Disease Management Programs and Their Impact on the Health Sector

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Relevance and Interest of Paper

Disease Management Programs are becoming important tools in managed care that require integration and cooperation from all stakeholders in the healthcare sector.

Professional Interest

- Disease Management Programs (DMP) address the two most important and most discussed aspects in healthcare: Quality of care and reduction of cost.
- DMPs affect all players in the healthcare sector and change the way the different players work with each other towards more integration and cooperation.
- DMPs are a fast developing managed care tool in the industry that also offer many business opportunities in e.g. IT, consulting, service delivery etc.

Personal Interest

- With 20% of the insureds of most insurance portfolios being a potential target group for DMPs, the likelihood of an individual seems to be very high to be confronted with a DMP on a personal basis, be it through a family member, a friend or oneself.
Definition and objective of DMPs

DMPs aim to improve patient self-care, physician performance, communication, coordination of services and access to services (incl. prevention)

More chronic diseases, due to ageing population

Rising costs concentrated in chronic patients (80% of total HC costs)

large gap betw. evidence-based treatment guidelines and current practice in chronic care

Chronic conditions are often untreated or poorly controlled until more serious and acute complications arise

Patients often receive care for a disease from many different physicians or providers and frequently are called upon to monitor, coordinate, or carry out their own treatment plan – but with limited ability to do so

“Disease management is a system of coordinated healthcare interventions and communications for populations with conditions in which patient self-care efforts are significant.”

* official definition by the Disease Management Association of America (DMAA)

educate patients about their disease

actively monitor symptoms and treatment plans (following evidence-based guidelines)

coordinate care for the disease among all providers

Impact of DMPs on the health sector

Disease Management Programs change the way the different healthcare players work and communicate with each other

Impact on patients

- Increased motivation and thus engagement in handling own healthcare
- Data supports improved disease status
- Higher quality of life, for the patient and his family
- Threats on data privacy

Impact on providers

- Specialization in specific chronic diseases
- IT support increases timeliness and effectiveness of service provision
- Access to data, possibility to research
- First mover, gain reputation
- New skills required

Impact on payers

- Access to data, cost reduction opportunities
- Increased power with providers
- Employers: better productivity of employees
- Employers: image of offering a DMP to employees
- Moral Hazard

Impact on total health sector

- Crucial: selection of targeted population: critical mass required to benefit from economies of scale.
- Cost savings studies biased & quality outcomes still difficult to measure.
- Even without cost savings, DMPs can be beneficial: better data, better patient motivation, higher compliance.
- Ideally, cost reductions and quality improvements would translate in an upward movement in the WHO rankings.
You can find out more about DMPs in our paper

**Scope of the paper:**
- Evolution of DMPs
- Content and objectives of DMPs
- Areas of application and considerations when to use DMPs
- Process and evaluation of DMPs
- Details and interdependencies of Impacts
- Conclusions on
  - Interaction between the different players
  - Costs (as far as can be measured today)
- Most recent developments in DMPs

**Exclusion from scope:**
Measurement techniques of DMPs

THANK YOU!