

Impacting Cardiometabolic Outcomes With Virtual Specialty Care

Guide more complex aspects of cardiometabolic patient care through virtual specialist collaboration, enabling effective and tailored management strategies.

The collective set of conditions known as cardiometabolic disease (CMD) – including diabetes mellitus, hypertension, obesity and hyperlipidemia – is the [leading cause of death](#) for US adults, contributing to 1 of every 5 deaths in 2022.

Prevalent issue with serious impact

Vulnerable patient populations experience [higher rates of obesity](#) and chronic stress which is closely tied to the prevalence of CMDs. Along with limited access to effective specialty medical care across geographical areas, current research ties disproportionate CMD mortality to social determinants of health. The following case study examines how chronic disease management challenges can be addressed in primary care through effective access to specialty eConsult workflows.

With better collaboration, comes better outcomes for treating chronic health conditions. Traditional healthcare systems have struggled with delivering optimal care for patients living with diabetes or hypertension. Within the confines a siloed patient care model, coordination among multiple specialists is a challenge — and when [managing cardiometabolic patients](#) who benefit from lifestyle coaching and behavioral health support, along with complex medication regimens — poor clinical outcomes are too common.

Addressing CMD in primary care

The most innovative solution may be one of the simplest: Treating patients in place while optimizing clinical services through the primary care setting. Primary care is the *only* sector of the healthcare system [attributed](#) to producing better population health outcomes, including longer lives.



Interdisciplinary care improves CMD patient outcomes

Type 2 diabetes patients treated by multidisciplinary care teams [show greater improvements](#) in glycemic & lipid control and self-management behaviors over 1 year compared to other patient groups



Types of CMD care plans informed by top specialists

eConsults connect PCPs with evidence-based guidance addressing multi-condition needs

Cardiology

- EKG interpretation & cardiac clearance
- CAD management & arrhythmias
- Medication review
- Nutrition support

Endocrinology

- Medication review
- Recommendations for non-adherence
- Patient education

Clinical Pharmacy

- Medication review
- Polypharmacy
- Treatment recommendations

Bridging gaps between primary and specialty care

Once diagnosed, many patients living with CMD are treated most often by their primary care team, with PCPs taking on the efforts of managing medication regimens or treatment strategies initiated by specialists. Interdisciplinary cardiometabolic care team interventions [have been shown](#) to greatly improve clinical, behavioral, and cost outcomes. But it can be challenging for PCPs to consistently serve as the single point of contact for all patient management.

eConsults: A quick primer

eConsults (electronic consultations) present a clinically and cost-effective way to bridge the gap between primary and specialty care, connecting PCPs to specialized expertise across multiple specialties for accurate CMD diagnosis, treatment, and condition management.

eConsults are secure, online conversations that can help PCPs gain specialist insights to manage specific patient concerns. Triggered by individual patient scenarios, they can help tailor patient-specific recommendations and care, while also providing PCPs with valuable knowledge and education for addressing future patient needs.

RubiconMD eConsults

empower clinical
decisions and
diagnoses

3.5 hr

median turnaround
time

70%

avoid unnecessary
referrals



CMD use cases demonstrate value of team-based care via eConsult

RubiconMD specialists share thoughtful, evidence-based recommendations for medication dosing, EKG interpretation, as well as additional resources for PCP and patient education. Click on each case to view the full transcript.

Overcome clinical inertia & improve outcomes

42 y.o. obese female with A1C of 11 and a history of hypertension and hyperlipidemia failing to achieve glycemic goals.

[View the case](#)

In-depth medication review and follow-up

60 y.o. male with a history of hypertension and suboptimal blood pressure requires careful review of medication regimen.

[View the case](#)

EKG interpretation helps avoid cardiology referral

20 y.o. female with prediabetes and hyperlipidemia requires preoperative clearance for gastric sleeve surgery.

[View the case](#)

Exploring proactive CMD patient management

Primary care providers can deploy eConsults as part of a broader strategy to target a predetermined patient cohort, allowing for a more programmatic and population-based intervention.

[Proactive, or eConsult-first, approaches are proven](#)

to deliver improved quality of care and outcomes for diabetes, hypertension, and other chronic conditions.

RubiconMD offers a solution to allow primary care providers to strategically manage and support patients with chronic conditions, like diabetes and hypertension.

[eConsult-first programs](#) provide more targeted, proactive care that is customizable to a population and desired cohorts.

PCPs report that **80%** RubiconMD eConsults improve their care plans.

Why not use them in a more systematic way?



Pre-referral endocrinology eConsults lead to

81% referral avoidance within 90 days
of diabetes eConsult

73% referral avoidance after diabetes eConsult,
within 1 year of eConsult

— Data from RubiconMD study of 950 Medicare Advantage patients



Learn what happens
when work is distributed
across the care team.

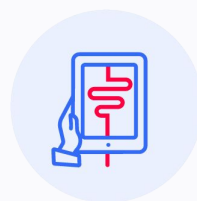
How programmatic eConsults work



For patients that
meet clinical criteria,
submit an eConsult
before a referral.



Patient information
is submitted to a
specialist via a
standardized protocol
by members of the care
team on or the PCP.



Specialist (i.e.,
endocrinologist,
cardiologist and/or
pharmacist) reviews
cases & **provides**
recommendations.

Improve access to specialty care and CMD outcomes

Patients with complex, chronic conditions require access to medical expertise covering multiple medication categories, lab testing, dietary and lifestyle recommendations, and more. The earlier on that eConsults are used in the care plan, the increased chance of improving outcomes.

RubiconMD eConsults empower PCPs to stand at the forefront of care, applying specialist insights to inform better clinical decisions at the patient or population health level.