Editor's Note

The year 2020 marks the 25th anniversary of the *Journal of Managed Care and Specialty Pharmacy*. To commemorate this milestone, we will be publishing a series of articles that document the changes to the journal and profession over the past 2 and a half decades. Each month we will reprint an original article from a previous year, dating back to 1995.

The reprinted articles will feature topics of significance in our industry. Each reprinted article will be accompanied by a contemporary reflection that will consider the historical significance of the topic, as well as the current and future state.

Laura E. Happe, PharmD, MPH
Editor-in-Chief

VINTAGE RERUN

September/October 1995, Volume 1, Issue 2

PRACTITIONER UPDATE

Disease State Management

Ronald S. Hadsall
Louise J. Sargent

OBJECTIVE:

To explore how healthcare management has evolved from managing separate components to disease management.

DATA SOURCES:

Recent published articles and the authors' experiences.

STUDY SELECTION:

Not applicable.

DATA EXTRACTION:

Not applicable.

DATA SYNTHESIS:

Disease state management integrates services from all areas of healthcare. To evaluate whether a disease is being treated effectively, clinical, physical, and quality of life, indicators need to be measured. Protocols and intervention strategies need to be developed at minimal cost without compromising patient care. Patient and physician satisfaction need to be evaluated to measure the success of the disease management process.

CONCLUSION:

The old paradigm of component management of medical care is losing ground and being replaced by systems focused on patient outcomes as the best way to deal with the issues of access, quality, and cost.

KEY WORDS:

Disease state management, Outcomes, Costs.

J Managed Care Pharm 1995; 1:127-132

During the 1980s, the effort to control costs and maintain quality medical care depended in large part on component management—the separate management of specific healthcare components such as drug costs through formularies and price caps, and hospital costs through rate setting. None of these mechanisms has been wholly successful. It is clear that cost-effective optimal care must take into account the interdependence of components. It is very important to implement a strategic overview of cost linkages between pharmaceutical care, hospitalization, DUR/DUE, formulary management, and patient education.

Recently, practice guidelines have been suggested as an alternative that could reduce inappropriate care and maintain stable prices.^{1,2} Although still in the developmental stages, this new paradigm of managing all components of a disease simultaneously may have a significant impact on how U.S. medical care is delivered and monitored. This article will explore how practice guidelines have led to disease management strategies that may be used in the future. We

will also examine the impact of these new ideas about comprehensive medical care management on those most involved in the prescribing, distribution, and use of pharmaceuticals.

All parties involved in providing healthcare want to improve its quality. But since medical care is not free, improvement often involves increased cost. Different measures can be used to determine the benefit of the care provided. Those who advocate disease management practice guidelines suggest that improved patient care is achieved by following certain strategic steps. Practice guidelines, disease management protocols, or disease maps are of clinical benefit if they³:

improve knowledge, making clinicians aware of the recommendations; attitudes, getting clinicians to agree with and accept the recommendations as a new “standard of care”; behavior, getting clinicians to change practice patterns to conform with the guidelines; and outcomes, improving patient health, controlling costs, etc.

Authors

RONALD S. HADSALL, PH.D., is Director of Graduate Studies, Social and Administrative Pharmacy, University of Minnesota, Minneapolis, Minnesota.

LOUISE J. SARGENT, M.S., R.PH., PCS Health Systems, Inc., Minneapolis, Minnesota.

Copyright © 1995, Academy of Managed Care Pharmacy, Inc. All rights reserved.