

IS WORKING REMOTELY A PAIN IN THE NECK?

Musculoskeletal Disorders and Virtual Care Solutions



Wednesday, January 13, 2021
9:15am - 10:45am

Sponsored by:



Remote Stretch Break with SWORD Health



Megan Hill, PT, DPT

Clinical Specialist

SWORD Health

Burden of MSK Disorders 2021 – What's the Impact of COVID-19?



Joel M. Press, MD

Physiatrist-in-Chief

Hospital for Special Surgery



Burden of Musculoskeletal Disorders: What is the Impact and Legacy of COVID-19?

A Perspective from the World's Leading Musculoskeletal Provider

Joel Press, MD

Physiatrist-in-Chief

Hospital for Special Surgery

- I. HSS Overview
- II. The current burden of musculoskeletal care
- III. HSS Strategy and looking forward

HSS Overview

HSS



155+ year-old academic medical delivery system focused on musculoskeletal health



150K+ patients cared for every year



500 specialized MDs and 1K+ clinicians



20+ locations across the NY Tri-State & SE FL regions

Current Trends


THE INSTITUTE OF MEDICINE HAS ESTIMATED THAT

30% OF TOTAL
HEALTHCARE
SPENDING

GOES TO UNNECESSARY,
INEFFECTIVE,
OVERPRICED & WASTEFUL SERVICES.



THAT'S \$765 BILLION.

THAT WASTE ALONE IN U.S. HEALTHCARE IS  MORE THAN WE SPEND ON K-12 EDUCATION.

TOTAL HEALTHCARE SPENDING

 (PUBLIC & PRIVATE) 

IS PROJECTED TO

RISE TO ONE-FIFTH
OF THE ECONOMY
BY 2025.



Musculoskeletal Health

More than **1 in 2** adults report a musculoskeletal condition every year¹

Musculoskeletal conditions represent **1/3** of all reasons requiring time away from work² and affect **20%** of the workforce³

Musculoskeletal cost **exceeds \$1 Trillion**, outpacing GDP growth by **2-3X**¹

Musculoskeletal disease is the **largest driver** of healthcare costs⁴

Sources:

1. The Hidden Impact of Musculoskeletal Disorders on Americans; Bone and Joint Initiative, 2018. <https://www.thebalance.com/us-gdp-by-year-3305543>
2. National Health Interview Survey (NHIS), Adult Sample, CDC, 2013;
3. Bureau of Labor Statistics
4. Huse DM, Merder WD: "What are the leading drivers of employer healthcare spending growth?," Truven Health Analytics, April 2013;

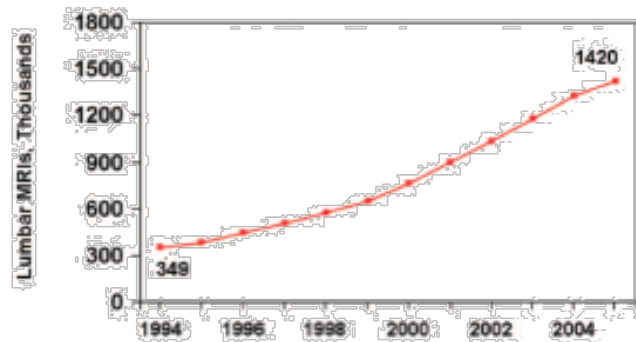
Select Highlight: Cost of Treating Low Back Pain

Expenditures for Back Care in a Large US Health Care System over a Six-Month Period*		
	6-mo expenditure	Estimated PMPM spending
Narcotics	\$630,000	0.83
In-patient admissions	\$318,500	0.42
Magnetic resonance imaging	\$301,500	0.40
Surgery	\$226,000	0.30
NSAIDs	\$141,000	0.19
Plain x-rays	\$105,000	0.14
Physical Therapy	\$90,942	0.12
CT scanning	\$46,700	0.06
4% of 126,181 members had a documented back care encounter over the six-month period*		

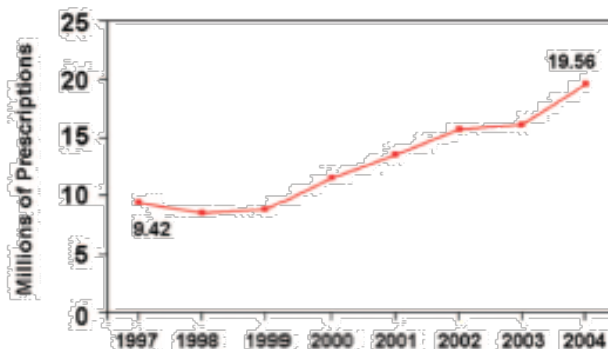
Overtreating Chronic Back Pain: Time to Back Off?

Richard A. Deyo, MD, MPH; Sohail K. Mirza, MD, MPH; Judith A. Turner, PhD; Brook I. Martin, MPH

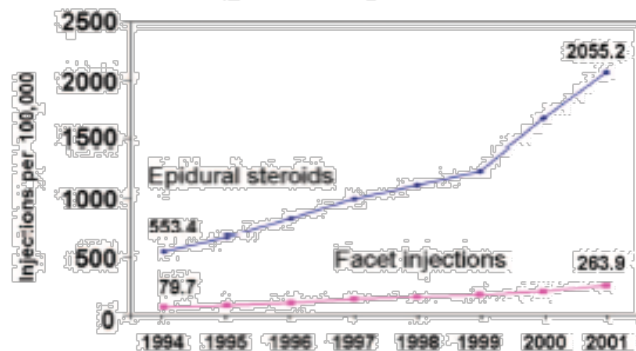
a Lumbar spine MR imaging, Medicare



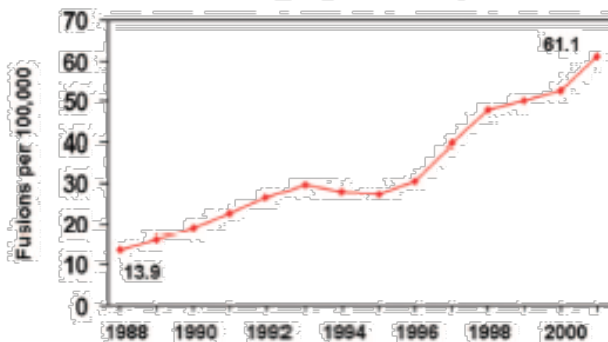
b Opioid analgesic prescriptions for spine problems



c Lumbosacral injection rates, Medicare



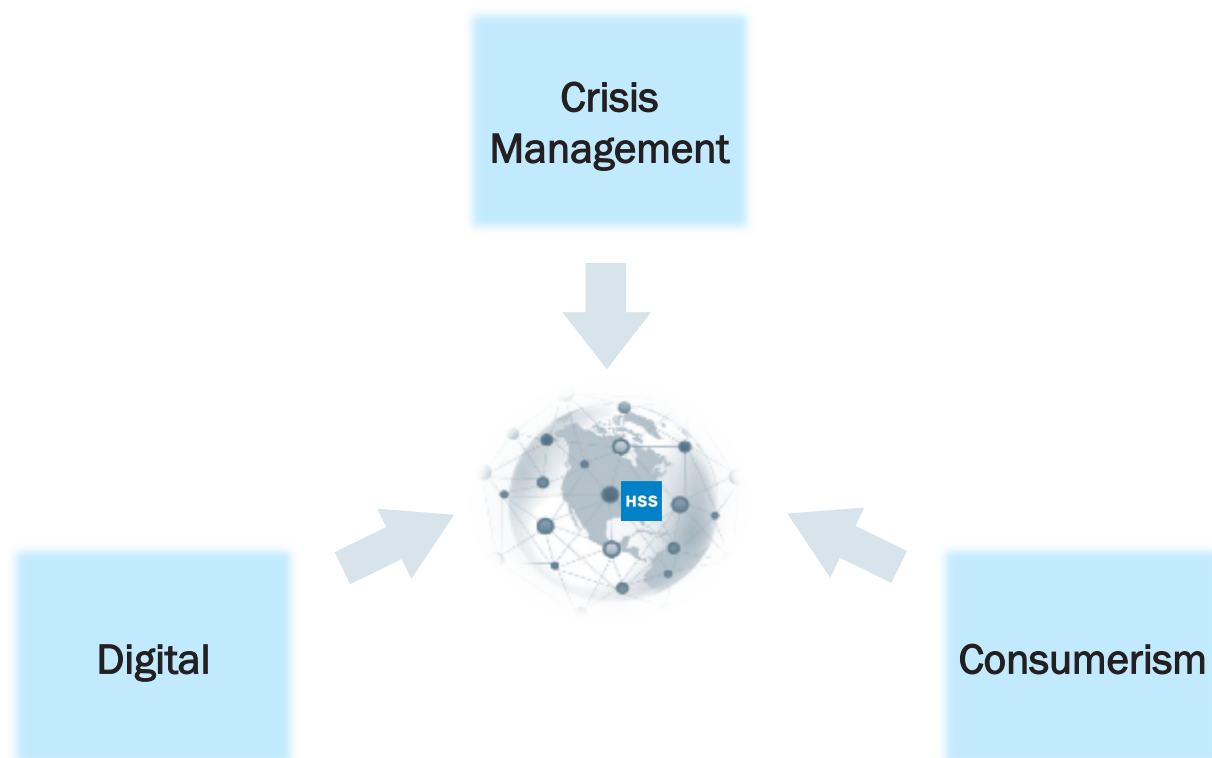
d Lumbar fusion rates, degenerative spine conditions



JABFM January-February 2009 Vol. 22 No. 1

- 629% increase expenditure for ESI
- 423% for opioids
- 307% for MRIs
- 220% for spinal fusion

Evolving Healthcare Landscape



COVID-19 has accelerated trends across the healthcare industry

- Enhanced importance of proactive crisis management & need for **agility / adaptability**
- Shifting consumer behaviors and **preferences** across all sectors—especially healthcare
- **Digital transformation** in a complex, disrupted environment

COVID-19 Impact

THE ORTHOPAEDIC FORUM

Musculoskeletal Consequences of COVID-19

Nathaniel P. Disser, BS*, Andrea J. De Micheli, PhD*, Martin M. Schonk, MS, Maxwell A. Konnaris, BS, Alexander N. Piacentini, MS,
Daniel L. Edon, MS, Brett G. Toresdahl, MD, Scott A. Rodeo, MD, Ellen K. Casey, MD, and Christopher L. Mendias, PhD, ATC

Investigation performed at the Hospital for Special Surgery, New York, and Weill Cornell Medical College, New York, NY

Downloaded from <http://journals.lww.com>

J Bone Joint Surg Am. 2020;102:1197-204 • <http://dx.doi.org/10.2106/JBJS.20.00847>

COVID-19 Impact on Musculoskeletal Care

What are we seeing?

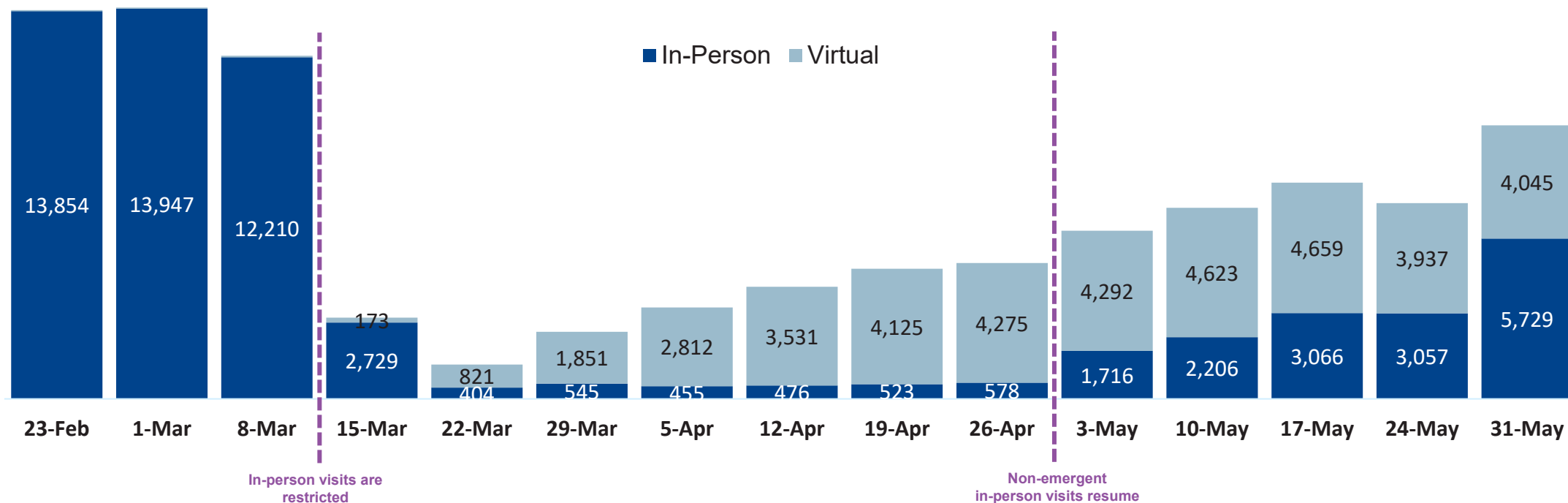
- Decrease in acute trauma
- Marked reduction in elective musculoskeletal surgery
- Decreased physical activity of patients
- Increased sedentary work and life- meeting to meeting is now a click
- Sitting at home, not at a desk at work
- Social isolation
- Fear, anxiety (already associated with musculoskeletal care) AMPLIFIED

How do we adapt?

- Evolve safety practices
- Deliver virtual, impactful care
- Digitize the patient experience
- Create frictionless, omnichannel access to care

Returning to a New Normal & Looking Forward

Weekly Patient Visits

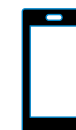


Year End Goal
6,000 virtual visits per week*

Managing Musculoskeletal Care in the New Normal



Process



Resource

Access

Answer phone calls and schedule appointments as soon as possible

Dedicated phone line

Triage

Appropriate triage at time of initial phone call

Nurse practitioner directs patient to most efficient pathway based on HSS clinical expertise (PT/NP/MD/Surgeon)

Case Management

Track member engagement and redirect timely based on outcomes

Use HSS clinical expertise/algorithm to determine points of intervention

HSS Telehealth 4.0: Future of Virtual Care

Unique Offerings

Engagement

- Engagement services via single digital entry
- Engaging performance content and clinical triage powered by HSS
- Asynchronous chat responses
- Single Camera Motion Capture for diagnosis

Wearable

- Engaging wearables sent to patient prior to care
- Data driven, AI powered care triage & delivery
- HSS powered myMobility with Apple Watch that will alert, engage and provide care

Biometrics

- Blood tests and consumer biometric data capture to inform care decisions virtually
- HSS medical grade suit delivery prior to virtual care
- Haptic guidance in real-time

Virtual Care

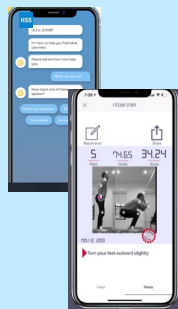
- Digital assessments through strategic partnerships
- Contactless care and guidance via innovation partners
- Onsite clinics integrated with digital care

Predictive

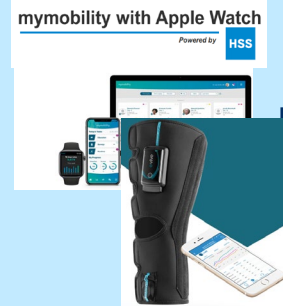
- Real-time guidance and feedback using analytics
- Connecting devices for guidance and predicting care issues
- Identification of new metrics for tracking movement and function

Technology Partners
In Collaboration with
HSS Innovation Institute

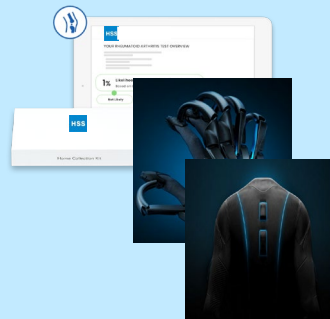
AI, Chat, and Engagement



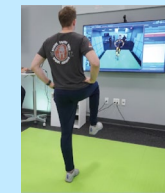
Connected and Wearable Devices



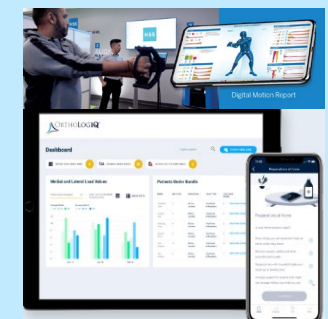
Biometric Data and Guidance



Contactless Care



Data Driven Engagement



Key Takeaways

1

The burden of musculoskeletal care has only increased since the pandemic

2

We need to improve the value, efficiency, availability and safety in providing musculoskeletal care to employers & their covered lives

3

The pandemic has accelerated digital care and technology forever

4

There are many opportunities to provide better, value- based care



The Journey to Digital Solutions for MSK

Panelists



Joel M. Press, MD

Physiatrist-in-Chief
Hospital for Special Surgery



Karen Thomas

Director, Case Management
Innovation
CorVel Corporation



Becky Veal

Vice President of People
Operations
Health Catalyst



Melissa Wunderle

Manager of Benefits Plans and
Programs
Exelon Corp



Moderator

Dr. Mark Cunningham-Hill

Medical Director
NEBGH



Have a question? Use the Q&A box!

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Upcoming NEBGH virtual events:

- **Jan. 21:** Battling Racial Disparities in Employer-Sponsored Healthcare
- **Jan. 25:** NEBGH Medical Director's Weekly Monday COVID-19 Update
- **Feb. 1:** NEBGH's Medical Director and Dr. Mark Fendrick