

# Pathways to Success: Utilizing Managed Care Models to Improve Clinical and Economic Outcomes in Diabetes

## Physician Credit

### Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of Physicians' Education Resource and Pharmacy Times Office of Continuing Professional Education. Physicians' Education Resource is accredited by the ACCME to provide continuing medical education for physicians.

### Credit Designation

Physicians' Education Resource designates this journal-based CME activity for a maximum of 2.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Pharmacist Credit



### Accreditation and Credit Designation

Pharmacy Times Office of Continuing Professional Education is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. This activity is approved for 2.5 contact hours (.25 CEUs) under the ACPE universal activity number 0290-9999-13-135-H01-P. The activity is available for CE credit through June 15, 2014.

## Instructions

After reading "Pathways to Success: Utilizing Managed Care Models to Improve Clinical and Economic Outcomes in Diabetes," complete the program evaluation and select the single best answer to each of the posttest questions.

A statement of continuing education credit will be provided to those physicians and pharmacists who successfully complete and return the answer form and program evaluation and receive a passing grade of 70% or higher on the posttest.

## Posttest Questions

Choose the best answer for each of the following:

- 1. In the National Health and Nutrition Examination Survey (2003-2006), what percentage of participants reached all 3 goals (A1C, blood pressure, and LDL-C)?**
  - a. 17.5%
  - b. 15.6%
  - c. 12.2%
  - d. 10.4%
  
- 2. Which of the following T2DM therapeutic options inhibits disaccharidase enzymes in the gut, thereby delaying carbohydrate absorption and slowing glucose entry into the systemic circulation?**
  - a. Thiazolidinediones
  - b. Dipeptidyl peptidase-4 inhibitors
  - c. Meglitinides
  - d. Alpha-glucosidase inhibitors

## Posttest

3. For patients who have had T2DM for only a short time, have no significant cardiovascular disease, and for whom significant hypoglycemia is not a risk, the ADA/EASD practice guidelines recommend an A1C goal of:
  - a. Less than 5.5%
  - b. Less than 6.5%
  - c. 7%
  - d. 7.5%
4. Each day, how many grams of plasma glucose are filtered by the kidney?
  - a. 280
  - b. 180
  - c. 150
  - d. 100
5. When adjusting insulin dosages, what is the target level of fasting blood glucose?
  - a. 120-140 mg/dL
  - b. 100-120 mg/dL
  - c. 100-140 mg/dL
  - d. 140-180 mg/dL
6. Bolus insulin should account for what percentage of the total daily insulin requirement at each meal?
  - a. 5% to 10%
  - b. 20% to 30%
  - c. 40% to 50%
  - d. 10% to 20%
7. What percentage is the crude prevalence of diagnosed DM estimated to reach by the year 2031?
  - a. 6.9%
  - b. 7.6%
  - c. 8.5%
  - d. 9.1%
8. Data published by the ADA between 1997 and 2012 indicate that:
  - a. Indirect costs for DM have been relatively stable and direct medical costs have increased
  - b. Indirect costs for DM have decreased and direct medical costs have increased
  - c. Indirect costs for DM have increased and direct medical costs have increased
  - d. Indirect costs for DM have increased and direct medical costs have been relatively stable
9. According to the CDC's data on age-adjusted anti-diabetic medication use from 1997 through 2011:
  - a. The percentage of patients on both oral agents and insulin decreased slightly
  - b. The percentage of patients on both oral agents and insulin increased slightly
  - c. The percentage of patients taking insulin only increased
  - d. The percentage of patients taking oral agents decreased
10. According to data published by the ADA in 2007, what percentage of medical expenditures attributed to DM was for hospital inpatient care?
  - a. 30%
  - b. 35%
  - c. 45%
  - d. 50%
11. In general, insulin accounts for approximately what percentage of medication errors associated with anti-diabetic agents overall?
  - a. 50%
  - b. 65%
  - c. 80%
  - d. 85%
12. Which T2DM therapeutic option has been associated with a majority (51.8%) of errors reported for oral agents?
  - a. Thiazolidinediones
  - b. Meglitinides
  - c. Sulfonylureas
  - d. Alpha-glucosidase inhibitors
13. According to 1 projection, between 2009 and 2034, annual DM-related spending is projected to increase from:
  - a. \$115 billion to \$330 billion
  - b. \$110 billion to \$325 billion
  - c. \$113 billion to \$336 billion
  - d. \$113 billion to \$330 billion

14. To formulate pharmacy policies, MCOs commonly rely on:
- Product labeling
  - Guidelines and treatment algorithms
  - FDA-approved indications
  - Pharmaceutical company advertising
15. How many primary DM management goals are there for payers?
- 4
  - 3
  - 2
  - 1
16. The traditional benefit plan design entailed managing costs through:
- Restriction of resource utilization
  - Use of both direct and indirect data to invest in incentives
  - Use of value-based purchasing
  - Emphasis on alignment between reimbursement and implementation of best practices
17. According to a recent report by the Robert Wood Johnson Foundation, families enrolling in consumer-directed health plans for the first time in 2005 spent:
- 10% less than similar families enrolled in conventional plans
  - 14% more than similar families enrolled in conventional plans
  - 14% less than similar families enrolled in conventional plans
  - 10% more than similar families enrolled in conventional plans
18. In a survey of 1500 managed care medical and pharmacy directors, what percentage responded that their organization had no “pay for performance” programs?
- 26.3%
  - 36.3%
  - 46.3%
  - 56.3%
19. In 2010, the CDC estimated that what percentage of the US population had DM?
- 8.3%
  - 8.1%
  - 7.8%
  - 7.6%
20. According to data collected by the CDC in 2010, where did T2DM rank on the list of causes of death in the United States?
- Fourth
  - Fifth
  - Sixth
  - Seventh

### **Physician Credit**

#### ***Instructions for Receiving Continuing Physician Education (CME) Credit: Testing and Grading Information***

This lesson is free online at [www.ajmc.com](http://www.ajmc.com) where you will be directed to the posttest and evaluation form to receive instant grading and a downloadable CME certificate.

#### ***Testing and Grading Directions***

Each participant evaluating the activity and achieving a passing grade of 70% or higher on the posttest will receive a CME certificate.

### **Pharmacy Credit**

#### ***Instructions for Receiving Continuing Pharmacy Education Credit: Testing and Grading Information***

1. This lesson is **FREE** online; receive instant grading and download your statement of credit at [www.PharmacyTimes.com](http://www.PharmacyTimes.com).
2. Mailed and/or faxed posttests and evaluation forms will be processed for a nominal fee of \$10 (see below for address and fax number).

#### ***Testing and Grading Directions***

1. Each participant evaluating the activity and achieving a passing grade of 70% or higher on the examination will receive a CE statement of credit stating the number of credits earned. This form should be safeguarded and may be used as documentation of credits earned.
2. Participants receiving a failing grade on any exam will be notified and permitted to take 1 reexamination at no cost.
3. All answers should be recorded on the answer form.
4. To receive a statement of credit, please detach and mail or fax the test portion of this page to:

Pharmacy Times Office of Continuing Professional Education  
666 Plainsboro Road, Suite 356  
Plainsboro, NJ 08536

Phone: 800-597-6372; Fax: 609-257-0000

Please print clearly to ensure receipt of CE credit.

To receive credit and an immediate statement of credit online, go to [www.PharmacyTimes.com](http://www.PharmacyTimes.com), complete the online evaluation form and online posttest (achieving a passing grade of 70% or better), and you will be able to print your statement of credit free of charge.

Posttest Answer Form and Evaluation Form follows.

ACE009

Answer Form and Evaluation

Please print clearly.

CE Answer Form: June 15, 2013 • PATHWAYS TO SUCCESS: UTILIZING MANAGED CARE MODELS TO IMPROVE CLINICAL AND ECONOMIC OUTCOMES IN DIABETES				
<b>ACTIVITY 0290-9999-13-135-H01-P</b> (TEST VALID THROUGH JUNE 15, 2014. NO CREDIT WILL BE GIVEN AFTER THIS DATE.)				
1. a b c d	5. a b c d	9. a b c d	13. a b c d	17. a b c d
2. a b c d	6. a b c d	10. a b c d	14. a b c d	18. a b c d
3. a b c d	7. a b c d	11. a b c d	15. a b c d	19. a b c d
4. a b c d	8. a b c d	12. a b c d	16. a b c d	20. a b c d
<input type="checkbox"/> Presently Enrolled in CE Program		<input type="checkbox"/> Nonsubscriber Participant Pharmacist		
Name:		E-mail:		
Address:				
City:		Zip:	Daytime Phone:	
Specialty: <input type="checkbox"/> Pharmacist <input type="checkbox"/> Pharmacy Technician <input type="checkbox"/> Other (Specify)				
NABP e-Profile Number:			Date of Birth (MM/DD Format):	

CE Evaluation Form: June 15, 2013 • PATHWAYS TO SUCCESS: UTILIZING MANAGED CARE MODELS TO IMPROVE CLINICAL AND ECONOMIC OUTCOMES IN DIABETES					
--	--	--	--	--	--

Please rate the effectiveness of this activity. Your input and comments are encouraged and appreciated.

	Poor		Average		Excellent
1. Overall, how would you rate this activity?	1	2	3	4	5
2. Overall, how would you rate the work of the instructor(s)?	1	2	3	4	5
3. How would you rate the quality of the instructional materials?	1	2	3	4	5
4. Were the learning objectives of this activity met?	<b>Not at all</b>		<b>Partially</b>		<b>Completely</b>
(Objective 1)	1	2	3	4	5
(Objective 2)	1	2	3	4	5
(Objective 3)	1	2	3	4	5
(Objective 4)	1	2	3	4	5
(Objective 5)	1	2	3	4	5
(Objective 6)	1	2	3	4	5
5. Was the activity useful and relevant to your practice?	1	2	3	4	5

6. Do you believe the subject matter was presented objectively? **Yes No**  
 If no, please explain: \_\_\_\_\_

<p>7. Do you intend to make any changes to your practice based on learnings from this program?</p> <p>a. Yes b. No</p> <p>If <b>yes</b>, which of the following changes do you intend to implement? <i>(Please select all that apply)</i></p> <p>a. Provide more in-depth counseling to patients              b. Proactively talk to patients with this disease/problem/issue              c. Educate staff to better help patients              d. Seek more resources to provide to patients              e. Implement disease management program              f. Improve monitoring for adherence/persistence              g. Other _____              h. None</p>	<p>8. Do you anticipate any barriers in trying to implement changes in your practice?</p> <p>a. Yes b. No c. Don't know</p> <p>If <b>yes</b>, what barriers do you anticipate? <i>(Please select all that apply)</i></p> <p>a. Lack of time              b. Lack of resources              c. Lack of pharmacy technician help              d. Corporate focus is elsewhere              e. Legal issues              f. Insurance issues/restrictions              g. Patients don't want this service or have no time              h. Other _____              i. None</p>	<p>9. Based on the learning from this activity, overall how confident are you in your ability to counsel/educate/manage the disease/condition/problem <i>(1 being NOT confident and 5 being VERY confident)?</i></p> <p>a. 1 (Not confident)              b. 2              c. 3 (Somewhat confident)              d. 4              e. 5 (Very confident)</p> <p>10. What other topics related to this topic would you like to explore in future CE activities?</p> <p>_____</p> <p>_____</p> <p>_____</p>
---	--	---

Please mail this form to: Pharmacy Times Office of Continuing Professional Education, 666 Plainsboro Road, Suite 356, Plainsboro, NJ 08536