

Community health worker intervention beneficial

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(HealthDay)—A standardized community health worker

(CHW)-delivered intervention, Individual Management for Patient-Centered Targets, improves patient-perceived quality of care and reduces hospitalizations for low-income patients with chronic diseases, according to a study published online Oct. 22 in *JAMA Internal Medicine*.

Shreya Kangovi, M.D., from the University of Pennsylvania in Philadelphia, and colleagues recruited 592 patients from three primary care facilities in a two-armed multicenter randomized clinical trial. Patients residing in a high-poverty ZIP code who were uninsured or publicly insured and had a diagnosis of two or more [chronic diseases](#) were recruited and randomly assigned to the CHW intervention or a control arm (goal setting only).

The researchers found similar improvements in self-rated physical health in the two arms (mean, 1.8 versus 1.6; $P = 0.89$). Intervention group patients had an increased likelihood of reporting the highest quality of [care](#) (odds ratio, 1.8; 95 percent confidence interval, 1.4 to 2.4; P patients in the [intervention](#) group (odds ratio, 0.4; 95 percent confidence interval, 0.2 to 0.9).

"It's remarkable that these results were achieved not by an expensive drug or technology but from good old-fashioned social support," Kangovi said in a statement.

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