

MHA MASSACHUSETTS HOSPITAL ASSOCIATION
 The leading voice for hospitals.

**Readmission Summit
 Focused on Care across the
 Continuum & Patient and
 Family Engagement**

MHA Conference Center
 Thursday, November 6, 2014

MAHEN
 MASSACHUSETTS HOSPITAL ENGAGEMENT NETWORK
 CONNECTING TO IMPROVE CARE

Agenda

9 a.m. **Welcome and Opening Remarks**
 Lorraine Schoen MS, BSN, RN
 Director, Clinical Affairs, MHA
 Pat Noga, PhD, RN
 Vice President, Clinical Affairs, MHA

9:15 a.m. **The National State of Readmissions**
 Amy Boutwell, MD, MPP
 Collaborative Healthcare Strategies

10:30 a.m. **Transition to Morning Breakout Sessions**

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10:40 a.m. **Morning Breakout Sessions**

A – The ‘One Cape’ Journey to Meet the Institute for Healthcare Improvement Triple Aim and Decrease Readmissions through Interdisciplinary Care Coordination
 Board Room, 2nd Floor

B – The Improving Massachusetts Post-Acute Care Transfers (IMPACT) - Achievements and Lessons Learned
 Café, 1st Floor

C – Partners Continuing Care - Collaboration to Prevent Readmissions after an Acute Care Episode
 Conference Center, 1st Floor

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11:55 a.m. – 1:00 p.m. Lunch

1 p.m. Patient-centered Care Transition Strategies
 Todd J. Liu, JD, MHA, Assistant to the President
 Griffin Hospital

2:15 p.m. Transition to Afternoon Breakout Sessions
 Turn in evaluations and sign for CEUs/CMEs




Agenda



2:25 p.m. Afternoon Breakout Sessions

D - Care Transitions Education Project (CTEP) – Equipping Nurses to Lead Patient-Centered Care Transitions
 Board Room, 2nd Floor

E - MetroWest Medical Center's Experience in Fostering Cross Continuum Partnerships in Practice
 Conference Center, 1st Floor

F - Leveraging Palliative Care - A Hospital and Home Based Approach
 Café, 1st Floor

3:40 – 4:00 Turn in evaluations and sign for CEUs/CMEs

CME/CE Accreditation Information



- TEAMHealth Institute is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. This activity meets the criteria for a maximum of 3.0 AMA PRA Category 1 credits. Physicians should only claim credit commensurate with the extent of their participation in the activity.
- TEAMHealth Institute is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. TEAMHealth Institute has designated this activity for 3.0 Nursing CE Hours.






Disclosures



- **Patricia Noga and Lorraine Schoen**, the planners of this CME/CEU activity, have no conflicts of interest to disclose.
- **Amy Boutwell and Todd Liu** have no conflicts of interest to disclose.
- There is no commercial support to disclose for this CME/CEU activity.

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CME/CEU Reminders



- 2 Evaluation forms must be completed (Team Health and HEN) for CEU/CME credit.
- Sign CEU/CME registration form for credit between 2:15 p.m. – 4:00 p.m. before you leave today.
- Credits will be mailed to your email address provided.

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- Rest rooms are located on the 1st floor to the left of the Café, around the corner, and on the 2nd floor by the Board Room.
- Coffee, tea and water located in the Café and outside the 2nd floor Boardroom



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Welcome and Opening Remarks

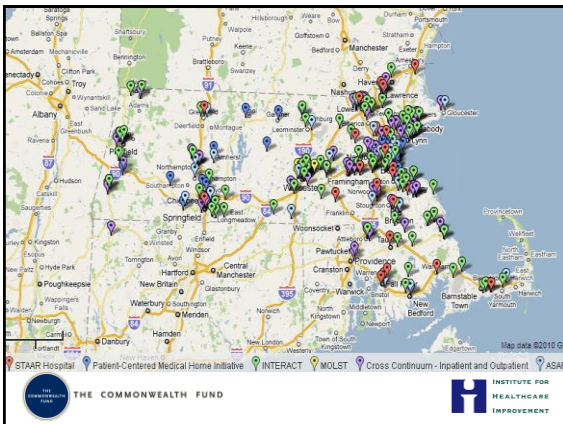
Pat Noga, PhD, RN
Vice President, Clinical Affairs



MA Readmissions and Care Transitions Initiatives: 2008 to Present

- Care Transitions Forum
- State Strategic Plan for Care Transitions
- STAAR: State Action on Avoidable Rehospitalizations
- Division of Health Care Finance and Policy PPR Committee
- HCQCC Expert Panel on Performance Measurement
- Care Transitions Steering Committee
- Quality inspectors trained in elements of a good transition
- Universal Transfer Form Piloting between all settings of care
- IMPACT: Improving MA Post-Acute Care Transfers
- Hospital requirement to form Patient Family Advisory Councils
- Engaging Patients and Families in Improving Hospital Discharge
- ASAPs join cross continuum teams (Aging Service Access Points)
- Expert Panel on End Of Life Care
- MOLST Pilot (Medical Orders for Life Sustaining Treatment)
- PCMH: Patient Centered Medical Home Initiative
- 3026 Community-based Care Transitions Program
- CMS Hospital Engagement Networks (HEN)





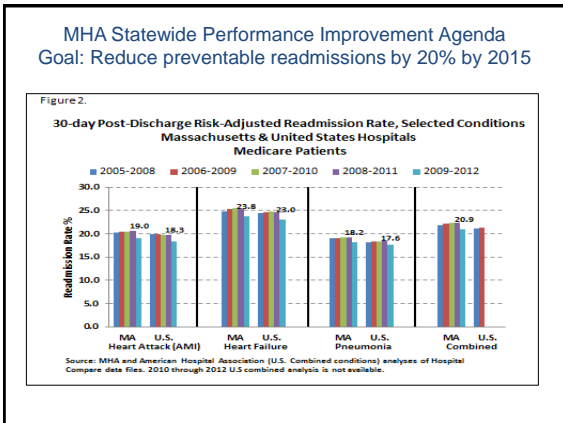
Statewide Performance Improvement Agenda MHA Board-approved Quality & Safety Goals Set January 2013

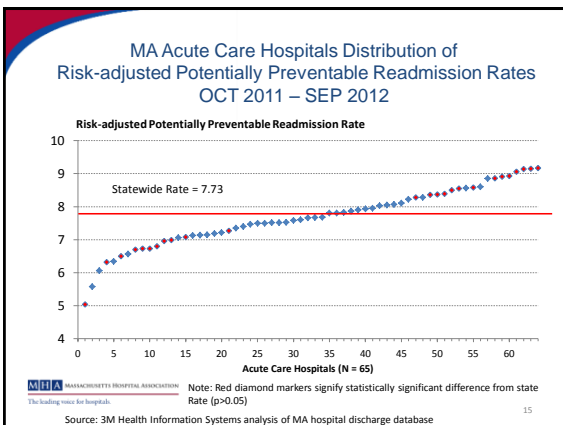
1. **Reduce** preventable readmissions by **20%** by 2015
2. **Reduce** preventable CAUTI, CLABSI and SSI by **40%** by 2015

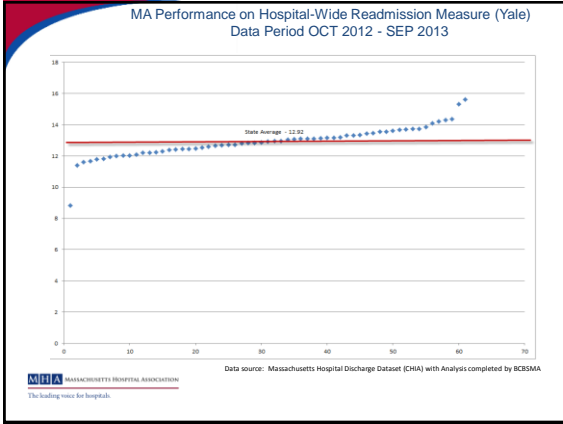
Note: This is a statewide aggregate goal, focused primarily on acute care hospitals; there will be **no public reporting of individual hospital data** in the course of monitoring and reporting progress in achieving the goals. **Base year = FY or CY 2012**

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Patient CareLink

About PatientCareLink | Healthcare Provider Data | Success Stories | Improving Patient Care | Workforce | For Patients & Families

OUR MISSION AND PROVIDERS:
We help participating healthcare providers deliver transparent patient safety and hospital staffing information to the public and all other healthcare stakeholders.

Healthcare Provider Data
Hospital Data
STAFFING PLANS
Voluntary unit-by-unit reports on caregiver staffing levels updated on an annual basis for over 700 hospital units including emergency department, intensive care, and more.
Staffing Plans & Reports


News
Welcome to the New Expanded PatientCareLink Site
Introducing Enhanced PatientCareLink Website
PatientCareLink is more than data. It's about providing useful information to patients and their families. We hope that you will use this information to understand your hospital care and/or home health care, learn more about your care team, discover what your hospital or home health agency is doing to improve care, and find out how you can participate in making your care safer.

For Patients & Families
Understanding PatientCareLink Data
Evaluating Quality of Care
Who's Who on your Hospital Team
What's Who on your Home Health Team

REDUCING READMISSIONS - 2014

Expanding efforts to drive to hospital-wide results


Amy E. Boutwell, MD, MPP
Collaborative Healthcare Strategies
November 2014



Objectives


- What are hospitals with hospital-wide results doing?
- How does that differ from what we are doing?
- What are 3 practical ways to expand our strategies?

➤ *Medicaid adults have high readmission rates and need to be specifically included in all efforts*



THANK YOU CMS

6 game-changing messages from CMS policies.....



6 Very Important Messages from CMS

1. Readmission reduction pays – inaction hurts
2. Hospitals must update & standardize transitional care processes
3. Reducing readmissions is a cross-continuum effort
4. Attend to non-clinical needs for post-hospital supports & services
5. We will flood the market with all best ideas on our dime
1. Reducing readmissions requires better data



HOWEVER....

Powerful messages from powerful agencies can create blinders



CMS' Medicare Focus Has Created Blinders

1. HF, AMI, PNA...COPD, hip/knee replacement
 - NOT the 5 most frequent diagnoses leading to readmissions
 - CMS' discharge diagnosis-specific penalty obscured other meaningful categorizations s/a frequent utilizer, social complexity, BH, functional status
2. Driven a Medicare focus to the exclusion of other high risk patient groups
 - Medicaid adults have higher readmission rates than Medicare FFS
3. Driven a case-finding approach
 - Interventions often limited to Medicare FFS with certain diagnosis
 - Created a 2- tiered discharge process - at odds with principles of quality
4. Preferred first move among hospitals: hire a Transitional Care FTE
 - Lost the focus on reliable redesign on transitional care for all patients
 - Hire dedicated staff to focus only on "penalty condition" patients



CRUNCHING THE NUMBERS

Will your current strategy get you to your goal?



Let's Run the Numbers: *One Strategy Won't Get Us There*

	Number	Rate
Medicare admits/year	5,000 admissions	
Medicare RA rate		20%
# Medicare RA/year	1,000 readmissions	
Pilot project	200 high risk patients	
Pilot group RA rate		25%
Expected # RA pilot	50	
Expected effect of pilot		20%
# RA reduced by pilot	10	
# Medicare RA/year	=1000 - 10 = 990	1%

© Amy Boutwell 2014



Hospitals with hospital-wide results

- Know their data –
Analyze, trend, track, display, share, post
- Broad concept of “readmission risk”
Way beyond case finding for diagnoses
- Multifaceted strategy
Improve standard care, collaborate across settings, enhanced care
- Use technology to make this better, quicker, automated
Automated notifications, implementation tracking, dashboards



EXPAND EFFORTS FOR IMPACT

Broad concept of risk, broad understanding of patient needs

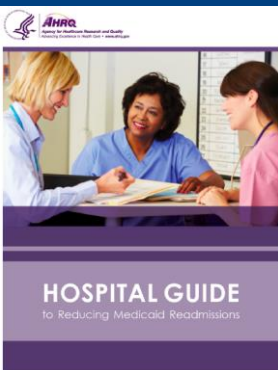


Next Frontier: Medicaid Readmissions

What is different? What is similar?

- Population analyses of Medicaid readmission rates are low
 - Because they include high-volume deliveries (OB) and pediatric discharges
 - Readmission rates appear low and providers think there is no "problem" in Medicaid
- Emerging experience suggests that social, financial, behavioral health factors greatly influence risk of readmission
- Adult Medicaid patients would be expected to have a high prevalence of social, financial and behavioral health issues
- Little has been described about readmission rates and the factors that contribute to readmissions among the younger adult population






- Introduction
- Why focus on Medicaid Readmissions?
- How to Use This Guide
- Roadmap of Tools
- Know Your Data
- Inventory Readmission Efforts
- Develop a Portfolio of Strategies
- Improve Hospital-based Transitional Care
- Collaborate with Cross-Setting Partners
- Provide Enhanced Services
- 13 new Tools




Hospital Guide to Reducing Medicaid Readmissions
Toolbox



Tools


1. Readmission Data Analysis
2. Readmission Interview
3. Data Analysis Synthesis
4. Hospital Inventory
5. Cross-Continuum Team Inventory
6. Conditions of Participation Checklist
7. Portfolio Design
8. Readmission Reduction Impact
9. Readmission Risk
10. Whole-Person Assessment
11. Discharge Information Checklist
12. Forming a Cross-Continuum Team
13. Community Resource Guide

 **COLLABORATIVE HEALTHCARE STRATEGIES**

Key Actions

1. Know your data
2. Ask your patients, their caregivers and providers, "why"
3. Develop a portfolio of strategies
4. Improve hospital-based transitional care for all
5. Collaborate with community based providers & services
6. Provide enhanced services for high risk patients

...do so leveraging technology to incorporate changes into workflow, enable implementation analytics and continually improve to achieve measurable results



1. KNOW YOUR DATA

Analyze, track, trend, raw unadjusted data to identify opportunities



HCUP: All Payer Readmissions

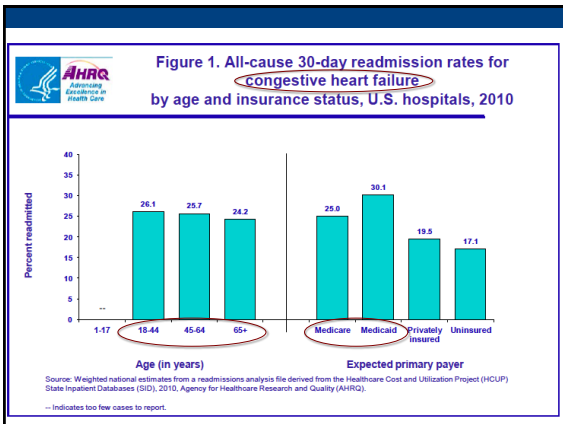
condition	Discharges	Readmissions	Rate
CHF	847073	209017	25%
sepsis	696122	145896	21%
pneumonia	924160	144894	16%
mood disorder	883245	131125	15%
COPD	606186	126443	21%
complication of device	59604	12039	20%
DM	480958	97784	20%
schizophrenia	397166	88629	22%
AMI	520901	85932	16%
UTI	522921	84858	16%
complications	453266	81353	18%
fluid/lytes	396551	73721	19%
CVA	520793	71174	14%
ARF	326586	70756	22%
cellulitis	576902	64680	11%
chest pain	601899	61465	10%
Gibleed	320613	54154	17%


The top 20 conditions account for 75% of readmissions – and doesn't account for comorbid BH, Social issues

HCUP: All Payer Highest Rates


Table 2. All-cause 30-day readmissions ranked by conditions with the highest readmission rates,* U.S. hospitals, 2010

Rank	Principal diagnosis for index hospital stay **	Number of index stays	30-day all-cause readmissions	
			Number of readmissions	Percent readmitted
1	Sickle cell anemia	87,326	27,837	31.9
2	Gangrene	33,786	10,693	31.6
3	Hepatitis	37,480	11,593	30.9
4	Disease of white blood cells	54,861	16,771	30.6
5	Chronic renal failure	17,394	4,766	27.4
6	Systemic lupus erythematosus and connective tissue disorders	18,850	5,123	27.2
7	Mycoses	23,026	6,222	27.0
8	HIV infection	34,958	9,230	26.4
9	Screening and history of mental health and substance abuse	60,417	15,695	26.0
10	Peritonitis and intestinal abscess	25,219	6,315	25.0





HEALTHCARE COST AND UTILIZATION PROJECT



Agency for Healthcare Research and Quality

STATISTICAL BRIEF #172


April 2014

Conditions With the Largest Number of Adult Hospital Readmissions by Payer, 2011

Methods:
 - Used CCS groupers
 - Included OB

Anika L. Hines, Ph.D., M.P.H., Marguerite L. Barrett, M.S., H. Joanna Jiang, Ph.D., and Claudia A. Steiner, M.D., M.P.H.


Top 10 Medicaid Dx:	Top 10 Medicare Dx:
1. Mood disorder	1. CHF
2. Schizophrenia	2. Sepsis
3. Diabetes complications	3. Pneumonia
4. Comp. of pregnancy	4. COPD
5. Alcohol-related	5. Arrythmia
6. Early labor	6. UTI
7. CHF	7. Acute renal failure
8. Sepsis	8. AMI
9. COPD	9. Complication of device
10. Substance-use related	10. Stroke



State All-Payer by Payer Readmission Analysis


Medicare	Medicaid	Comm.	Unins.	Total
ARF (1384)	Sickle Cell (478)	Chemo (290)	Pancreatitis (187)	Sepsis (1859)
Sepsis (1366)	Sepsis (175)	CVA (276)	Chemo (157)	ARF (1800)
PNA (1336)	Chemo (175)	Arthritis (260)	DKA (136)	PNA (1750)
COPD (1211)	COPD (173)	Sepsis (222)	CVA (125)	CVA (1622)
CVA (1140)	DKA (156)	PNA (188)	COPD (109)	COPD (1608)
UTI (1038)	PNA (145)	ARF (182)	ARF (97)	UTI (1608)
Atib (851)	ARF (137)	CAD (181)	Sepsis (96)	HF (1115)
HF (822)	HF (129)	Pancreatitis (153)	PNA (81)	CAD (1092)
CAD (746)	Pancreatitis (127)	Atib (152)	ETOH w/d (76)	Atib (1092)

Method: DRG, age>18, exclude OB



Medicaid Readmissions at a Community Hospital

• COPD	29%
• Alcohol withdrawal	21%
• Pneumonia	18%
• Pancreatitis	24%
• Poisoning	24%
• Major Depression	29%
• Acute Resp.Failure	67%
• Acute Renal Failure	27%
• Arrhythmias	43%
• Cirrhosis	25%



County Hospital Readmission Stats

Measure	#	%
Total Discharges	11,850	
Total Medicare Discharges	967	8% total
Total (adult non-ob) Medicaid Discharges	4,288	36% total
Total 30-day Readmissions	1,631	14% RA rate
Total Medicare Readmissions	154	9% total 16% RA rate
Total (adult-non-ob) Medicaid Readmissions	823	50% total 19% RA rate

*Medicaid RA are 35% higher than all-payer RA
Medicaid RA account for 50% of ALL Readmissions*



Medicare v. Medicaid –Discharge Disposition

Measure	Medicare	Medicaid
Discharge to Home	55%	84%
Discharge to SNF/IRF/LTAC	24%	5%
Discharge to Home with Home Health	14%	8%
Other	7%	3%



TOOL 1

COLLABORATIVE HEALTHCARE STRATEGIES

JSI

Readmission Data Analysis

Use the most recent 12 months of data available, calendar or fiscal year. Count readmissions as any return to the hospital setting for any reason within 30 days of discharge from the treatment setting. This analysis is for non-OB, non-pediatric, adult med/surg/geriatrics/behavioral health patients. Exclude discharges that are coded as deaths or transfers to another acute care hospital.

Data Element	Medicare	Medicaid	Uninsured	All-Payer
1. Total number of discharges (do not include transfer, deceased, others, etc.)				
2. Total number of individual patients				
3. Total number of 30-day readmissions				
4. Overall readmission rate (9pts)				
5. Discharge disposition (from 4pts)				
6. Home care home health of No				
7. SNF/LTAC				
8. Number of days between discharge and readmission for all readmissions, also type				
9. Top 10 Discharge diagnoses resulting in readmission (based on index diagnosis)				
10. Top 10 diagnoses				
11. Top 10 readmission rates per diagnosis				
12. Top 10 readmission rates per diagnosis				
13. Calculate the proportion of top 10 readmission diagnoses as a percent of all readmissions in 4pts				
14. High utilization population (20-12)				
15. Number of people hospitalized for a course (time to point 14 months)				
16. Discharge disposition of all discharges (3pts)				
17. Top 10 discharge diagnoses average (4)				
18. 30-day readmission rate average (9)				

All-Payer, Medicaid and Uninsured:

1. Total adult, non OB discharges
2. Total number of patients
3. Total 30-day RA, ED visits
4. Readmission rate
5. # days between d/c and readmit
6. #days between d/c ED re-visit
7. Discharge disposition
8. Diagnoses
 - Top 20 admission dx (admit)
 - Top 20 ED diagnoses
 - Top 20 dx leading to RA
9. Diagnoses- based Leverage
 - % of top 20 dx of all admits, ED visits, readmissions
10. High Utilizer analysis
 - # patients >3 admissions/12mo
 - total # hospitalizations in cohort
 - discharge disposition of cohort
 - top 10 diagnoses
 - 30-day readmission rate

ASK YOUR PATIENTS "WHY"

Interview patients, caregivers for the "story behind the chief complaint"



Understand the "story behind the chief complaint"

- 61M with 8 hospitalizations this year for shortness of breath returns to the hospital 10 days after discharge with shortness of breath.
- 45F with HIV hospitalized for pneumonia discharged to home returns to the hospital 8 days later with pneumonia.
- 32M with uncontrolled DM, cognitive limitations, bipolar disorder, active substance use, homeless presents with flank pain to one hospital, readmitted with chest pain to another hospital

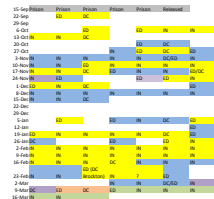
Chart reviews and administrative analyses will NOT reveal what you need to know: you must talk to your patients, their families and caregivers, providers



Root Cause of Chest Pain Admission: Shelter

"I need housing, not a shelter. I need someone to help make sure I take my medicines. In a shelter they don't do that and they kick you out every morning. I need a stable residence and no one is able to help with that."

Acute Care Utilization over 180 days of freedom



There is Never One Reason for Readmission

- KP team reviewed 523 readmissions across ~14 hospitals:
 - 250 (47%) deemed potentially preventable
 - Found an average **of 9 factors** contributed to each readmission
- Assessed factors related to 5 domains:
 - 73% - care transitions planning & care coordination
 - 80% - clinical care
 - 49% - logistics of follow up care
 - 41% - advanced care planning & end of life
 - 28% - medications
- 250 readmissions identified 1,867 factors!



Feingengbaum et al Medical Care 50(7): July 2012

Return Visits to the Emergency Department: The Patient Perspective

Kristin L. Riang, MD, MS¹; Kevin A. Padrez, BA; Meghan O'Brien, MD, MBE; Judd E. Hollander, MD; Brendan G. Cairr, MD, MA; Judy A. Shea, PhD

- Interviewed 60 patients who returned to ED after d/c from ED <9days
 - Average age 43 (19-75)
 - Majority had a PCP, but cited ED gave more tests, quicker answers, single site and ED more likely to treat the symptoms
 - Most reported no problem filling medications
 - 19/60 thought they didn't get prescribed the medications they needed (pain)
 - 24/60 expressed concerns about clinical evaluation and diagnosis
- Primary reason for returning:
 - **fear and uncertainty about their condition**
- Patients need more reassurance during and after episodes of care
- Patients need access to advice between visits



Annals of Emergency Medicine

DESIGN A PORTFOLIO OF STRATEGIES


There is no single bullet; we are engaged in system transformation



Develop A Multifaceted Portfolio of Efforts


- Improve hospital-based care processes for all patients, including ED
- Collaborate with cross-setting partners, including payers
- Provide enhanced services

Use data, analytics, flags, workflow prompts, automation, dashboards to support continuous improvement, ensure reliability, drive to results



Develop Portfolio Strategy

- Improve hospital-based transitional care processes for ALL patients
 - 1. Flag discharge <30d in chart
 - 2. ED-based efforts to treat & return
 - 3. Broaden view of readmission risks; assess "whole-person" needs
 - 4. Develop transitional care plans that consider needs over 30 days
 - 5. Ask patients & support persons why they returned, if readmitted
 - 6. Ask patient & support persons what helps/they need; share with them their needs/risk assessment
 - 7. Use teach-back, target the appropriate "learner"
 - 8. Customize information
 - 9. Arrange for post-hospital follow up
 - 10. Use a check-list for all patients
- Collaborate with cross-setting partners
 - 1. Use ADT notifications with medical and behavioral health providers
 - 2. Ask community providers what they need and how they want to receive it
 - 3. Collaborate to arrange timely follow up
 - 4. Perform "warm" handoffs, and opportunity for clarification
 - 5. Form a cross-continuum team that can access resources your staff are unaware of
 - 6. Constantly refresh your awareness of social and behavioral health resources
 - 7. Broaden partners to include Medicaid health plans and their care managers
 - 8. Identify community partners with social work and behavioral health competencies
- Provide enhanced services for high risk
 - 1. Segment "high risk" - varying types of services & levels of intensity
 - 2. Strategy for high utilizers
 - 3. Strategy for navigating care
 - 4. Strategy for accessing resources
 - 5. Strategy for self-management
 - 6. Strategy for frail/medically complex
 - 7. Strategy for end-of-life trajectory
 - 8. Strategy for recurrent stable symptoms, etc individual care plans



1. IMPROVE STANDARD CARE FOR ALL

All patients, not just high risk patients



Improve Standard Hospital-Based Processes

CMS Issued Updated Discharge Planning Conditions of Participation May 2013 that require hospitals demonstrate the following:

1. **Have a process**
2. **Know your data;** track rates & review readmissions
3. **Assess & reassess** patients for post-hospital needs
4. **Engage patients and caregivers**
5. **Teach** self-care to patients & caregivers
6. **Provide a written discharge plan for all inpatients**
7. **Communicate** effectively with "receiving" providers
8. **Know** the capabilities of area providers, including support services
9. **Arrange** for post-acute services, including support services



2. COLLABORATE ACROSS SETTINGS

Hospitals don't need to provide everything...



Know Your Cross-Continuum Partners


- While hospitals cannot address these concerns in isolation, they are expected to be knowledgeable about the care **capabilities of area long term care facilities** and to factor this knowledge into the discharge planning evaluation.
- Hospitals are expected to have knowledge of the **capabilities and capacities of not only of long term care facilities, but also of the various types of service providers** in the area where most of the patients it serves receive post-hospital care, in order to develop a discharge plan that not only meets the patient's needs in theory, but also can be implemented.
- This includes knowledge of **community services**, as well as familiarity with available Medicaid home and community- based services (HCBS), since the State's Medicaid program plays a major role in supporting post-hospital care for many patients.



From CMS Conditions of Participation May 2013


ED –Health Center – Community Mental Health Center

- ED based Behavioral Health “Navigator” position to:
 - Intensively coordinate & improve access to outpatient care
 - Re-design ED workflows for referrals between all 3 entities
 - Design standing orders for frequent BH ED users
 - Establish individualized care plans
- Impact: successful linkage to care for frequent users
 - 1 patient who had 26 ED visits in March has had no ED visits since May!
- Time to implement: 10 weeks.

 COLLABORATIVE
HEALTHCARE STRATEGIES

ED - SNFs: Treat-and-Return

- Hallmark Health System
 - 2 hospital system, 70% admits via ED, hospitalists
 - 20 ED docs, 17 PAs
- ED Chief and Champion of this work explored myths of SNFs/EDs
 - Patients only seen once a month; can't do IVs, etc
 - “ED admits everyone”
- Actions:
 - Discussion “why”
 - Education: our capacity/their capacity
 - Simplicity : establish contacts, standard transfer information
 - Feedback
- Results: increase in number of patients transferred from ED to SNF

 COLLABORATIVE
HEALTHCARE STRATEGIES

Source: Dr. Steven Shardella, CMO and Chief of ED
Hallmark Health System Melrose, MA

3. PROVIDE ENHANCED SERVICES

Best “transition out” of the hospital will not suffice for some patients

 COLLABORATIVE
HEALTHCARE STRATEGIES

Enhanced Care: Social Workers

- BRIDGE – Social work-based transitional care model
 - Assess "person in context"
 - Make contact in hospital; reassess at 24-48h after going home, as needs change/emerge; reassess periodically over 30d
- Observation: Don't require / use additional "slush funds" for transitional care – they are adept at getting patient linked to existing services (Medicaid waiver, AAA, ADRC, etc)
- Observation: Don't medicalize social complexity – "work the case" and refer for services, follow up, advocate for the patient, but don't "escalate" care medically when they encounter barriers



"High Risk Care Teams"

- Multidisciplinary team
 - NP / MD (who can facilitate urgent clinical eval if needed)
 - Care manager (RN)
 - Social Work
 - Pharmacist
 - Navigators, coordinators
- Address full complement of medical, social, logistical needs
 - Navigating the healthcare system, asking questions, making appointments
 - Focus on psychosocial issues
 - Coordinating among clinicians, service providers, between settings
- Identify using combination of clinical and non-clinical criteria
 - History of high utilization, no PCP, numerous prescribers, numerous meds, behavioral health comorbidities, homeless....not "just" chronic disease



46-study Meta-Analysis: What Works?

Preventing 30-Day Hospital Readmissions
A Systematic Review and Meta-analysis of Randomized Trials
 Leppin et al; JAMA Internal Medicine (online first) May 12 2014

- Review of 42 published studies of discharge interventions
- Found that multi-faceted interventions were 1.4 times more effective
 - Many components
 - More people
 - Support patient self-care
- Interventions published more recently had fewer components and were found to be less effective



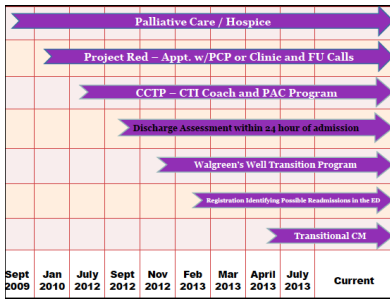
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2 HOSPITALS' PORTFOLIO STRATEGIES

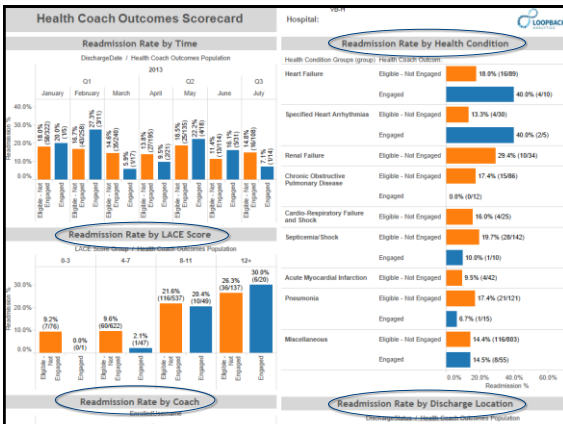
Valley Baptist Medical Center, Harlingen TX
 Frederick Memorial Hospital, Frederick MD



Valley Baptist Medical Center's Portfolio of Strategies



Courtesy of Angela Blackford, VBMC



Frederick Memorial Dashboard

CARE TRANSITIONS PERFORMANCE DASHBOARD

Category	Target	Actual	Q1	Q2	Q3	Q4	YTD	2013	2014	2015	2016
Overall	85%	92%	92%	92%	92%	92%	92%	92%	92%	92%	92%
SNF	85%	92%	92%	92%	92%	92%	92%	92%	92%	92%	92%
Acute Care	85%	92%	92%	92%	92%	92%	92%	92%	92%	92%	92%
Home Care	85%	92%	92%	92%	92%	92%	92%	92%	92%	92%	92%

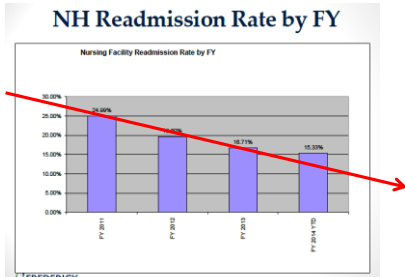


Frederick Memorial Dashboard-2

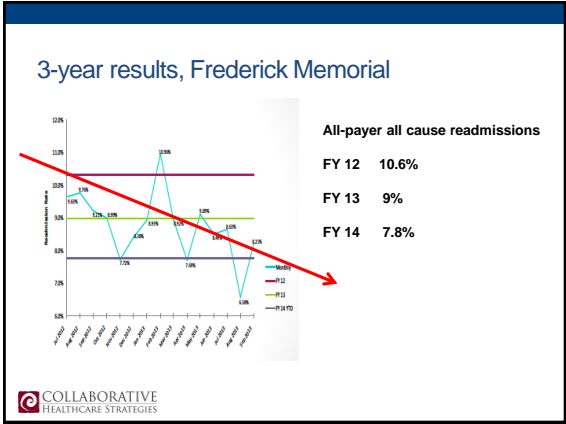
Month	July	August	September	October	November	December	January	February	March	April	May
Frederick Memorial	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Home Care	95%	95%	95%	95%	95%	95%	95%	95%	95%	95%	95%
SNF	95%	95%	95%	95%	95%	95%	95%	95%	95%	95%	95%



SNF Readmissions, Frederick Memorial



Courtesy of Heather Kirby



- ### Recommendations
- Know your data and your patients
 - Adopt a broad concept of readmission risk
 - Capture all reasons, whole-person approach
 - Develop a multifaceted strategy
 - Improve standard hospital-based care for ALL patients
 - Start in ED
 - Collaborate across settings with multi-sector partners
 - Provide enhanced services
 - Use technologies to make work better, quicker, automated
- COLLABORATIVE HEALTHCARE STRATEGIES

THANK YOU

Amy E. Boutwell, MD, MPP
Collaborative Healthcare Strategies
Lexington, Massachusetts

COLLABORATIVE HEALTHCARE STRATEGIES



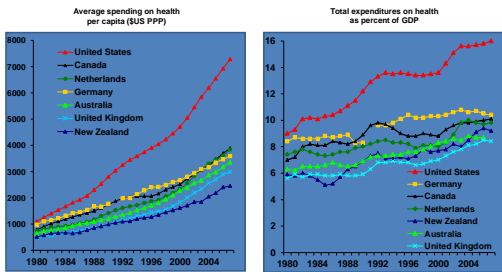




“May you live in interesting times”

危机

What's driving the change?




The response has been (unsurprisingly) predictable

THERE'S MORE IN STORE
 CMS QUALITY-BASED PAYMENT INITIATIVES WILL PUT MORE THAN 7% OF PAYMENT AT RISK




*Medicare payments are reduced 1% starting in 2015 with an increasing percentage point each year thereafter up to 5% in 2018.

More than **24.7%** of Medicare patients are readmitted within **30 days** of discharge.




Medicare currently spending **\$17 billion** per year on readmissions



Griffin's Cost of Readmissions 2013

SUMMARY ANALYSIS

Estimated Penalty Percentage Estimated Net Revenue Change


- \$ 277,540

Condition	Crude National Rate	Excess Ratio*	Eligible Volumes
Acute Myocardial Infarction	19.7%	1.11	118
Heart Failure	24.7%	1.13	385
Pneumonia	18.5%	0.95	273

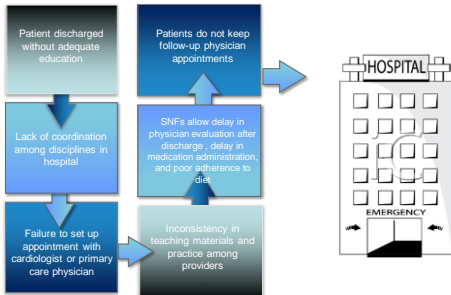
Houston... We have a problem

INSERT YOUR CFO HERE



We Need to Meet Patients at Their Level

The Vicious Cycle of Chronic Disease Readmission



We've got to stop labeling patients



Why do our medical “Frequent Flyers”
keep returning?



Pop Quiz

What is a stronger predictor of a
person’s health than age, income,
employment status, educational
level, and race?

Pop (Compliance) Quiz

Who here has been “compliant” each day, every day with:

- Eating a 2,000 calorie diet...
- ... including 9 servings of fruits and vegetables (4 ½ cups)
- Getting 30 minutes of exercise
- Flossing daily
- Getting 8 hours of sleep
- Wearing your seatbelt
- Observing the speed limit

Assessing the ROI



But for our patients, there's more to it...

How Much Do Patients Really Understand?

- 71% of older adults have difficulty using print materials
- 80% have difficulty using documents such as forms or charts
- 68% have difficulty interpreting numbers
- 2/3 are unable to understand information given to them about their prescriptions
- 90 million people – nearly half the US adult population – lack health literacy skills needed to understand and act on health information

What Patients Hear...



HCAHPS

Being Mindful of Transitions of Care Questions



Addition of Two Software Modalities

**Project
RED**

**Transitions
Advantage**



Project RED


(Re-Engineered Discharge)

Patient Education for 4 Diagnosis

Nursing Alerts for Patient Understanding

Comprehensive Patient Centered After Hospital Care Plan (AHCP)

- Medication reconciliation
- Follow-up appointments
- Outstanding tests
- Post-discharge services
- What to do if a problem arises
- Discharge summary sent to PCP
- Telephone reinforcement



After Hospital Care Plan

LEFT HOSPITAL: 2/18/2013

JOHN SMITH

Griffin Hospital's 'Here to Home' Program



**URGENT HEALTH CONCERN?
CALL YOUR DOCTOR:**

Dr. Christian Jones, M.D.
(206) 555-6678

MEDS TO GO:
Griffin Pharmacy & Gifts
(203) 732-1496

CARE PLAN QUESTIONS?
CALL (203) 732-7150
UNIT 1ND

BRING THIS PLAN TO ALL MEDICAL APPOINTMENTS

© COPYRIGHT 2011 RE-ENGINEERED CARE, INC.

My Medicine

Bring all of your medicines (in their bottles) to your doctors' appointments

What do I need to take?	Why am I taking this?	How do I take this?	How much do I take?	When do I take this?
<small>NEW</small> CARVEDILOL (COREG)	BLOOD PRESSURE	BY MOUTH <small>LACT DOSE: 100/0/0113 10:00 AM</small>	12.5 MG	2 TIMES A DAY
ANLODIPINE (NORVADO)	BLOOD PRESSURE	BY MOUTH <small>LACT DOSE: 100/0/0113 3:02 PM</small>	10 MG	ONCE A DAY
ASCORBIC ACID (VITAMIN C)	VITAMIN	BY MOUTH <small>LACT DOSE: 100/0/0113 10:00 AM</small>	500 MG	ONCE A DAY
ASPIRIN (BABY ASPIRIN CHEW TABLET)	BLOOD THINNER	BY MOUTH <small>LACT DOSE: 100/0/0113 10:00 AM</small>	81 MG	ONCE A DAY
CHOLECALCIFEROL (VITAMIN D)	BONE STRENGTH	BY MOUTH	1000 UNITS	ONCE A DAY

My Appointments

Important information about my appointments


PRIMARY CARE PHYSICIAN CALL TO SCHEDULE Roger Rabbit, MD To follow-up with your doctor	HOME VISIT CALL TO SCHEDULE Beck's Call Home Care To make sure your health is getting better 800-999-9999	CALL TO SCHEDULE Peter Pan, MD To make sure your health is getting better 888-888-8888
CALL TO SCHEDULE Robin Hood, MD To make sure your health is getting better (777)777-7777	Monday, September 30, 2013 12:00 PM Robin Hood, MD To make sure your health is getting better (777)777-7777	

Meet Louise



Copyright © Engineered Care 2012

Project RED Discharge Education

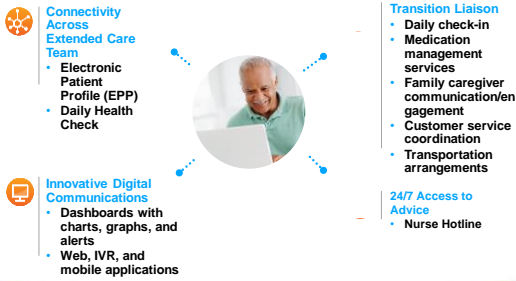


JOHN SMITH
After Hospital Care Plan
Dr. Christian James, M.D.
(206) 555-6678

Testimonial

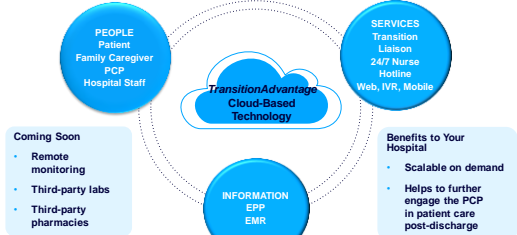


TransitionAdvantage™ Service: A Solution for Primary Causes of Preventable Readmissions



The TransitionAdvantage™ Cloud-based Technology

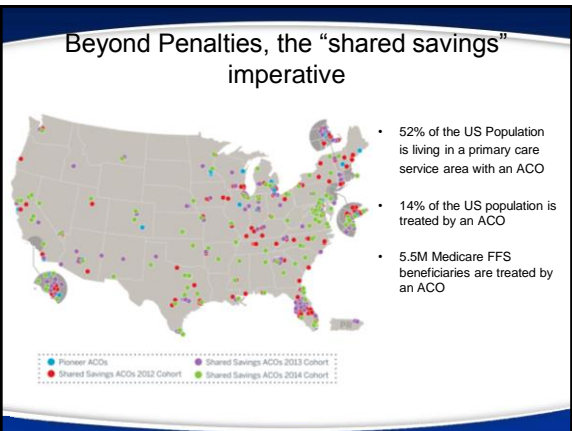
Enables connectivity across critical people, services, and information



EMR=electronic medical records
 EPP=electronic patient profile
 IVR=interactive voice response (automated phone call for information capture)
 PCP=primary care physician

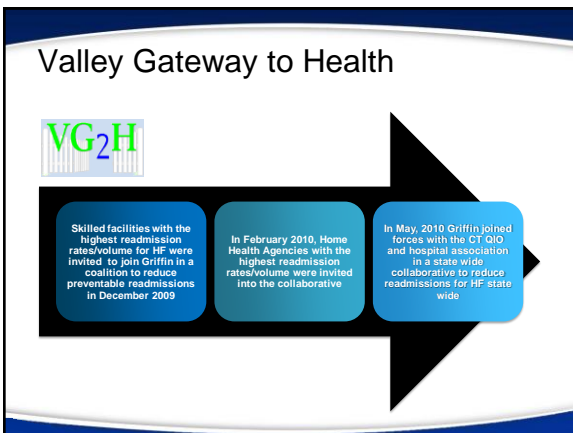


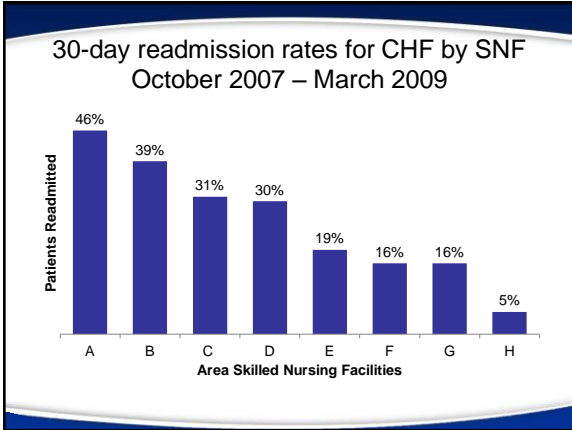
How Accountable Care Is Redefining the Role of Hospitals












VG2H Mission

To partner with the patient, care partner, his/her physicians, home care agencies and skilled facilities to improve the transition to post hospital care by providing "same page" care to patients across the continuum, focusing on medication compliance, dietary restrictions, weight monitoring and exercise with the goal of improving the quality of life for those we serve and to help them avoid preventable readmissions.

The Hospital Focus

- Better Discharge Planning
 - Shared Teaching Tool utilizing 4th grade literacy
 - "Teach Back" by patients
 - Adding patient's dry weight to the W-10
 - Core Measures Checklist
 - Provide copy of H&P to Home Care Agencies
 - Follow-up M.D. appointments made before discharge

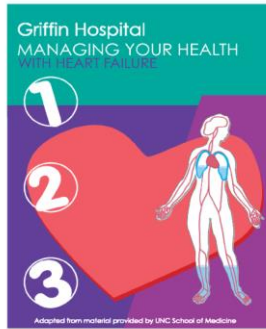


The Hospital Focus

- HF protocol included in discharge packet for next provider
- Scales provided for home care patients
- Nurse to nurse hand-off report via telephone
- M.D. to M.D. telephone report for high risk patients
- Shared teaching tool "Managing Your Health with Heart Failure"
- Follow-up phone calls 48 hours post discharge and weekly x4



Managing Your Health with Heart Failure



Heart Success Protocol

Griffin Hospital Valley Community to Health Success Protocol for Heart Success Protocol	
1. Patient education	25 pts
2. Patient with support system	25 pts
3. Knowledge	25 pts
4. Compliance	25 pts
5. Compliance to follow-up	25 pts
6. Patient compliance	25 pts
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99. Patient compliance	25 pts
100. Patient compliance	25 pts

The Skilled Facility

- Stock frequently used medications for CHF
- Shared teaching tool "Managing your Health with Heart Failure"
- Utilize "Teach Back" methodology
- Reinforce salt restriction and daily weights
- Assessment by physician within 48 hours
- Hand off Report to Home Care Agency upon discharge
- Provision of prescriptions to patient on discharge
- Follow-up appointment made with physician prior to discharge. Utilize "Heart Success Protocol"



The Home Care Agency

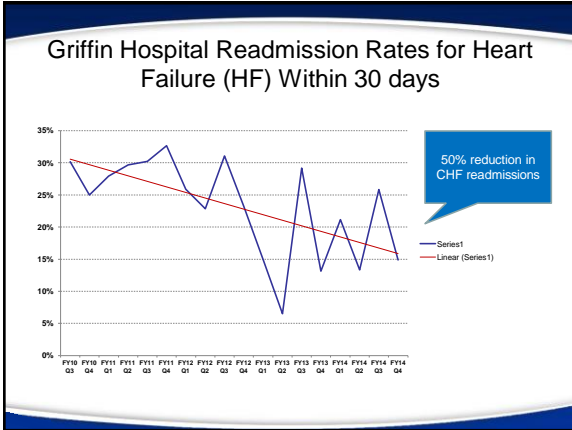
- Coordination of transportation to follow-up appointments
- Shared teaching tool "Managing Your Health with Heart Failure"
- Ensure that patient has enough medications to last until MD appointment
- Provide patient with scale if indicated and monitor weights
- Refer end of life care to hospice as indicated
- Utilize Heart Success Protocol
- Provide on-site visits as requested



Current State of Collaborative

- Shared Best Practices
- Expansion of shared teaching tool and protocols for diagnoses of AMI, Pneumonia and COPD
- Monthly collaborative review of readmissions
- Enrollment in Griffin's Heart Wellness Clinic and Transition Advantage
- Sharing readmission rates and publically reported outcomes
- Increased education for Advanced Directives





Future State of Collaborative

- Expansion of focus to other chronic diseases
- Creating preferred community partnerships with shared pathways
- Creation of physician rounding in skilled facility

Overall goal: Create a smooth seamless transition from

“HERE TO HOME”

Transitioning to a “Preferred Partner” Model

Remaining High Quality/Low Cost will require change

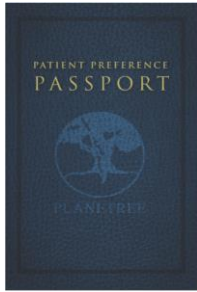
New ACO model requires community resources to work together

Strong partnerships required with patient at the center of all care transitions

Shared accountability for care outcomes

What's Next?

Patient Preference Passport



Planetree Passport Version 1.0 based on the National Quality Forum Version 1.0 created in partnership with the Patient and Family Engagement Action Team convened by National Quality Forum.



Doctella

Partners on Your Road to Recovery



Dr. Peter Pronovost
 Sr. VP for Patient Safety and Quality,
 Johns Hopkins
 Channing Institute for Patient
 Safety Quality



Dr. Adil Haider
 Associate Professor
 Director, Center for Surgery and Public
 Health
 Brigham and Women's Hospital Center
 for Surgery with Johns Hopkins



Johns Hopkins
 Center for Surgery and Public Health
 Research

"If a new drug were as effective at saving lives as Peter Pronovost's checklist, there would be a nationwide marketing campaign."

Dr. Atul Gawande, Professor of Surgery at Harvard, author of best-selling book Checklist Manifesto

Technology to Support Patient Engagement with Care Providers



Digitizing the Patient Passport



