

**特別セッション** 座長：武田裕子 順天堂大学医学部医学教育研究室  
 1-M1-2 English Chair: Yuko Takeda Division of Medical Education Juntendo  
 University School of Medicine

## High Value Care – Make Informed Decisions, Reduce Waste, and Improve Outcomes

Nitin S. Damle, MD, MS, MACP  
 Immediate Past President American College of  
 Physicians Japan Chapter Meeting June 2017



**対象者** 医師・後期研修医（卒後3年以上）・初期研修医（卒後1-2年目）・学生・その他  
**Target** Doctor・Senior resident (3+years after graduation)・Resident (1-2 years after graduation)・Medical student・Other

Nitin S. Damle, MD, MS, FACP  
 Brief Biography

Dr. Damle is Clinical Associate Professor of Medicine at the Alpert Medical School of Brown University and the immediate Past President of the American College of Physicians. He is the founding and managing partner of an eight internist practice in Rhode Island. His area of expertise includes tick borne illnesses such as Lyme disease, anaplasma and babesiosis. He has also lectured widely on the importance of immunizations.

His other area of expertise is in health and public policy and practice management. He trained at the University of Michigan and the Brown University affiliated hospitals and has been in private practice for twenty eight years. At the College he has served as Governor of the Rhode Island Chapter, Chairman of the Medical Practice and Quality Committee and Chairman of ACP Services (the advocacy arm of the College).

He is very pleased to attend the ACP Japan Chapter meeting and present on High Value Care.

The definition of high value care is one that balances clinical benefit with harms and costs with the goal of improving patient outcomes. We spend 3.4 trillion dollars per year on health care, or 18% of the U.S. GDP and have one of the lower life expectancy rates in the developed world. 765 billion dollars is wasted care yearly in excessive administrative costs, unnecessary testing and treatments, prices that are too high, fraud and inefficient services.

### HVC Framework: Steps toward High Value Care

- **Step one:** Understand the benefits, harms, and relative costs of the interventions that you are considering
- **Step two:** Decrease or eliminate the use of interventions that provide no benefits and/or may be harmful
- **Step three:** Choose interventions and care settings that maximize benefits, minimize harms, and reduce costs (using comparative-effectiveness and cost-effectiveness data)
- **Step four:** Customize a care plan with the patient that incorporates their values and addresses their concerns
- **Step five:** Identify system level opportunities to improve outcomes, minimize harms, and reduce healthcare waste

Eight cases will be presented in various clinical scenarios (pulmonary embolism, pneumonia, chest pain, gastrointestinal bleed and others) in question and answer format to highlight important high value care. The case may focus on appropriate testing, treatment and cost and their impact on patient outcomes.

In summary the attendees should be informed on:

- Use validated decision support tools for accurate and efficient diagnostic testing
- Estimate the harms and costs associated with common tests
- Balance benefits with harms and costs of testing