

# Cystic Fibrosis Research News

**Title:**

Preventive service utilization by adult cystic fibrosis patients with private insurance is comparable to the general population

**Lay Title:**

CF adults with private insurance receive equivalent preventive care to the general population

**Authors:**

Sankalp Malhotra, MD, PhD<sup>1</sup>, J. Madison Hyer, MS<sup>2,3</sup>, Djhenne Dalmacy, MS<sup>2,3</sup>, Don Hayes Jr, MD<sup>4</sup>, Dmitry Tumin, PhD<sup>5</sup>, Stephen E Kirkby, MD<sup>6</sup>, Daniel E Jonas, MD<sup>1</sup>, Seuli Bose-Brill, MD<sup>1</sup>, Susan S. Li, MD<sup>7</sup>

**Affiliations:**

<sup>1</sup>Department of Internal Medicine, The Ohio State University Wexner Medical Center, Columbus, OH

<sup>2</sup>Center for Biostatistics, College of Medicine, The Ohio State University Wexner Medical Center, Columbus, OH

<sup>3</sup>Secondary Data Core, The Ohio State University Wexner Medical Center, Columbus, OH

<sup>4</sup>Division of Pulmonary Medicine, Cincinnati Children's Hospital and Medical Center, Department of Pediatrics, University of Cincinnati College of Medicine, Cincinnati, OH

<sup>5</sup>Department of Pediatrics, Brody School of Medicine, East Carolina University, Greenville, NC

<sup>6</sup>Division of Pulmonary, Allergy, Critical Care and Sleep Medicine, Department of Internal Medicine, The Ohio State University College of Medicine, Columbus, OH

<sup>7</sup>Department of Internal Medicine, University of South Carolina School of Medicine Greenville, Greenville, SC

**What was your research question?**

The goal of this study was to measure how much adults with cystic fibrosis (CF) are using preventive healthcare services compared to the general population.

**Why is this important?**

Patients with CF are now living longer due to new treatments. Many CF patients primarily get medical care from CF Centers, but as they grow older, it is also important for them to receive regular check-ups (preventive care). Preventive healthcare includes screening tests that help detect illnesses such as cancer, diabetes, or elevated cholesterol. Previous studies showed that adults with CF may not use preventive services as much as recommended. Understanding how



# Cystic Fibrosis Research News

much patients with CF receive preventive care compared to the general population can help develop CF-specific solutions designed to improve preventive healthcare quality.

## **What did you do?**

We studied insurance claims from 2012-2018 of privately insured adults with CF and compared them to adults without CF. We measured the use of various recommended preventive services, including annual check-ups, colonoscopies for colon cancer screening, pap smears for cervical cancer screening, chlamydia testing, cholesterol testing, and mammograms for breast cancer screening.

## **What did you find?**

We found that privately insured adults with CF generally use preventive healthcare services at rates similar to or higher than adults in the general population. However, there was an exception for CF individuals aged 18-27 years, whose rates of yearly check-ups were far less than the general population of the same age.

## **What does this mean and reasons for caution?**

Our results point to how important it is for adults with CF to have good medical care beyond just care for CF itself. We found a large gap in use of preventive care among patients who are 18-27 years old, an age group who are transitioning from pediatric to adult care providers. We feel this problem could be solved by involving primary care physicians in the specialist care teams for individuals with CF. An important limitation to our study is that we only included patients with private insurance, and it is possible that the rates of use of services are lower among people with public insurance such as Medicare and Medicaid.

## **What's next?**

Future studies should include patients who have public insurance or gaps in coverage, which can help elucidate how different insurance types may affect access. Furthermore, additional studies should focus on implementation of strategies to increase use of preventive services in those 18-27 years old.

## **Original manuscript citation in PubMed**

<https://pubmed.ncbi.nlm.nih.gov/38220475/>