

CHRONIC DISEASE MANAGEMENT WITH XPATTERNS ACCOUNTABLE CARE INTELLIGENCE

PRIMARY CARE DOCTOR USING XPATTERNS ACCOUNTABLE CARE INTELLIGENCE (ACI) KEEPS YOUNG ASTHMA PATIENT PREPARED FOR UNEXPECTED ASTHMA ATTACKS WITH SIMPLE YET VITAL MEDICATION ALERT

Millions of people in the U.S. experience persistent coughing and wheezing, which may then be followed by tightness around the chest. It's called asthma, a chronic, lifelong illness that affects more than seven million Americans. When an asthma attack is triggered, it becomes extremely difficult to breathe as airways tighten. Oxygen to the body is restricted, and without proper medication to reduce the inflammation and constriction of airways in the lungs, asthma can lead to serious complications.

A majority of asthma patients are under the age of 18 years old, and environmental triggers have increased the number of complications and even deaths over the years. Yet many young patients and their busy parents overlook medication refills and check-ups until an asthma attack lands them in the ER or doctor's office for emergency treatment. These visits could easily be avoided with vital medication alerts to providers who can then follow-up with specific patients when needed.

ASTHMA PATIENT - WITHOUT XPATTERNS ACI

PATIENT PROFILE: SARA, 13 YEAR OLD, FEMALE

Sara, age 13, has asthma. She rarely has asthma attacks, and forgot to tell her parents to refill her prescription. During a school soccer practice, Sara has a full-blown asthma attack – her chest tightens, and she feels like she is suffocating.

With no inhaler available to treat Sara, her coach calls 911 and she is taken to the nearest hospital.

Sara is immediately provided nebulizer treatment and given a shot of epinephrine. Her asthma attack ceases.

The ER staff continues the patient intake process with Sara and her parents. Sara admits that her prescription ran out three months ago, and it has been a year since she's seen her pediatrician. Sara is eventually discharged with instructions to follow up with her pulmonary physician as soon as possible.

WITHOUT XPATTERNS ACI	
Ambulance transportation to ER	\$750
ER services	\$1,800
Lab services	\$400
TOTAL EPISODE COST	\$3,050

ASTHMA PATIENT - WITH XPATTERNS ACI

PATIENT PROFILE: KATE, 13 YEAR OLD, FEMALE

Kate is also 13 years old. She too, has asthma. Luckily for Kate, her pediatrician has access to xPatterns Accountable Care Intelligence Solution Suite. After a medication alert to Kate's pediatrician that she has not refilled her prescription, his office calls her mother to schedule a regular office visit within a week.

At the appointment, the pediatrician examines Kate and confirms that she ran out of medication – both bronchodilators and corticosteroids. Refills are prescribed, and the pediatrician reminds Kate and her mother to consistently use her medication daily. The patient is then sent to an asthma nurse counselor to review the appropriate use of these medications.

WITH XPATTERNS ACI	
Pediatrician office visit	\$90
Medications	\$125
Asthma counseling	\$60
TOTAL EPISODE COST	\$275

Thanks to the alert from xPatterns, Kate's pediatrician prevented her from experiencing an avoidable ER visit and unnecessary spending of at least \$2,775. That's a 90 percent reduction in healthcare costs versus without xPatterns.