



# Guided Care® by Johns Hopkins Medicine

## Nurse-based chronic care management

**Guided Care® is a solution to the growing challenge of caring for older adults with chronic conditions and complex health needs.**

Unlike most care/case management interventions, Guided Care focuses on the role of a Guided Care Nurse—based in a primary care office, who works with 2 to 5 physicians and other members of the care team to provide coordinated, patient-centered, cost-effective health care to 50 to 60 of their chronically ill patients.

**The Guided Care Nurse** who works with the patient long-term—usually for life:

- ▲ Conducts in-home assessments
- ▲ Facilitates care planning
- ▲ Promotes patient self-management
- ▲ Monitors conditions monthly
- ▲ Uses motivational interviewing to help patients manage their conditions
- ▲ Provides continuing education resources
- ▲ Coordinates the efforts of all health care professionals
- ▲ Smooths transitions between sites of care
- ▲ Educates and supports family member caregivers
- ▲ Facilitates access to community resources and more

**The established Guided Care model is shaped by the lessons of 30 years of research in chronic care.**

Guided Care addresses the problem of a lack of an efficient, cost-effective way to respond to the needs of patients with either chronic illnesses or co-morbidities. Research shows that Guided Care reduces the use of expensive health services for chronically ill older adults.

**The Guided Care chronic care management solution components include:**

- ▲ A three-year Johns Hopkins license to use the Guided Care® model and the “Guided Care” service mark
- ▲ The application of the specific Guided Care protocols in your hospital or practice
- ▲ Use of the following essential forms to guide implementation:
  - Guided Care Health History Questionnaire
  - Guided Care Preliminary Care Guide
  - Guided Care Care Guide
  - Guided Care Action Plan

{CHRONIC-CONDITIONS: 75% of U.S. health care dollars goes to treatment of chronic diseases. These conditions—leading causes of death and disability—result in deaths that could have been prevented, lifelong disability, and compromised quality of life.}

**Outcomes of implementing the Guided Care model (based on a 32-month research trial) include:**

- ▲ Improves the quality of patient care
- ▲ Improves physicians’ satisfaction with chronic care
- ▲ Produces high job satisfaction among guided care nurses
- ▲ Reduces the use of expensive services, especially in well-managed systems

### WHY CHOOSE JOHNS HOPKINS GUIDED CARE?

**Guided Care has won numerous awards including:**

- ▲ 2010 Case In Point Platinum Award for Case Management Provider Program at Kaiser Permanente Mid-Atlantic States
- ▲ Dorland Health’s 2011 Silver Crown Award for Case Care Management Program at Johns Hopkins HealthCare
- ▲ 2011 Case Management Research Award at Case Management Society of America