



DO WE NEED CARDIOMETABOLIC CLINICS?

THE FAMILY PHYSICIAN PERSPECTIVE

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INTRODUCTION

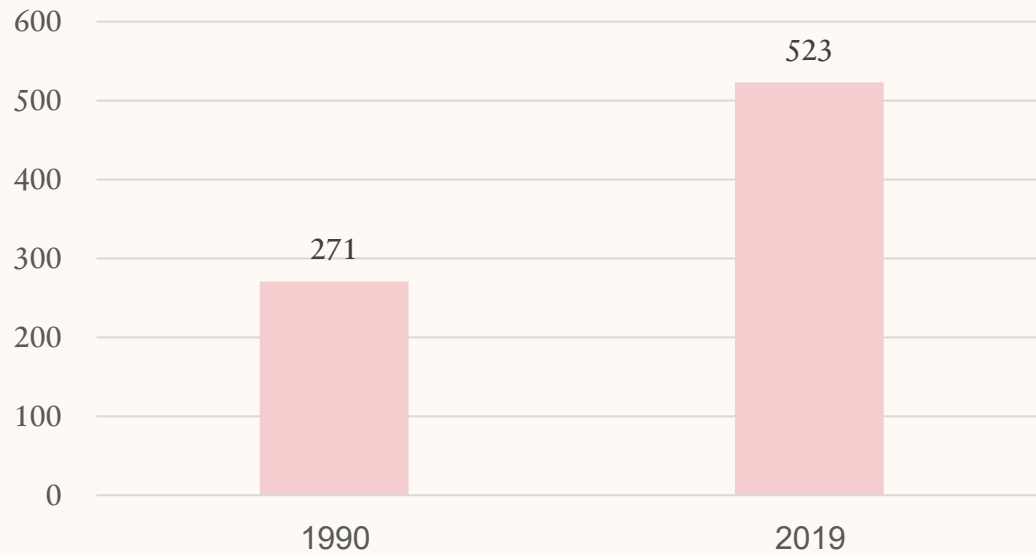
CVDs (IHD, stroke etc) are the leading cause of global mortality and a major contributor to disability.

Countries should invest in existing costeffective public health programs and clinical interventions to :

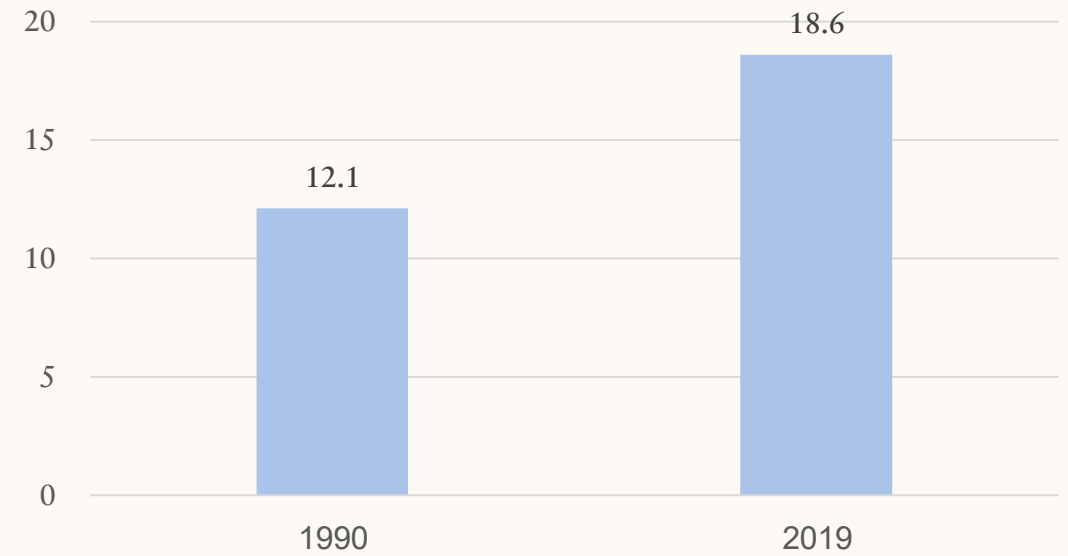
- Target modifiable risks
- Promote healthy aging across lifespan
- Reduce disability and premature death

GLOBAL HEALTH BURDEN OF CARDIOVASCULAR DISEASE

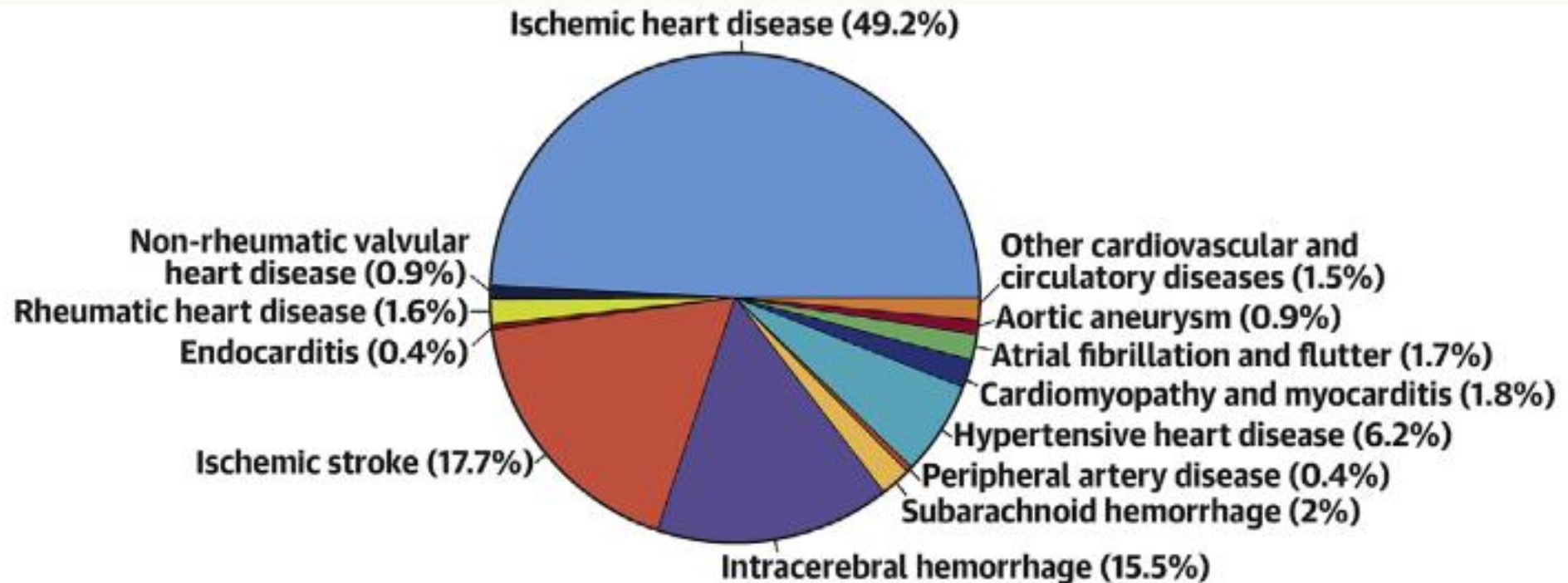
CVD cases (million cases)



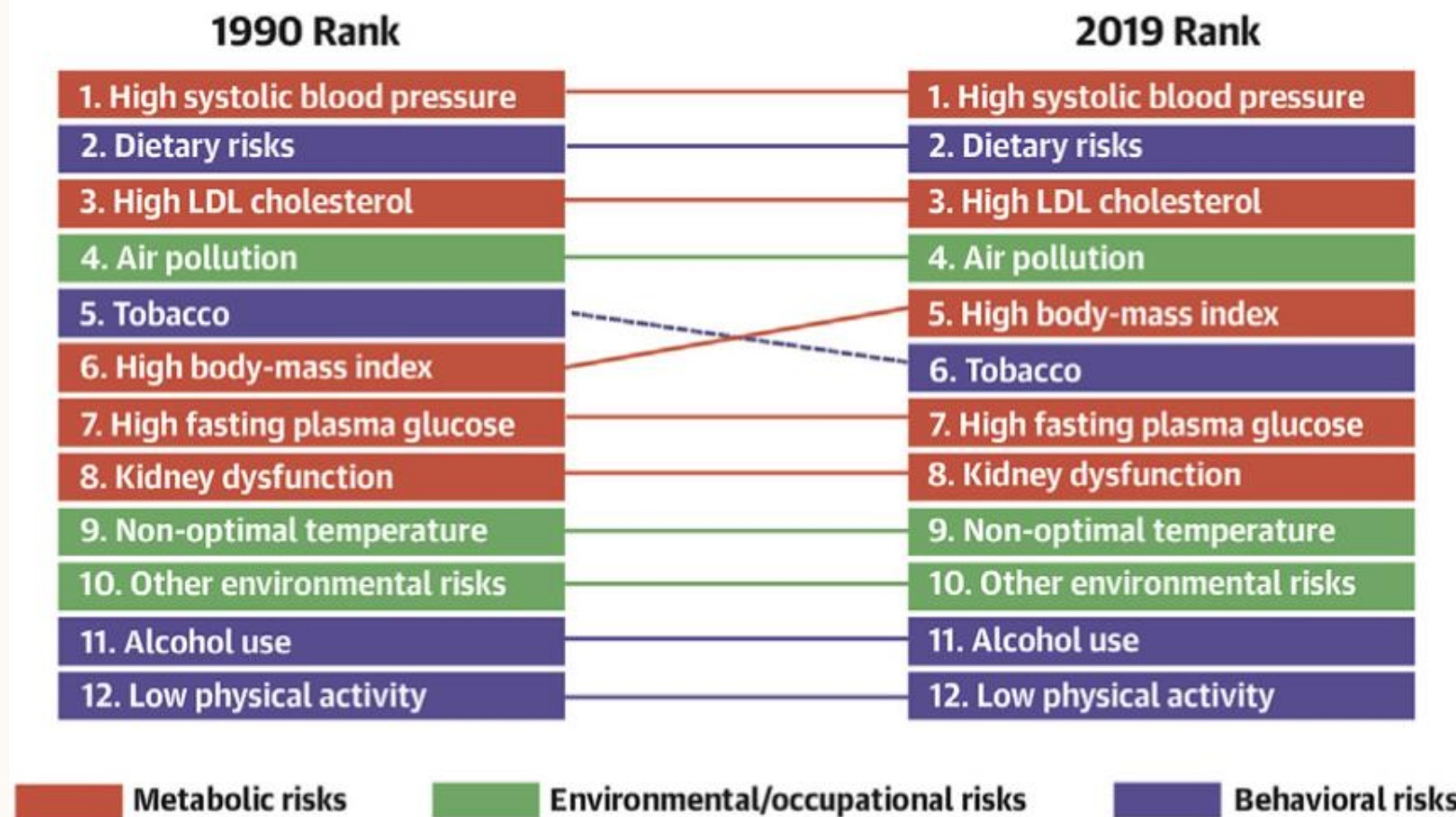
CVD deaths (million cases)



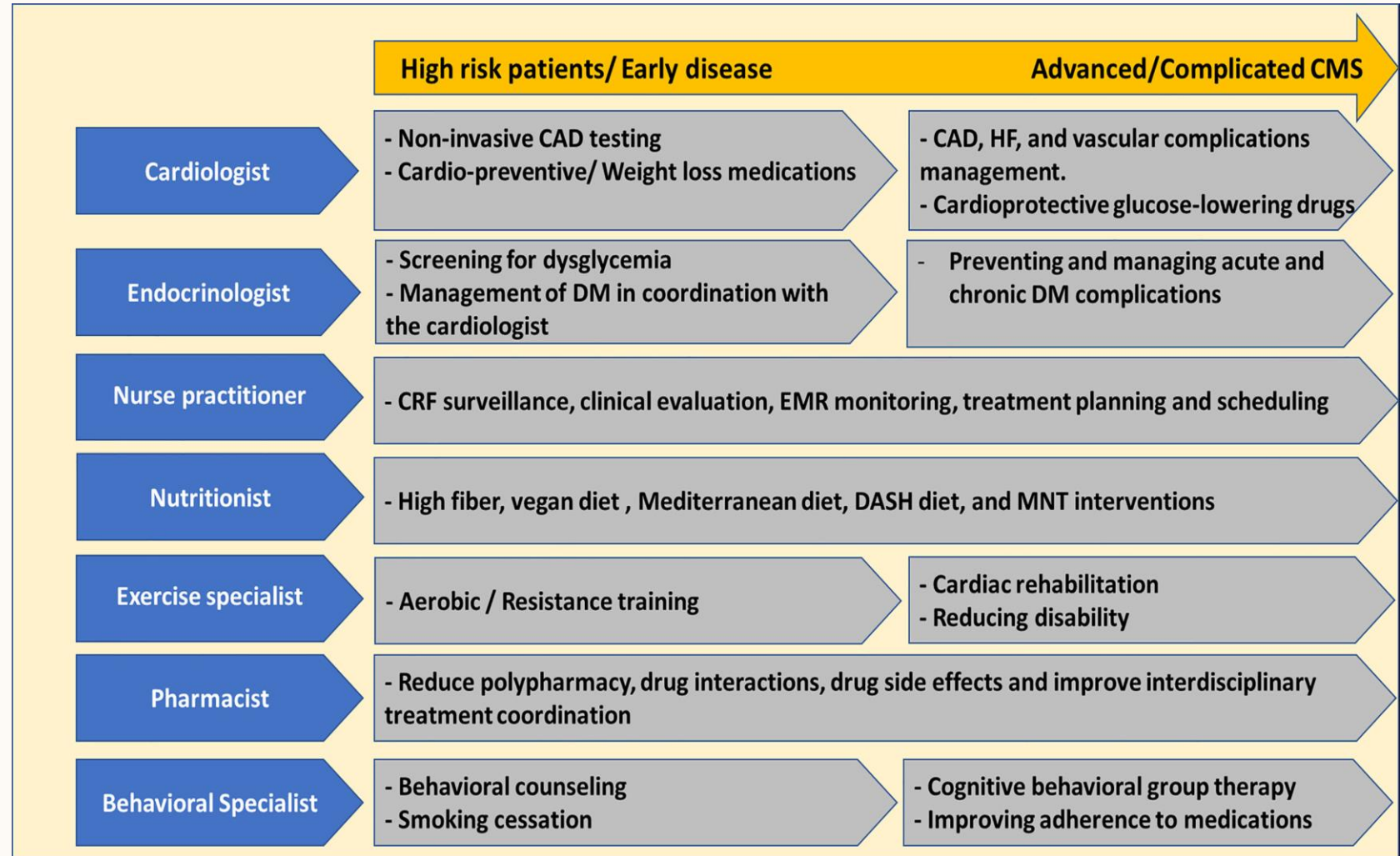
CVD DEATHS BY CAUSE (2019)



CVD BURDEN ATTRIBUTABLE TO MODIFIABLE RISK FACTORS

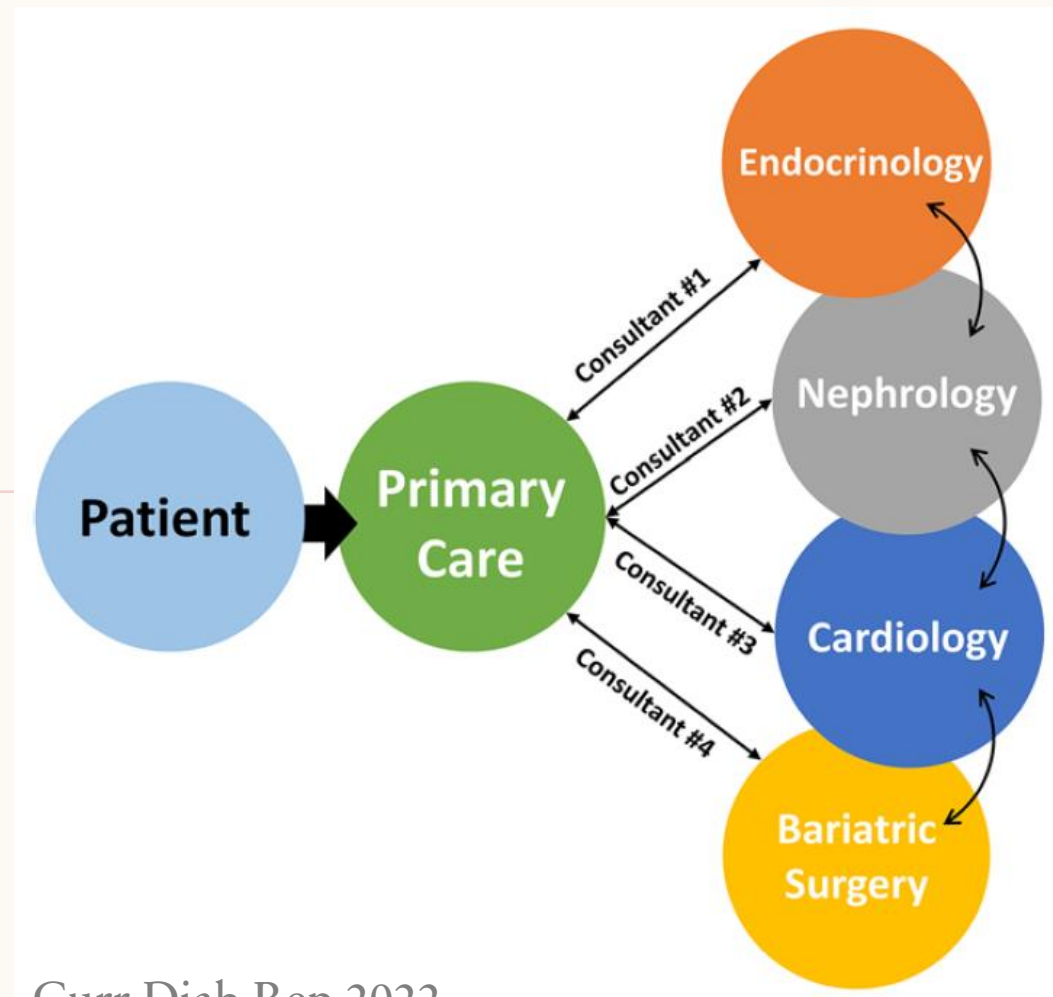


CARDIOMETABOLIC CENTERS



THE ROLE OF THE FAMILY PHYSICIAN

- Recognizing metabolic risk factors early on
- Screening is our bread and butter
- Preventive counselling (sedentary lifestyle , smoking cessation)
- Early detection of HTN, Prediabetes, impaired kidney function ,hyperlipidemia



OBESITY

- CV risk factors:
hyperlipidemia, HTN, prediabetes and diabetes
- NAFLD
- Obstructive Sleep Apnea
- Symptomatic Osteoarthritis
- PCOS
- Depression
- Impaired quality of life



THE CHALLENGE: KEEPING THE WEIGHT OFF

DIAGNOSING EATING
DISORDERS OR ENDOCRINE
ABNORMALITIES

INCREASING PHYSICAL
ACTIVITY

CHANGE IN DIET

SUPPORT GROUPS IN EVERY
HMO

CHANGE IN MEDICATIONS



CARDIOMETABOLIC DISEASE MANAGEMENT

SMOKING

DM

NAFLD

RENAL
DYSFUNCTION

HTN

- Data from a multicenter healthcare system showed that cardiologists accounted for <5% of new prescriptions of GLP-1 receptor agonists
- Approximately 5% of new prescriptions of SGLT2 inhibitors are from cardiologists in a healthcare system.

TOO MANY CASE MANAGERS

- No centralized care - patient rotate between multiple providers (primary care, endocrinologist, cardiologist)
- Interference in deciding on the optimal drug class, and dosing.
- Polypharmacy and drug interactions
- Patient confusion receiving misaligned recommendations from multiple providers.
- Ineffective follow-ups.
- Eroding trust, especially when inter-provider communication is lacking.

ONE CASE MANAGER



BETTER PATIENT'S CARE ?

זמני המתנה לרופא מחוז ת"א קופ"ח כללית:

זמן המתנה ממוצע לרופא משפחה

אחוז מקבלי תור עד יומיים	זמן המתנה לקבלת תור	
56.98%	2.58	תל אביב-יפו

זמן המתנה ממוצע לרופא יועץ

אורך תור		
76.66	תל אביב-יפו	אנדוקרינולוגיה
66.63	תל אביב-יפו	נפרולוגיה
24.74	תל אביב-יפו	קרדיולוגיה כולל ילדי

TRUST BETWEEN PHYSICIAN AND PATIENTS

**PATIENTS MUST BE ABLE TO TRUST
DOCTORS WITH THEIR LIVES AND HEALTH,
AND THAT MAINTAINING TRUST IS ONE CORE
GUIDANCE FOR PHYSICIANS**

Birkhäuser et al, 2017

THE CHALLENGE OF ADHERENCE

- Lack of adherence to preventive interventions.
- Coordinating follow ups
- Ensuring that indicated workup is completed
- Being an educational resource for patients and their families.



רפואת אורחות חיים

האתר הרשמי של החוג לרפואת אורחות חיים באיגוד רופאי המשפחה בישראל



LEVERAGING INNOVATION

Digital solutions can identify high risk groups and be leveraged to guide management in selected populations.

Clinical pharmacist

Nephrologist

Endocrinologist

Cardiologist

**Primary care
physician**



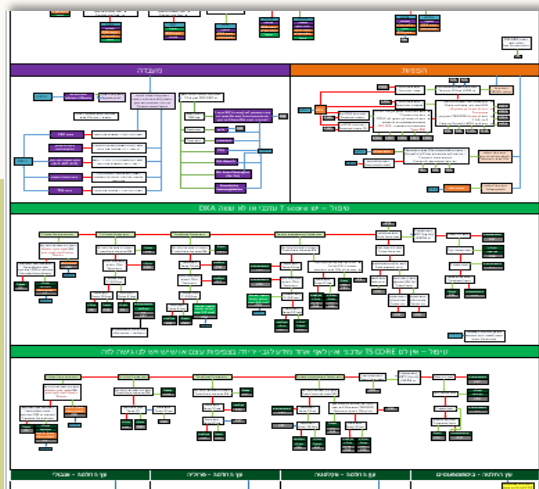


C-Pi

Clalit Proactive - Preventive interventions

CLALIT

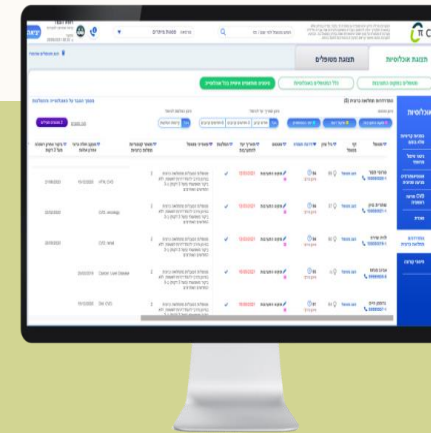
Patient management platform,
promoting personalized,
preventative & proactive
medical care



**CLINICAL PATHWAYS
THAT ARE STATE-OF-
THE-ART
FOR A NUMBER OF
CLINICAL ISSUES**



**AI MODELS FOR
IDENTIFYING
PATIENTS AT RISK OF
DETERIORATION**

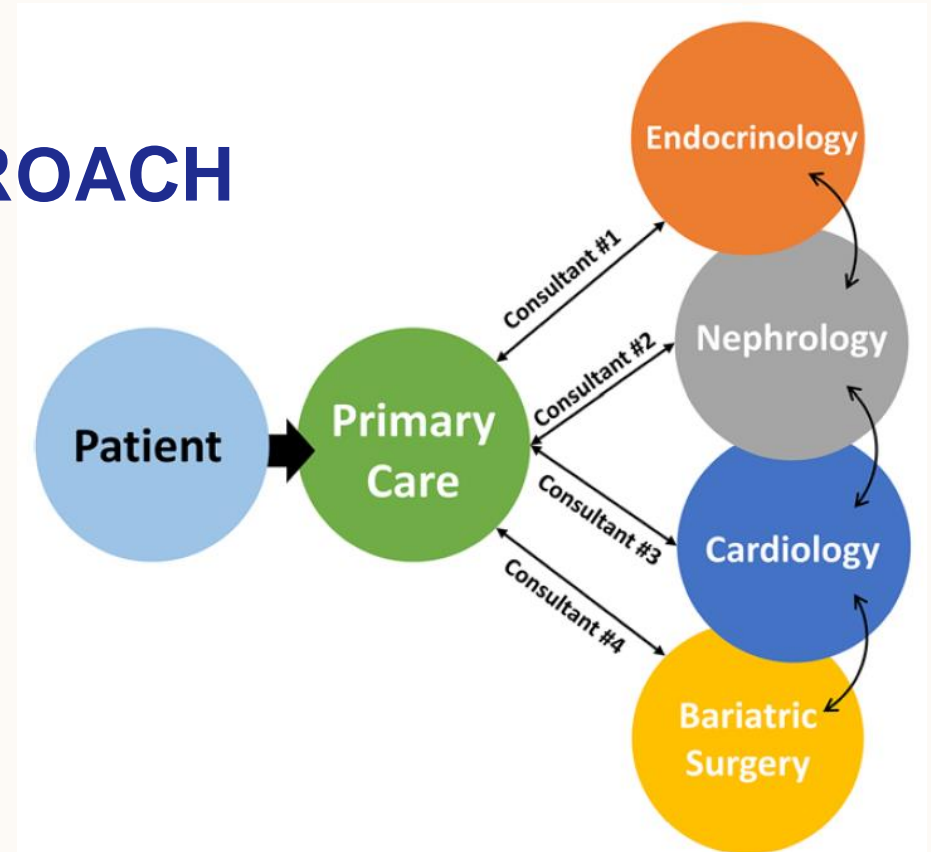


**A MODERN PLATFORM
PROVIDING A CONVENIENT
ONE-STOP-SHOP FOR
CLINICIANS' PROACTIVE/
PREVENTIVE HEALTHCARE**



**INTEGRATION AT THE
POINT-OF-CARE THROUGH
THE ELECTRONIC MEDICAL
RECORD SYSTEM**

TEAM BASED APPROACH



Sharing information between primary care doctors and other specialists they are ultimately helping the patient avoid duplicate medications and tests, drug interactions, and a whole host of other problems.

THANK YOU

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