

## Value-Based Services

### Proposed “Barrier-Free” services for use within a value-based benefit package

<b>Diagnosis</b>	<b>Medications</b>	<b>Labs</b>	<b>Imaging/Ancillary</b>	<b>Other</b>
<b>Alcohol &amp; Drug Treatment</b>	Buprenorphine for opioid dependence Acamprosate for alcohol dependence	None	None	Brief behavioral intervention to reduce hazardous drinking (SBIRT) Methadone maintenance treatment
<b>Asthma</b>	Medications according to NICE 2008 stepwise treatment protocol	None	Diagnostic spirometry	None
<b>Bipolar Disorder</b>	Lithium, valproate	Lithium – lithium level (q3 months); creatinine and TSH (q6 months) Valproate -LFTs and CBC (q6 months)	None	Medication management
<b>Cancer Screening</b>	None	Pap smears Fecal occult blood testing	Mammography Colonoscopy/Flexible sigmoidoscopy	Per USPSTF recommendations, “A” and “B” recommendations only
<b>Chronic Obstructive Pulmonary Disease(COPD)</b>	Short-acting inhaled bronchodilator	None	None	None
<b>Congestive Heart Failure (CHF)</b>	Beta-blockers, ACE inhibitors, diuretics	CBC, CMP, lipid profile, urinalysis (annually) TSH once	EKG, Diagnostic echocardiogram	Nurse case management
<b>Coronary Artery Disease (CAD)</b>	Aspirin, statins, beta blockers	Lipid profile (annually)	EKG	Cardiac rehabilitation for post-myocardial infarction (MI) patients

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<b>Dental Care, Preventive</b>	Fluoride supplements (age 6 months to age 16), if indicated  Professionally applied fluoride varnish (twice yearly in children aged 12 months to 16 years old who are at high risk), if indicated	None	Pit and fissure sealants in permanent molars of children and adolescents	None
<b>Depression, Major in Adults (Severe Only)</b>	SSRIs	None	None	Cognitive Behavioral Therapy (CBT) or Interpersonal Therapy (subject to limit, e.g. 10 per year) in conjunction with an antidepressant  Medication management
<b>Depression, Major in Children and Adolescents (Moderate to Severe)</b>	None	None	None	Psychotherapy (CBT, interpersonal, or shorter term family therapy)
<b>Diabetes – Type I</b>	Insulin (NPH and regular only), insulin supplies, ace inhibitors	HgA1c (annually)	None	Diabetic retinal exam for adults (annually)
<b>Diabetes – Type II</b>	Metformin, sulfonyureas, ACE inhibitors, insulin (NPH and regular only), insulin supplies	HgA1c, lipid profile (annually)	None	Diabetic retinal exam for adults (annually)

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<b>Hypertension</b>	Diuretics, ACE inhibitors, Calcium channel blockers, Beta blockers	Fasting glucose, fasting lipids (annually)	None	None
<b>Immunizations</b>	Routine childhood and adult vaccinations	None	None	Follow ACIP recommendations for non-travel vaccinations
<b>Maternity Care</b>	Folic acid, Rh immunoglobulin (when indicated)	Screening for hepatitis B, Rh status, syphilis, chlamydia, HIV, iron deficiency anemia, asymptomatic bacteriuria, rubella immunity, screening for genetic disorders	None	None
<b>Newborn Care</b>	Ophthalmologic gonococcal prophylaxis, Vitamin K prophylaxis	Sickle cell, congenital hypothyroidism, PKU (cost borne by the state)	None	None
<b>Reproductive Services</b>	Condoms, combined oral contraceptives, intrauterine devices, vaginal rings, Implanon, progesterone injections, female sterilization, male sterilization	See STI screening and maternity care	None	None
<b>Sexually Transmitted Infections</b>	Syphilis – Penicillin IM or doxycycline Chlamydia – azithromycin or doxycycline Gonorrhea – ceftriaxone IM or cefixime po	In certain populations: chlamydia, gonorrhea, HIV, syphilis	None	According to USPSTF guidelines for appropriate populations to screen (A and B recommendations only)

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<b>Tobacco Dependence</b>	Nicotine replacement therapy, nortryptiline, and bupropion	None	None	None
<b>Tuberculosis (TB)</b>	Per CDC guidelines – standard drug treatment for latent and active TB	Screening and diagnostic algorithm according to CDC guidelines	Chest x-ray per CDC guidelines	None

Guidelines based on empirical evidence (systematic reviews and health technology assessments), from trusted sources such as: ACIP, AHRQ, Cochrane Collaboration, CDC, OHSU Center for Evidence-Based Policy, NICE, NIH, Ontario, SIGN, USPSTF, WHO

### General principles

For medications

- 1) Generics unless no equivalent available
- 2) Medications for ≤ \$4 per month are preferred to more expensive medications

### Glossary

ACE: angiotension converting enzyme

ACIP: Advisory Committee on Immunization Practices

AHRQ: Agency for Healthcare Research and Quality

CBC: complete blood count

CDC: Centers for Disease Control and Prevention

CMP: complete metabolic panel

EKG: electrocardiogram

HgA1c: hemoglobin A1c

HIV: human immunodeficiency virus

IM: intramuscularly

LFTs: liver function tests

NICE: National Institute for Health and Clinical Excellence (England)

NIH: National Institutes of Health

OHSU: Oregon Health & Science University

PKU: phenoketouria

SIGN: Scottish Intercollegiate Guidelines Network

SBIRT: screening, brief intervention, and referral to treatment

SSRIs: serotonin specific reuptake inhibitors

STI: sexually transmitted infection

TSH: thyroid stimulating hormone

USPSTF: US Preventive Services Taskforce

WHO: World Health Organization