PRIMARY CARE FOR ALL AMERICANS

Health Care Renaissance Summit

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Three invisible facts. What we know. Where we're headed.

How primary care and community organizing can transform health and healthcare

Lessons from our movement

Michael Fine, M.D,

PRIMARY CARE FOR ALL AMERICANS

Disclosures

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In Memory of H. Jack Geiger and Bernard Lown

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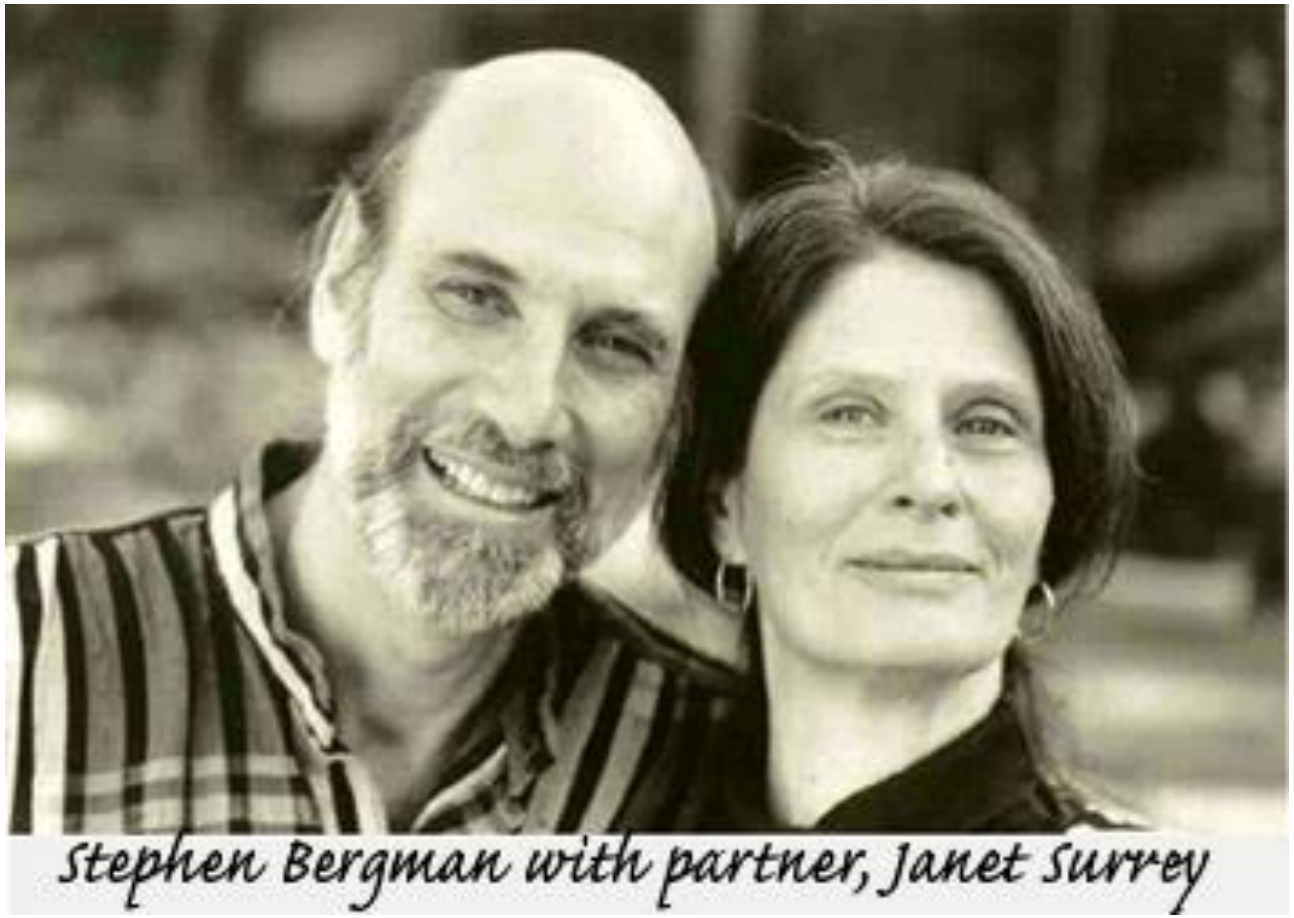
In honor of Samuel Shem



Stephen Bergman with partner, Janet Surrey

Our Organizing Vision

- COMMUNITIES have the power to heal and prevent disease.
- PRIMARY CARE is the best way to unleash that power.
- WE can help communities provide primary care to everyone
- TOGETHER, WE can fix health care …and strengthen democracy at the same time

The Primary Care Quadruple Superpower

- *1.Relationships matter. People* matter. *Trust Listening* matters
- 2. Primary care **saves money** by preventing unnecessary medical care
  - Unnecessary ER visits
  - Unnecessary consultations, surgery, and medications
  - Unnecessary imaging
- 3. Primary Care **saves lives** by getting evidenced-based prevention to everyone
- 4. Primary Care **saves lives and money** by helping people with chronic disease care for themselves effectively

PRIMARY CARE FOR ALL AMERICANS

Primary care ***is*** public health…

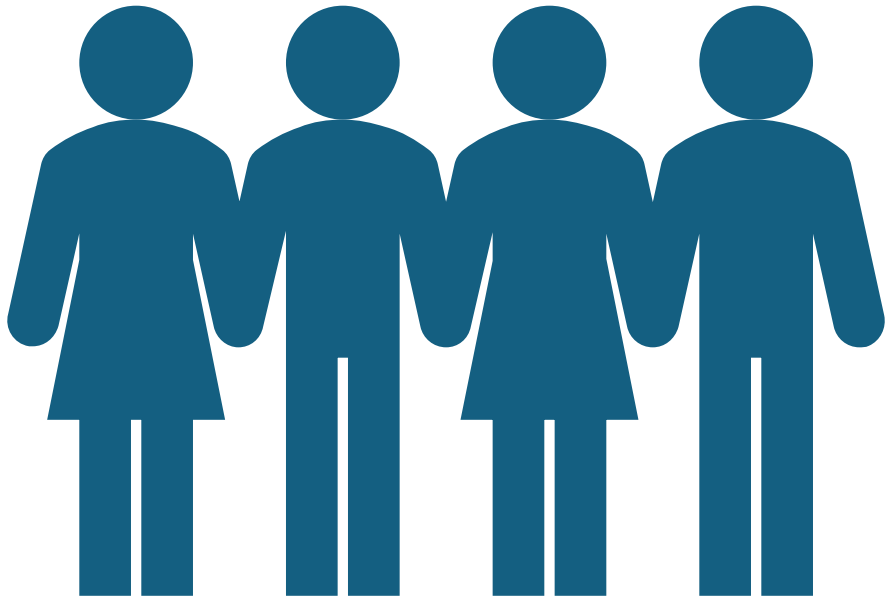
- TOGETHER we have
- Virtually eliminated polio, mumps, rubella and many birth defects rubella caused
- Reduced the incidence of measles
- Virtually eliminated rabies
- Virtually eradicated rheumatic heart disease
- saved 8 million lives / 157 million years of life 1964-2012 by reducing smoking
- Started to control hypertension and diabetes to prevent heart disease and stroke
  - Years of potential life lost to 75 from ischemic heart disease dropped by 64 percent 1980-2016,
  - Years of potential life lost to 75 from stroke fell by 47 percent 1980-2016
- 70 percent reduction in adolescent pregnancy
- Inadequate control of SARS CoV2 and Covid-19. 900000 excess deaths. But we saved *3 million lives* and prevented 18 million infections
- Colon cancer screening likely saves about 50,000 lives a year

Toor et al. Lives saved with vaccination for 10 pathogens across 112 countries in a pre Covid world. Efile July 13, 2021.

Holford TR Meza r Levy DT. Tobacco control and the reduction in smoking related premature deaths in the United States 1964-2012. JAMA2014 Jan 8; 311(2):164-171

Fitzpatrick m, Moghandas SM, Pandey A, Galvani AP. Two years of US Covid-19 Vaccines have prevented millions of hospitalizations and deaths. The Commonwealth Fund, December 134, 2022

Nation Center for Health Statistics.2018: Years of potential life lost before age 75 from ischemic heart disease by sex and race selected years 1980-2016



But we just ***can't*** do meaningful prevention and make the population healthier…

…. until ***ALL Americans*** have primary care

Too few Americans have primary care

No more than *43 percent* of the US population has a meaningful longitudinal primary care relationship

Only 65.7 percent of Medicare beneficiaries had a PCP visit within the last year (2019)

- https://www.acgme.org/globalassets/pfassets/publicationsbooks/2021-2022_acgme__databook_document.pdf
- Fitzgerald M, Gunja MZ, Tikkanen R. Primary care in high-income countries: how the US compares. *Commonwealth Fund*. Published March 2022.
- Barnett ML, Zhao X, Fine AJ, et al. Trends in outpatient care for Medicare beneficiaries and implications for primary care, 2000-2019. *Ann Intern Med*. 2021;174(1

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Much of the illness and premature death in the US is treatable or preventable with the science we have today

- We know how to prevent colon cancer **today**
- We know how to stop the spread of HIV **today**
- We know how to cure and stop the spread of Hepatitis C **today**
- We know how to prevent most heart disease and stroke **today**
- **BUT WHAT WE CAN'T DO** is get that science to the 57 percent of the US population because they don't have primary care.

INVISIBLE FACT#1

primary care is ***incredibly*** *affordable*

- About 3.9 percent of the total health care spend
  - **$585** per person per year national average
  - ***$300 per person*** per year for most people
  - (The cost for advanced patient-focused team-supported primary care is likely **$1000-1200** per person per year)

- Similar to the costs of other services cities and towns provide for all their residents
  - Police and fire protection – about **$525** per person per year
  - Water and sewer -- **$400** per person per year
  - Roads -- **$622** per person per year
  - Elementary and secondary education -- **$2809** per person (not per student) per year

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Invisible fact #2 **57 percent** of the US adult population doesn't have primary care.

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Invisible Fact #3: when we get primary care to everyone, we….

- Eliminate HIV (saves 5,000- 8,000) lives a year)
- Eliminate Hepatitis C (saves 11,000 lives a year)
- Almost eliminate of Colon Cancer (saves about 33,000 lives a year
- Reduce heart disease and stroke (saves about 700,000 lives a year)
- AND we'd likely ***cut health care cost*** 10 to 25 percent or more.

But all the money in health care **keeps us from fixing the mess**

- Hospitals
- Insurance Companies
- Pharma
- Device Manufacturers
- Specialty organizations
- Private equity
- And even sometimes unions.....

Collectively spend **$750 million to a $1 billion** a year on lobbying to keep things as they are, and to keep the money flowing their way

- SO WE NEED A **SOCIAL MOVEMENT** BUILT COMMUNITY BY COMMUNITY.

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Which means the cavalry isn’t coming…

Three needed fixes

Funding and reimbursement

- *Why did we ever use fee-for service?*
- ***$60-$100 pmpm is what primary care practices should be paid***

Workforce

- Pipelines and pathways
  - The road to medical school is mined and booby-trapped with moral IEDs
- Medical schools (free tuition for people committed to primary care!)
  - 80,000 apply 30,000 accepted but we need the other 50,000
- Residencies
- Scholarships

Workload

- End prior auth!
- Kill the *Home Health Certification and Plan of Care* form!
- Blow up EMRs!
- Panels of 300-500! No more pajama time!

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So it’s up to communities
to fix this mess

Ten things communities can do TODAY to help get primary care to everyone

Funding

Buy primary care directly for everyone without health insurance

Create community owned health plans to make sure all local employees have primary care

Workforce

Create local Primary Care Reports, so everyone sees the challenges and the opportunities

Create pathway programs, so students from YOUR community see themselves as practicing primary care in YOUR community

Create and fund SCHOLARSHIP programs, so students from YOUR COMMUNITY can afford to go to health professional training and then come back and practice in YOUR Community

Create and fund LOAN REPAYMENT programs, to attract new primary care clinicians to YOUR COMMUNITY TODAY

Create new primary care residency programs

WORKLOAD

End fee for service billing

Support state legislation that limits or abolishes pre-authorization

Build more community health centers

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Which means our job…

Is to create a ***cultural revolution*** in health care: ENERYONE IN!

To stop fretting ABOUT HOW TO PAY FOR HEALTH CARE

BUILD a *health care system* that is for people, not for profit,

By providing robust primary care to everyone *in every American neighborhood and community.*

And CREATE the ***SOCIAL MOVEMENT*** *we* need to get that done

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The history of the US is a history of social movements that fix our most difficult social problems

- The Abolitionist Movement
- The Movement for Women's Suffrage
- The Labor Union Movement
- The Civil Rights Movement
- The Antiwar Movement
- The Movement for Marriage Equality

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It will take a social movement to fix the health care mess

A social movement..

- COMMUNITIES BRINGING PRIMARY CARE TO ALL
- COMMUNITIES together bringing states and the nation together
  - to train
  - support
  - and fund
- one primary care practice or community health center for EVERY neighborhood and community

Primary Care for All Americans is building that social movement

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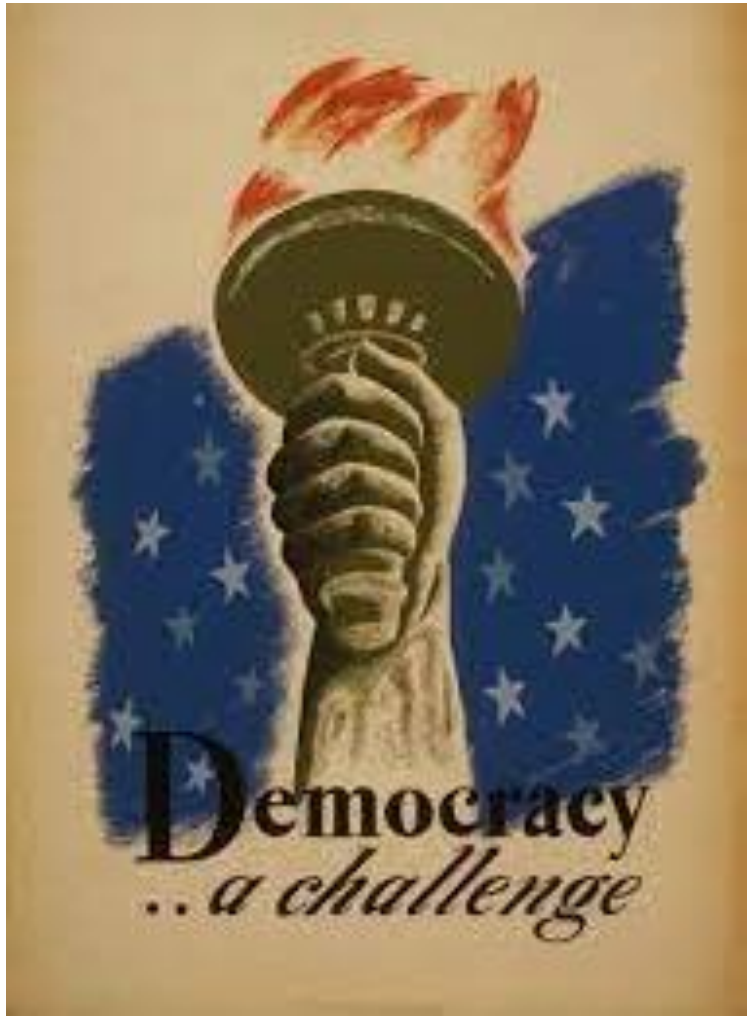

The miracle of democracy

- When government locks up
- *… we CAN still create a social movement to provide everyone primary care,*
- *build a health care system that includes everyone,*
- ***Stand up together….***
- *…and create optimal…and equal… health for all Americans*

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If you can see the invisible, you can do the impossible ...

+**Bernard Lown, M.D.**

Our Organizing Vision

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- TOGETHER we can STAND UP to fix health care … and strengthen democracy at the same time