How Can Cost Effectiveness Analysis Be Made More Relevant to U.S. Health Care?

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Talk Overview

- Review of Cost Effectiveness Analysis (CEA)
- The role of CEA in the U.S. and other countries
- The barriers to implementing CEA
- Overcoming the barriers to CEA
- CEA & comparative effectiveness
Cost-effectiveness analysis (CEA)

- Compare treatments, one of which is standard care
- Measure all costs (from societal perspective)
- Identify all outcomes
  - Express outcomes in Quality Adjusted Life Years
- Adopt long-term (life-time) horizon
- Discount cost and outcomes to reflect lower value associated with delay
Review CEA (cont.)

- Test for dominance
- The more effective, less costly treatment dominates
  - or if they are equal cost, the more effective
  - or if they are equally effective, the less costly
- In the absence of dominance, find the Incremental Cost-Effectiveness Ratio (ICER)
Incremental Cost-Effectiveness Ratio (ICER)

\[
\text{Cost}_{\text{EXP}} - \text{Cost}_{\text{CONTROL}} \\
\frac{\text{QALY}_{\text{EXP}} - \text{QALY}_{\text{CONTROL}}}{\text{Cost}_{\text{EXP}} - \text{Cost}_{\text{CONTROL}}}
\]

- Decision maker compares ICER to “critical threshold” of what is considered cost-effective ($ per QALY)
Where can CEA be applied?

- Individual decisions of physician and patient
- System decisions
  - Coverage decision
  - Practice guidelines
Use of cost-effectiveness in other countries

- **Canada**
  - Canadian Agency for Drugs and Technologies in Health
  - Established 1989 to evaluate health technologies
  - Provincial organizations also study cost-effectiveness

- **United Kingdom**
  - National Institute of Clinical Effectiveness
  - Established 1999 to provide advice to National Health Service
Use of CEA in other countries (cont.)

- Sweden, Australia, Netherlands
  - Requires manufacturer to submit evidence of cost-effectiveness to add new drugs to health system formulary

- Germany
  - Institute for Quality and Efficiency in the Health Care Sector (IQWiG)

- France
  - Unique periodic reviews of previously approved pharmaceuticals
Use of CEA in other countries (cont.)

- Health plans of most developed countries consider cost-effectiveness
- Used for coverage decisions
  - Especially for new drugs and technologies
  - Cost-effectiveness findings not always followed
  - Few cases of outright rejection based on cost
- No formal evaluations of use of technology assessment, however
Use of cost-effectiveness in U. S.

- Medicare proposed use of cost effectiveness criteria in 1989
  - Proposed regulation was withdrawn after decade of contentious debate

- Medicare Coverage Advisory Commission (MCAC) has no mechanism to consider cost or value in its decision
Use of cost-effectiveness in U.S.

- U.S. Preventive Services Task Force does not consider cost-effectiveness in making recommendations
CEA and U. S. health care reform

- Patient Protection & Affordable Care Act 2010
- Prohibited use of dollars per QALY thresholds
  - For Patient-Centered Outcomes Research Institute (PCORI) recommendations
  - For HHS coverage decisions
Use of cost-effectiveness in U. S.

- Oregon Medicaid
  - Attempted to restrict expensive treatments of low benefit
  - Negative political consequence
  - May not have been a real test of acceptance of CEA
  - Oregon continues to prioritize Medicaid services (Saha, 2010)
Surveys of coverage decision makers

- Survey of 228 managed care plans (Garber et al, 2004)
  - 90% consider cost
  - 40% consider formal CEA

- Workshops with California health care organizations (Bryan, 2009)
  - 90% would apply CEA to Medicare
  - 75% would apply CEA to private insurance
Question for discussion: What are the potential objections to using CEA?
Response options

- Represents rationing of health care
- Health of the very ill is not sufficiently considered
- Methods are not trustworthy
- Does not consider budget impact
- May not be objective because of sponsorship bias
Research on barriers to use of CEA

- At least 16 different surveys of decision makers’ attitudes to health economic studies
- Identified decisions makers concerns
Decision maker concerns about CEA

- Lack of understanding of CEA
- Lack of trust in CEA methods
  - Lack of confidence in QALYs
  - Lack of confidence in extrapolation (modeling)
Decision maker concerns about CEA (cont.)

- Not relevant to decision maker’s setting or perspective
  - Decision maker has short-term horizon
  - Wants payer perspective, not societal perspective
- Lack of information on budgetary impact
- Concern about sponsorship bias
- See: (Drummond, 2003)
Other concerns about CEA

- American attitudes
  - Distrust of government and corporations
  - Unwilling to concede that resources are really limited
What is the most important way to improve acceptance of CEA?
Response options

- Use recommended methods
- Provide details of cost and benefits
- Provide budget impact
- Study an important innovation
ISPOR recommendations to improve acceptance of CEA

- Describe relevant population and its size
- Budget impact, including which budgets will be affected
- Provide disaggregated cost and outcomes
- Provide cost and outcome by sub-groups
- Provide key assumption, data sources, sensitivity analysis— which parameters have biggest impact?
Other ways to improve acceptance

- Make sure CEA is relevant to decision maker
  - Support coverage decisions about expensive interventions
  - In other countries CEA analyses are commissioned by decision makers
  - Decision makers are anxious for results
Other ways to improve acceptance (cont.)

- Provide findings that are timely
  - Easier to prevent adoption than to withdraw widely-used technology
  - Conduct preliminary studies
    - These represent pre-positioning of resources
Implicit use of CEA in U.S.

- Examples of behind the scenes role:
  - Decision makers require large effect if the treatment is expensive
  - American Managed Care Pharmacy “formulary guidelines”
  - See (Neumann, 2004)
Implicit use of cost-effectiveness analysis

- Medicare considered CEA in coverage decisions for preventive services (Chambers, 2015)
- Medicare coverage less likely when cost-effectiveness estimate not available (Chambers, 2012)
CEA and comparative effectiveness

- Comparative effectiveness research
  - Alternative to CEA (which is seen as too controversial)
  - Study alternative treatments to find the most effective
  - The more effective treatment should be used
  - Placebo often not the appropriate comparator
Limits of comparative effectiveness

- What if most effective treatment has more side effects or higher risk?
- How to estimate long-term benefit of short-term effectiveness, e.g., what is the value of successful identification of a disease?
Use of CEA methods in comparative effectiveness

- Balance benefits with risks
  - Convert to QALYs to find net benefit and which treatment is “most effective”

- Extrapolating beyond short-term effectiveness
  - Use of Decision Models can estimate long-term benefits

- See: (Russell, 2001)
Exceptions to CEA

- Even when treatment is not cost-effective, physicians and patients give priority to certain groups:
  - Life threatening conditions
  - Children
  - Disabled
Exceptions to CEA

- VHA can add to this list
  - Treatment for a service-connected injury or illness
Public involvement in application of CEA

- NICE citizen council
- Experiment with individuals recruited from New York state juror pool
  - Provision of cost-effectiveness information influenced coverage decisions
- See: (Gold, 2007)
Unique role for VA

- Global budget
- Potential collaboration between decision makers and researchers
- Identified constituency of health system users who can be (must be) involved
Implementation of CEA

- Many health interventions yield little or no value
  - Up to one-third of U.S. health expenditures are for unneeded care

- Unneeded care is care that is not cost-effective
De-implementation of low-value interventions

- The implementation of CEA findings
- First focus on harmful (dominated) interventions
- Choosing Wisely and other lists
  - See www.HERC.va.gov CEA analysis → Identifying Services that are not Cost-Effective
What should the analyst do?
Choose important topics for CEA

- Involve decision maker at the outset
- Consider if CEA finding will be relevant to policy
  - Is treatment likely to be expensive?
  - Is treatment targeted for one of the exceptional groups?
Prepare a useful CEA

- Transparency in reporting
- Provide disaggregated cost and outcomes
- Describe sub-groups
- Budget Impact Analysis may be an essential adjunct to CEA
  - Describe size of population affected
  - Consider short-term horizon, payer perspective
Conduct de-implementation studies

- Low-value services are a target for de-implementation projects
References

References (continued)


