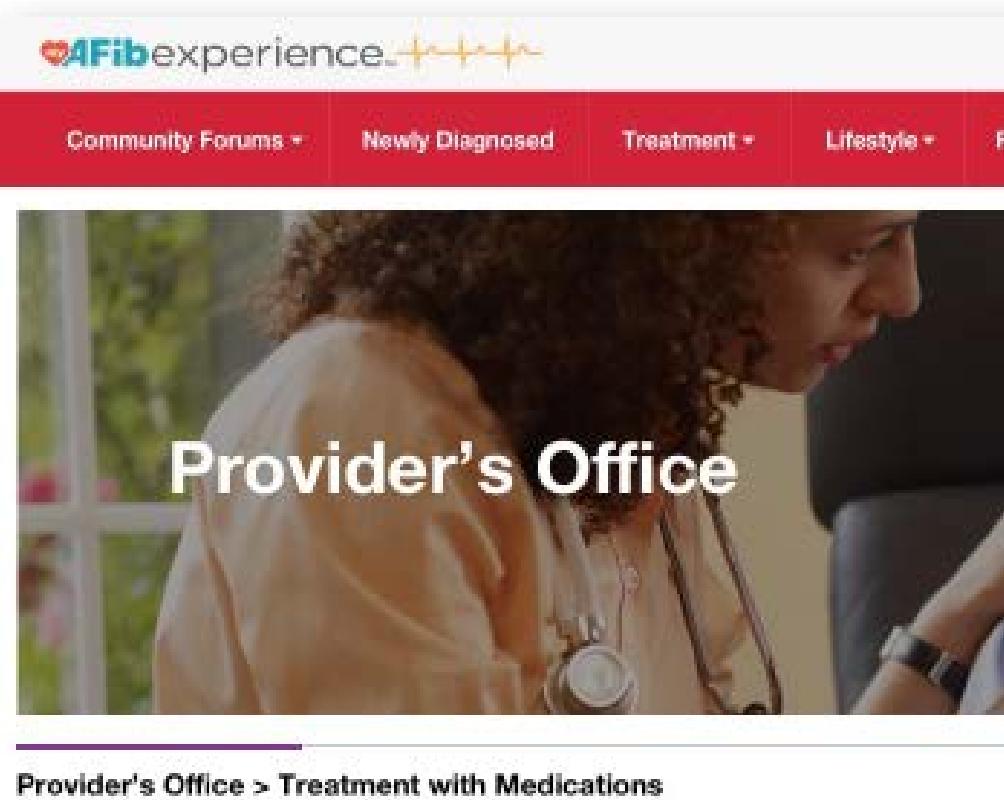
- Medication Trackers
- Downloadable Information Sheets
- Interactive Risk Calculators
- Personal Goals Tracking
- Food Diaries



My AFib Experience®

Features 12 informational sections tailored specifically to AFib patients.

- Newly Diagnosed
- Treatment
 - At The Hospital
 - At The Lab
 - Provider's Office
- Life Style
 - Exercise
 - Nutrition & Dining
 - At Home
 - At Work
 - Travel & Leisure
- Risk Factors
 - Lower Stroke Risk
 - AFib Goals



The screenshot shows a doctor in a white coat and stethoscope around their neck, interacting with a patient. The text "Provider's Office" is overlaid on the image. Below the image, there is a navigation bar with links: "Community Forums", "Newly Diagnosed", "Treatment", "Lifestyle", and "Risk Factors".

Treatment Goals

Prior To Any Medication Decisions

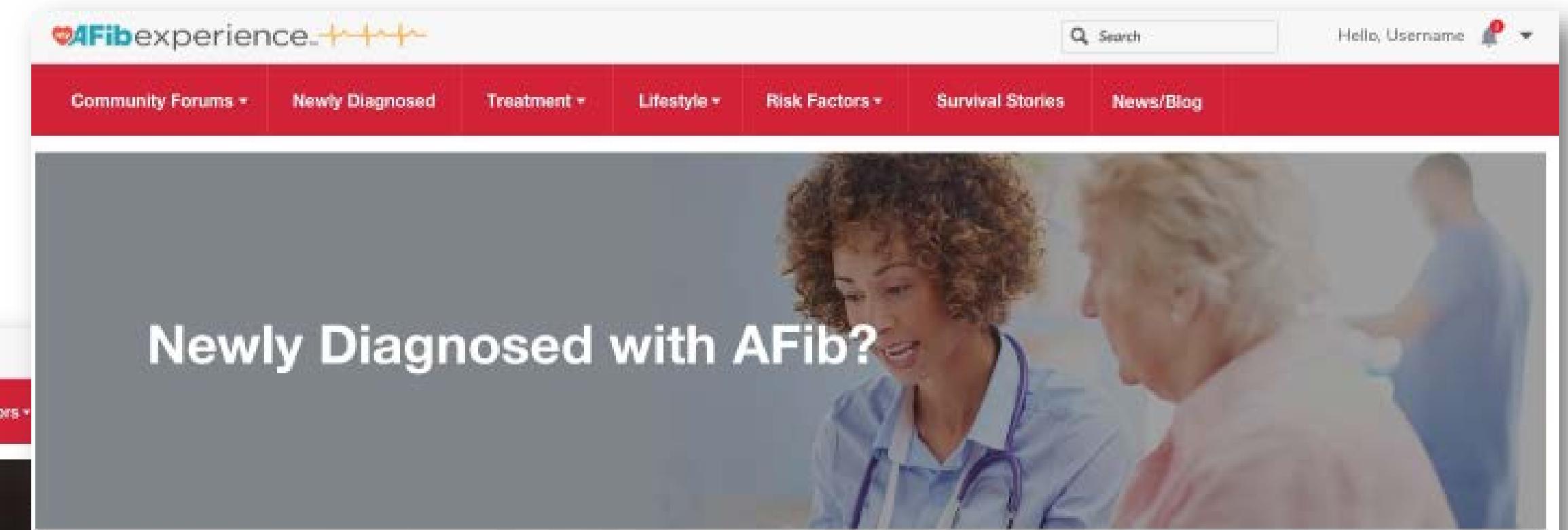
The treatment goals of atrial fibrillation (AF or AFib) start with a proper diagnosis, an in-depth examination from a physician. The exam usually includes questioning your history and often an electrocardiogram (often called an EKG or ECG). You may also need a thorough electrophysiology study.

Medication and Goals for Prevention and Risk Reduction

Although no one is able to absolutely guarantee that a stroke or a clot can be preventable, there are ways to reduce risks for developing these problems.

After a patient is diagnosed with atrial fibrillation, the ideal AFib treatment goals may include:

- Preventing blood clots (called prevention of thromboembolism such as stroke)
- Reducing an overly high heart rate (called rate control)
- Restoring the heart to a normal rhythm (called rhythm control)
- Some additional considerations may include:
 - Managing other contributing risk factors for stroke
 - Tracking any other potential heart rhythm problems, like a valve that may need to be monitored
 - Managing the heart's workload to avoid the development of heart failure



The screenshot shows a doctor in a white coat and stethoscope around their neck, interacting with a patient. The text "Newly Diagnosed with AFib?" is overlaid on the image. Below the image, there is a navigation bar with links: "Community Forums", "Newly Diagnosed", "Treatment", "Lifestyle", and "Risk Factors".

Newly Diagnosed

UNDERSTAND YOUR RISK

Any person, ranging from children to adults, can develop atrial fibrillation. Because the likelihood of AFib increases with age and people are living longer today, medical researchers predict the number of AFib cases will rise dramatically over the next few years. Even though AFib clearly increases the risks of heart-related death and stroke, many patients do not fully recognize the potentially serious consequences.

Who is at higher risk?

Typically people who have one or more of the following conditions are at higher risk for AFib:

Athletes: AFib is common in athletes and can be triggered by a rapid heart rate called a supraventricular tachycardia (SVT).

What Are The Treatment Guidelines for Atrial Fibrillation?

Medical guidelines are written by a panel of experts to document the science that helps healthcare providers choose the right treatments. Here's a simplified version of the atrial fibrillation guidelines, which were written by a panel of experts who reviewed the science guiding treatment decisions for AFib patients.

Newly Diagnosed Articles

What is Atrial Fibrillation?
AFib is a quivering or irregular heartbeat that can lead to stroke and other heart-related complications.

WHY AFib Matters
Usually, the most serious risk from AFib is that it can lead to other medical problems.

Understand Your Risk



My AFib Experience®

The screenshot shows a forum post by MichelleC from October 22, 2017, at 11:33pm EST. The post is titled "New to all of this" and discusses a recent stroke diagnosis. It has 2 replies, 124 views, and 2 followings. Below the post is a "RECENTLY DIAGNOSED?" section featuring a photo of an elderly couple and a link to "CLICK HER FOR MY EXPERIENCE RESOURCES FOR NEWLY DIAGNOSED". There are also sections for "Recent Posts" and "We Need Your Help!" which includes a graphic of hands forming a heart.

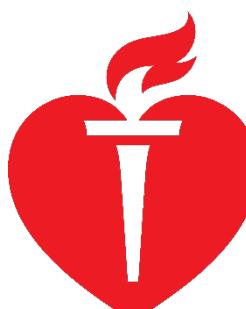
The screenshot shows the "MYAFIB EXPERIENCE DIGEST" page. It features a "Your latest highlights..." section with a photo of a woman. Below it are "New blogs" and "New blogs comments" sections. The "New blogs" section includes a post by Sarah McDonald on May 24, 2017, titled "Raising A Toddler With A Stroke Survivor". The "New blogs comments" section shows a comment by Rebecca Lewis from November 1, 2017, at 8:20am EST. At the bottom is a "New forum posts" section with a post by Rebecca Lewis on Curabitur lobortis id lorem id bibendum.

10 community forums to engage with other patients, caregivers, professionals.

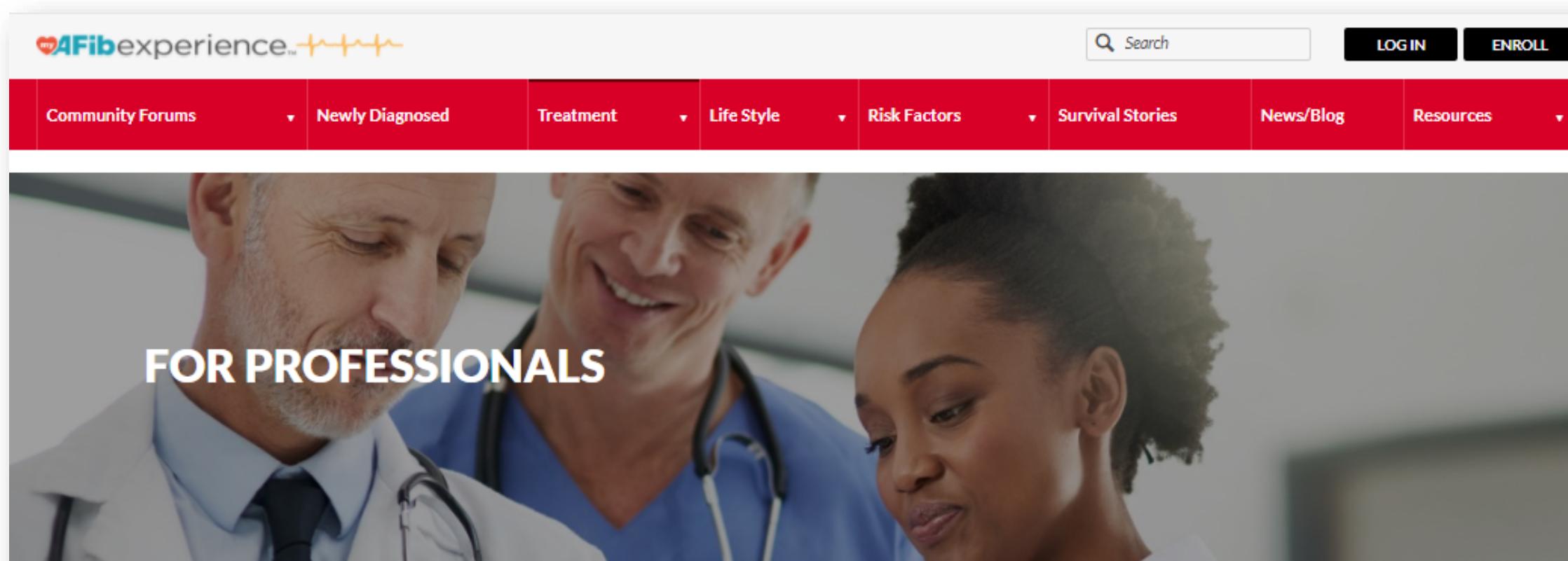
Personalized “Highlights” page displaying the most recent & relevant content

The screenshot shows the "News Blog" section. It features a "Recent Posts" section with two entries: "Tell a friend about You're the Cure" posted on March 1, 2017, and "Kelly DiMaggio - New CHD Research" posted on March 1, 2017. Both posts include a small profile photo and a "READ MORE" button. To the right is a "Blog Submission" sidebar with instructions for users to submit their own stories.

News Blog with Support Network articles & submissions from other patients, caregivers



My AFib Experience® for Healthcare Providers



The screenshot shows the homepage of the My AFib Experience website, specifically the 'FOR PROFESSIONALS' section. At the top, there's a navigation bar with links for 'Community Forums', 'Newly Diagnosed', 'Treatment', 'Life Style', 'Risk Factors', 'Survival Stories', 'News/Blog', and 'Resources'. Below the navigation is a large image of three healthcare professionals (two men and one woman) looking at a screen together. Overlaid on this image is the text 'FOR PROFESSIONALS'. Below the image, the page title 'TREATMENT > FOR PROFESSIONALS' is visible. The main content area features the heading 'ATRIAL FIBRILLATION: STAY INFORMED. EDUCATE PATIENTS EASILY.' followed by a paragraph of text: 'Thank you for visiting MyAFibExperience.org. Our mission is to partner with you to educate your patients, provide you with helpful resources to share, and to keep you informed on the latest scientific updates for atrial fibrillation.' Below this text are links to 'Sample Our Patient Content - Refer Your Patients', 'About Us', and 'Newly Diagnosed Treating AFib At Home Provider's Office'. On the right side, there's a sidebar titled 'Join our Forum' with a list of forum categories: 'Introduce Yourself' (4336 comments), 'At the Lab' (536 comments), 'At Work' (72 comments), 'At Your Home' (6288 comments), and 'Exercise' (385 comments).

My AFib Experience® offers a variety of resources for healthcare providers.

- Updates on AFib treatment guidelines & research findings
- Professional Education opportunities such as CME courses & webinars
- Informational & clinical tools to help in educating your patients
- Community forum to better understand patient perspectives



Healthcare Provider Engagement on the Support Network

The integration of My AFib Experience® & Support Network now allows healthcare providers to:

- See the types of questions patients are asking healthcare professionals in “Your Question Answered”
- Gain insight into multi-disciplinary approaches to treating AFib & comorbid conditions
- Learn more about patient preferences & perspectives regarding healthcare

The screenshot shows the AHA/ASA Support Network homepage. At the top, there's a navigation bar with links for VOLUNTEER, WARNING SIGNS, Search AHA/ASA, and a user profile for Oge4815. Below the navigation is a search bar and a "Search" button. The main content area features a section titled "Featured Healthcare Professionals" with eight profiles arranged in two rows of four. Each profile includes a circular photo of the professional, their name, their specialty, and the number of years they've been practicing. To the right of this section is a large, semi-transparent callout box. The box contains the text "Ask a healthcare professional and read their answers" and "Ready for a fresh start? Join and share your story." It also has a dropdown menu set to "Heart", a text input field with placeholder text "Ask your question here. Please try to keep it to 200 words or less. Click to start.", and a red "ASK" button.

Row	Column 1	Column 2	Column 3	Column 4
1	Dr. Nivedita Thakur Pediatric Neurologist Practicing 6 years	Dr. Reena Pande Cardiologist-focus on Emotional Well Being Practicing 16 years	Dr. John Breinholt Pediatric Cardiology Practicing 17 years	John Osborne Principal Cardiologist Practicing 20 years
2	Dr. Nasser Lakkis Cardiology Practicing 27 years	Joseph S. Kass, MD, JD, FAAN Neurology Practicing 1 years	Ken Majkowski Pharm.D Practicing 40 years	Barry J. Jacobs, Psy.D. Clinical Psychology Practicing 30 years





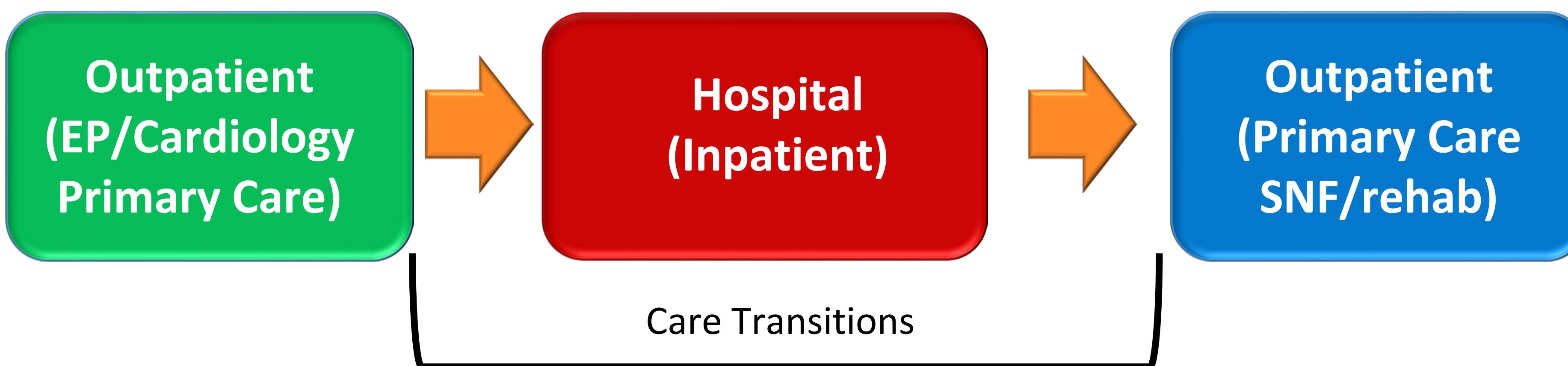
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Understand Multi-Disciplinary Approaches to Treating AFib

Robert Page, PharmD, MSPH

Transitions of Care

- The term “care transitions” refers to the movement patients make between care practitioners and settings as their condition and care needs change during the course of a chronic or acute illness.



At each of these time points, a patient can “fall through the cracks”

EP= Electrophysiologist SNF=Skilled Nursing Facility

Source: The Care Transitions Program - <http://www.caretransitions.org/definitions.asp>. Accessed April 4, 2018.



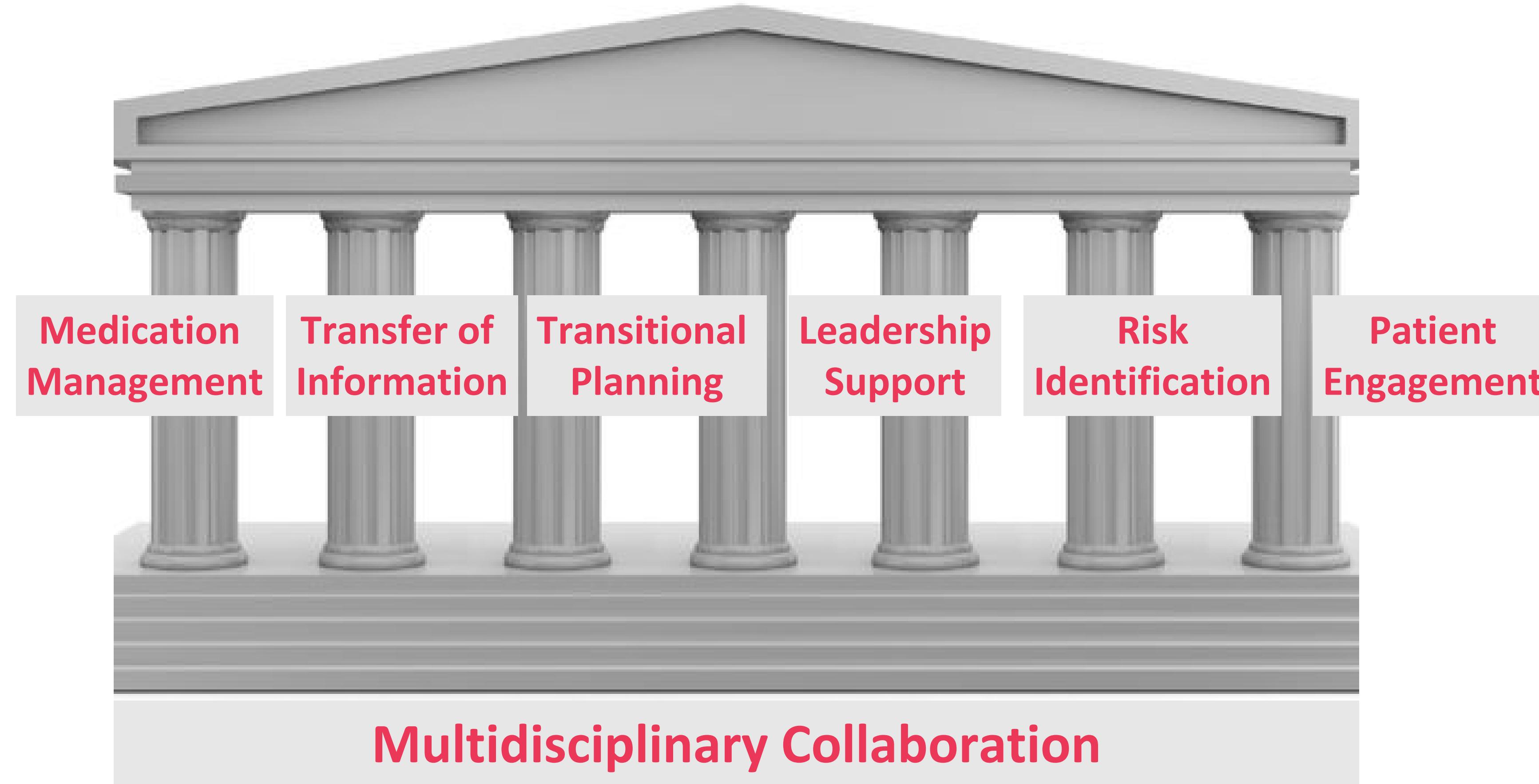
Transitions of Care

- Poorly coordinated care transitions have a direct impact on the quality and costs associated with health care delivery.
 - Inefficiencies and duplication of services and medications
 - Unnecessary/avoidable increases in utilization of health care resources (e.g, physician visits, emergency room visits, hospitalizations)
 - Poor clinical outcomes
- Poor transitions of care is EXPENSIVE: \$25-45 Billion
 - ~50% of patients experience a medical error after hospital discharge
 - Almost one-quarter experience adverse events, a substantial proportion of which are drug related
 - 50% of drug-related adverse events could be either prevented or lessened



Transitions of Care

The Seven Pillars/Building Blocks for Transitions of Care



Source: Joint Commission. Hot Topics in Health Care: Transitions of Care; The Need for a More Effective Approach in Continuing Patient Care. June 2012;
Report From Joint Commission. Hot Topics in Health Care; The need for collaboration across entire care continuum. February 2013.



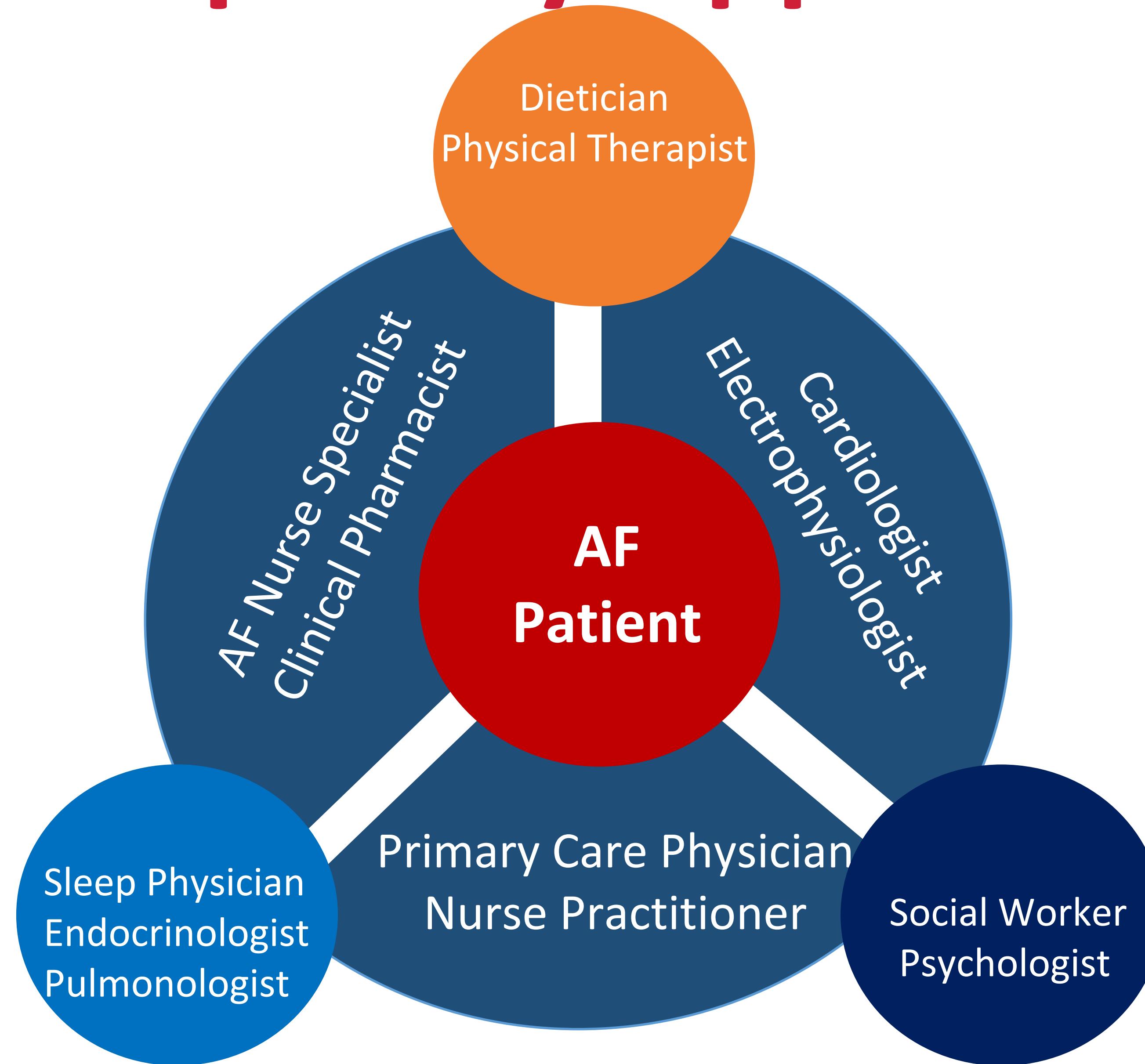
Transitions of Care

Specific Elements of Effective Transitions of Care

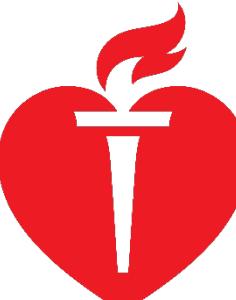
- Clinician involvement & shared accountability at transition points
- Comprehensive planning & risk assessment throughout hospitalization
- Standardized transition plans, procedures & forms
- Standardized training
- Timely follow-up, support & coordination after the patient leaves a care setting
- If patient is re-admitted within 30 days, get to the root cause
- **Multidisciplinary communication, collaboration & coordination**



Multidisciplinary Approach: Roles



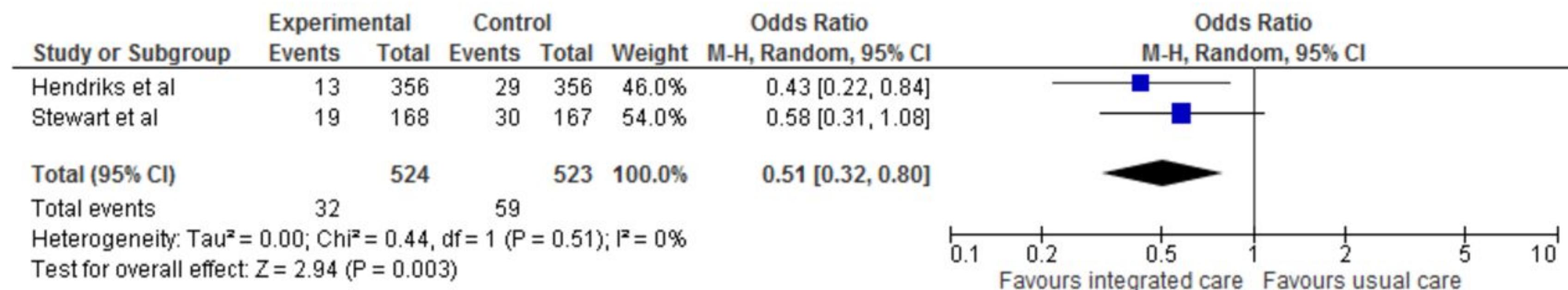
Source: Modified from Lau DH, Schotten U, Mahajan R, et al. Eur Heart J 2016; 37: 1573-81



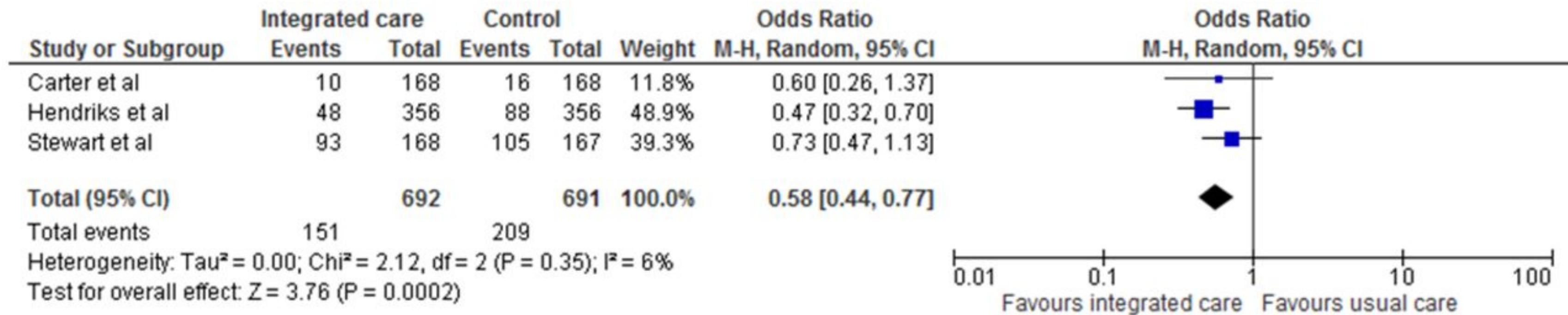
Multidisciplinary Approach: Outcomes

Outcome

All Cause Mortality



CV Hospitalizations



Source: Gallagher C, Elliott AD, Wong X et al. Heart 2017;103:1947-1953





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Importance of Shared Decision Making in Treating AFib

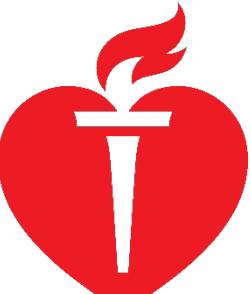
Pamela McCabe, PhD, APRN-CNS

Recognizing patients' values and preferences

- Patient activation
 - Knowledge, confidence, and skill to self-manage health¹
- Shared decision making (SDM)
 - Engaging with patients to come to an informed and values-based choice regarding reasonable treatment options²

¹Hibbard JH, Stockard J, Mahoney ER, Tusler M. Development of the Patient Activation Measure (PAM): Conceptualizing and Measuring Activation in Patients and Consumers. *Health Services Research*. 2004;39(4 Pt 1):1005-1026.

² Brindle R, Spertus J. Employing shared decision-making models to improve care and patient value: a cardiovascular professional initiative. *J Am Coll Cardiol*. 2010;56(24):2046-2048.



Why promote activation and shared decision making?

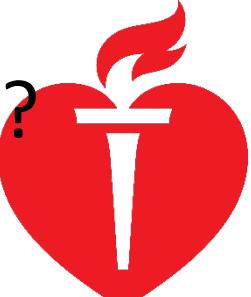
- Ethical practice
- Health policy
- Third party payers
- Patient satisfaction
- Clinical outcomes
- Cost



What does patient activation look like?

- Knowledge
 - Understanding of the nature and cause of illness, medications, and options available for treatment
- Skill for:
 - Decision making, changing behaviors, maintaining healthy lifestyle
- Confidence to:
 - Take actions to minimize adverse effects of illness, follow recommendations, seek care, communicate with provider

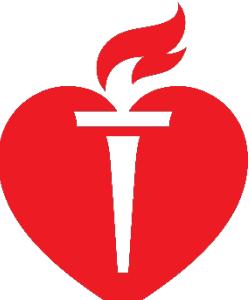
Hibbard J, Mahoney E, Stock R, Tussler M. Do increases in patient activation level result in improved self-management behaviors? *Health Services Research*. 2007;42(4):1443-1462



Assessing patient activation

- Level 1-see themselves as passive recipient of care
- Level 2-lack knowledge about illness and treatment
- Level 3-possse ss essential facts, beginning to take action
- Level 4-adopted new behaviors, can problem solve
- 13-item Patient Activation Measure used to assess level
- Interventions to increase level

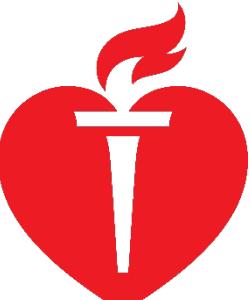
Hibbard J, Mahoney E, Stock R, Tussler M. Do increases in patient activation level result in improved self-management behaviors? *Health Services Research*. 2007;42(4):1443-1462



Outcomes of patient activation

- Uptake of screening behaviors
- Lower rates of obesity and tobacco use
- Improved clinical indicators (BP, lipids, glucose)
- Reduced ED visits and hospitalization

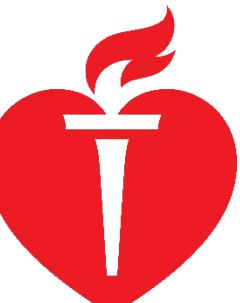
Greene J, Hibbard J. Why does patient activation matter? An examination of the relationships between patient activation and health-related outcomes. *J Gen Int Med.* 2011;27(5):520-526



What does shared decision making look like?

- Acknowledge problem
- Note that decision needs to be made
- There are treatment options to consider
- Ascertain patient's preference for receiving information and decision making

Elwyn G, Hutchings H, Edwards A et al. The OPTION Scale: measuring the extent that clinicians involve patients in decision-making tasks. *Health Expectations*. 2005;8:34-42



What does shared decision making look like?

- Discuss options and pros and cons
- Elicit patient expectations, fears, concerns
- Check understanding
- What questions do you have?

Elwyn G, Hutchings H, Edwards A et al. The OPTION Scale: measuring the extent that clinicians involve patients in decision-making tasks. *Health Expectations*. 2005;8:34-42



Outcomes of SDM

- Increased patient-reported physical and mental health¹
- Patient understanding²
- Reduced healthcare utilization^{1,3}
- Patient satisfaction¹

¹Hughes T, Merath K, Chen Q et al. Association of shared decision-making on patient-reported health outcomes and healthcare utilization. *Am J Surg.* 2018;1-6

²Kashaf McGill E, Berger Z. Shared decision-making and outcomes in type 2 diabetes: a systematic review and meta-analysis. *Patient Education and Counseling.* 2017;100:2159-2117

³Langseth M, Shepherd E, Thompson R, Lord S. Quality of decision making is related to decision outcome for patients with cardiac arrhythmia. *Patient Education and Counseling.* 2012;87:49-53



Myths about SDM

- SDM takes too much time
- Patients don't always want to make decisions
- Clinical guidelines don't allow for SDM
- The SDM approach costs more money

Legare F, Thompson-Leduc P. Twelve myths about shared decision making. *Patient Education and Counseling*. 2014; 96:281-286



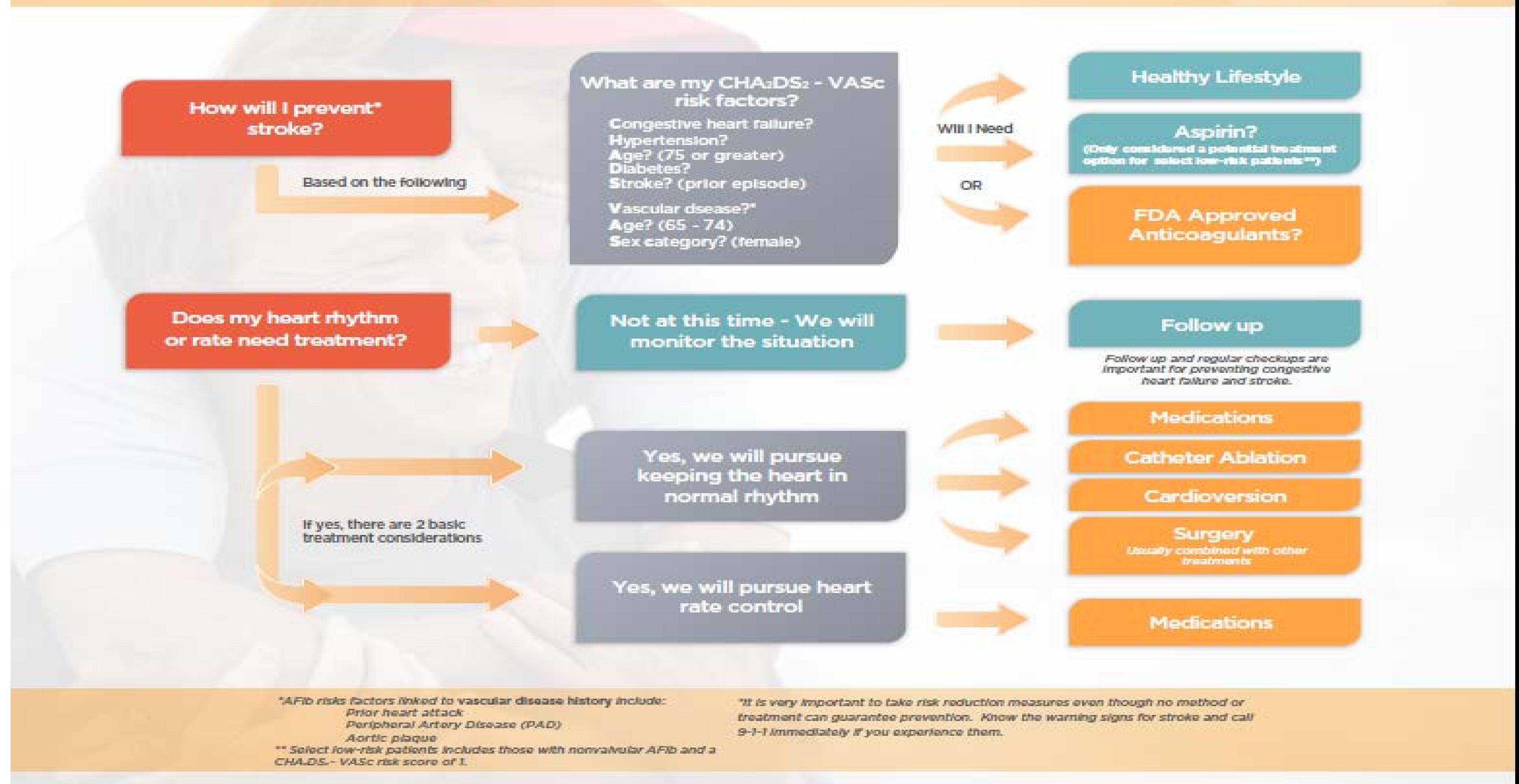
Why are patient activation & SDM important for AFib Care?

- There are options for AFib management
- No one size fits all treatment
- Treatment is directed to maintain/improve quality of life
- Patient characteristics and values are important
- Long-term management of risk factors is critical



SIMPLIFYING YOUR ATRIAL FIBRILLATION TREATMENT PLAN

Encourage your patients to take an active role in their healthcare by using this tool to help them understand appropriate treatment options available for them.



AFib: Partnering in Your Treatment

Bring this sheet with you to your appointment and discuss the following with your doctor.



How serious is my AFib?

In what ways does AFib increase my health risks?

Do I have other health concerns that may increase my risks?



What are my medication options?

Should I be taking a medication for AFib?

What will happen if I don't take it?



Are there other treatment options?

What are my other possible options?

When should they be considered?



Do I need to make lifestyle changes?

Should I change any of the following to reduce my risks?

- Eating habits?
- Physical activity?
- A plan to stop smoking?
- My weight?
- Other: _____

Notes: _____



What are my treatment goals?

With my treatment plan, what should I expect to see?

We will know we are making progress when...

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Questions

AFibexperience. A stylized ECG line graphic consisting of a series of small, irregular peaks and troughs.

janssen The Janssen logo symbol, which is a stylized 'J' shape.

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