



**Johns Hopkins Geriatrician Shares Successful
Chronic Care Model with International Audience**
*Speaking at World Health Summit, expert physician and health
services researcher explains the benefits of Guided Care*

(Baltimore, MD) – Chad Boulton, MD, MPH, MBA, director of the Roger C. Lipitz Center for Integrated Health Care at the Johns Hopkins Bloomberg School of Public Health, was a featured speaker at the World Health Summit in Berlin, Germany on October 18, 2009. Dr. Boulton spoke to the international audience about his experiences leading the development and testing of Guided Care, a new model of comprehensive health care provided by physician-nurse teams for people with multiple chronic conditions. Early results suggest that Guided Care improves the quality of patients' care, reduces health care costs, reduces family caregiver strain, and improves physicians' satisfaction with chronic care.

Dr. Boulton's presentation was part of a session entitled 'Aging Populations: Preparing our Health Systems'. The World Health Summit, organized by the Charité – Universitätsmedizin Berlin in cooperation with the Université Paris Descartes, was the first international forum of leading researchers, physicians, and representatives of government, industry, and health care systems. Under the patronage of German Chancellor Angela Merkel and French President Nicolas Sarkozy, over 700 representatives from government, science, and industry around the world attended this discussion on common global health challenges.

"We developed Guided Care to help the 133 million Americans who suffer from chronic conditions to lead healthier lives," said Dr. Boulton. "However, the challenges of chronic illness are not confined to the United States. We are pleased to have an opportunity to share this care model with international health care leaders seeking to develop the best solutions to support their aging societies."

Dr. Boulton will also present Guided Care during the Annual Summit of the Patient-Centered Primary Care Collaborative on October 22, 2009, in Washington, DC. The Collaborative is a coalition of major employers, consumer groups, quality improvement organizations, health plans, labor unions, hospitals, clinicians, and many others who have joined together to develop and advance the patient-centered medical home. Guided Care provides many aspects of a medical home for the growing number of adults with complex health needs.

The Guided Care model is designed to improve patients' quality of life and care, while improving the efficiency of treating the sickest and most complex patients. The care teams include a registered nurse, two to five physicians, and other members of the office staff who work closely together for the benefit of each patient. The nurse-physician primary care team tracks a patient's health and offers regular support. A recently published study in the *American*

Journal of Managed Care showed that in the first eight months of a randomized control trial, Guided Care patients spent less time in hospitals and skilled nursing facilities and had fewer emergency room visits and home health episodes, resulting in an annual net savings of \$75,000 per Guided Care nurse. Other analyses have shown that Guided Care improves the quality of patients' care, reduces family caregiver strain, and improves physicians' satisfaction with chronic care. Guided Care won the American Public Health Association's 2008 Archstone Foundation Award for Excellence in Program Innovation, which recognizes one innovative model of health care for older Americans each year.

About Guided Care

The Guided Care model was developed by a team of clinical researchers at Johns Hopkins University Schools of Public Health, Medicine and Nursing beginning in 2001. Research and development of Guided Care has been supported by a public-private partnership of the Agency for Healthcare Research and Quality, the National Institute on Aging, the John A. Hartford Foundation, the Jacob and Valeria Langeloth Foundation, Kaiser Permanente Mid-Atlantic States, Johns Hopkins HealthCare, and the Roger C. Liptiz Center for Integrated Healthcare. For more information, please go to: www.GuidedCare.org.

About the World Health Summit

The World Health Summit is the world's foremost meeting of researchers, physicians, politicians and stake holders within the healthcare system. It takes place every year, with its premiere installment held from October 14-18, 2009 in Berlin. Organized by the Charité – Universitätsmedizin Berlin in cooperation with the Université Paris Descartes, this year's forum was held under the patronage of German Chancellor Angela Merkel and French President Nicolas Sarkozy. Over 700 representatives from government, science, and industry participated in this discussion on common global health challenges.

About the John A. Hartford Foundation

Founded in 1929, the John A. Hartford Foundation is a committed champion of training, research and service system innovations that promote the health and independence of America's older adults. Through its grantmaking, the Foundation seeks to strengthen the nation's capacity to provide effective, affordable care to this rapidly increasing older population by educating "aging-prepared" health professionals (physicians, nurses, social workers), and developing innovations that improve and better integrate health and supportive services. The Foundation was established by John A. Hartford. Mr. Hartford and his brother, George L. Hartford, both former chief executives of the Great Atlantic and Pacific Tea Company, left the bulk of their estates to the Foundation upon their deaths in the 1950's. Additional information about the Foundation and its programs is available at www.jhartfound.org.

About Johns Hopkins Bloomberg School of Public Health

Johns Hopkins Bloomberg School of Public Health is dedicated to the education of a diverse group of research scientists and public health professionals, a process inseparably linked to the discovery and application of new knowledge, and through these activities, to the improvement of health and prevention of disease and disability around the world. Additional information about the school and its programs is available at www.jhsph.edu.

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