

# PCORI-Funded Studies: Delivering Value

**P**atients and their caregivers can face complex and confusing choices when deciding how to deal with a health problem. Far too often, though, the evidence needed to make the best decision for them is incomplete or unreliable.

That's why **PCORI** was created—to fund research that **fills gaps** in evidence and **enables patients, working with their doctors**, to choose the care options best for them, based on their personal circumstances, values, and desired outcomes.

PCORI's work is generating a significant return on investment, with results helping patients achieve the **outcomes they want**, **reducing the burdens** of major health issues, and even **lowering their costs**.

## Saving Billions, Improving Quality of Life

The American Diabetes Association adopted the results of a PCORI-funded study in its latest guidelines. The study showed how millions of people with type 2 diabetes who do not use insulin can avoid daily finger sticks to check their blood sugar without affecting their health.

### Estimated Impacts Over Five Years



#### BENEFITS TO PATIENTS

- ▶ **10 billion** finger sticks avoided
- ▶ **\$1,630** saved per patient in testing supplies
- ▶ **No** negative impact on health



#### REDUCED COSTS

- ▶ **10 billion** test strips not used
- ▶ **\$12 billion** saved in healthcare costs

## Decreasing Frequency Reduces Burdens

People who've had surgery for colorectal cancer need regular follow-up tests to monitor whether their cancer comes back. A PCORI-funded study explored the effects of more frequent versus less frequent screening. Greater screening frequency resulted in no greater rate of cancer detection or other health benefits.

### Estimated Impacts Over Five Years



**\$25 million** total patient cost savings



**\$104 million** total societal cost savings, including **\$77 million** in payer savings



**301,800** hours of appointment time avoided by patients

## Behavioral Health Homes Improve Well-Being of Patients, Reduce Costs

A PCORI-funded study demonstrated that behavioral health homes significantly improve both physical and mental health in people with serious mental illnesses. Based on these findings, a Pennsylvania Medicaid managed care plan calculated that using these care approaches could decrease costs while boosting overall use of care.

### Estimated Impacts



#### REDUCED COSTS

- ▶ **15% reduction** in estimated per-member total medical costs
- ▶ **40%–50% increase** in use of physical health outpatient services

## More Efficient Targeting of Diabetes Prevention

Health systems could more efficiently and successfully delay or prevent the onset of type 2 diabetes by focusing foremost on their patients with prediabetes who are at highest risk for progressing to full disease. A PCORI-funded project is making a risk prediction tool readily accessible to clinicians at the point of care. It's facilitating choices about prevention strategies that best meet patients' needs.

### Estimated Impacts



#### REDUCED COSTS

- ▶ **\$3,500 per patient** potential annual savings from preventing diabetes (*based on data from Intermountain Healthcare*)
- ▶ **\$600 per patient** average cost of diabetes prevention via lifestyle changes
- ▶ **\$9,601 per patient** average annual medical expenses for diabetes care

## Avoiding Unnecessary Hospital Stays

Chest pain sends many people to emergency departments. A PCORI-funded study found that using a decision aid proved effective in helping individuals at low risk for a serious heart problem decide, with their clinicians, whether to be admitted to the hospital for intensive tests, or go home and have an outpatient evaluation.

### Estimated Impacts Over Five Years



#### BENEFITS TO PATIENTS

- ▶ **1.4 million** people opting not to stay in the hospital overnight for additional tests
- ▶ **800,000** fewer stress tests
- ▶ **No** negative effect on health



#### REDUCED COSTS

- ▶ **\$4.7 billion** saved by public and private payers
- ▶ **\$130 million** saved by patients

## Treating Serious Infections in Children

When children who've had serious infections leave the hospital, their care may include antibiotics given either by mouth or through an IV line. PCORI-funded studies showed that there was no difference in the effectiveness of oral versus IV antibiotics for treating the infections. However, the IVs sometimes caused complications, leading many children to need additional hospital care.

### Estimated Impacts Over Five Years



#### IMPROVED HEALTH

- ▶ **400** adverse drug reactions avoided
- ▶ **1,800** complications related to use of IV line avoided



#### BENEFITS

- ▶ **4,600** additional days children not in the hospital
- ▶ **\$165,000** out-of-pocket costs saved
- ▶ **23,000** employee workhours gained

## Just Getting Started

These are just a few examples of the impact of PCORI-funded research. Dozens of other studies hold the same promise—to help patients achieve the outcomes they want, reduce the burdens of major health issues, and even lower their costs.