Overview of Telemedicine: Implementation, Advantages and Lessons Learned.

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Medical Advocacy & Outreach

**Mission**: Medical Advocacy & Outreach (MAO) educates the public about HIV/AIDS and related illnesses and how to prevent transmission of infection. MAO provides culturally competent education, medical and social services to those living with and affected by HIV/AIDS and related illnesses.

**Vision**: HIV/AIDS will be eradicated; until that is accomplished, MAO will ensure that all people in its service area living with HIV/AIDS and related illnesses can live a healthy life filled with dignity and respect.
Medical
- Primary Care
- Case Management
- Behavioral Health Counseling
- Hepatitis C Treatment
- Dental
- Telemedicine
- PrEP

Advocacy
- Patient & Provider Education
- Food Pantries
- Housing & Medication Assistance

Outreach
- HIV & Hep C Testing
- Prevention Education
- Latinx Outreach
Celebrating 30 Years

Looking Forward:
Diabetes Care
Community Specific Care
Patient Advocacy
"The stigma surrounding AIDS is a key reason that the South is the epicenter of new HIV infections in the United States. Half of all new infections in the United States are in the South..."

- The Washington Post
Rates of Persons Living with Diagnosed HIV, by County, 2013

Rates displayed are the number of cases per 100,000 people.
*Data not shown to protect privacy because of a small number of cases and/or a small population.
**State health department, per its HIV data re-release agreement with CDC, requested not to release data to AIDSVu.
NOTE: There are no county-level maps for Alaska, District of Columbia, and Puerto Rico because there are no counties in these states.
Alabama Demographics, 2013

Total Population
4,833,722

State Population by Race/Ethnicity
- American Indian / Alaska Native (0.6%)
- Asian (1.2%)
- Black (26.3%)
- Hispanic / Latino (4.1%)
- White (66.4%)
- Multiple Race (1.4%)

Source: AIDSVu.org/state/Alabama
Alabama HIV/AIDS Demographics, 2014

71% of newly diagnosed HIV cases and 70% of all persons living with HIV identified as Black/African-American.

Source: ADPH.org/AIDS
Alabama Highlights

Prevalence
- Number of people living with diagnosed HIV in 2013: 12,025
- Rate of people living with diagnosed HIV in 2013 per 100,000 people: 297
- 72% of people living with diagnosed HIV in 2013 were men, and 28% were women.
- 65% of people living with diagnosed HIV in 2013 were black, 3% Hispanic/Latino, and 28% white.

New Diagnoses
- Number of new HIV diagnoses in 2014: 699
- Rate of new HIV diagnoses in 2014 per 100,000 people: 17

Mortality
- Number of deaths of people with diagnosed HIV in 2013: 288
- Rate of deaths of people with diagnosed HIV per 100,000 people: 7

Source: AIDSVu.org/state/Alabama
Recent Trends: 2005-2014

Figure 2. Persons Living with HIV (non-AIDS) and AIDS, Alabama 2005-2014

Source: ADPH.org/AIDS
Heart Disease Death Rates, 2011-2013
Adults, Ages 35+, by County

Rates are spatially smoothed to enhance the stability of rates in counties with small populations.

Data Source:
National Vital Statistics System
National Center for Health Statistics

MAO
MEDICAL ADVOCACY AND OUTREACH
CVD Mortality Rate by County 2002-2006

Source:
http://www.adph.org/cvh/assets/2010_HeartDiseaseStroke_Alabama_Burden.pdf
Heart Disease Mortality Rate by County 2002-2006

Source: http://www.adph.org/cvh/assets/2010_HeartDiseaseStroke_Alabama_Burden.pdf
Stroke Mortality Rate by County 2002-2006

Source: http://www.adph.org/cvh/assets/2010_HeartDisease_Stroke_Alabama_Burden.pdf
Percentage of Adults with High Blood Pressure in Alabama by Public Health Area 2009

Source:
http://www.adph.org/cvh/assets/2010_HeartDiseaseStroke_Alabama_Burden.pdf
Percentage of Adults with High Cholesterol in Alabama by Public Health Area 2007

Source:
http://www.adph.org/cvh/assets/2010_HeartDiseaseStroke_Alabama_Burden.pdf
Percentage of Adults with Diabetes in Alabama by Public Health Area 2009

Source: http://www.adph.org/cvh/assets/2010_HeartDiseaseStroke_Alabama_Burden.pdf
The Deep South Has the Highest Teen Birth Rates in the Nation

Source: www.cdc.gov/teenpregnancy
The Deep South Has the Highest Teen Birth Rates in the Nation

<table>
<thead>
<tr>
<th>Rank</th>
<th>State</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mississippi</td>
</tr>
<tr>
<td>2</td>
<td>New Mexico</td>
</tr>
<tr>
<td>3</td>
<td>Arkansas</td>
</tr>
<tr>
<td>4</td>
<td>Texas</td>
</tr>
<tr>
<td>5</td>
<td>Oklahoma</td>
</tr>
<tr>
<td>6</td>
<td>Louisiana</td>
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<td>7</td>
<td>Kentucky</td>
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<td>8</td>
<td>West Virginia</td>
</tr>
<tr>
<td>9</td>
<td>Alabama</td>
</tr>
<tr>
<td>10</td>
<td>Tennessee</td>
</tr>
<tr>
<td>11</td>
<td>South Carolina</td>
</tr>
<tr>
<td>12</td>
<td>Arizona</td>
</tr>
</tbody>
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Source: www.guttmacher.org, 2014

Alabama is among the top 10
## Teen Pregnancy

Teen birth rate (births per 1,000 women age 15-19), 2014

<table>
<thead>
<tr>
<th>Age</th>
<th>Alabama</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>15-19</td>
<td>32</td>
<td>24.2</td>
</tr>
<tr>
<td>15-17</td>
<td>14.5</td>
<td>10.9</td>
</tr>
<tr>
<td>18-19</td>
<td>58.4</td>
<td>43.8</td>
</tr>
</tbody>
</table>

Source: National Vital Statistics Reports, Vol. 64, No. 12, December 23, 2015
## Teen Pregnancy

Percent of births to women under 20 by race/ethnicity, 2014

<table>
<thead>
<tr>
<th>Race</th>
<th>Alabama</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-Hispanic, White</td>
<td>54%</td>
<td>40%</td>
</tr>
<tr>
<td>Non-Hispanic, Black</td>
<td>38%</td>
<td>22%</td>
</tr>
<tr>
<td>American Indian or Alaska Native</td>
<td>0%</td>
<td>2%</td>
</tr>
<tr>
<td>Asian or Pacific Islander</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>Hispanic</td>
<td>8%</td>
<td>35%</td>
</tr>
</tbody>
</table>

Source: National Vital Statistics Reports, Vol. 64, No. 12, December 23, 2015
Barriers to Care

- Poverty
- Transportation
- Stigma
- Health Professional Shortages
Poverty in Alabama 2016

Source: AlabamaPossible.org
Primary Care Health Professional Shortage Areas 2015

62 of Alabama’s 67 counties are HPSAs

Specialty care is even more limited.

Source: ADPH.org/ruralhealth
Plantation Culture 1860
Building a network
Expanding our reach
Alabama eHealth
Telemedicine Services

- Medical Care (initial visit done in person)
- Individual psychotherapy and addictions counseling
- Pharmacologic management
- Social Work services
- Individual medical nutrition therapy
- Follow-up inpatient telehealth consultations
Systemic Barriers

- Buy in from Collaborating Partners
- Buy in from State and Local Leaders
- Finding Matching Funds in a Poor State
- Third Party Payments
- Web-based Electronic Medical Records
- Work Space Issues for the Equipment
- Stigma in Rural Communities
- Technological Issues for ASO/CBO Entities
Results of Our Work

• 1/4 of our clinic patients are telemedicine patients
• Every patient has the right to see the provider in person
• Most patients found the technology nondisruptive and not significantly different than traditional care
• Patients did not view telemedicine as negatively impacting patient-provider relationship
• Concerns about telemedicine care were minimal
• >90% reported being extremely satisfied
• >95% virologic suppression rate
• >94% retention rate
Patient Comments

• “I like seeing my doctor through the TV”
• “It’s not really different because it’s the same person”
• “Seeing Dr. Bhat in person & then on TV: I see it the same”
• “That’s my buddy”

• 83% of patients (15/18) reported being extremely satisfied (10 out of 10) with telemedicine services
• Patients expressed extreme gratitude for having access to compassionate, HIV care
Collaboration is Key

**Alabama eHealth Funders:**
- AIDS United
- Alabama Department of Public Health
- CDC

**Alabama eHealth Collaborating Agencies:**
- UAB Family Practice Residency Program, Selma, AL
- Southeast Alabama Rural Health Associates (SARHA) and their Doctor's Center in Troy, AL and Clayton Family Health Center, Clayton, AL
- Health Services Inc., Hayneville Family Health Center, Hayneville, AL
Contact

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