

Primary Care Needs

Blaine Street Clinic

Initial Sampling

Data Collection:

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In preparation for the department's Integrated Primary Care Initiatives a sample of the consumers receiving services at the Blaine St. clinic were surveyed about their Primary Care needs. This effort was undertaken to gain insights into consumers access and use of primary care services as well as the medical conditions reported and current treatment for those medical conditions through primary care.

Survey Items included:

- Age
- Gender
- Insurance
- Medical Conditions Reported
- Treatment required for Medical Conditions
- Primary Care Physician
- Last Physical Exam
- Location of Primary Care

A total of 153 consumers were surveyed at the Blaine St. clinic.

- Out of the 153 surveyed 149 consumers completed the question regarding having a Primary Care Physician (PCP).
- The number with a PCP (75) and the number without a PCP (74) was nearly even at 50.3% to 49.6% respectively.
- Some consumers reported they did not know when they had last had a PCP visit (24%).
- Overall 53% reported multiple medical conditions while 22% of consumers reported they had no medical conditions.
- It was indicated that treatment was needed for 57% of the medical conditions reported. Medications prescribed was reported as the treatment required for 48% and other treatment was indicated for 6%.

The most commonly reported medical conditions were:

- High Blood Pressure
- High Cholesterol
- Obesity/Morbid Obesity
- Arthritis/Joint pain and Chronic Back Pain

Facts from a National Technical report on Morbidity Mortality in the SMI population.¹

“People with serious mental illness served by our public mental health systems die, on average, 25 years earlier than the general population.”¹

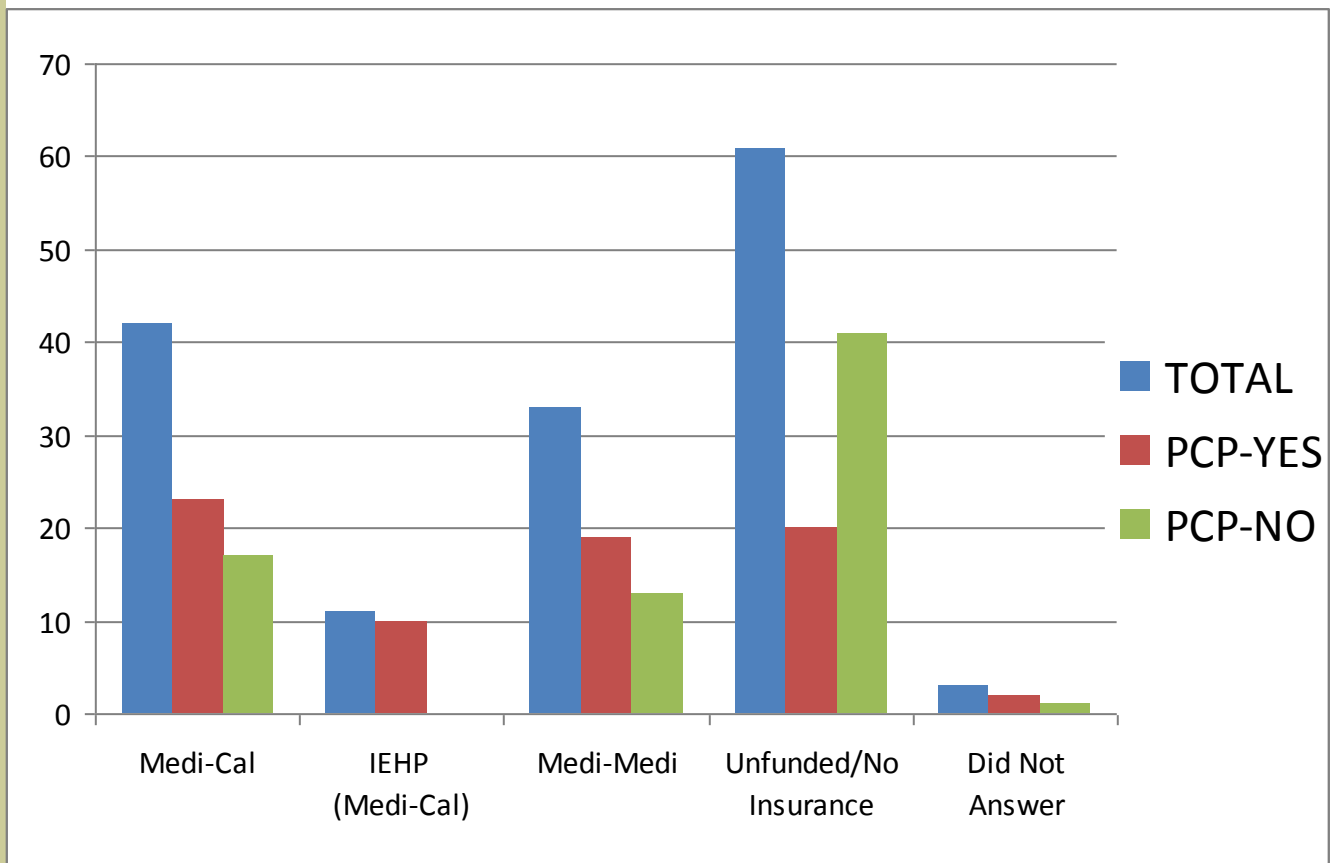
Persons diagnosed with SMI have been shown to have higher prevalence and risk rates for obesity, diabetes, hypertension, and hyperlipidemia, than the general population.

Increased morbidity and mortality are largely due to treatable medical conditions.

¹ Morbidity and Mortality in People with Serious Mental Illness. Thirteenth in a Series of Technical Reports National Association of State Mental Health Program Directors (NASMHPD) Medical Directors Council.(2006) Parks, J., Svendsen, D., Singer, P., Foti, M.E. Retrieved from http://www.nasmhpd.org/general_files/publications/med_directors_pubs/Mortality%20and%20Morbidity%20Final%20Report%208.18.08.pdf

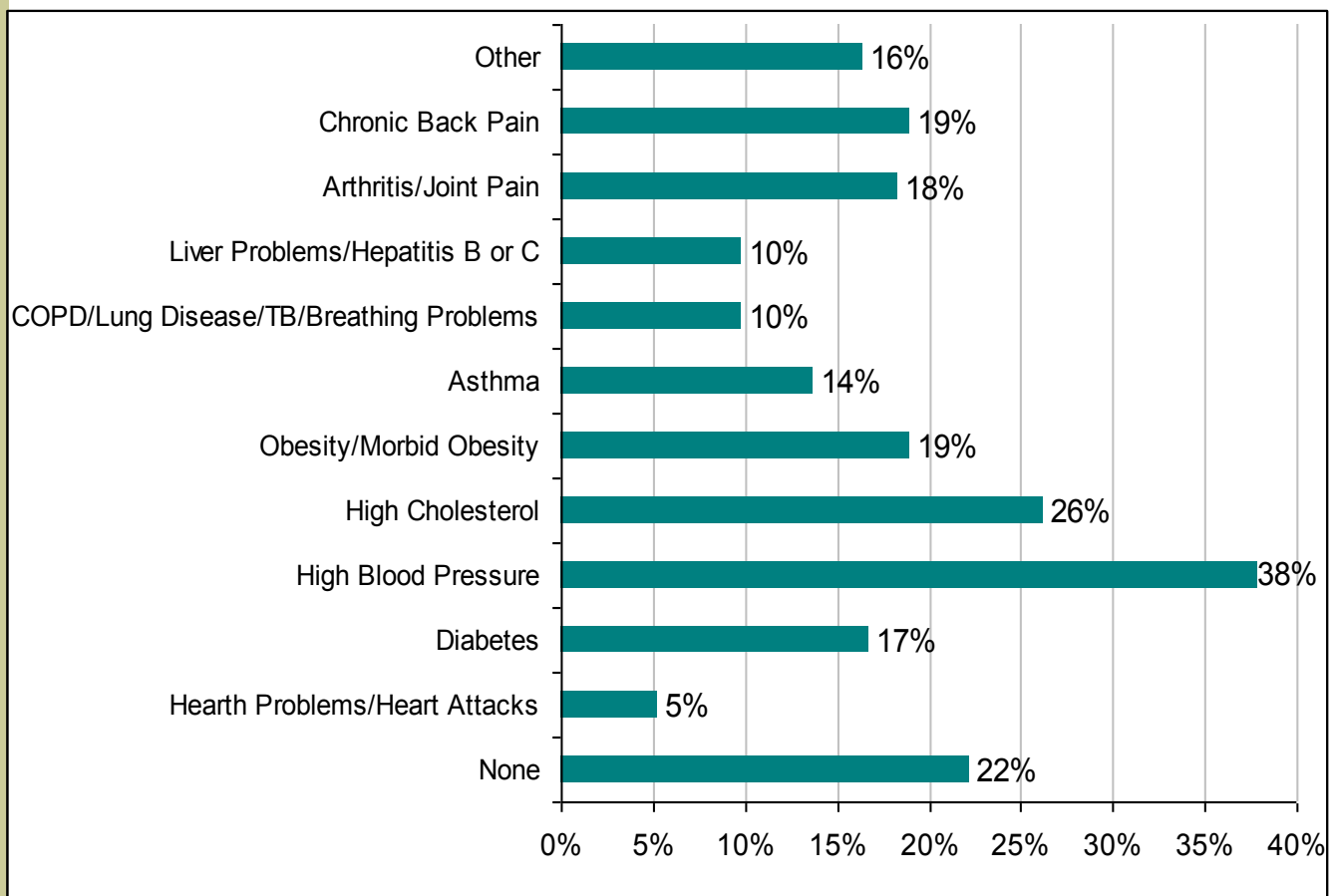
INSURANCE

- The health care funding reported by consumers is presented in the graph below. The graph also shows the proportion of those with and without a PCP within that funding source category.
- Sixty-one consumers (40%) did not have health care funding of any kind, making this the largest group of the various funding sources, followed by Medi-Cal at 28% (n=43), IEHP (Medi-Cal) 7.33% (n=11), and Medi-Medi at 22% (n=33).
- Those uninsured consumers were the also the largest proportion with no PCP.
- One consumer reported having private insurance and one consumer reported having Medicare. Out of these two consumers one indicated they had a PCP and one indicated they did not have a PCP.



MEDICAL CONDITIONS

- The graph below shows the survey results for consumer's reported medical conditions. Some consumers reported multiple conditions.
- Twenty-two percent reported they had no medical conditions.
- High Blood Pressure and High Cholesterol were the most frequently reported.
- Additional information on the consumers with the more frequently reported conditions are highlighted on the following pages.

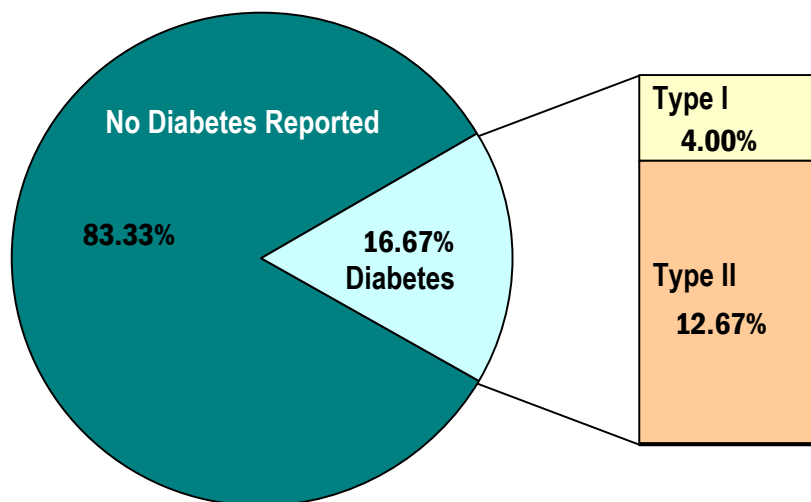


Less frequently reported medical conditions included:

- **Epilepsy/Convulsions/Seizures 7%**
- **Thyroid/Endocrine (Hormonal Problems) 7%**
- **Diarrhea/Blood in Stool 7%**
- **Constipation/Painful Bowel Movements 6%**
- **Abdominal Pain 5%**
- **Kidney Problems 4%**

DIABETES

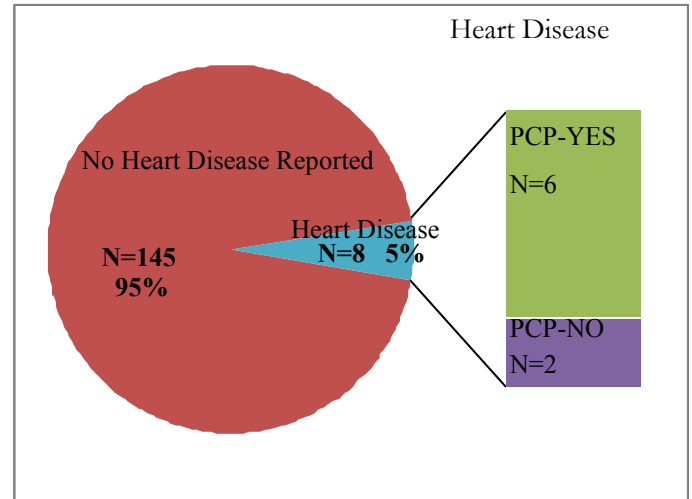
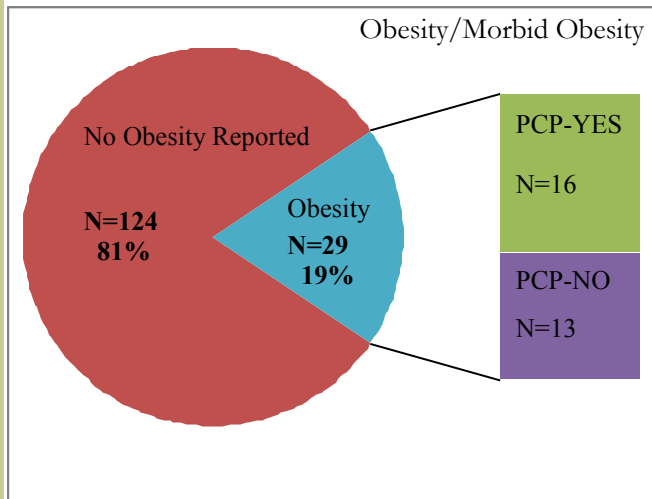
- **Diabetes was reported for 17% (n=26) of the consumers surveyed.**
- **More females reported Diabetes (69%) than males (31%).**
- **The average age of those reporting diabetes was 48 years old.**
- **Insulin dependency was noted in 26% (n=7) of the Diabetic consumers, one indicated they did not have a PCP or health insurance.**
- **Some consumers (27% n=7) with Diabetes reported they did not have a PCP the same percentage were uninsured.**
- **At least four diabetic consumers reported they could not remember their last physical exam, one reported they never had a physical exam, and one reported**



- **Sixty-nine percent reported having another medical condition in addition to Diabetes, including either High Cholesterol, High Blood pressure or both. Obesity was reported in 30% of those with diabetes and 19% reported they also had a liver condition.**

OBEESITY

- **Obesity/Morbid Obesity was reported by 19% of consumers surveyed (n=29).**
- **More females reported this condition (59% female and 41% male).**
- **The average age of those reporting Obesity/Morbid Obesity was 43 years old.**
- **Thirteen consumers (45%) who reported obesity did not have a PCP and eleven (38%) reported they were uninsured.**
- **18% of the consumers reporting morbid obesity also reported they could not remember their last physical exam and 4% reported they never had a physical exam.**



HEART DISEASE

- **Heart Problems/Heart Attacks were reported by 5 % of consumers (n=8).**
- **75% of those reporting Heart Problems/Heart Attacks were male.**
- **The average age for consumers reporting this condition was 41 years old.**
- **Only 2 consumers out of the 8 reporting this condition indicated they did not have primary care these two were also unfunded.**
- **All the consumers except 1 reported that they had a physical exam in the last two years.**

HIGH BLOOD PRESSURE

- **High Blood Pressure was reported by 38% of consumers (n=58).**
- **Sixty percent of those reporting high Blood Pressure were male (n=35) and 40% were female (n=23).**
- **The average age of those reporting High Blood Pressure was 46 years old.**
- **Thirty-six percent of consumers with High Blood Pressure reported they did not have a PCP (n=21).**
- **Eleven percent of these consumers did not remember when their last physical exam was, and 4% reported never having a physical exam.**
- **Thirty-nine percent (n=23) of those reporting high blood pressure also reported they were uninsured.**
- **Sixty-six percent reported having another medical condition in addition to High Blood Pressure, including either High Cholesterol, a Heart condition, Obesity, Diabetes, or a Liver condition.**

HIGH CHOLESTEROL

- **Twenty-six percent of consumers reported High Cholesterol (n=40).**
- **Somewhat more females than males reported High Cholesterol with 23 females (57%) and 17 (43%) males.**
- **The average age of those reporting High Cholesterol was 46 years old.**
- **Twenty-six percent of these consumers did not have a PCP (n=10) and 30% reported they were unfunded.**
- **Thirteen percent of consumers with High Cholesterol did not remember when their last physical exam was, and 3% reported never having a physical exam.**
- **Almost all the consumers reporting High Cholesterol also reported having another medical condition, including either High Blood pressure, a Heart Condition, Obesity, Diabetes, or a Liver condition.**

LIVER PROBLEMS

- **Ten percent of consumers reported suffering from Liver Problems (n=15).**
- **More males reported this condition than females with 60% male, 40% female (n=9 and n=6 respectively).**
- **The average age of these consumers was 51 years old.**
- **One-third of these consumers do not have a PCP (n=5).**
- **One of these consumers cannot remember when their last physical exam was, and one reported never having a physical exam.**

JOINT/BACK PROBLEMS

- **Eighteen percent of consumers reported Arthritis/Joint Pain, and 19% reported Chronic Back Pain (50% with these conditions reported having both Chronic Back Pain and Arthritis/Joint Pain).**
- **Somewhat more women reported these conditions (21 women and 17 males).**
- **The average age of these consumers was 44 years old.**
- **Twenty eight percent of these consumers reported not having a PCP (n=10).**
- **Six-percent were unable to remember when their last physical exam was and 3% reported never having a physical exam.**

NO MEDICAL CONDITIONS REPORTED

- **Twenty two percent of consumers reported no medical condition (n=34).**
- **The average age of these consumers was 37 years old.**
- **Nearly three fourths of these consumers reported they did not have a PCP (25 out of 34) and half of these consumers could not remember when their last physical exam took place (n=17).**

GENDER RELATED HEALTH CONDITIONS

Females

The survey included items for females on pelvic pain, excessive menstrual bleeding, current pregnancy, and breast lumps/masses.

- Only 7% (n=5) of consumers reported any of these health conditions. No consumers reported a current pregnancy. Three reported a breast lump/mass. Two reported pelvic pain and one of these two additionally reported excessive menstrual bleeding.

Males

The survey included items for males on impotence and prostrate problems.

- Results from survey items on prostrate problems and impotence showed only 4% (n=6) of male consumers reported either of these medical conditions.

GENDER DIFFERENCES

- Out of the 153 consumers surveyed, 52% were male (n=80) and 48% were female (n=73).
- There were no gender differences with regards to lack of medical insurance. The uninsured group was evenly distributed between males (n=30) and females (n=31).
- There were some gender differences with regards to the consumer reporting they have a PCP, when they last had a physical exam, and the medical conditions reported.

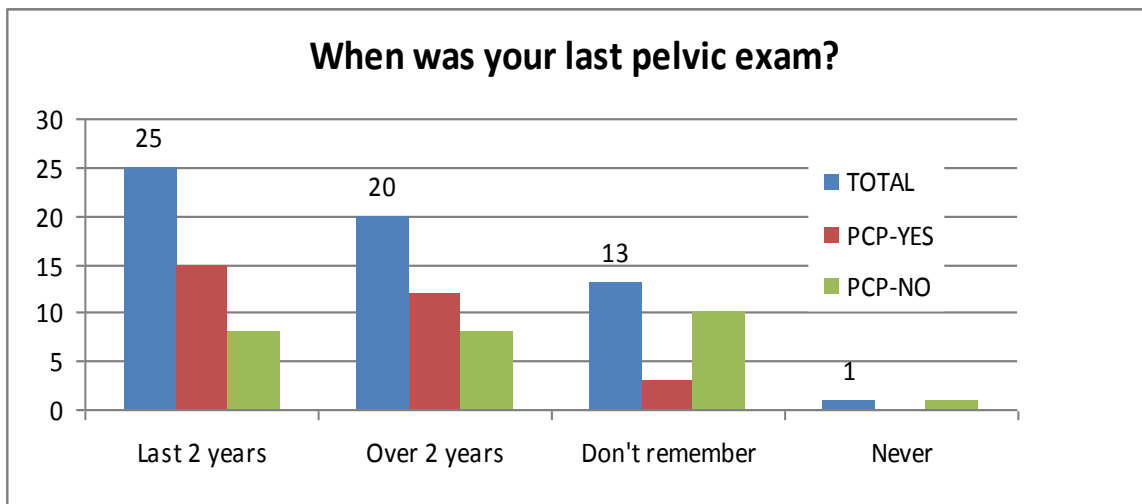
Survey Item	Males # and %	Females # and %
Reported they have a PCP	34 (42.5%)	41 (56%)
Length of time since last physical exam (those reporting over 2 years ago and never)	16 (20%)	11 (15%)
No medical condition reported	22 (27.5%)	12 (16%)

Gender Differences Most Frequently Reported Conditions

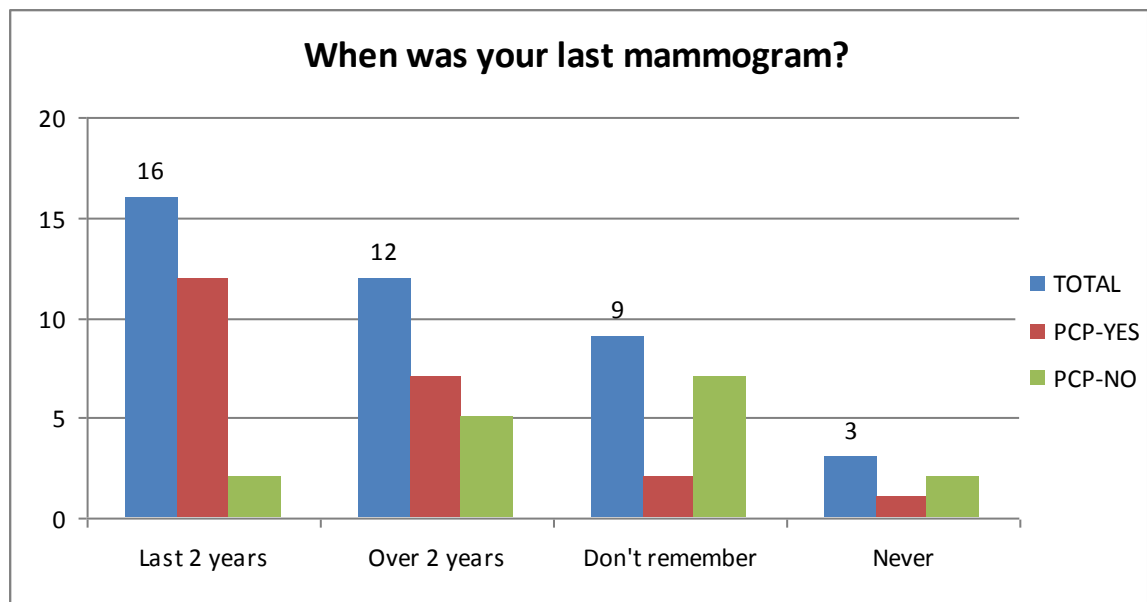
Physical Condition	Males	Females
High Blood Pressure	35	23
High Cholesterol	17	23
Diabetes	8	18
Obesity/Morbid Obesity	12	17
Heart condition	6	2

GENDER RELATED PREVENTATIVE CARE

- The graph below shows the time frame for when the consumers last had a pelvic exam and the proportion of the total with and without a PCP. Thirty-six percent of female consumers reported having a pelvic exam in the last two years. Some women left this item blank and some did not indicate if they had a PCP or not.

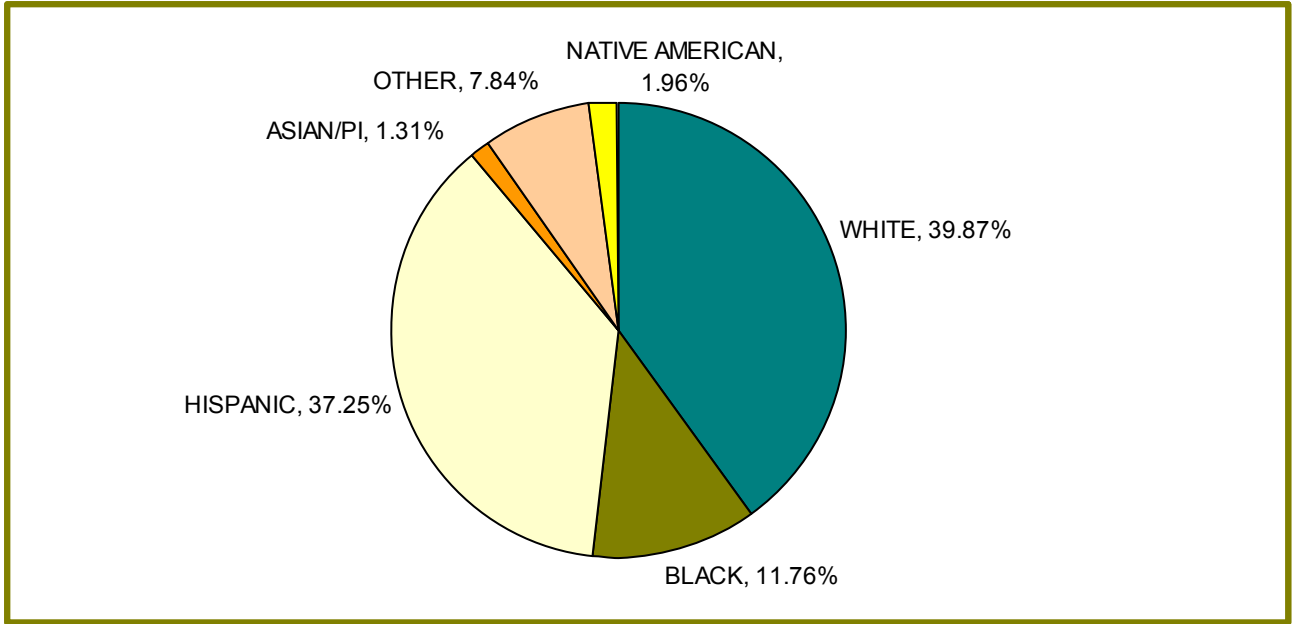


- The graph below shows the time frame for when the consumers age 40 or older last had a mammogram. Some women (n=8) left this item blank and some did not indicate if they had a PCP or not. Fifty percent of the women had not had this preventative screen within the last two years.

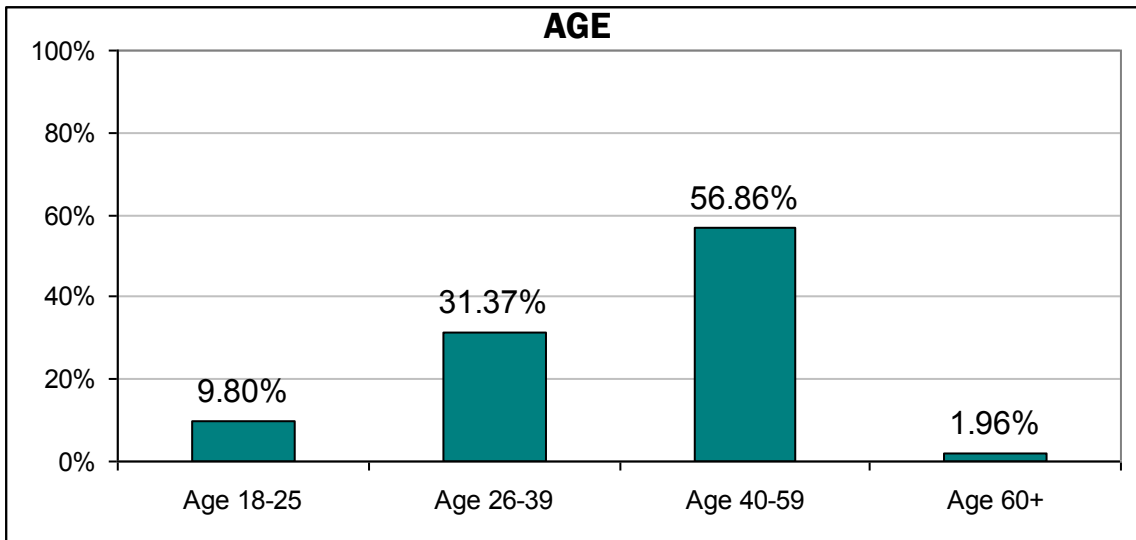


BLAINE SAMPLE DEMOGRAPHICS N=153

ETHNICITY



AGE



GENDER

