Invitation to Ohio: Healthcare Innovation

Discussion Framework
M. T. Wellness: BACKGROUND INFORMATION

- M.T. Wellness founded in 1997 by Thuy Bowyer. She has:
  - Worked with chronic pain patients and their healthcare providers.
    - By performing over 40,000 treatments for almost 5,000 patients with chronic pain conditions ranging from normal pain to centralized or psychogenic abnormal pain.
  - Participated in Pilot program at Honda for Early Intervention from ~1998-2004.
  - Worked with LMTs from 1997-2016.
  - Participated in several companies’ annual health fairs and regular well care assessments from 2001-2016 (e.g., Chemical Abstracts, OCLC, OSU, etc.).
  - Participated in and conducted Research, Training and Development ~ 2011- Present.
  - Published research article in Journal of Family Medicine and Disease Prevention (JFMDP) in 2018.
Results 1 year post MRMT® treatment:

- 40% pain reduction
- 50% discontinuation in use of prescription medication
- 23% increase in quality of life
- 85% reduction in the use of other therapies
CDC article published in September, 2018 stated: 50 million Americans reported hurting every day (or almost everyday) in the previous 6 months.

Our records show- MTW chronic pain patients experienced daily pain (or almost everyday) for more than 12 months.

MTW patients share lack of knowledge of musculoskeletal awareness!

MTW patients wished they had learned about musculoskeletal health sooner!
Research data report piqued the interest of AG DeWine in 2016

MRMT®: an effective alternative to prescription drugs for people living with chronic pain (based on 2016 data)

<table>
<thead>
<tr>
<th>Patient Data</th>
<th>Male</th>
<th>22%</th>
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</thead>
<tbody>
<tr>
<td>Female</td>
<td>248</td>
<td>72%</td>
</tr>
<tr>
<td>Average Age</td>
<td>62</td>
<td></td>
</tr>
<tr>
<td>New patients this year</td>
<td>67</td>
<td></td>
</tr>
<tr>
<td>Average number of visits per patient</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Average patient pain rating</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Average patient function rating</td>
<td>81</td>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Medications Taken at Initial Visit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain reliever</td>
</tr>
<tr>
<td>Muscle Relaxer</td>
</tr>
<tr>
<td>Anti-Inflammatory</td>
</tr>
<tr>
<td>Anti-depressant</td>
</tr>
<tr>
<td>Anti-anxiety</td>
</tr>
<tr>
<td>Anti-convulsant</td>
</tr>
<tr>
<td>Sleep aid</td>
</tr>
<tr>
<td>Multiple</td>
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<table>
<thead>
<tr>
<th>Treatment for:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pain</td>
</tr>
<tr>
<td>Loss of Function</td>
</tr>
<tr>
<td>Both</td>
</tr>
<tr>
<td>Other</td>
</tr>
<tr>
<td>Acute</td>
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<tr>
<td>Chronic</td>
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40% of patients discontinued pain medications with MRMT®

M. T. Wellness
Problem: Musculoskeletal Pain

• Musculoskeletal impairments are a major contributor to chronic pain and functional disorders.

• Unfortunately, our current primary healthcare system does not appreciate this nor address it until disability, absenteeism, or chronic conditions develop among workers.

• The Ohio Governor’s Cabinet Opioid Action Team encouraged insurance companies to provide support for non-pharmaceutical interventions for pain management.

M. T. Wellness
### Ohio BWC

**Workplace Wellness Grant Program** to partner with employers to develop a healthier workforce.

- Financially assisted employers in creation and implementation of a wellness program up to $15,000 to eligible employers until the grant funds are no longer available.
- Goal is to limit and control the escalating cost of workers’ compensation claims by addressing health risk factors.

### MTW

**MTW-MRMT** to partner with Dave Fox (DF) Company to develop a healthier workforce.

- Examined the cost savings and how to shift from “vital signs only” wellness to adding on musculoskeletal assessment in the work environment.
- Shared costs between MTW and DF from January 2017-June 2018 for a pilot study initiative aimed at improving employee health and safety and to improve productivity and reduce costs to our state of Ohio.
## Shared: Common values and beliefs

<table>
<thead>
<tr>
<th><strong>Ohio BWC-Better You, Better Ohio!</strong></th>
<th><strong>MTW-MRMT</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Was designed to provide health and wellness resources and services to help employers with 50 or less employees to develop a healthier workforce by helping their workers identify a life changing disease before it strikes.</td>
<td>Planned to partner with Dave Fox (DF) Company with ~50 employees to develop a healthier workforce by helping the workers identify their <em>musculoskeletal health</em> condition before it strikes.</td>
</tr>
</tbody>
</table>

**Intervention—**

- Used cardiovascular-related biometric screening either through physician’s office, a specific lab or self-administered.
- Used self-reported information via computer questionnaires for health risk assessment.
- If results from these 2 areas show comorbidity, then life management coaching calls are encouraged.

**Innovation—**

- Used accepted method of analyzing musculoskeletal assessment in the work environment to identify potential problems before they arose and promoting solutions such as (1) using SI belt to counteract carpenter tool belt to reduce pelvic obliquity that could lead to low back and hip pain; (2) using dynamic foot rest to help support employees at their desk.
- Used personalized face-to-face interview for individualized health risk assessment for awareness, education, and training.
Our request for Innovation Recognition for:
Dave Fox Company (DF)

- DF demonstrated exemplary efforts in caring for its employees.
- Shared belief with BWC’s philosophy of keeping workers healthy and that “safety should never be an afterthought or a simple line item on a balance sheet”.
- Created an Employee Wellness Program that includes one-on-one time spent with each of the employees at their work site for:
  - Musculoskeletal screening as part of the well-care focus for their health and safety. **This is Innovation.**
  - Personalized health risk assessment, awareness, education and training, lifestyle and disease management programs encouraged and embraced by the President of the company. **This is Intervention.**

M. T. Wellness
Our Solution: Healthcare Innovation

1. This gap in our healthcare delivery - lack of attention paid to musculoskeletal health issues - needs to be addressed with education, increased awareness, and appropriately trained staff in musculoskeletal health assessment and management.

2. We believe this training must begin at the grassroots level.
Our Vision: Healthcare Innovation

- Empower our students with new skills for entry into the healthcare field by introducing a new course series at the undergraduate level.
- Establish comprehensive healthcare “wellness” evaluations by increasing awareness of the importance of good musculoskeletal health in the workplace and elsewhere.
- Collaborate with local businesses to expose students to a work environment so they can hone their new communication skills in a real world setting and also avail of any job opportunities.
Our Vision: Healthcare Innovation

Implementation of our Vision

Initially through Capital University, students would learn:

1. how to communicate and interact with individuals in the work place;
2. how to conduct individual musculoskeletal general assessment in the work place;
3. how to gather quality data using research methods, write reports and make recommendations based on a structured Musculoskeletal health assessment and scoring system that has been published in the Journal of Family Medicine and Disease Prevention (JFMDP) while using BWC wellness program vendor guidelines to assist the company.
Our Vision: Collaboration and Implementation

1. **Short term**: to offer scholarships to qualified students to cover partial tuition to encourage them to register for this course during the first two years it is offered. Students will also receive credits towards their graduation requirements.

2. **Long term**: expand to other local universities, so that success of this initiative will result in Capital and other Universities making these electives a part of their regular course offering so that musculoskeletal health assessment by trained professionals could eventually become part of our primary medical care to achieve the following goals:
   - Chronic pain is reduced or eliminated
   - Physical function is restored
   - Pharmaceuticals use is eliminated or reduced
   - Invasive procedures are avoided
   - Health care cost savings is achieved through intervention and prevention
Accelerating Adoption: Ohio first!

- **Results for Ohio**: decrease in drug use, healthcare cost reduction, healthier, more effective workforce for Ohio businesses, job creation

- **Critical success elements:**
  - Pipeline of healthcare students to conduct annual musculoskeletal health assessment while learning how to communicate one on one and apply their skills through externship
  - Ohio encourages this *Workplace Wellness Program* as collaboration between higher education institution and companies
  - All healthcare insurance encourages *Workplace Wellness Program*
  - Consumers well informed on *Workplace Wellness Program* options
How can we collaborate? Ohio first!

• Key discussion topics:
  – Are there questions about our BWC proposal?
  – Can BWC fund off-cycle?
  – We want to grow our ideas in Ohio and seek your support and guidance.