

ASCVD Risk Score Calculation: Reducing Missing Lipid Panels

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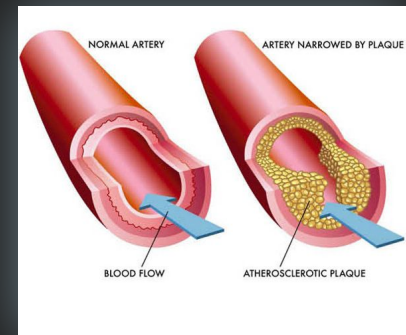


The Atherosclerotic Cardiovascular Disease (ASCVD) Initiative

- A series of pilots employing **behavioral economics** approaches to achieve reductions in ASCVD risk
 - Lowering hypertension levels
 - Improving cholesterol control
 - Using gamification strategies
 - **Reducing missing lipid panels**

ASCVD: a buildup of plaque in arterial walls

- leading cause of morbidity and mortality in the U.S.
- managed by Statins

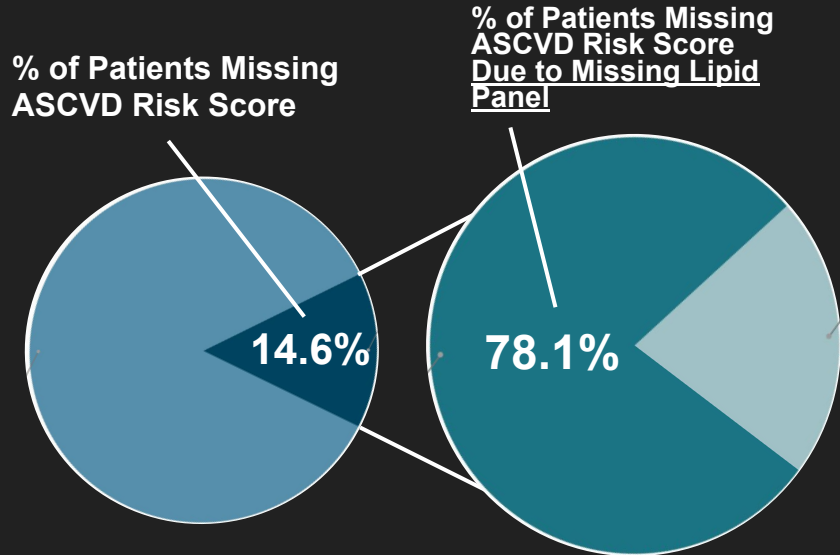


Reducing Missing Lipid Panel Pilot

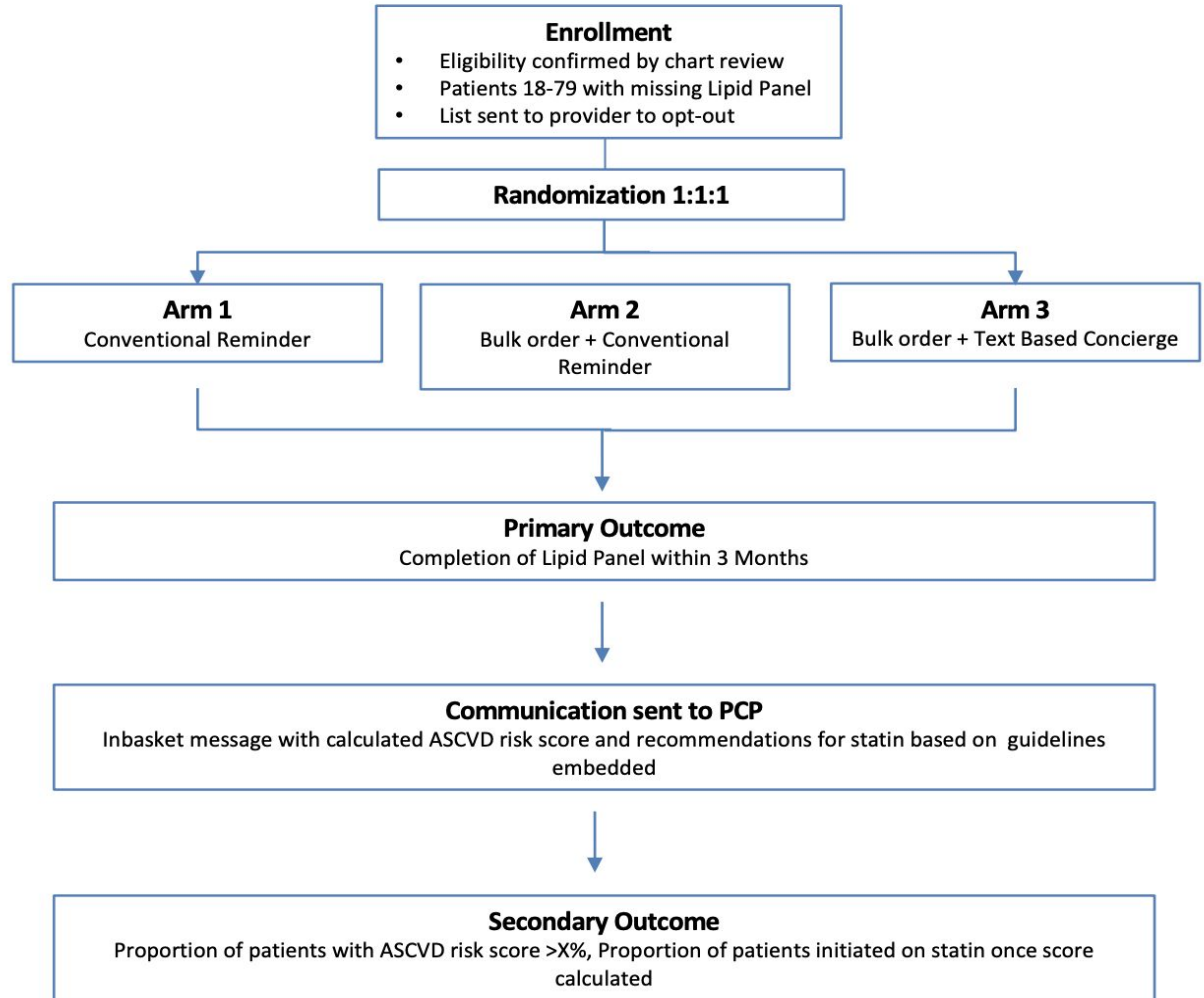
Significance:

Missing lipid panel → patient's ASCVD risk score cannot be calculated → lack of necessary statins prescribed

Goal: understand what is behind these statistics →



Study Design



Study Aims

Evaluate the effect of:

1. Conventional reminders
2. Bulk orders
3. Text-based concierge service

on the completion rates of lipid screening



Level of Resistance

Arm 1:

Conventional reminders

Arm 2:

Conventional reminders

+

Bulk orders

Arm 3:

Bulk orders

+

Text-based concierge service

Mini Pilot

- Modeling same study design as pilot, but with a smaller sample population
 - 35 patients per arm
 - Focus on one practice
 -
- Used Way-to-Health to test run the text-based concierge service
- My role in this mini pilot:
 - To act as the fake back-end of the concierge service
 - Gathered data about FAQs, common barriers

SMS Inbox

All texts are displayed in the participant's current time zone: Eastern Time

✓ I don't know what a lipid screening is or why I need one? 8:42 AM

aparambath

✓ Hi [REDACTED] this is Penn Medicine working with Dr. John to keep you healthy. Do you have any questions or concerns? Please schedule the lipid screening test soon. We are here to answer any questions or concerns. 8:29 AM

Suji Kim

✓ A lipid screening is a test that measures your lipids, which includes your cholesterol, HDL, and LDL. Lipids are used to measure your overall health and your heart health. 12:27 PM

Suji Kim

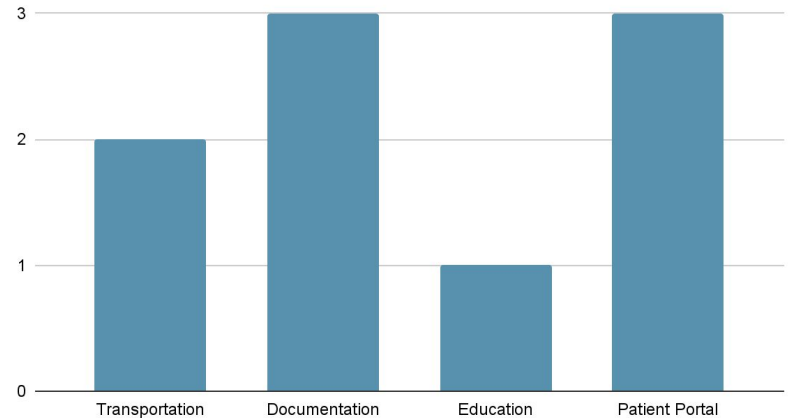
✓ Your doctor, Dr. John, recommends getting a lipid panel every few years to make sure your cholesterol and lipid levels are within normal limits. Keeping lipid levels within normal limits reduces your risk of heart attack, stroke, and other heart diseases. 12:27 PM

Suji Kim

Preliminary Findings

- Factors that resulted in increased resistance for patients:
 - No transportation to lab
 - Difficulty finding lab order in the patient portal
 - Lack of knowledge about lipid panels
 - Lack of familiarity with patient portal

Most Common Patient Inquiries



Next Steps

- Take lessons learned from the mini-pilot and apply to the launch of the pilot
 - Automation of the text-based concierge service
 - Identifying practices and PCPs
 - Research design questions

Acknowledgements

I would like to thank my mentors and CHIBE staff for the guidance and support throughout this summer.

- Takeaways:
 - The study design process
 - How to most effectively evaluate data and use it to problem-solve

Thank You For Listening!

