Transforming the practice in real time: The Diabetes Comprehensive Regenerative Care Clinic experience

Care That Fits
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Juan Brito MD MSc
Brito.Juan@mayo.edu

Ian Hargraves Ph.D.
Hargraves.Ian@mayo.edu
Comprehensive Regenerative Care
From Fighting Disease to Building Life
Philosophy of care that views medicine as *generative*
Focuses less on fighting the processes of disease.

Instead, it concentrates on what medicine can help **build** in the life of the person.
Philosophy of care that views medicine as *generative*

Regenerative medicine is not a medical specialty or a set of technologies, it is a way of practicing medicine and caring for people.
Fighting
Build
Fight
In this context is fighting the best or only way?
Build
What?
The appropriate concern of care is the life of the person and how they live it.
The life and living of human beings

Image: Ian Hargraves
Outcome

An outcome describes what has changed, in a narrow set of dimensions, over a disease or treatment course.
Outcome $\neq$ life of the person
Composition of life rather than the outcomes of disease and treatment
Function ≠ life of the person

Function contributes to the life of the person.
Build How?
Meta-methods
Construct by adding or replacing a functional element
Construct by adding or replacing a functional element
Create a new function
Create a new function
Cultivate functional potential
Cultivate functional potential
Assimilate/integrate function and disfunction
Assimilate/integrate function and disfunction
Recognizing regenerative practice

- Palliative care
- Gerontology
- Psychology
- Occupational therapy
- Public health
- Rehabilitation
Comprehensive Regenerative Diabetes Clinic
Mission

To improve care and function to patients facing significant challenges in managing diabetes and struggling to live with diabetes
What is the need?

- Financial distress
- Mental health
- Lack of social support
- Polypharmacy
- Overwhelmed by care
- Decreased ability to perform daily activities
- Deconditioning

Concentrate on identifying areas of dysfunction and what we could build in the life of a person.
Diabetes Comprehensive Regenerative Care Clinic

- Division of Endocrinology (Rochester, MN), Mayo Clinic Building, 18th Floor.
- Mondays (up to 3 patients a week)
- Regenerative EPIC registry
Diabetes Comprehensive Regenerative Care Clinic

Orthopedics
(Hip and Knee Clinic, Dr. Sierra)

Endocrinology

Patient with diabetes with or without obesity

Diagnosis of dysfunction

Plan of care

Monday AM

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:30</td>
<td>Team huddle</td>
</tr>
<tr>
<td>11:00</td>
<td>Return visit (shared visit)</td>
</tr>
<tr>
<td>10:00</td>
<td>Visit with clinician</td>
</tr>
<tr>
<td>9:00</td>
<td>Visit with clinician</td>
</tr>
<tr>
<td>8:00</td>
<td>Visit with clinician</td>
</tr>
</tbody>
</table>

- Financial support
- Coaching
- Social support
- In home assistant
- De-implementation
- Polypharmacy
- Shared decision making
- Deconditioning
- Pain
- Fatigue
- Food relationship
- Lifestyle intervention
- Counseling
- Capacity building
- Eating habits
- Self-management
RET 1718 OR “Endocrinology Diabetes Regenerative Consult”

Multidisciplinary clinic for patients with diabetes and other complex metabolic, social, functional, psychological needs. Examples: multiple comorbidities, severe hyperglycemia (HbA1c > 10%) or hypoglycemia, patients in need of metabolic optimization before surgery, patients with depression/anxiety, with limited resources or substantial barriers to access or implement health care.

Do not unselect any orders or change defaults. All is required for this program.

- **Endocrinology - Diabetes regenerative consult (clinic)**
  - Region: Rochester Region
  - Status: Normal, Standing, Future
  - Expected Date: Today, First Available, Tomorrow, 1 Week, 2 Weeks, 3 Weeks, 1 Month, 3 Months
  - Comments: After surgery, After tests, Before next visit, Before surgery, Other (specify)
  - Expires: 5/28/2023

- **END Nurse triage visit (clinic)**
  - Region: Rochester Region
  - Routine, Internal Referral, Expires: 5/28/2023

- **Nutrition - Diabetes regenerative consult (clinic)**
  - Region: Rochester Region

- **Psychiatry and Psychology - Diabetes Regenerative Consult (Clinic)**
  - Region: Rochester Region
2030 Strategic Plan

**Cure**
Discover and optimize the latest advancements in complex or serious care. Deliver care for patients in ways that are unique and measurably better.

**Connect**
Simplify and digitize administrative functions and processes.

**Transform**
Scale our expertise to simplify health care delivery.

**People, Innovation and Environment**
Create a transformative and sustainable culture of innovation.