



Challenges incorporating ACE screening and care into an internal medicine practice in Northern California

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A little bit about us:

- ▶ Each in practice ~ 20 years
- ▶ Work for Sutter Medical Group, Sacramento, CA
- ▶ Each have a significant other, at least 1 child and 3 dogs at home
- ▶ Neither knew about Adverse Childhood Experiences prior to January 2019

Our discovery of ACEs

- ▶ We're tired & burnt out
- ▶ Dealing with EHR
- ▶ Dealing with patients on opiates and/or multiple symptoms
- ▶ We're overworked...like ALL our colleagues
- ▶ Patient LG, trauma-survivor tells her story to Mike...
- ▶ "A-Ha"!

Our ACE scoreboard:

ACE scores	
<u>Draw</u>	<u>Mike</u>
2/18-22 8/13	7/4
2/25-3/1 7/10 17	7/7 14/11 18
3/4-8 5/9 17 24 31 37 42 44	
3/11-15 3/5 19 20 25	6/13 17 22 36 37
3/18-22 27 28 31 32 35	
3/18-22 7/13 18 18 25	16/22 16 17 27 36
23 34 35 36	44 45
3/25-29 18 29 17 24 25	17 29 16 20 23
27 35 31 33 39	
41 49 50 52 56	
4/1-5 9/17 18 20 28	7/18 16 24 36
30 37 35 44 52	34 35
53 61 66	

Our Journey

- ▶ Screening / ACE Scoreboard
- ▶ Conference calls with Sutter CMO's (Chief Medical Officers)
- ▶ Presentations at Dept meetings, Sutter President and Behavioral Health
- ▶ ACE / TIC talk to office staff – the “BEST” meeting ever
- ▶ Introduction to Jane Stevens and Vincent Felitti & many others
- ▶ Discussions with members of Board of Ed, CA Health & Human Services, Senator & Congressional offices, Mayor Steinberg's office
- ▶ Development of 8 week “Well Being” class
- ▶ Designed a study to look at Burnout and ACE screening

Our Challenges



- ▶ **Time** spent with patients
- ▶ **The Learning Curve**: what works and what is triggering
- ▶ **Getting administration on board**: grassroots vs Top Down
- ▶ **Referral to ancillary services**, or knowledge of next steps
- ▶ **Patients' self-awareness** and willingness to self-reflect
- ▶ **Our own self-awareness** and ability to self-reflect

Our Mission & Future

We will continue to:

- ▶ Learn about the science
- ▶ Connect with leaders in the field
- ▶ Educate colleagues, administrators & staff
- ▶ Educate & connection outside of the medical community
- ▶ Advocate for ACE awareness and Trauma Informed Care approach
- ▶ Be creative and innovate

Current Projects



- ▶ Presentations to the Hospitalists, Depts of Neuroscience and Family Medicine
- ▶ Meeting at the OSG with Dr. Devika Bhushan & Jamie Mulligan
- ▶ Formation of Ad Hoc ACEs Committee with our local CMA
- ▶ Mindfulness Projects with Blue Cross & Harvard University
- ▶ Possible JAMA article

Questions?



Contact us with ideas, suggestions or collaboration

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