

Guided Care – comprehensive care for people with complex health-related needs and high healthcare costs

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Technology ID

C17303

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Medical Instruments and
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Johns Hopkins Nursing offers the "[Guided Care Nursing | A Team Approach to the Care of Chronically Ill Older Patients](#)" course. The Guided Care course is the only approved training to become a Guided Care Nurse. Nurses who complete the course will receive a certificate of completion in Guided Care Nursing from

Johns Hopkins. The license for Guided Care requires that the nurses implementing the materials be certified in Guided Care.

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Unmet need

People who have chronic health-related problems that require complex health care are often served sub-optimally by fee-for-service healthcare systems. Their care may be fragmented, uncoordinated, non-aligned with their values and priorities, and unresponsive to the needs of their family caregivers. It is always very expensive.

Fortunately, new value-based payment models now offer financial incentives for healthcare systems to provide this population with care that is comprehensive, coordinated, proactive and aligned with patients' and families' values.

Technology overview

In alignment with these emerging incentives, "Guided Care" now offers a novel solution for providing high-value healthcare for people with complex needs – and for their families.

· In Guided Care, a specially certified registered nurse, who is based in a primary care practice, partners with the patient's other providers in delivering eight services to 75-100 chronically ill patients. Following a comprehensive in-home assessment and planning process, the Guided Care Nurse monitors each patient monthly, guides the patient's

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self-management, smooths the patient's transitions between sites of care, coordinates the efforts of all of the patient's providers, facilitates the patient's access to community services and supports the patient's family caregivers.

- A Guided Care license provides licensees with:

- o Permission to use the Guided Care model and name

- o The "Health History Questionnaire" that guides the in-home assessment

- o A template for the "Preliminary Care Guide" (the Guided Care Nurse's initial draft plan of care that results from the in-home assessment)

- o A template for the "Care Guide" (the final plan of care that integrates input from the Guided Care Nurse, the physician, the patient and the caregiver)

- o A template for the "Action Plan" (the patient-friendly version of the "Care Guide" that reminds the patient of personalized self-management tasks that will optimize health and function).

- Implementation of Guided Care in primary care practices is facilitated by:

- o A detailed implementation manual

- o An online 40-hour course provided by the Institute for Johns Hopkins Nursing to prepare RNs to become Guided Care Nurses

- o A patient information booklet.

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- A cluster-randomized controlled trial (n=904) showed that Guided Care provides high-value care by improving the quality of care and reducing complex (expensive) patients' overall healthcare costs. It also improves physicians' satisfaction and reduces the strain felt by family caregivers.

Future use

Guided Care is a valuable solution for healthcare systems that wish to succeed as they make the transition from fee-for-service to value-based models of payment for healthcare.

Publications

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