



# **HALO: HEALTH AND LIVER OPTIMIZATION PARTNERS IN CARE**

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# Disclosure Slide

- ▶ The authors: Renee Pozza and Anna Hefner are nurse practitioners at Southern California GI and Liver Centers in Coronado, California and Professors at Azusa Pacific University, Azusa, California.
- ▶ The author: Tarek Hassanein is a hepatologist and the Medical Director of Southern California GI and Liver Centers, Coronado, California
- ▶ The authors have no conflict of interest to disclose related to this presentation.

# **PURPOSE/OBJECTIVE OF THE PRESENTATION**

The purpose of the presentation is to disseminate knowledge and effectiveness of a unique model of patient care in chronic disease management.

The Health and Liver Optimization (HALO) model of care provides an individual collaborative program to support patient empowerment toward optimal health.

# BACKGROUND



Nursing is an art and a science

The profession aims to view the patient as a whole person

- Physiologically
- Socially
- Spiritually
- Nursing theories support holistic care models

Wellness, caring and wholeness

# CHRONIC ILLNESS

48% of adults in US have at least one chronic condition.  
87% of seniors have one with 63% having >2 chronic diseases. (CDC, Medicare, 2010)

## Gaps in care for chronic illness

- Fragmentation with multiple providers and systems
- Primary care versus specialty care
- Long wait times for appointments/volume of calls to office staff
- Electronic records (EHR/EMR) implementation-reduced patient interaction time with providers

# Program Objectives

- ▶ Identify the key elements of a collaborative patient care model aimed at health and liver optimization.
- ▶ Describe the impact of the model, Health and Liver Optimization (HALO), on long term health outcomes in patients with chronic liver disease.

# EMBRACING THE PATIENT AS A PARTNER

Allow the patient to tell their story

Focus groups to identify needs and barriers to care

Themes emerged such as caring, safe environment, guardian angels and knowledge empowerment

Goal of program:  
Patient Centered Care

- Patient empowerment
- Knowledge and Decision Making



# Provider Issues

- ▶ Patient/family may have multiple health concerns
- ▶ How do primary and specialty care work together to address these issues? For example,
  - ▶ Diabetes
  - ▶ Obesity
  - ▶ Hypertension
  - ▶ Hypercholesteremia
    - ▶ This is metabolic syndrome and co-management may improve long term outcomes, such as fatty liver disease.



# Models of Care

- ▶ Holistic approach to the care of patients with chronic illness.
- ▶ Hepatology Nurse Practitioner model (US, Australia, 2015)  
Shared care model and ECHO projects.
- ▶ Web and application based, FDA approved, chronic disease management tool used in heart failure, diabetes and weight management (Wellaho, 2013).
- ▶ HepCure® provider and patient education toolkit (Weiss, 2015).



Health & Liver Optimization<sup>®</sup>

Development from the specialist point of view

Looks at partnering with the patient for their care and wellness

Starts with the concept of health and what the patient wants to accomplish in light of their liver disease.

Optimize patient's health and quality of life.

# Design

- ▶ The original concept of HALO was developed in partnership with experienced hepatology physicians, nurse practitioners and staff, primary care providers, the patients and a marketing team.
- ▶ Focus groups were conducted to identify themes and care needs of patients with long term chronic liver diseases.
- ▶ Health and wellness aspects and specific chronic care needs based on results of the focus groups were developed by a collaborative team and incorporated into the patient care model.
- ▶ The model of care was implemented in a large community based Gastroenterology and Hepatology practice in Southern California. Effectiveness of the model was evaluated by repeated focus groups and several long term patient health outcomes.

# Application to Practice

- ▶ Partners in chronic illness
- ▶ Making it work
- ▶ Benefits to patients and providers

# PRIMROSE

## Treatment of Hepatitis C (HCV)

- Patient inputs the information in web-based system
- Identifies the best treatment plan from the data provided with provider oversight.
- Patient is responsible for the disclosure of the information
- Primary and specialist provider work together with the patient
- Goals mutually identified and plan put in place to achieve



# Results

- ▶ To address the multiple needs of the patients and address gaps in care, Southern California Liver and GI Centers developed a team approach to care management.
- ▶ This community based clinic providing care to the patient with chronic liver disease developed a patient centered model of care entitled, Health and Liver Optimization (HALO).
- ▶ Findings from the patient focus groups included the themes of caring, safe environment, guardian angels, and knowledge empowerment. Patients identified a need for a long term partnership with their health care providers in order to support the life style changes many of them needed to make.
- ▶ This partnership between the client and the provider is developed early in the care and optimized throughout the course of the patient's liver disease.
- ▶ Overall health goals are addressed from multiple perspectives with a patient centered approach.
- ▶ After implementation of the patient care model, patient satisfaction scores improved as well as several long term health outcomes. Individuals are currently being followed long term for disease management under this new model of care.



# SGIC

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*Southern California*  
GI & LIVER CENTERS

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We treat our patients as partners in their own care bringing our unique perspective and experience with liver disease to our patients to optimize their care.

# CONCLUSIONS

Patients are empowered to make decisions in their health and wellness journey with guidance from experienced healthcare providers partnered with them to impact their long term outcomes.

Southern California GI and Liver Centers developed and adopted this new approach with effective utilization of the model for the care of the patient with liver disease.



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