

# Endo ECHO: improving access to care for New Mexicans with diabetes

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NM Legislative Health and Human Services  
Committee Meeting

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# The Diabetes Epidemic

- 1 in 3 adults with DM by 2050 in the US
- Today: HALF of adults in US have diabetes or prediabetes
- New Mexico: Higher diabetes rates than the national average

CDC Press Release 2010.

*JAMA* 2015;314(10):1021-1029.

<http://www.cdc.gov/diabetes>

# Supply-Demand Mismatch

- ~50% of Americans with diabetes are uncontrolled
- Major shortage of diabetes specialists – projected to worsen over next decade
- Poor access to care results in poor outcomes in diabetic patients

*Diabetes Care* 2013;36:2271-2279.

*J Clin Endocrinol Metab* 2014;99(9):3112-3121.

*MMWR Morb Mortal Wkly Rep* 2012;61 Suppl:32-7.

# Poor outcomes in uncontrolled diabetes

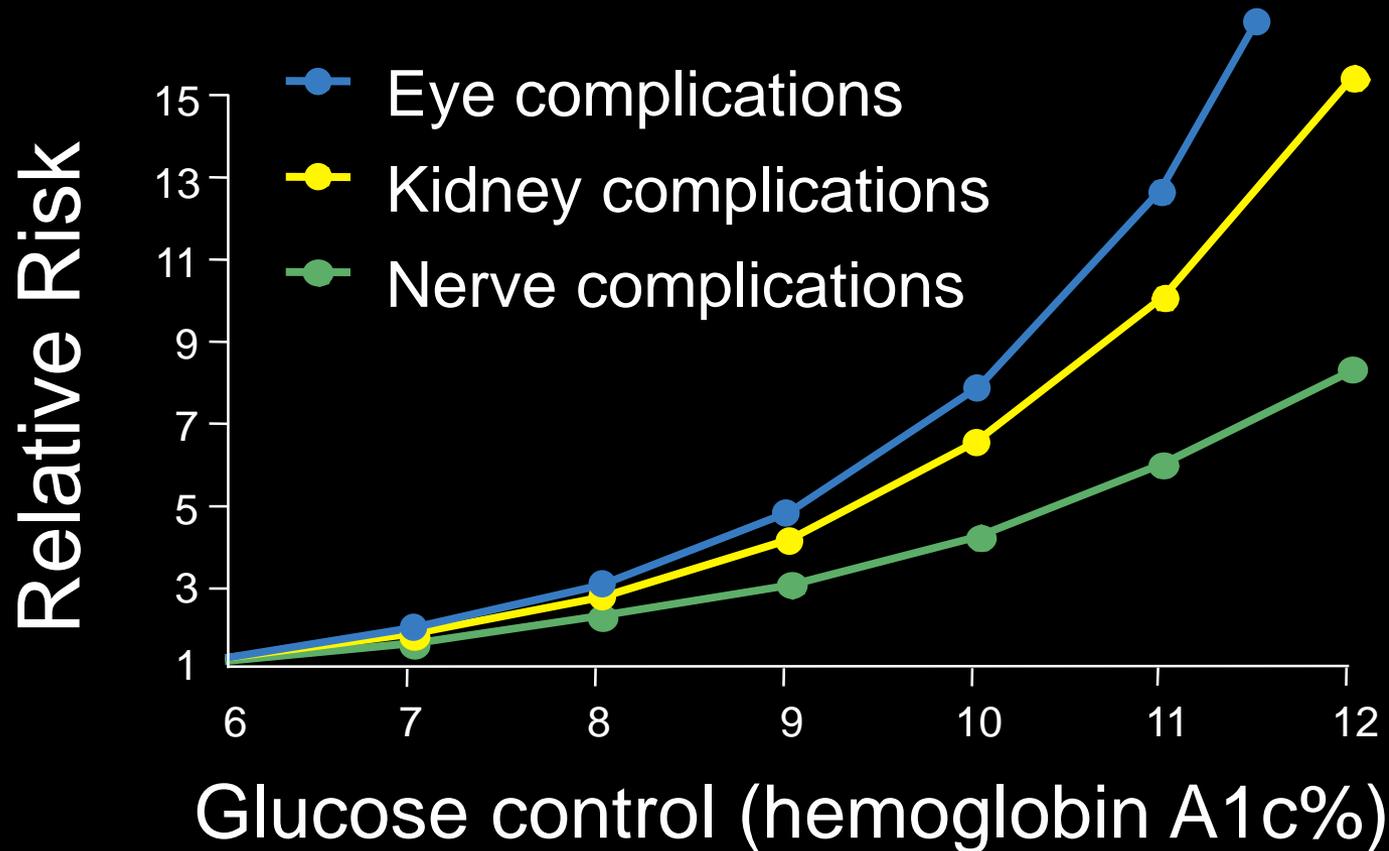
- Cardiovascular disease
  - Heart attack/stroke
  - Cause of death in 80% diabetic patients
  - Accounts for 30% Medicare expenditures
  - Prevalence of >50% of Medicaid patients
  - Preventable with timely/appropriate care

*Health Promotion Practical 2008;8(3):234-42.*

*American Heart & Stroke Association; 2011.*

*N Engl J Med 2008;359(15):1577.*

# Poor outcomes in uncontrolled diabetes



# New Mexico: Highest rates of diabetic eye complications

Diabetic Retinopathy Prevalence Rates by State

**United States**

*Prevalence Rate (%):* 5.3875

*Prevalence:* 7,685,237

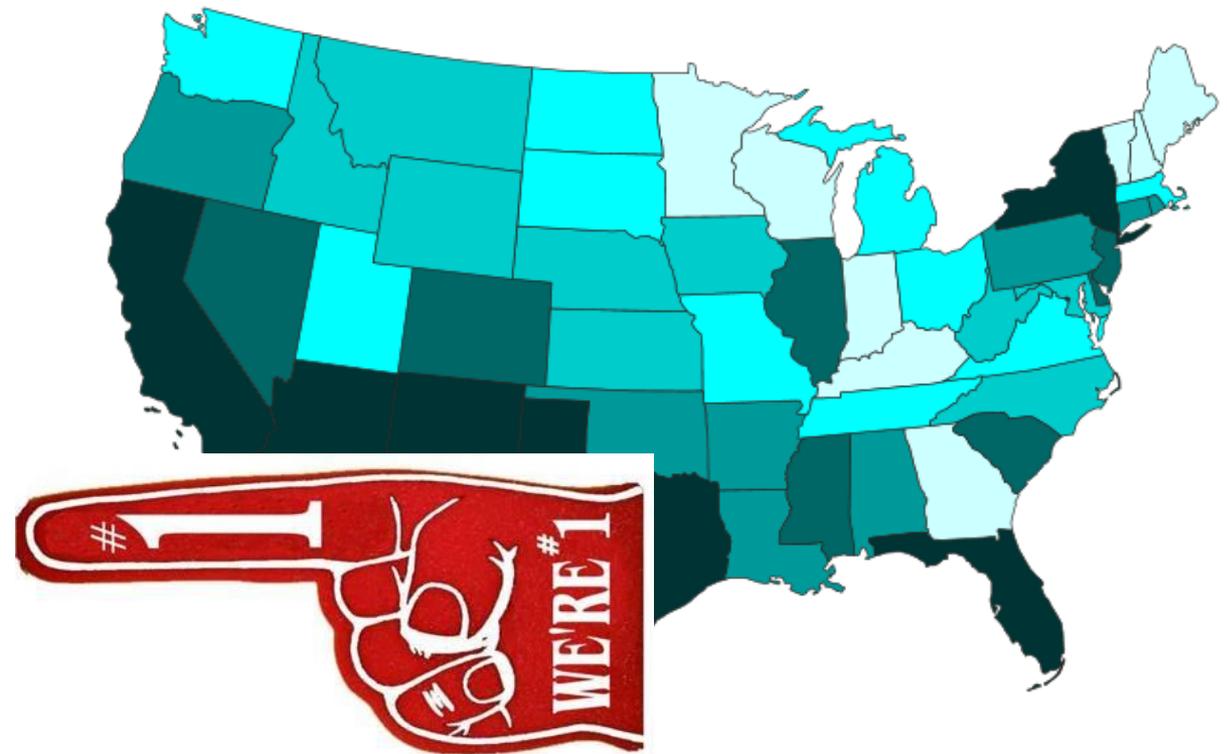
*Total Population ≥ 40* 142,648,393

**New Mexico**

*Prevalence Rate (%):* 6.6539

*Prevalence:* 62,974

*Total Population ≥ 40* 946,420



State Prevalence Rates
0.0550-0.0665
0.0524-0.0545
0.0519-0.0524
0.0512-0.0518
0.0507-0.0512
0.0468-0.0506

The map above reflects estimated state-by-state prevalence rates of diabetic retinopathy. The overall national rate is 5.4% for the U.S. population age 40 and older, indicating that nearly 7.7 million older Americans have diabetic retinopathy. Hover over the map and click on the desired state for the diabetic retinopathy prevalence rate in that state.

# Financial burden of uncontrolled diabetes

- Eye complications in New Mexico:  
>\$100 million/year
- Hemodialysis in New Mexico:  
>\$350 million/year
- Nerve complications in the US:  
Up to \$13.7 billion/year

Das, UNMHSC 2015.

Unruh, UNMHSC 2015.

*Diabetes Care* 2003;26(6):1790.

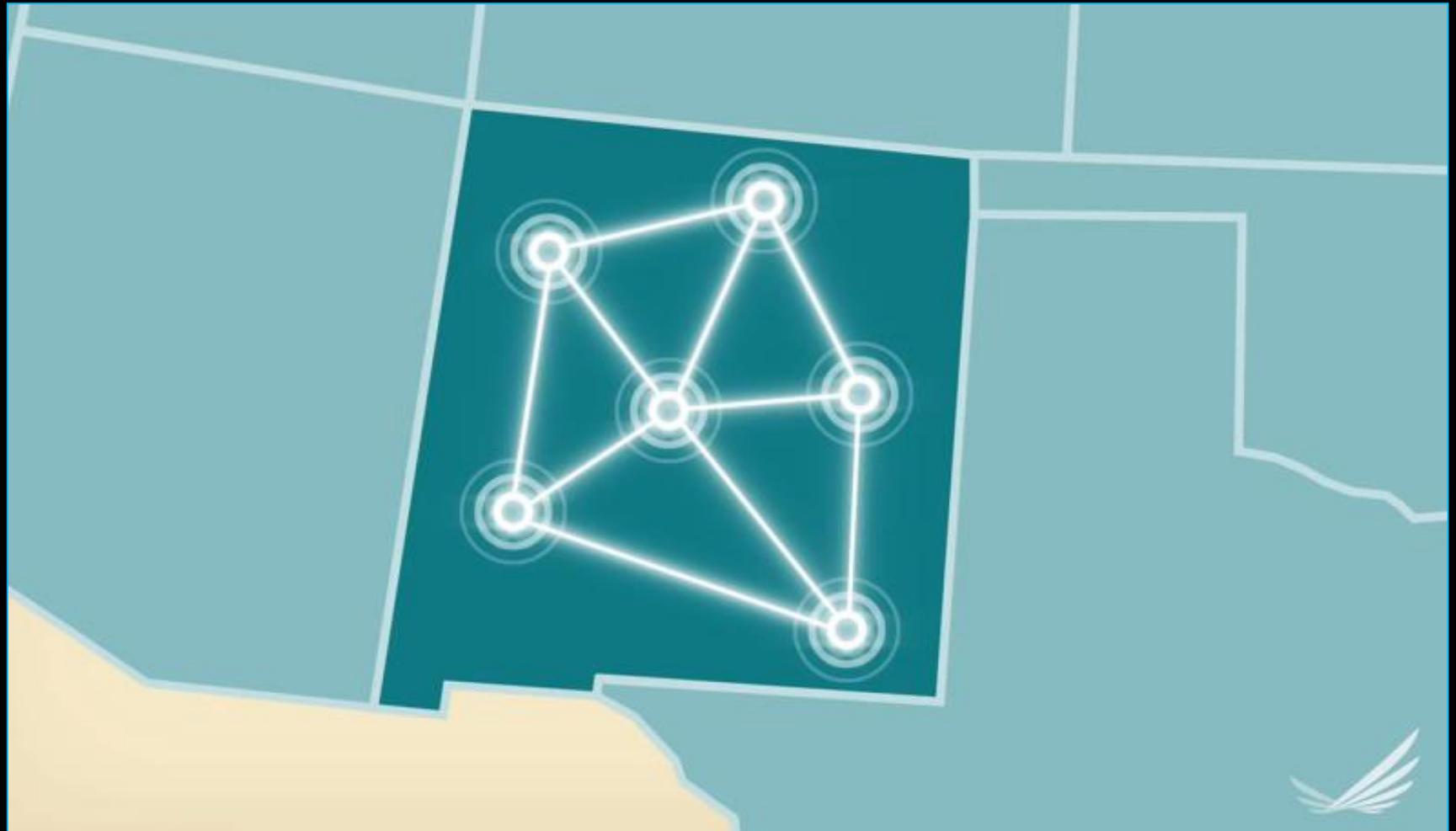


A solution for improving access  
to care for medically underserved  
patients in New Mexico

# Weekly “telementoring” of rural PCP’s by specialist panel at the academic medical center



Inexpensive intervention: Knowledge-sharing rapidly expands capacity for quality care of complex diabetic patients



# Proven safety and effectiveness

Care of patients treated by rural PCPs participating in ECHO is comparable to care received at the academic medical center



“Very cost effective”  
by World Health  
Organization  
(WHO) standards

*N Engl J Med* 2011;364(23):2199-207.

Wong et al. AASLD Meetings 2013.

# Cost savings



**Patients receive high quality care in their communities:**

Reduced travel for medical care

Reduced lost work time

Reduced transportation costs

# Cost savings



Reduced hospital admissions  
Reduced ER visits  
Reduced total health care costs

# Endo ECHO is designed to meet the needs of the “whole patient” with diabetes

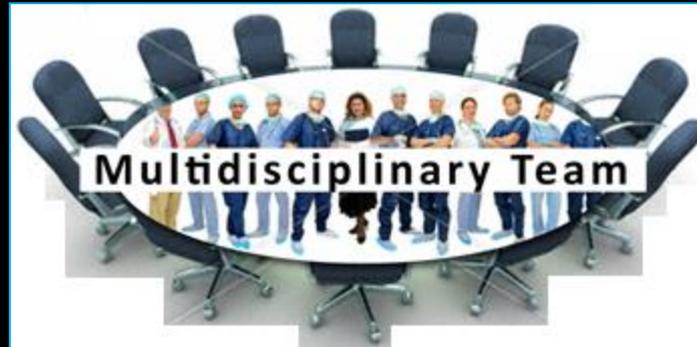
Pediatric  
Endocrinologist

Nephrologist

Adult  
Endocrinologist

Behavioral  
Health  
specialist

Social worker

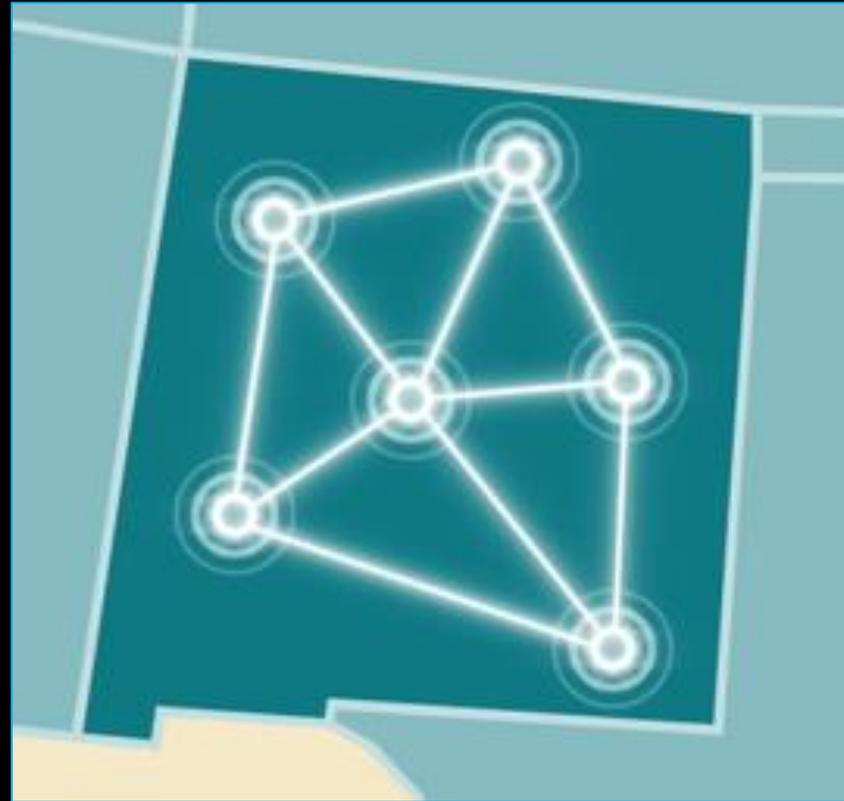


Pharmacist

Community  
Health Worker

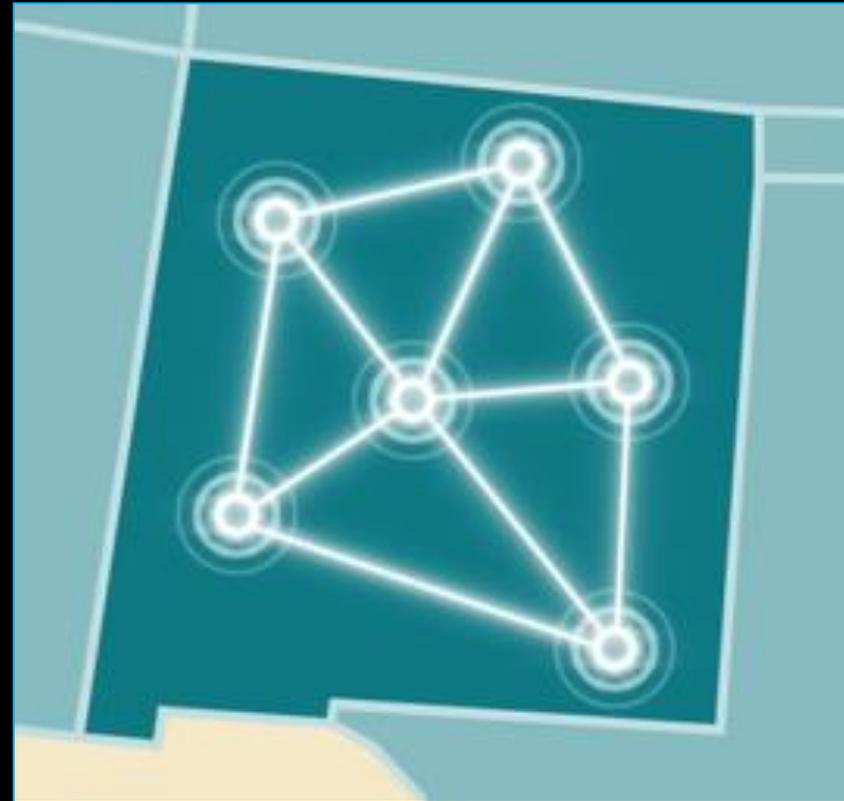
RN/CDE/  
nutritionist

Endo ECHO has  
partnered with clinicians  
and community health  
workers (CHWs) at  
health centers all over  
New Mexico to improve  
access to quality  
diabetes care



# Goals of Endo ECHO:

- Improved diabetes outcomes
- Reduced hospitalization rates
- Reduced ER visits
- Reduced health care costs
- Improved patient/provider satisfaction
- Improved capacity to meet the rising demand for diabetes care



Questions?