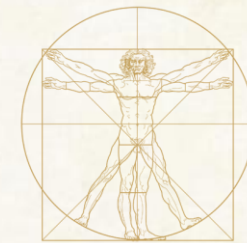


The Patient is the Wildcard!

Nevada

Workers' Compensation Educational Conference

September 7, 2023



**OPTIMIZED
OUTCOME
SOLUTIONS**

DISCLAIMER

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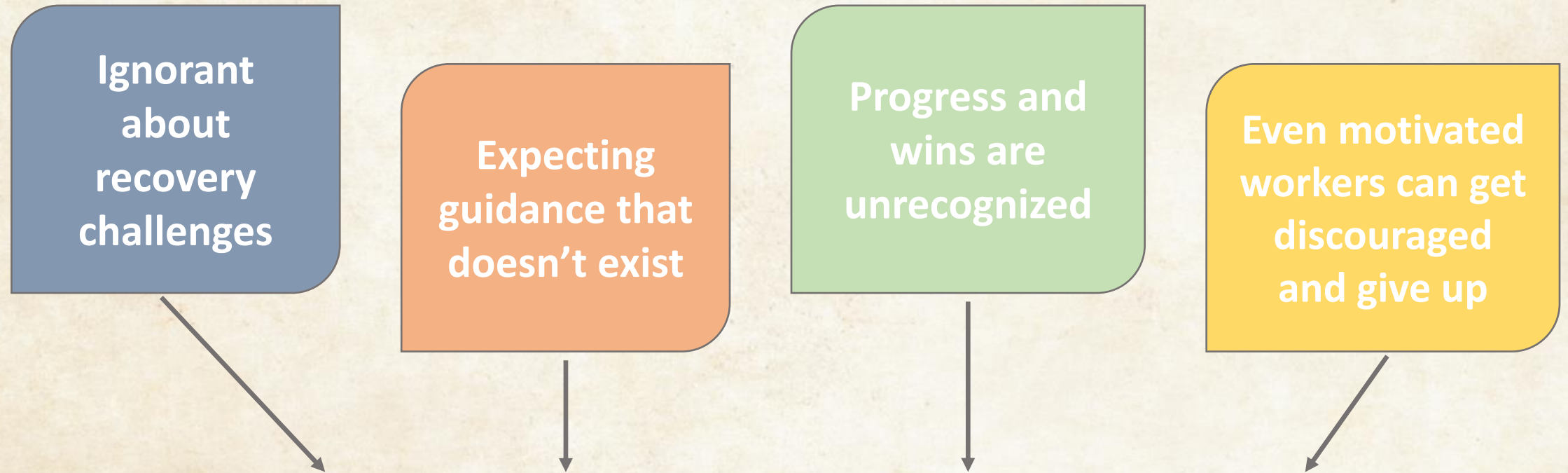
Dr. Christopher Hill, Jackson, Wyoming

You could have an absolute perfectly done surgery, textbook, everyone's high-fiving at the end of the case, "Boy, that couldn't have gone better." **You could have an absolute surgical success and have an absolute clinical failure,** and that could be for many reasons.

The Optimized Patient, p. 80

THE PATIENT IS A WILD CARD

Everyone providing patient care knows the path to an optimal recovery, except the injured worker



**Injured workers want to get better,
they just don't know how.**

For years we have marketed health care in this country with the notion that this pill or that procedure will fix your ills. People have been disengaged from their own recovery.



Does anyone question that the patient is the wild card in the recovery process?

REALIGNING OUR PERSPECTIVE



**Better Outcomes
Reduce Claim Costs!**

PATIENT EDUCATION HELPS MITIGATE THE “WILD CARD”

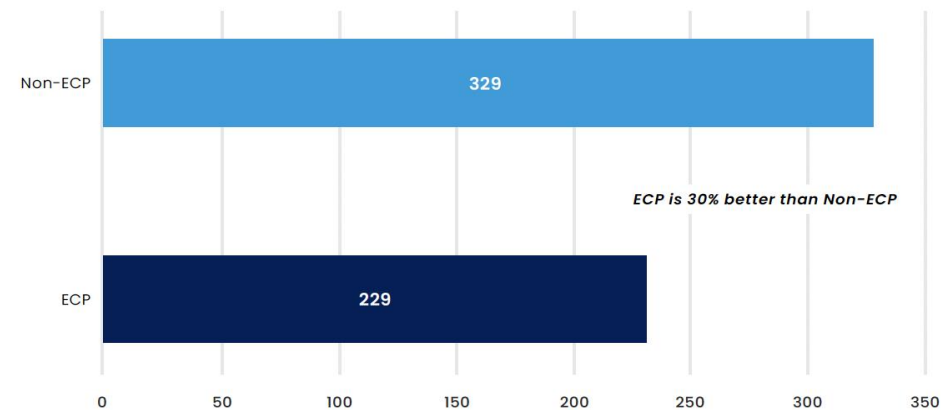
OPTIMIZING THE INJURED WORKER

A recent Ohio study focused on knee injuries found that their beta "Enhanced Care Program (ECP)" reduced the duration of workers' claims. Ohio saved millions of dollars over the 3-year period studying 1,198 injured workers. The program included a limited education component for the injured worker.

The Journal of
TOTAL REWARDS
First Quarter 2023

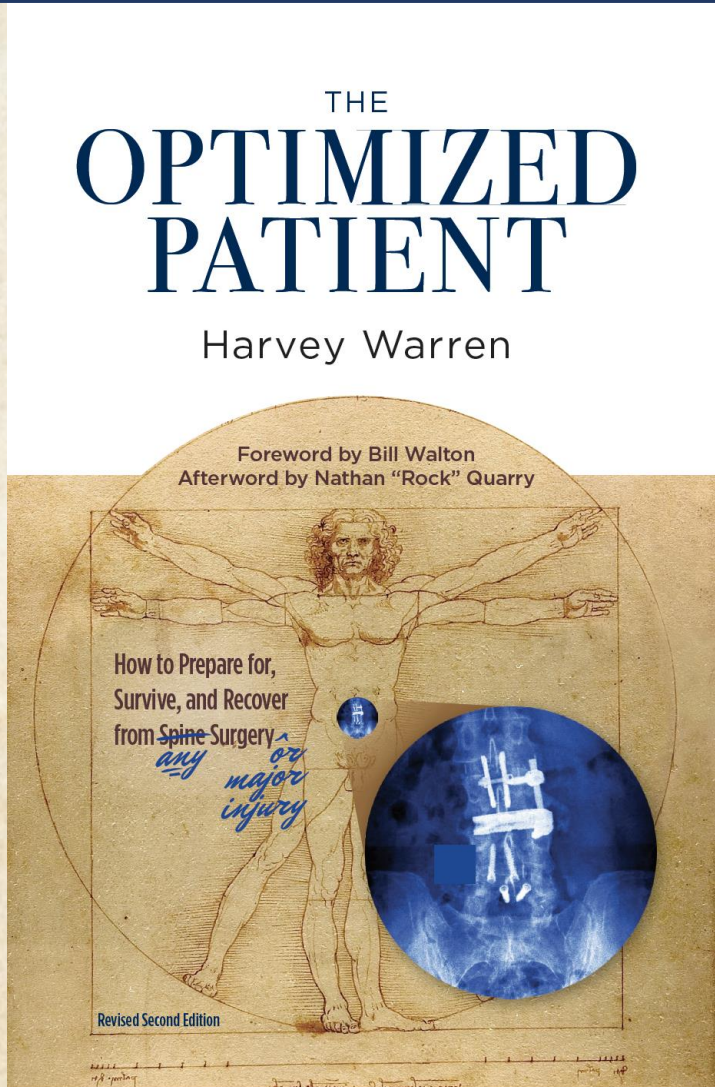
OHIO PILOT PROGRAM STEPS UP WORKERS' COMPENSATION EFFECTIVENESS

FIGURE 1 Average Number of Days to Return to Work



SUPPORTING INJURED WORKER RECOVERY IMPROVES OUTCOMES

THE OPTIMIZED PATIENT BOOK



Harvey Warren wrote “**The Optimized Patient**” to share what he learned preparing for and recovering from multiple spine surgeries. The book has been revised to include tips and information relevant to all surgeries and major injuries.

Our founders have all survived and thrived after a major surgery.

THE OPTIMIZED OUTCOME APPROACH

Patient education focuses on the “Four Pillars of Recovery”



Mindset



Nutrition



Activity



Rest

Safety training before an injury is required – what about education after an injury?

THE MINDSET DIFFERENCE



My dad was in the Air Force because he always wanted to fly. He passed on and got his wish. In my whole life, I respected the nobility, dignity and courage of the Native Americans and I always wanted to wear warpaint/makeup and play native drums. Because I had a coach, I went into open heart surgery without any fear and with Elton John's *Don't Go Breakin' My Heart* playing loudly on the iPhone. I optimized my opportunities. I trained in the gym for it, I ate every meal for it and I totally believed in it. My coach, a fifty-year friend, told me, "You've got this." And he was more than right. I did indeed have it. Because attitude is everything, after all.

Three weeks after surgery, my surgeon could not believe how spectacularly I was healing. I'm on my way to a strong guided recovery. I have become the optimized patient. And you can do it too.

EDUCATION AND COACHING PRODUCE WINNING RESULTS!

VALUE OF PROPER NUTRITION



Kay Bruening, PhD, RDN, is our nutrition specialist and is a leading voice on “foods that heal” and Enhanced Recovery After Surgery. There is a nutrition-based approach to achieving better surgical outcomes.

https://anhi.org/resources/podcasts-and-videos/importance-of-perioperative-nutrition-wischmeyer

LOG IN REGISTER FAQs OUR MISSION US (English) Abbott

ANHI ABBOTT NUTRITION HEALTH INSTITUTE

EDUCATION CONFERENCES RESOURCES COMMUNITY

KNOWLEDGE HUB PRINTABLE MATERIALS PODCASTS AND VIDEOS IMPORTANT INITIATIVES

HOME / RESOURCES / PODCASTS & VIDEOS / WISCHMEYER ON PERIOPERATIVE NUTRITION

The Importance of Perioperative Nutrition – Dr Wischmeyer

PRESENTER(S): Paul Wischmeyer, MD, EDIC

DATE: 30 May 2019
LOCATION: Columbus, OH, USA

INCREASING THE ROLE THAT NUTRITION PLAYS IN IMPROVING OUTCOMES

Twitter Facebook LinkedIn Email Plus

FUELING AN OPTIMIZED RECOVERY!

ACTIVITY AND PROPER REST

My personal observation, having worked with Mr. Warren through his 5 recoveries, is that whatever his process, he has repeatedly come out at the head of the curve for recovery times for patients his age, or any age. In my 27 years as a physical therapist, I would agree that the patient really is the “wildcard” in the recovery process. An uneducated and uncoached injured person will not recover as fast as those who are “coached” and kept focused on their role in their recovery process.

PATTI SOGAARD, PT, Owner
Advanced Orthopedic Physical Therapy

Harvey Warren has completed a 15-week physical therapy treatment post op left partial TKA 2/2/2023. Physical Therapy consisted of manual therapy, therapeutic exercise for strengthening, gait re-training and neuromuscular re-education. He has met one of two goals of reaching left knee flexion at 125 deg and has achieved adequate quadriceps strength of 4/5 for discharge.

Allison Niederee , PT, DPT
Doctor of Physical Therapy
South Bay Kaiser Permanente
5/23/2023 8:39 AM

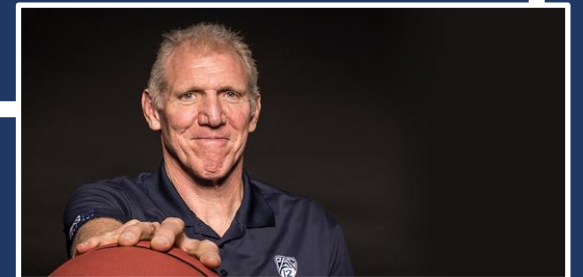
(110 days post op v 229 days or 329 days)

MOTION IS LOTION – AVOIDING “OPIOID INDUCED” REST

Program Participants receive a weekly call from a recovery guide to engage, encourage and empower.

“You need a coach. Someone who has already been to where you want to go. You also need a team to support you in that goal.”

BILL WALTON, spine surgery patient



EDUCATIONAL SUPPORT

Optimized Video Files



Optimized Introduction Video



Joseph McClelland III- The Walk



OutcomeMD Introduction



Week 1 - Welcome & Archive



Cooking Essentials



Week 1 - Gut Health



Week 2 - Need for Optimized

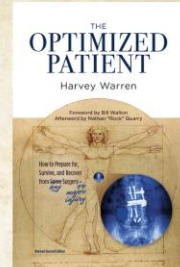


Week 2 - Good Food Tastes Great



Week 3 - Celebrate Wins

Audio Book Files



Excerpts and Full Chapters



It's A Commitment



You Are Not Alone



What Happened?



What Are My Options?




Fear and Denial



The Surgeon's Perspective

Meals Plans and Recipes

 Indicates meal that can be frozen



[Introduction to Meal Plan](#)



[Week 1 Meal Plan](#)



[Week 2 Meal Plan](#)



[Week 3 Meal Plan](#)



[Week 4 Meal Plan](#)

THE EFFICACY OF EDUCATION

NCBI Resources How To

PMC
US National Library of Medicine
National Institutes of Health

PMC

Advanced Journal list

Journal List > Proc (Bayl Univ Med Cent) > v.30(1); 2017 Jan > PMC5242136

**BAYLOR UNIVERSITY MEDICAL CENTER
PROCEEDINGS** DALLAS, TEXAS

About the Journal Baylor Health Care System Submit a Manuscript

Proc (Bayl Univ Med Cent). 2017 Jan; 30(1): 112–113. PMID: 28152110
doi: 10.1080/08998280.2017.11929552

Improving health outcomes through patient education and partnerships with patients

Timothy E. Paterick, MD, JD, MBA, Nachiket Patel, MD, A. Jamil Tajik, MD, and Krishnaswamy Chandra

Author information Copyright and License information Disclaimer

This article has been cited by other articles in PMC.

“Each patient carries his own doctor inside him.”
—Norman Cousins, *Anatomy of an Illness*

CDC Centers for Disease Control and Prevention
CDC 24/7: Saving Lives, Protecting People™

A-Z Index Search Advanced Search

Self-Management Education: Learn More. Feel Better.

SELF MANAGEMENT EDUCATION
LEARN MORE. FEEL BETTER.

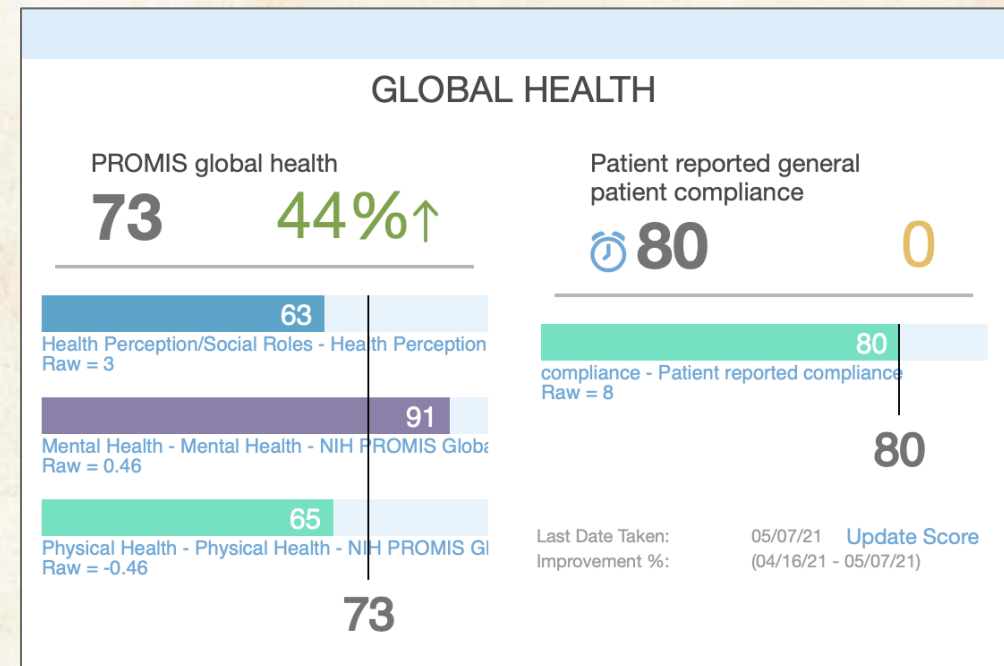
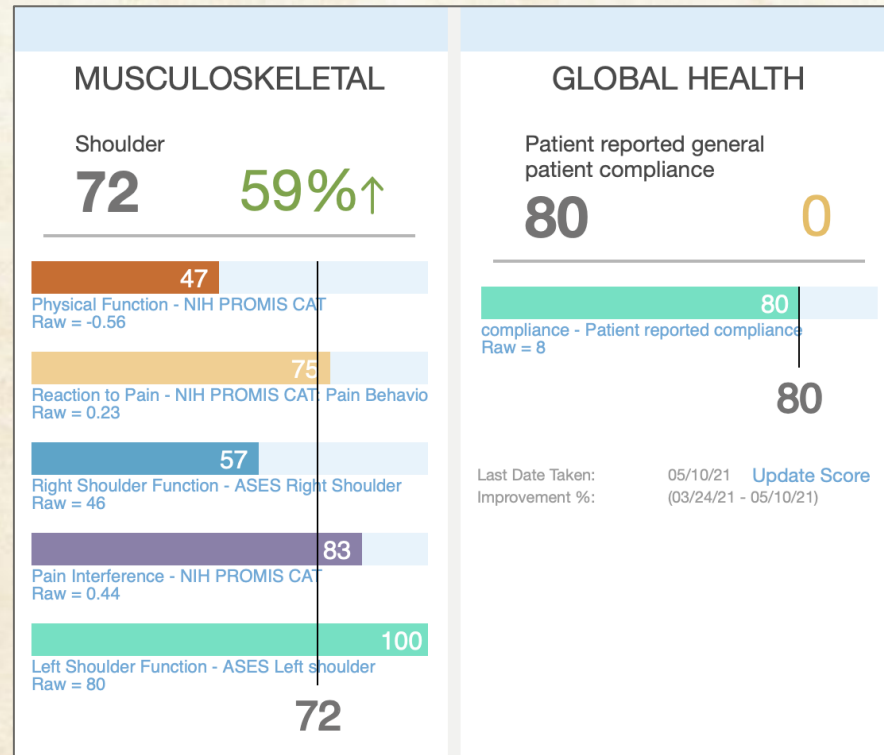
HEART DISEASE
ASTHMA
DEPRESSION
CANCER
LUNG DISEASE
EPILEPSY
DIABETES
ARTHRITIS

You are not alone.

MEASURING RESULTS



We partner with OutcomeMD to provide a self-assessment tool to track recovery results, specific to the injury/surgery



Our current group in Texas is showing improved results.

HOW THE PROGRAM WORKS



MONDAY – Motivational video delivered via e-mail



WEDNESDAY – Educational e-mail featuring audio clips from The Optimized Patient



FRIDAY – Nutritional information and meal plan delivered via e-mail



WEEKLY – Live call with a Recovery Guide

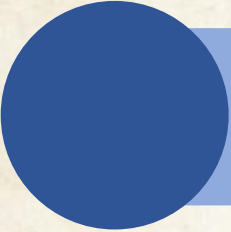


BI-WEEKLY – Self-Assessment tracking completed to measure recovery progress

WHO CAN WE HELP?

- Individuals preparing for major surgery (4+ weeks prior to surgery if possible)
- Individuals recovering from a major surgery
- Individuals receiving any of the following:
 - Anesthesia
 - Antibiotics
 - Opioids
- Individuals readmitted to repair a failed procedure
- Individuals who could benefit from an improved diet
- Injured workers with a major injury expected to be off work for four weeks or longer
- Any individual who is stalling in their recovery and/or needs additional encouragement and support


PROGRAM BENEFITS FOR PAYERS = LOWER COSTS



Help with proper preparation for a scheduled surgery /
Early warning if injured worker condition worsens



Receive self-reported progress updates on injured
worker's recovery



Minimize “hand-holding” by case manager for
less severe injury cases



Help keep claims from “going off the rails” with frequent
interaction and encouragement of injured worker



Keep injured worker focused on recovery

Dr. Melissa Tonn, OccMD beta tested the Optimized Program

Non-subscriber employers in Texas



2022 Comp Laude
Award Winner
Physician Category

OccMD reports
10-30%
improvement
over similar
cases.

IT MATTERS TO INJURED WORKERS



“It was the support that I got. The concern for my recovery was very important.”

Chester W. - Optimized Outcome Solutions Participant

“Yeah, I don’t want to be that person, at 35, that got injured and never went fully back to work.”

Victoria G. - Optimized Outcome Solutions Participant

OUR TEAM

FOUNDERS



Brian Allen



Harvey Warren



Douglas Amend

EDUCATORS

- ★ **Joseph McClendon III** (behavioral psychologist, internationally recognized speaker)
- ★ **Blair Singer** (author - "Little Voice Mastery", internationally recognized speaker)
- ★ **Bill Walton** (spine patient, sports broadcaster, former NBA star)
- ★ **Nathan "The Rock" Quarry** (spine and multiple surgery patient, former MMA champion)
- ★ **Kay Bruening, PhD, RDN, FAND** (nutrition researcher, University Professor)
- ★ **Guillaume Sabbadin** (French celebrity chef)

CONTACT US

www.optimizedoutcome.com

www.theoptimizedpatient.com

Brian.Allen@optimizedoutcome.com

Harvey.Warren@optimizedoutcome.com

Douglas.Amend@optimizedoutcome.com

866-411-6671