

NDPERS BOARD MEETING

Agenda

Bismarck Location:
WSI Boardroom
1600 East Century Avenue
Fargo Location:
WSI Meeting Room
2601 12th Ave SW

April 16, 2009

Time: 8:30 AM

I. MINUTES

- A. March 19, 2009

II. GROUP INSURANCE

- A. Diabetes Management Program Update – Jayme Steig (Information)
- B. Disease Management – Sparb (Board Action)
- C. BCBSND – Sparb (Information)
- D. COBRA Update – Sparb (Information)
- E. Consultant Services – Sparb (Board Action)
- F. BCBS 2008 Claims Review – Bryan (Information)
- G. Surplus/Affordability Update – Bryan (Information)

III. DEFERRED COMPENSATION

- A. 457 Provider Training – Deb (Board Action)

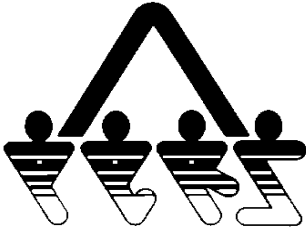
IV. RETIREMENT

- A. Other Post Employment Benefit Plans (OPEB) Actuarial Valuation – Sparb (Board Action)

V. MISCELLANEOUS

- A. Legislative Update – Sparb (Information)
- B. Quarterly Consultant Fees – Jim (Information)
- C. Executive Director Review - Chairman Strinden (Board Action)
- D. IFEBP – Sparb (Board Action)
- E. Financial Hardship #2009-001DC – Kathy (Board Action)
- F. SIB Agenda

Any individual requiring an auxiliary aid or service must contact the NDPERS ADA Coordinator at 328-3900, at least 5 business days before the scheduled meeting.



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Memorandum

TO: NDPERS Board

FROM: Kathy & Sparb

DATE: April 9, 2009

SUBJECT: Diabetes Management Program Update

Jayme Steig, Clinical Coordinator Provider with Frontier Pharmacy Services, will be at the meeting to present an overview on the clinical data obtained thusfar and its indications with regard to the Diabetes Management Program.



Program Update & Data Overview

Data current as of 3/15/09

Jayne Steig, PharmD, RPh

Frontier Pharmacy Services, Inc

Clinical Coordinator Provider

1-877-364-3932

jsteig@frontierpharmacyservices.com

Data Overview

- NDPERS patient population
- Data from program launch to March 15, 2009
- Data is taken from that entered by providers into the MMS Assurance software system
 - No additional claim data, etc has been analyzed yet

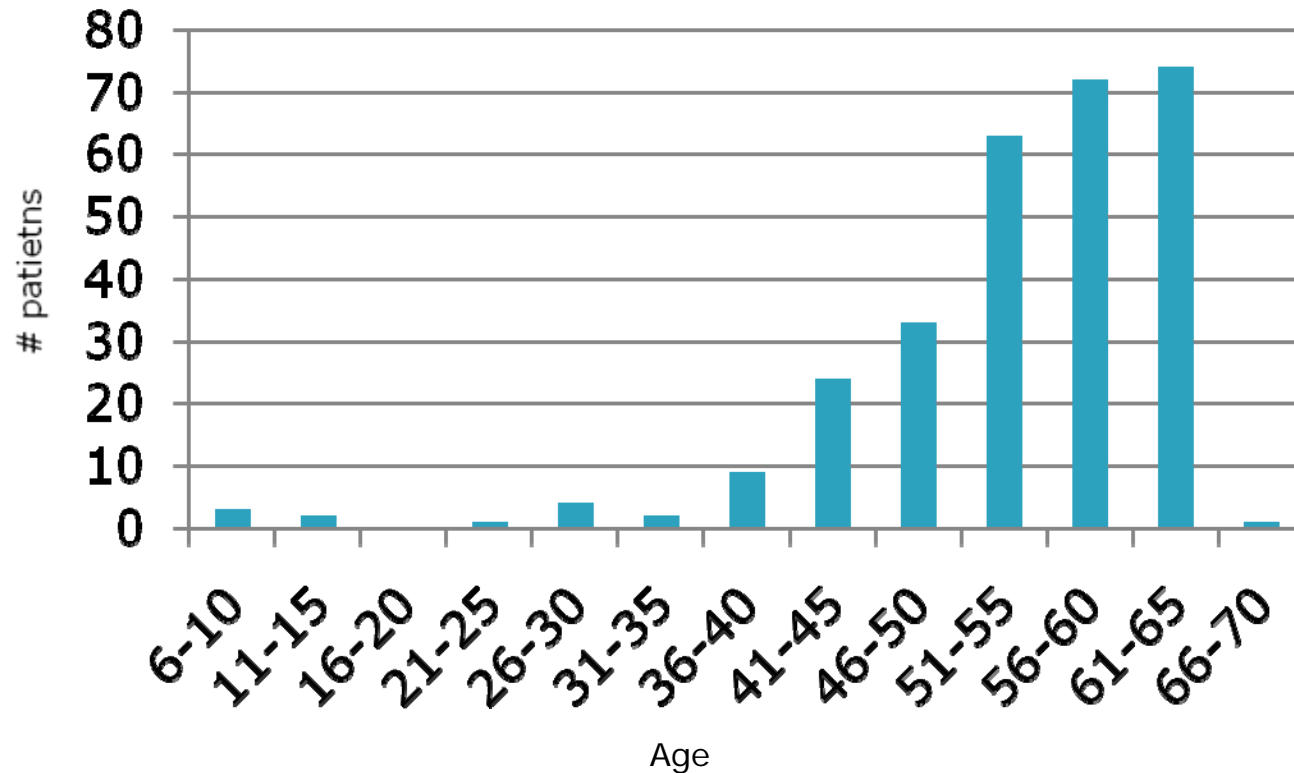
Patient Profile

- 288 patients with documentation
 - 831 encounters
- 53% female
- Average age = 53.7
- 5.7 medical conditions
- 9.8 medications
- 2.6 drug therapy problems

Patient Age

- Range 6 to 70 yrs, Std Dev 9.6

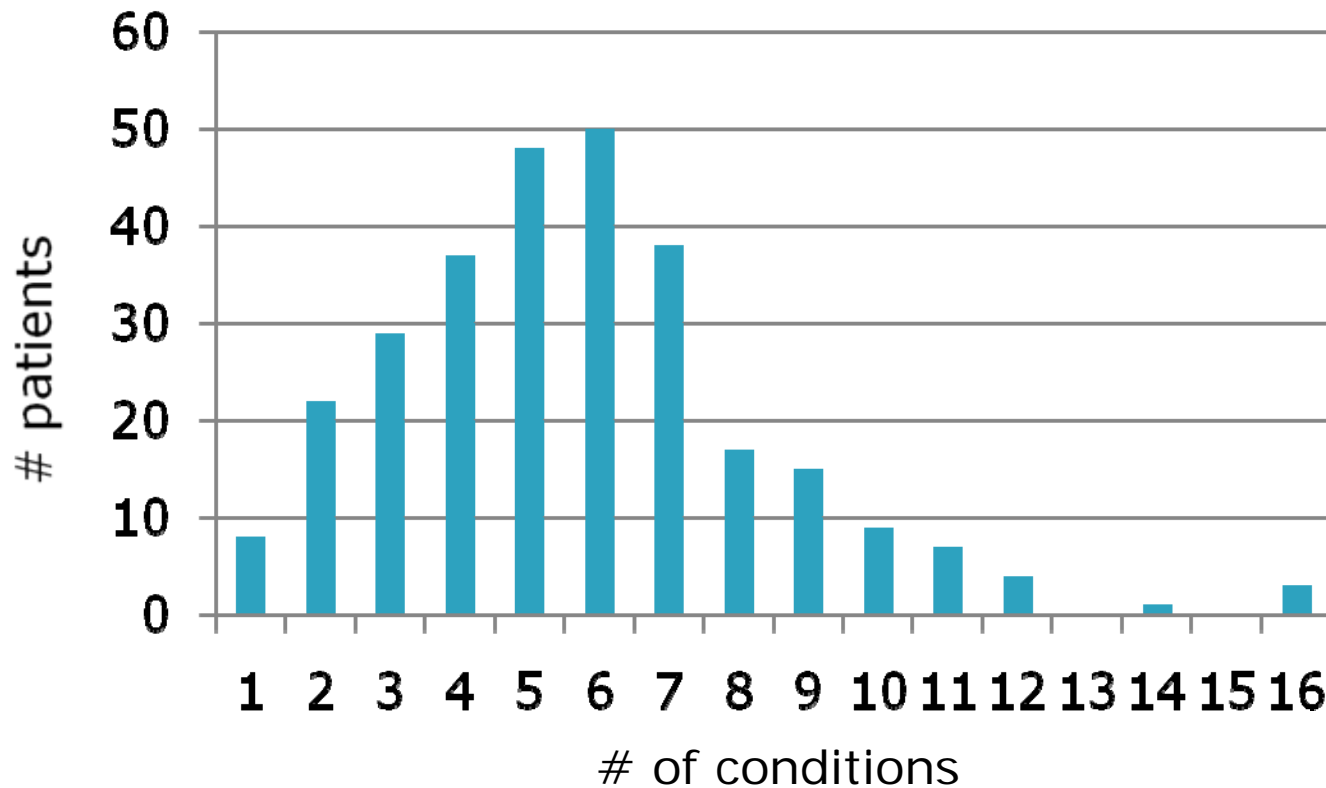
Age Distribution



Medical Conditions

- Range 1-16, 1641 total

Medical Condition Distribution



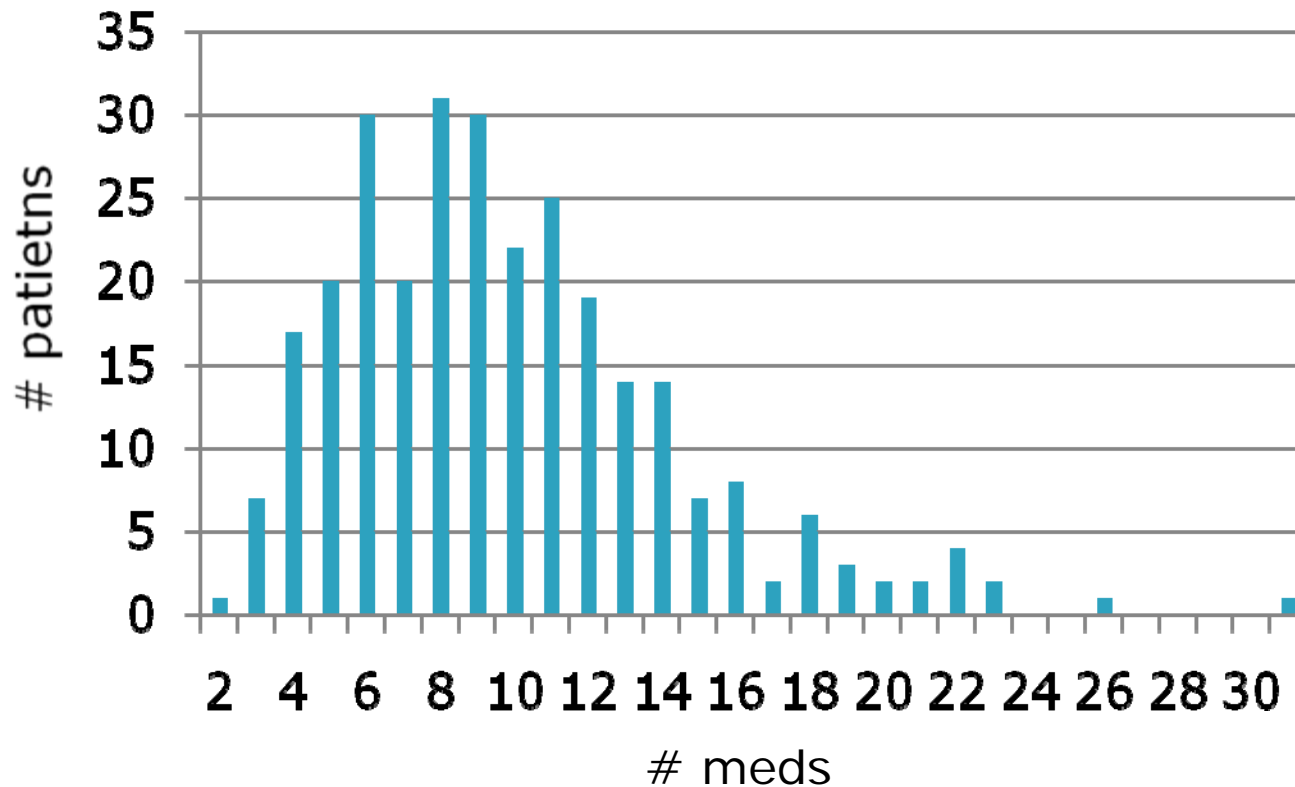
Most Frequent Co-morbidities

1. Hyperlipidemia
2. Hypertension
3. Prevent MI/Stroke
4. General Health –
Vitamins
5. Immunization
6. Depression
7. Hypothyroidism
8. GERD
9. Osteoporosis
10. Pain
11. Allergic Rhinitis
12. Insomnia

Medications

- Range 2-31, Std Dev 9.6, 2736 total

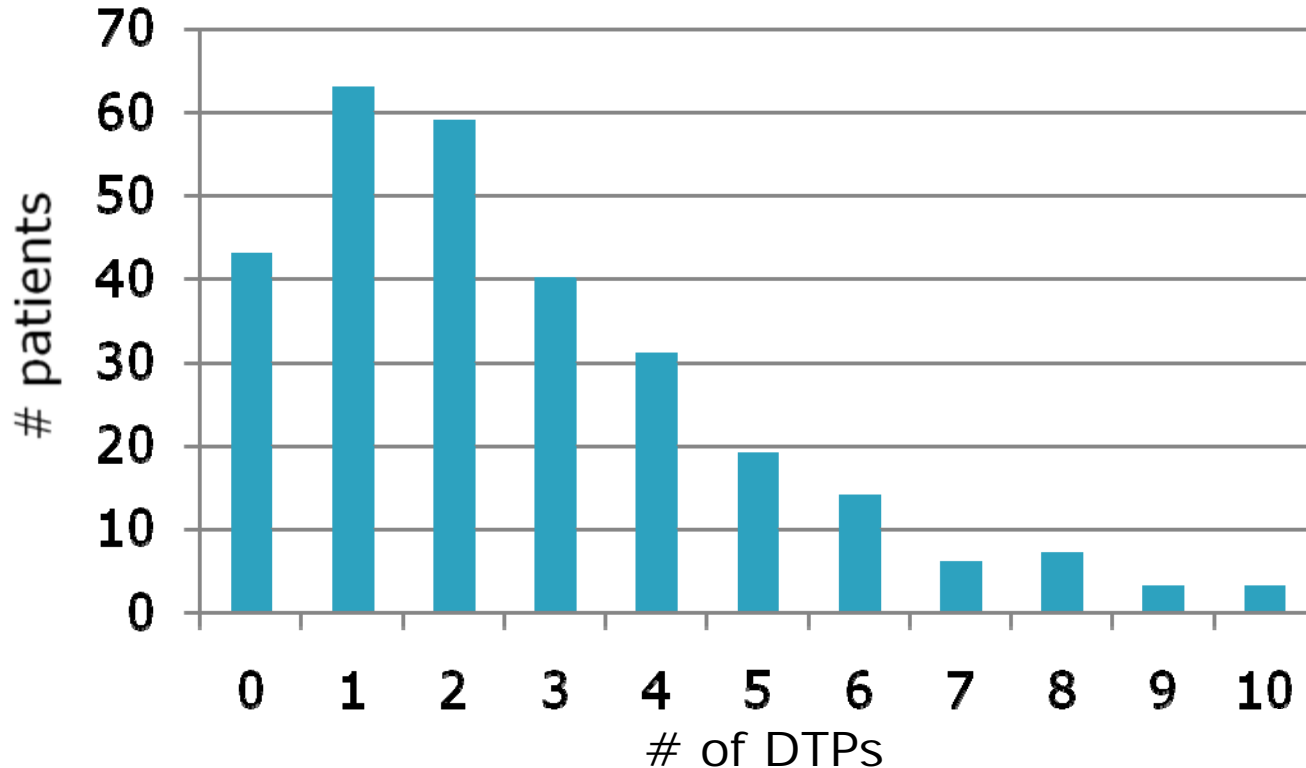
of Medications Distribution



Drug Therapy Problems

- Range 0-10, 759 total

DTP Distribution



Drug Therapy Problem Type

- Indication
 - Unnecessary Drug Therapy – 4%
 - Needs Additional Therapy – 36%
- Effectiveness
 - Ineffective drug – 6%
 - Dosage too low – 21%
- Safety
 - Adverse drug reaction – 12%
 - Dosage too high – 4%
- Compliance
 - Noncompliance – 17%
- TOTAL = 100%

Most common DTPs associated by medication condition

- Needs additional therapy – diabetes
- Dose too low – diabetes
- Need additional therapy – immunization
- Noncompliance – diabetes
- Dose too low – hypertension
- Noncompliance – hyperlipidemia
- Needs additional therapy – hyperlipidemia
- Adverse drug reaction – hyperlipidemia
- Adverse drug reaction – hypertension

- Accounted for 54% of all DTP

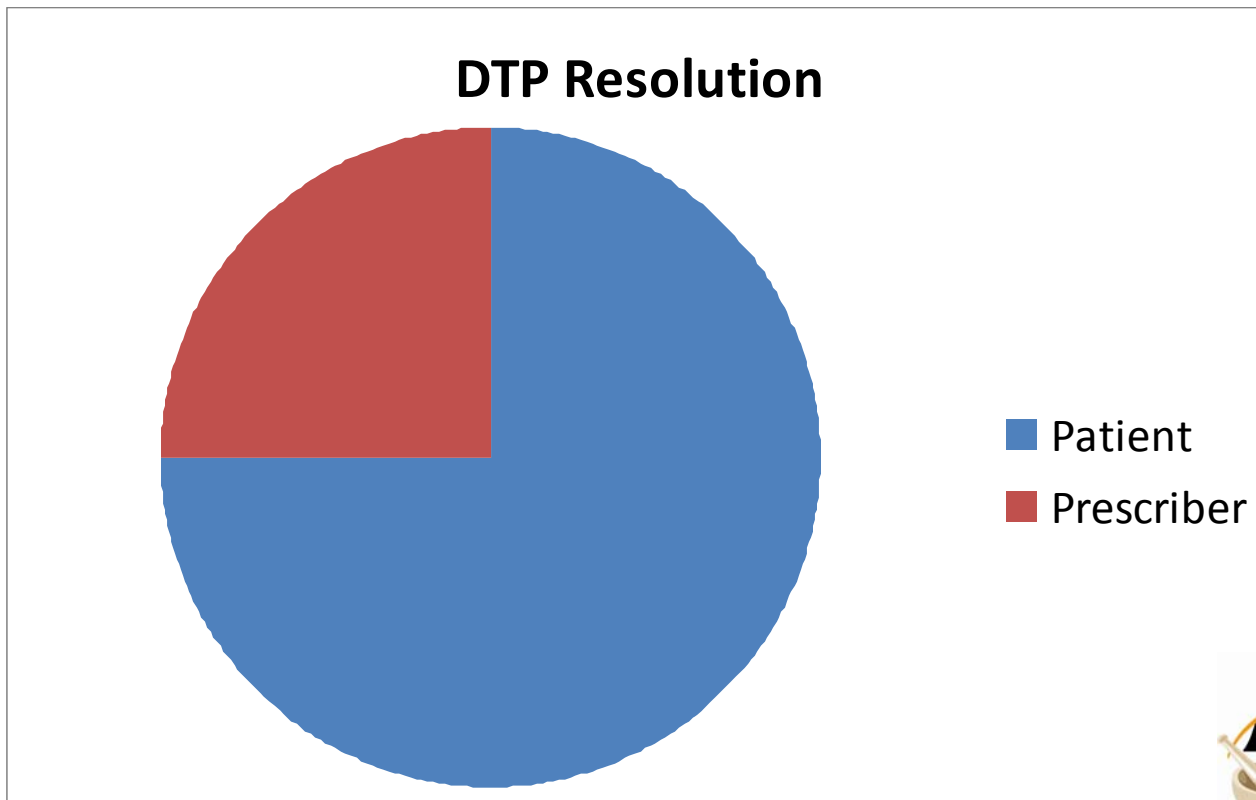
Most common DTPs associated by medication

- Needs additional therapy – vaccine
- Need additional therapy – ACE inhibitor
- Dose too low – insulin
- Noncompliance – glucometer testing
- Dose too low - biguanides
- Needs additional testing– glucometer testing
- Noncompliance – Statins
- Compliance - biguanides

- Accounted for 25% of all DTP

DTP Resolution

- 75% through patient
 - 25% through physician contact

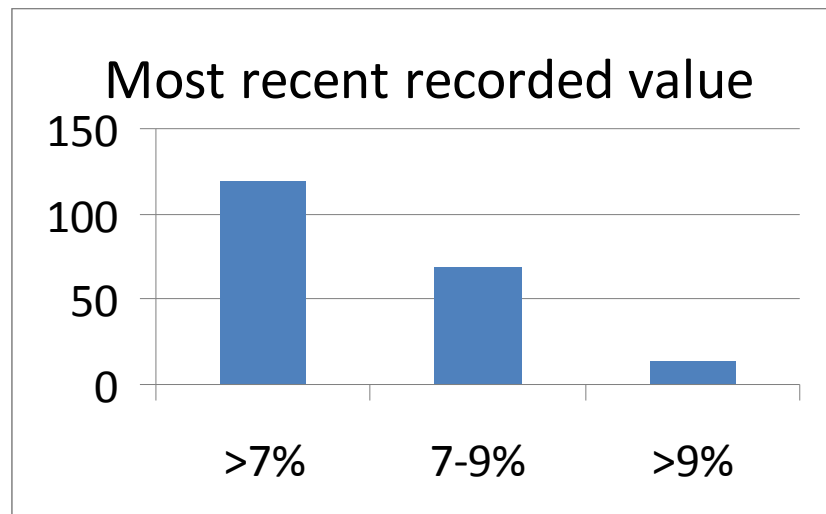


Clinical Outcomes

- Hemoglobin A1C (goal < 7%)
- Systolic (goal 90-130)
- Diastolic (goal 60-80)
- Total cholesterol (goal 50-200)
- LDL (goal 60-100)
- HDL (goal 40-100)
- Triglycerides (goal 50-150)

Hemoglobin A1C

- 203 patients with recorded values



- 157 with multiple values
 - 1st value avg = 7.36
 - Last value avg = 7.05
 - $P < 0.0005$, Std Dev 1.38, 1.11

Hemoglobin A1C

- 49.7% of patients with multiple values had their initial result $>7\%$
 - Avg A1C of these patients = 8.24
- 33.3% of those patients are now within range
 - Avg A1C of all out of range patients on most recent result = 7.59
 - $P < 0.0005$, Std Dev 1.37, 1.12

Systolic

- 254 patients with recorded values
 - 51% have most recent value at goal
- 226 have multiple values
 - 1st visit avg = 133
 - Most recent avg = 131
 - Std dev 16.8, 17.3
- 49% did not initially meet goal
 - 24% now meet goal
 - 1st value avg = 147
 - Most recent avg = 141
 - $P < 0.0005$, Std dev 11.7, 16.7

Diastolic

- 253 patients with recorded values
 - 61% have most recent value at goal
- 224 have multiple values
 - 1st visit avg = 78
 - Most recent avg = 78
 - Std dev 10.1, 10.5
- 45% did not initially meet goal
 - 45% now meet goal
 - 1st value avg = 85.4
 - Most recent avg = 81.9
 - $P < 0.0005$, Std dev 10, 10.9

Total Cholesterol

- 144 patients with recorded values
 - 81% have most recent value at goal
- 89 have multiple values
 - 1st visit avg = 174.4
 - Most recent avg = 172.7
 - Std dev 44,38
- 25% did not initially meet goal
 - 45% now meet goal
 - 1st value avg = 234
 - Most recent avg = 207
 - $P < 0.0005$, Std dev 27, 41

LDL

- 140 patients with recorded values
 - 64% have most recent value at goal
- 87 have multiple values
 - 1st visit avg = 94
 - Most recent avg = 94
 - Std dev 32,29
- 52% did not initially meet goal
 - 31% now meet goal
 - 1st value avg = 105
 - Most recent avg = 99
 - $P < 0.0005$, Std dev 40,33

HDL

- 149 patients with recorded values
 - 57% have most recent value at goal
- 99 have multiple values
 - 1st visit avg = 43.2
 - Most recent avg = 45.8
 - Std dev 19,23
- 56% did not initially meet goal
 - 15% now meet goal
 - 1st value avg = 37.1
 - Most recent avg = 41
 - $P < 0.0005$, Std dev 22,26

Triglycerides

- 141 patients with recorded values
 - 55% have most recent value at goal
- 81 have multiple values
 - 1st visit avg = 219
 - Most recent avg = 215.5
 - Std dev 234,347
- 59% did not initially meet goal
 - 25% now meet goal
 - 1st value avg = 299
 - Most recent avg = 287
 - $P < 0.0005$, Std dev 277,436

Other Indicators

- Weight – 238 w/multiple values
 - 1st value avg = 224
 - Last value avg = 225
- BMI – 121 w/multiple values
 - 1st value avg = 34.8
 - Last value avg = 34.8
- Activity level – 53 w/multiple values
 - 1st value avg = 1.8
 - 2nd value avg = 2.1
 - $P < 0.0005$

Other Indicators

- Alcohol – 28 w/multiple values
 - 1st value avg = 2.2
 - Last value avg = 2.4
- Tobacco – 121 w/multiple values
 - 1st value avg = 34.8
 - Last value avg = 34.8
- Caffeine– 35 w/multiple values
 - 1st value avg = 2.4
 - 2nd value avg = 2.3

Surveys

- Diabetes Awareness and Quality of Life surveys administered at baseline, 6 months, 12 months
 - Results indicate that patients are entering program believing they have a good awareness of their diabetes and an acceptable quality of life
- Program satisfaction survey administered at 6 & 12 months
 - Show high patient satisfaction

Surveys - examples

○ Diabetes Awareness

1. Describe diabetes and what it does to my body

Agree	57.73%
Disagree	3.15%
Strongly Agree	23.97%
Strongly Disagree	0.95%
Unsure	10.73%

8. Take my medications and administer injections as instructed

Agree	31.55%
Disagree	0.63%
Strongly Agree	59.62%
Strongly Disagree	0.63%
Unsure	2.52%

11. Ask my pharmacist questions I may have about diabetes

Agree	47.95%
Disagree	5.05%
Strongly Agree	37.85%
Strongly Disagree	0.63%
Unsure	4.73%

12. Voice concerns to my doctor about my diabetes

Agree	43.22%
Disagree	1.89%
Strongly Agree	47.00%
Strongly Disagree	0.63%
Unsure	2.84%

Surveys - examples

○ Patient Satisfaction, n=90

10. The provider's efforts to help you improve your health or stay healthy

2	1.11%
3	2.22%
4	23.33%
5	70.00%

9. Ability of the provider to answer your questions about your medications

2	1.11%
3	1.11%
4	13.33%
5	80.00%

15. The educational materials provided

2	1.11%
3	1.11%
4	21.11%
5	72.22%

7. The provider's efforts to solve problems that you have with your medications

2	1.11%
3	2.22%
4	14.44%
5	78.89%

EXCELLENT PROGRAM- THANK YOU!

I hope this program will continue after the 1st year.

Replace weight loss materials with materials that allow for & support health at any size.

THIS IS AN AMAZING PROGRAM AND IT HAS HELPED ME IMMENSLEY.

Wish this program would have been available 10-20 years ago.



Health Care Costs

- As interpreted by providers in the MMS system
- Expenses – 306 occurrences
 - 77% involved additional drug costs
 - 23% Additional lab, office visits recommended
- Savings – 330 occurrences
 - 30% involved saving drug costs
 - 70% involved saving other health care interventions

Health Care Costs - Expenses

- \$11-25/90 days drug costs – 21%
- \$26-50/90 days drug costs – 21%
- \$51-100/90 days drug costs – 18%
- <\$10/90 days drug costs – 18%
- Additional lab costs – 11%

Health Care Costs - Savings

- Office visit saved– 52%
- \$101-200/90 days drug costs – 9%
- \$51-100/90 days drug costs – 7%
- \$11-25/90 days drug costs – 4%
- 26-50/90 days drug costs – 11%