

Significantly Reduced Depression, Anxiety, Insomnia in 12 Weeks

for patients with hypertension and atrial fibrillation



BACKGROUND

- Stress management and insomnia treatment are essential pillars of Lifestyle Medicine (LM)
- Collaborative Care provides an evidence-based framework for treatment and reimbursement for both stress management and insomnia
- We report descriptive, outcome, and financial data for stress management and insomnia treatment in a Medicare population in cardiology

METHODS

- Patient Type** — Cardiologist prescribed Medicare patients with hypertension & atrial fibrillation
- Care Delivery** — Care was delivered by a care manager (Registered Nurse or Clinical Social Worker)
- Care Methods** — Based on screening scores and patient choice of pathway

Pathways

Stress Management Pathway

Scales used:

Patient Health Questionnaire-9 (PHQ-9)
Anxiety Disorder-7 (GAD-7)

Treatment Modality:

Behavioral activation for stress management and cognitive behavioral therapy skills coaching

Insomnia Pathway

Scales used:

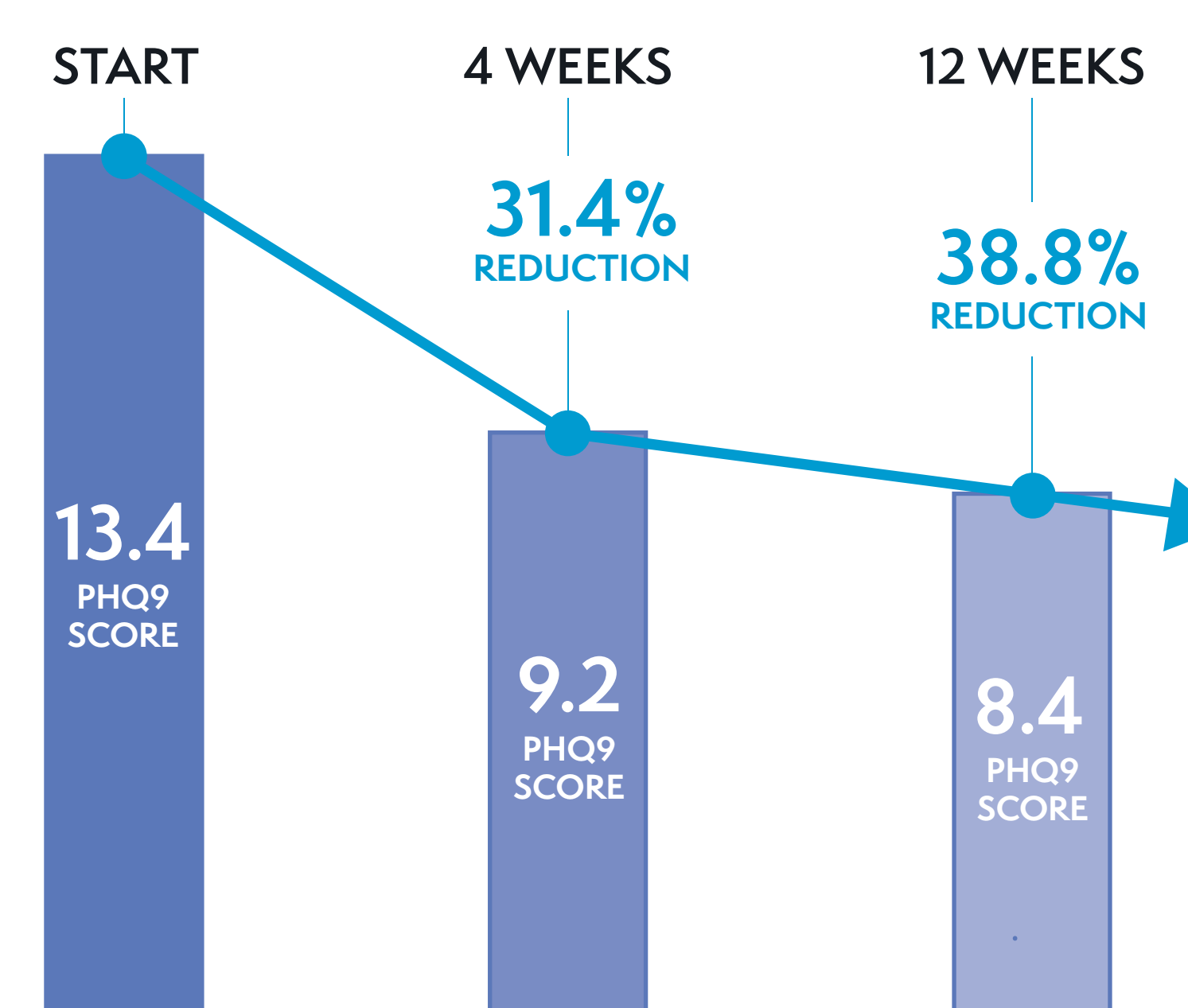
Insomnia Severity Index (ISI)

Treatment Modality:

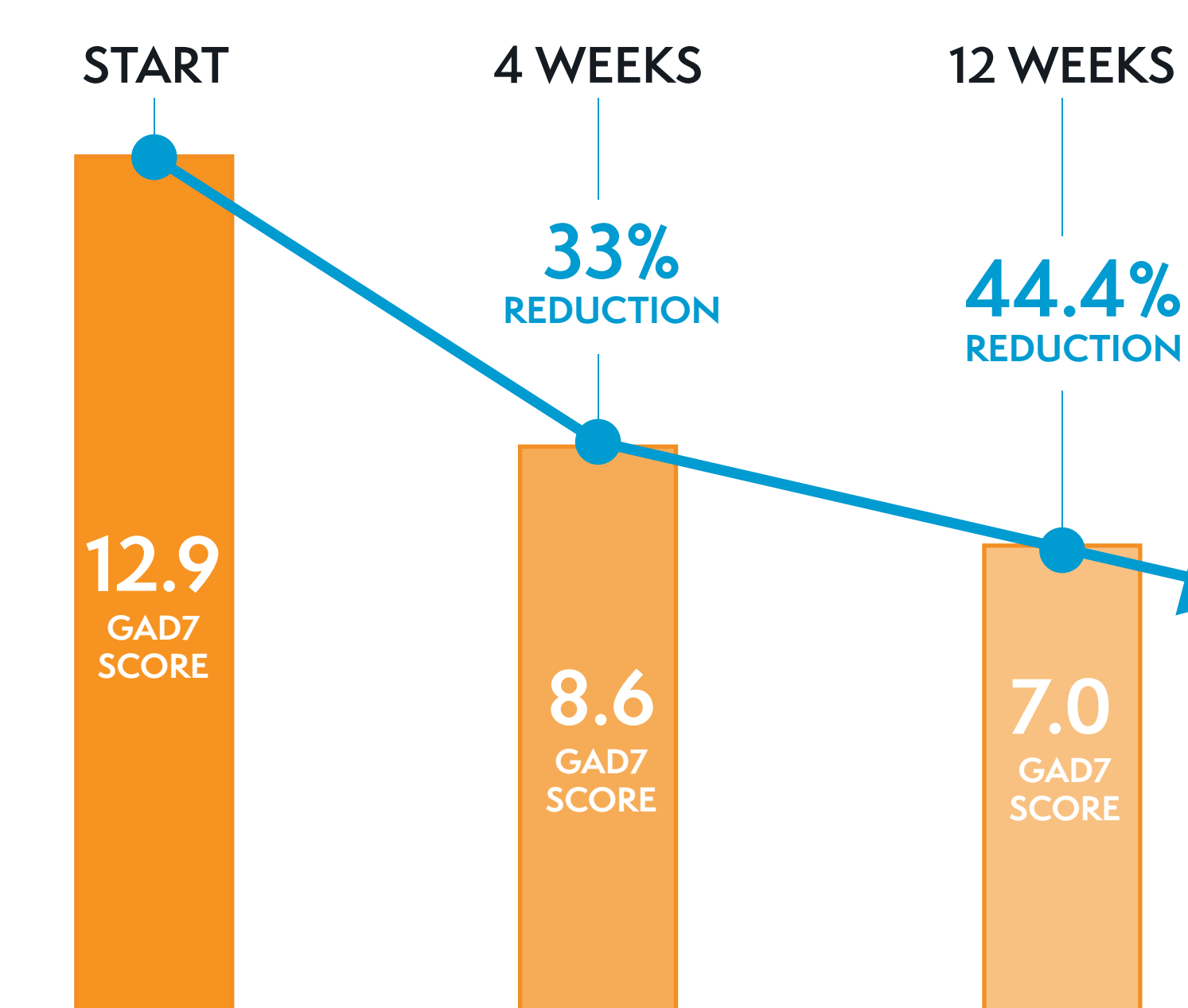
Insomnia skills coaching

RESULTS

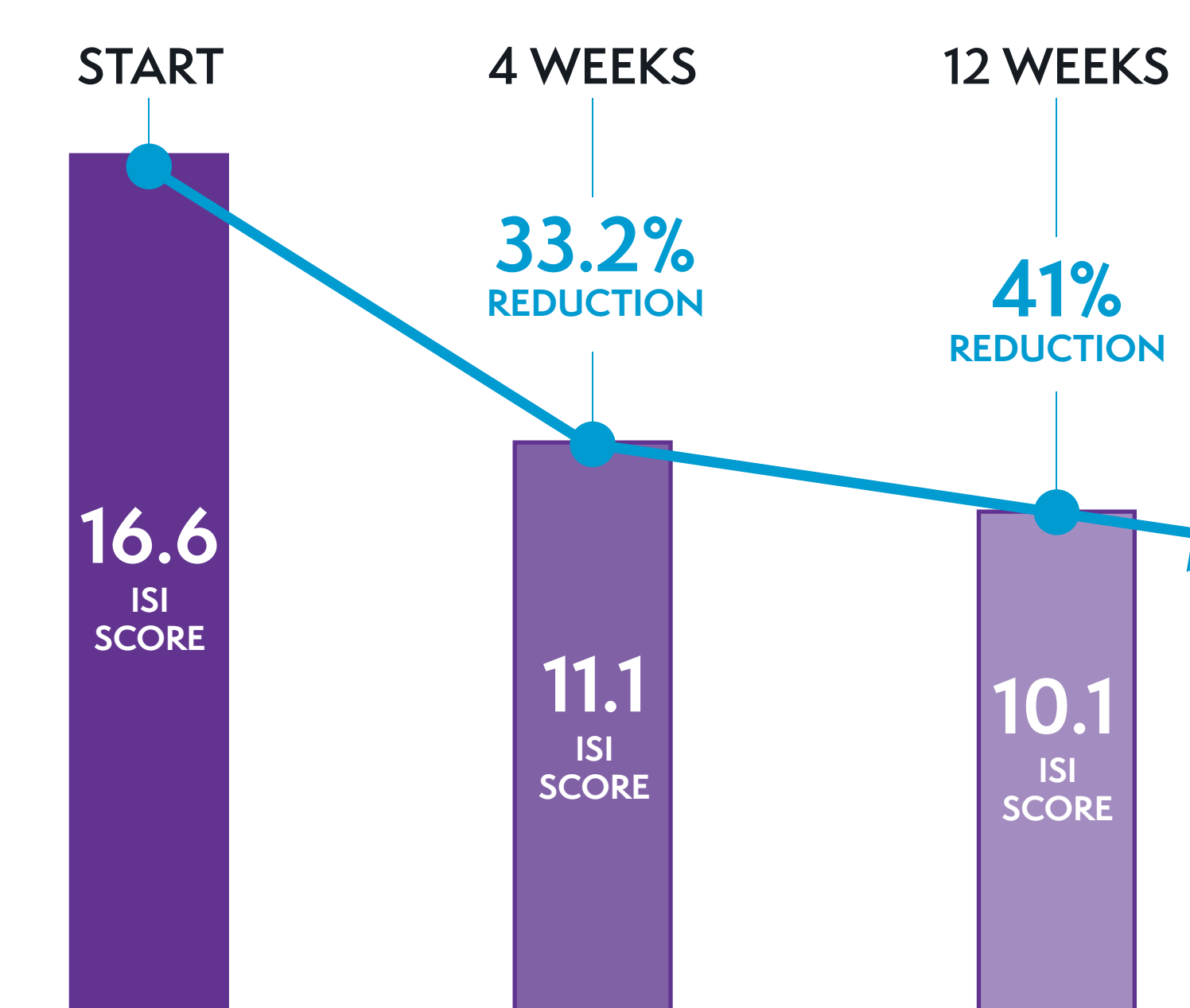
DEPRESSION PHQ-9 | N=56



ANXIETY GAD-7 | N=35



INSOMNIA ISI | N=60



- Average baseline scores for all patients treated for depression (N=152), anxiety (N=108), and insomnia (N=60) were in the mild range and after 12 weeks decreased to scores near “no disease” cutoffs

- Depression, Anxiety, Insomnia:** Depression scores decreased 31.4% (N=56), anxiety scores decreased 33.0% (N=35), and insomnia scores decreased 33.2% (N=60). At 12 weeks post intervention program, depression scores decreased 38.8%, anxiety scores decreased 44.4%, and insomnia scores decreased 41.0%

- Financially, during one year of program implementation, one referring clinic with 16 physicians generated approximately one million dollars of additional revenue for the full Nudj Health Lifestyle Medicine treatment program

- Adapting collaborative care to deliver lifestyle medicine within cardiology for stress management and insomnia significantly decreased symptoms in 12 weeks

References

- Thaler RH, Sunstein CR Nudge: Improving Decisions about Health, Wealth, and Happiness. New York, NY: Penguin; 2009.
- Garrison GM, Angstman KB, O'Connor SS, Williams MD, Lineberry TW. Time to Remission for Depression with Collaborative Care Management (CCM) in Primary Care. J Am Board Fam Med. 2016 Jan-Feb;29(1):10-7. doi: 10.3122/jabfm.2016.01.150128. PMID: 26769872.
- Richmond LM. Payors Train PCPs to Treat Mental Health in House. Published Online: 30 Nov 2022. Accessed 20 Jul 2022. <https://doi.org/10.1176/appi.pn.2021.11.4>
- Reimbursement struggles for lifestyle medicine interventions pose significant barrier for health care practitioners, study finds. EurekAlert! News release. November 15, 2021. Accessed 20 Jul 2022. <https://www.eurekalert.org/news-releases/934904>.

*Conflict of Interest: The authors are employees of Nudj Health and company shareholders.

