

KC PA Newsletter

Informed Care. Better Health. Lower Cost.

March 2015

Issue 3

Population Health Management: Knowing Your Patient Population

Determining the needs of a given set of individuals and creating opportunities for those individuals to manage their health through chronic disease management, wellness promotion-disease prevention, and early detection screening defines population health management. Embedding principles of population health management into practice operations and workflows is a core part of patient centered care.

Key elements of managing population health in your clinic are:

- Knowing your patient population – Not just anecdotally, but using IT to understand exactly what makes up the population of patients in your panel by age, gender, disease.
- Create processes to identify high risk patients such as those with multiple chronic illness, multiple hospitalizations or ED visits, or other factors as defined by the clinic.
- Using evidence based guidelines to care for chronic conditions – Many EHR's contain EBG's built in, but if not, come to a consensus among providers in the practice as to which guidelines you will use for chronic disease management.
- Involve the entire care team in population health – ensure the team knows and understands decided upon evidence based guidelines and care is distributed amongst the care team with developed workflows.



Upcoming Meetings

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IT Committee Meeting – Tuesday, Apr 7th at 9 AM by conference call.

NOTE DATE CHANGE:
KCMPA/KCMPA-ACO Board of Directors Meetings
Thursday, Apr. 9th at 6:30 PM at Metro Med.

Quality Improvement Committee Meeting – Thursday, Apr 16th at 6:30 by conference call.

Care Team Consortium
Friday, Apr. 24th at 8am at Clay Platte Family Medicine Clinic

Click [here](#) for a list of 2015 meetings

Tobacco Cessation Support Project

Patient education materials on smoking cessation have been delivered to adult primary care clinics. If you did not receive them or need more, please contact [Cindy Campbell](#). As a reminder, using shared decision making with patients and referring them to the Missouri or Kansas Quit Line will allow for your patient to have that additional support they will

need to stop smoking. These state programs are free to the patient and clinics, offering 24 hour coaching, a comprehensive quit plan, educational materials, and smartphone apps. For Missouri's Quit Line click [here](#), for Kansas click [here](#). Please email [Cindy Campbell](#) with questions.

Diabetic Education Resource

KCMPA is very excited to announce that we have a new Dietitian/ Diabetic Educator joining our team.

Melissa Leslie RD, LD will be joining us beginning April 13. Melissa has 20 years of experience as a dietitian and diabetic educator with a license in Kansas and Missouri.

We will be working quickly to get her oriented to each clinic and care team.

Innovations at the Clinic

Patient Engagement with Motivational Interviewing

- Motivational interviewing has shown great success in helping patients change unhealthy behaviors especially those considered noncompliant.
 - In a study on medication compliance in 50 people with severe asthma, those who received this technique refilled their prescriptions for inhaled corticosteroids 21% more often in a year, compared with those who received usual care.
 - In a study of 217 obese women with type 2 diabetes, those who received this technique lost significantly more weight than those who didn't. They also showed significant reductions in their A1c levels at 6 months.
 - Please [view this article](#) for more information.

Patient-Centered Medical Home Tips

Evidence-Based Guidelines (EBG)

- A critical element of the PCMH is using the most current evidence based guidelines for patient care, especially for those with chronic illness.
- Using EBG allows for proactive care by identifying patient care needs prior to worsening of health status.
- By using EBG, routine patient visits are planned with much of the care performed in advance through pre-visit planning.
- Embedding EBG in the clinic day-to-day operations (clinical decision support) is key to successful implementation.
- Resources for EBG can be found in the following links:
 - www.uptodate.com
 - www.guideline.gov/
 - www.mqic.org/guidelines.htm
 - www.icsi.org/guidelines [more/about icsi guidelines/](#)

Resources at your Fingertips

Feel free to utilize the resources available to your clinic.

- [Community Resource Guide](#)
- [Tria Medication Management](#)
- [Dietician and Diabetic Educator](#)
- PCMH Facilitation assistance – contact [Cindy Campbell](#).

Information Technology Update

2014 Quality Reporting

Completed: We have submitted the data on our ACO quality measures for 2014! This also satisfies the 2014 PQRS Incentive Payment.

Next Steps: KCMPA-ACO plans to hold webinars for the ACO practices on how to improve their scores on the ACO quality measures. These webinars will help us prioritize which measures to focus on in 2015. They will also focus on improving documentation, understanding the definition of each measure and learning the CMS scoring system on achieving shared savings. Furthermore, our data metrics vendor (Health Metrics Systems) will be releasing a cloud-based portal as a seamless way for practices to view their ACO quality measure scores. They will also be hosting training webinars on this new portal in the near

future. There will be more information on these webinars in upcoming newsletters. If you have any questions regarding the submission of your data to CMS or would like to review your percentage on any measure, please contact [Sobia Paracha](#).

A Note from the CEO

This spring and summer KCMPA will have important decisions to make regarding its future with the Medicare Shared Savings Program (MSSP). KCMPA-ACO's first three-year contract expires at the end of 2015. Prior to that KCMPA leadership will make a recommendation to the board about whether or not to continue in the MMSP, to move into another ACO program or to withdraw from the Medicare ACOs programs entirely. A letter of intent to

apply for a second contract is due to Medicare by May 30th. Changes to the MSSP program are expected to be announced very soon and will likely impact our decision.

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Both Cigna and Blue KC are preparing to enter the Medicare Advantage market in Kansas City in 2016.

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KCMPA is developing a membership category for hospitals that will allow independent hospitals to join KCMPA. North Kansas City Hospital is likely to be the first hospital member.

Please visit our [website](#) for more information or to contact KCMPA.

Follow us on [LinkedIn](#).
Subscribe to our [Youtube](#) channel.

Guides in Practice Management: Chronic Care Management

CCM – Gaining Beneficiary Consent

- To get reimbursement for Medicare's CCM code, beneficiary must sign a consent.
- Some practices have every Medicare patient sign the consent form.
- The patient can revoke the consent at any time.
- For a complete guide on CCM, see our YouTube presentation at https://www.youtube.com/channel/UC2tz_FCT7Wa-HEB3XOOhO5A