

# Options for Medical Care: What works for you?

Mark S. Korson, MD  
VMP Genetics

# METABOLIC MEDICINE... A BRIGHT FUTURE!

## Good reasons

- Expanding awareness of metabolic disease
- Improved diagnostic capabilities
- New treatment opportunities now and on the horizon

The metabolic patient  
population is growing, and...

# A CRISIS IN METABOLIC CARE

Shortage of  
clinicians and  
other health  
professionals

- Inadequate number in practice
- Inadequate number in training
- Inadequate recruitment
- No suitable back-up by other specialty clinicians

# A CRISIS IN METABOLIC CARE

Poor education  
about metabolic  
disease

- Medical schools
- Post-graduate training programs

**This situation does not bode  
well for the patient community  
or the physician community**

# PHYSICIAN TYPES: Definitions

“Mito-  
knowledgeable”  
(*Mknow-MD*)

Those with extensive expertise and experience in the diagnosis and management of mitochondrial disease

- Very rare

# PHYSICIAN TYPES: Definitions

## “Mito-helpful” (*Mhelp-MD*)

Those with no expertise in mitochondrial disease, but will:

- Take on a complicated case
- Learn about the patient and the disease
- Talk with other clinicians
- Reach out to professional resources for information and assistance
- Learn about the patient and the condition over time



# DETERMINING IF AN MD IS MITO-HELPFUL?

Are you able  
to...

... participate in my complex care?

... work with a team of MDs, if  
necessary?

... help me understand what MDs are  
saying and thinking about my condition?

... advocate for me with other providers?

... have your office help coordinate  
my care?

# CARE OPTIONS: Definitions

Conventional  
care

Face-to-face direct care in a  
health care facility  
PATIENT  $\leftrightarrow$  METABOLIC MD

Telemedicine  
direct care

Long distance direct care  
PATIENT  $\leftrightarrow$  METABOLIC MD

Telehealth  
MD:MD support

Long distance physician support  
LOCAL MD  $\leftrightarrow$  METABOLIC MD

# CONVENTIONAL DIRECT CARE

## Features

- Patient is seen in a hospital clinical setting
- An ***Mknow-MD*** evaluates the patient directly, usually including a history and physical examination
- Other patient information is reviewed
- A clinical impression is developed. A list of recommendations is implemented by the patient + the ***Mknow-MD***

# TELEMEDICINE DIRECT CARE

## Features

- An initial live evaluation is necessary to assess if long distance care is suitable
- Patient is at home; MD is at the office
- An ***Mknow-MD*** evaluates the patient visually. A history is obtained, no exam
- Other patient information is reviewed
- A clinical impression is developed. A list of recommendations is implemented by the patient + the ***Mknow-MD***

# TELEMEDICINE SECOND OPINIONS

## Features

- Patient is at home; MD is at the office
- An ***Mknow-MD*** reviews all patient information in advance then speaks to the patient/family. No physical exam.
- A clinical impression is developed. A list of recommendations is provided to the patient and implemented by the patient + the local provider
- Local provider may contact ***Mknow-MD*** for clarifications
- Many of these are one-time consultations

# TELEHEALTH PHYSICIAN:PHYSICIAN SUPPORT

## Features

- Patient is evaluated locally by a local **Mhelp-MD** (PCP or specialist), including a history and exam
- The case is then discussed in full by **Mhelp-MD** with an **Mknow-MD**. Other patient information is reviewed
- The **Mknow-MD** discusses an impression with the **Mhelp-MD**; they co-develop a set of recommendations to be implemented by the **Mhelp-MD** + the patient

	<b>CONVENTIONAL CARE</b>	<b>TELEMEDICINE</b>	<b>TELEHEALTH</b>
Type of MD interacting with the patient	Mknow-MD	Mknow-MD	Mhelp-MD
Quality of hands-on metab/mito care	Highest	Close to highest	Lower
Patient access to a metab/mito physician	Lower	Potentially higher	Potentially highest
Cost	Insurance	Insurance	Insurance, contract between Mknow-MD + local facility

The current medical system is costly and in flux. Innovative care options are going to evolve.





# Thank You!

Mark S. Korson, MD

[mkorson@vmpgenetics.com](mailto:mkorson@vmpgenetics.com)

[www.vmpgenetics.com](http://www.vmpgenetics.com)

404.793.7800 voice | 866.744.5665 fax