

Boston's Community Medical Group Recognized with National Award

Recognizing a primary care redesign to support chronically ill patients, Boston's Community Medical Group, known as BCMG, uses innovative approaches to provide patients with nursing and social work services in their homes, allowing them to thrive in their communities instead of being confined to a chronic care facility.

Mary Glover, director, "I think this program is important because there have been, historically, significant healthcare disparities for individual with disabilities. It's very important for people with disabilities to receive the same quality primary care that others are able to receive."

Founded in 1988, BCMG provides comprehensive care to over 400 patients living in or near Boston with severe physical disabilities, including congenital anomalies, nervous system tumors, neuromuscular disorders, spinal cord and brain injuries, and cerebral palsy, among others.

Robert J. Master, MD, co-founder, "Clear reductions in hospital readmissions because of early interventions have been demonstrated. Clear reductions in the overall cost have been demonstrated for these populations. Support for goals of independence and autonomy and self-management. What we're looking at here is a collaboration and a partnership between the clinicians providing care and those receiving it."

By optimizing patient's medical care, cost saving abound from preventing adverse medical events. Hospital stays were reduced from 6.6 days to 0.7 days for patients with pressure sores alone.

Nina Lev, physician assistant, "We try to collaborate on the care. I mean, there have certainly been times when I've seen Marvin that I've thought 'You're just a little too sick to be at home right now,' and Marvin will say, 'We're just going to do it for another couple of days. We're just going to wait it out a couple more days.' Often Marvin's right; sometimes I lose a little sleep at night, I can't wait until the next morning to call and say, 'Carmen, Marvin, how was the night?'"

With its multidisciplinary team of physicians, nurse practitioners, behavioral health specialists, physical assistants, and medical equipment staff, BCMG provides services that have enabled and empowered patients to live more independently in their communities, thus, improving their quality of life.

Carmen Curry, program participant, "BCMG is a phenomenal program. My husband, Marvin, was in a hospital for two years, extremely sick all the time — infection after infection after infection. Pretty much at that point I was terrified of his mortality; I didn't think he would survive much longer in that facility that he was in. We are just extremely blessed by BCMG. They have restored hope. When you have a situation like this, it can be very overwhelming, very stressful, and to have BCMG to call to help you, to help you to understand some things and to help you to do some things, it's just made all the difference.