



## Case Study: EBM



# How **Evidence Based Medicine** improves patient care at CHS Health Centers

## What It Is

In recent years, the medical community has accepted Evidence Based Medicine (EBM) as the judicious use of prevailing facts to make decisions about the care of individual patients to improve health care outcomes and eliminate overspending on unnecessary diagnostics and treatment options. It is primarily based on five well-defined steps: asking focused questions; finding the evidence; appraising critically; determining a course of action; and evaluating performance.

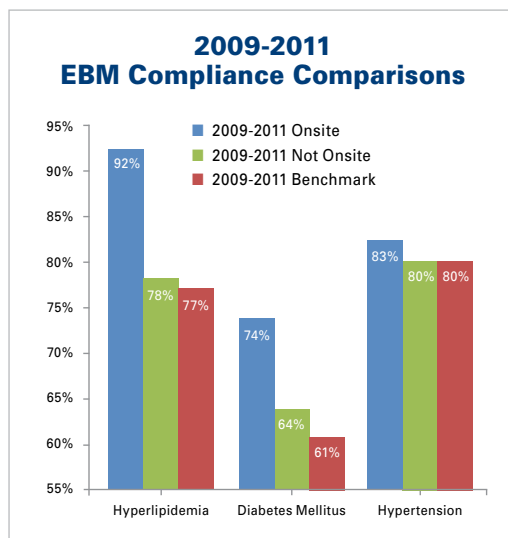
EBM requires more time spent with the patient for education, managing expectations and monitoring care. However, the ROI shows that it is time well spent by reducing the risks of heart disease, amputations or other related effects of chronic diseases. When there is less variation in diagnosis, the treatment improves patient safety.

## The CHS Difference

CHS follows 150 EBM guidelines in an effort to improve the quality of its care. **Clients choose CHS because our use of EBM guidelines has improved the compliance rate of our patients an average of 11 percent for diseases addressed by the onsite provider.**

## In Practice

At several onsite facilities, CHS managed to increase the EBM compliance rate of health center users across many disease categories. For hyperlipidemia, health center users were 19% more compliant than non-users and 20% more compliant than the benchmark. For diabetes, health center users were 16% more compliant than non-users and 21% more compliant than the benchmark.



***CHS' onsite health centers uses Optic™, an advanced proprietary technology platform that supports Evidence Based Medicine compliance to integrate electronic medical record and enterprise practice management with health plan and pharmacy benefit management, and more.***

***A CHS Nurse Practitioner reports that decision making becomes more clearcut with Evidence Based Medicine: "It works great for patient education and choosing the proper prescriptions and care for my patients."***



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