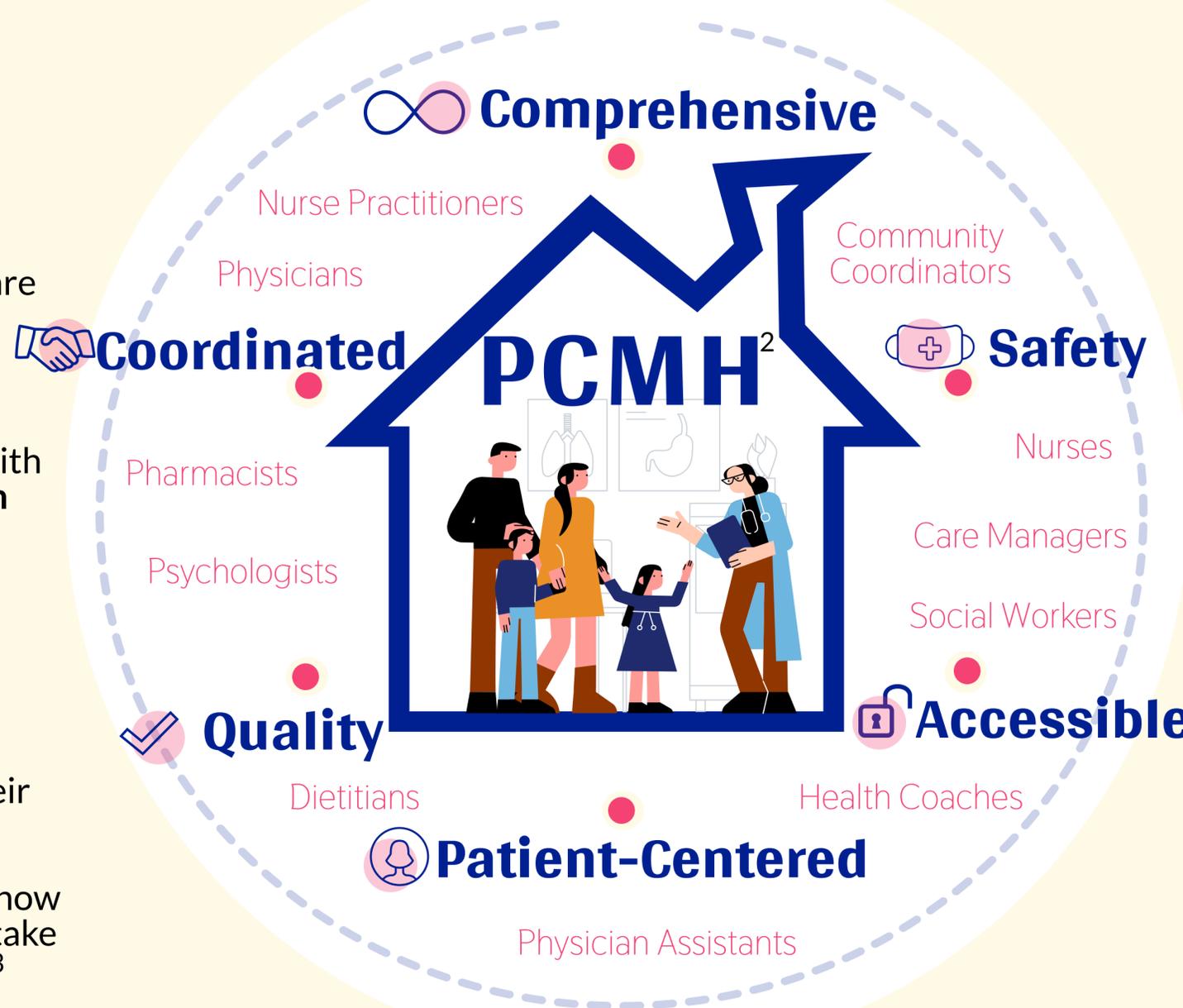


The Impact of Patient-Centered Medical Homes on Healthcare Outcomes

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Background

The American Academy of Pediatrics coined the term “medical home” in 1967 for establishing a single source of care and medical record for children with special health care needs. This phenomenon has expanded across multiple disciplines and more recently to primary care with a focus on **team-based care with the patient at the center**.¹



Limitations

- Studies often use different metrics to define a PCMH.
- Most organizations studied as PCMHs did not meet all six of the required NCQA criteria.
- Surveys of patient outcomes are typically based only on care provided by the physician/PA/NP.
- Most studies were observational, not experimental.⁷

Role of PAs

- PAs can be an integral part of advocating for this model in their own practice.
- Future and current PAs will be responsible for understanding how a PCMH functions and how to take steps to implement this model.³

Solutions

While there seems to be benefits to PCMHs, the limitations of current evidence highlight the need for ongoing research.

PAs can still utilize many of the core values of the PCMH model:

- Having a patient-centered orientation
- Practicing comprehensive, team-based care
- Ensuring that care is coordinated⁸



- One of the first in the Southeast to be recognized by the National Committee for Quality Assurance (NCQA) for operating PCMH clinics.
- Essential technology elements include:
 - E-prescriptions
 - Messaging system to track patient phone calls and flag urgent ones
 - Technology that tracks patient data over time⁴

Outcomes

- ▲ **Screenings**
 Increased Cancer Screenings⁵
- ▲ **Quality of Life**
 QoL: Small Improvement (SMD 0.10)
 Depression Scores: Moderate Improvement (SMD 0.24) (patient reported)⁶
- ▲ **HbA1C**
 Moderate Improvement (SMD 0.26)⁶
- ▼ **BP**
 Improved Control (OR 2.03)
 Systolic: Reduced
 Diastolic: No Change⁶
- ▼ **Cholesterol**
 LDL: Small Reduction (SMD 0.16)
 Total Cholesterol: No Change⁶
- ▼ **ED Utilization**
 Decreased ED Use (RR 0.81)¹

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