

# KC PA Newsletter

Informed Care. Better Health. Lower Cost.

9/2015

Issue 9

## Notes from the CEO

### Membership Dues

Thank you to the practices that have paid the voluntary KCMPA membership dues after receiving our invoice just a few weeks ago. I have been delighted by the support we've heard from practices who believe in what we are doing and are willing to contribute financially to help achieve the vision of a physician-led, clinically integrated network capable of thriving in value-based payment models.

### Consulting Projects

KCMPA has entered into three consulting projects where we will work on projects leading to greater alignment between the primary care physicians, specialists and facilities that share in the care of our patients. Work on those projects with North Kansas City Hospital and Meritas Health, Shawnee Mission Medical Center and Blue Cross Blue Shield of Kansas City is underway. The payment for these projects goes a long way toward covering our operating expenses and at the same time enable us to continue on our patient-centered transformation. Negotiation continues on three additional projects with Providence Medical Center, Kansas University Medical Center, and Cerner's Primary Health Network.

### Million Hearts Campaign

CMS has extended the deadline for the Million Hearts Cardiovascular Risk Reduction Model until October 8<sup>th</sup>. KCMPA encourages practices to consider applying. We think the project aligns well with patient centered principles and could bring new revenue to clinics to manage cardiac patients. Clinics must apply individually, but KCMPA staff can offer assistance with the application process. The SQI tool that KCMPA has deployed also may be a helpful tool for the Million Hearts project. For more

## Upcoming Meetings



### Care Team

#### Consortium

Friday, Oct. 30<sup>th</sup> at 8:00 AM at Clay Platte Family Medicine.

#### IT Committee

**Meeting** – Tuesday, Oct 6<sup>th</sup> at 9:00 AM by conference call.

#### KCMPA and KCMPA ACO Board of

#### Directors Meetings

Thursday, Oct 1<sup>st</sup> at 6:30 PM at KC Medical Society.

#### KCMPA Webinar

**Series**– Topic: Clinical Integration.

Tuesday, Oct 20<sup>th</sup>, 12:00-1:00. [Register here!](#)

#### Quality Improvement Committee Meeting –

Thursday, Oct 15<sup>th</sup> at 5:30 PM by conference call.

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

information, contact Cindy Campbell at 913-708-0265 or [cindy.campbell@kcmetrophysicians.com](mailto:cindy.campbell@kcmetrophysicians.com).

### **Pediatric Project**

KCMPA's pediatric practices are kicking off a quality improvement and clinical integration project. They've identified some measures to track. We are beginning to develop a project plan to connect practices to our Solutions for Quality Improvement tool that is utilized by ACO practices where the data will be aggregated and shared among practices. The measures selected are:

1. Percentage of patients seen for age appropriate Wellness screenings (NQF #1392 and 1516)

2. Percentage of patients with current immunizations based on current CDC guidelines
3. Percentage of patients with antibiotics prescribed for pharyngitis and upper respiratory infections (NQF #0069 and 0002)

Pediatric and family practice clinics that would like to collect these pediatric measures are invited to participate. Please contact Kerri Craven at 816-673-9061 or [kerri.craven@kcmetrophysicians.com](mailto:kerri.craven@kcmetrophysicians.com).

## **Patient-Centered Medical Home Tips**

*PCMH NCQA 2014 Standard 3: Population Health Management Element C: Comprehensive Health Assessment Factor 9: Depression screening for adults and adolescents using a standardized tool*

The U.S. Preventative Services Task Force recommends that adults and adolescents should be screened for depression when the practice has access to services that can be used if there is a positive result.

This factor states that a standardized tool should be used in the practice such as, the PHQ-9 for adults, and that adolescents 12 – 18 years should be screened for major depressive disorder.

Providing a report that shows how many patients had a depression screening (numerator) compared to patients that meet criteria for screening (denominator) is required to pass this factor.

As a normal part of the practices quality improvement processes, understanding what your baseline is will allow you to establish a goal, and through team-based care, create workflows in which depression screening becomes a routine part of a comprehensive health assessment.

## **Referral Resources**

Did you know there is a complete listing of [KCMPA practices](#) on our website? Please use this resource for referrals and inform your staff as well! Let's continue to support KCMPPA practices!

## Depression Screenings

Depression is the most common mental health disorder in the United States. According to the National Institute of Mental Health, each year about 6.7% of U.S adults experience major depressive disorder. For adolescents, 3.3% of 13 to 18 year olds have experienced a seriously debilitating depressive disorder. Women are 70 % more likely than men to experience depression during their lifetime. Non-Hispanic blacks are 40% less likely than non-Hispanic whites to experience depression during their lifetime. The average age of onset is 32 years old.

- The U.S. Preventative Services Task Force recommends that adults and adolescents should be screened for depression when the practice has access to services that can be used if there is a positive result.
- For adult primary care, depression screening is a part of the Medicare Annual Wellness Visit. Additionally, it is ACO Measure #18 for those practices working in the ACO model.
- The PHQ-9 is a recommended screening tool for both adolescents and adults, however, the U.S. Preventive Services Task Force found good evidence to suggest that when physicians or other qualified health care professionals routinely ask patients about sad feelings, those with depression are identified. Asking the following two questions may help recognize depression as effectively as a longer set of questions (PHQ-2).
  - 1) Over the past 2 weeks have you ever felt down, depressed or hopeless?
  - 2) Over the past 2 weeks have you felt little interest or pleasure in doing things?

Establishing a percentage goal and creating workflows in your clinic for depression screening will ensure that it is a routine part of a comprehensive health assessment and should be included in your quality improvement process.

Click on the following links for tools and resources on adolescent and adult depression screening:

[PHQ-9](#)

[PHQ-9 Adolescent Screening](#)

[Depression Can Be Treated Effectively in Primary Care](#)

[AAFP Adolescent Health Screening and Counseling](#)

[Mental Health Screening and Assessment Tools for Primary Care](#)



### Chronic Care Management

KCMPA is currently undergoing a pilot program with Northland Family Care to work with patients that meet the criteria for the Chronic Care Management code. The pilot consists of working with the clinic to determine which patients would, not only meet the criteria, but benefit from care management services. KCMPPA clinical staff (nursing, pharmacy, dietitian, and certified diabetic educator) work with the patient to create a care plan and maintain monthly contact to help them achieve their health goals. Monthly reimbursement of services will be shared between the clinic and KCMPPA. Success of the pilot program will determine further plans to maintain a KCMPPA fulltime staff member to work with beneficiaries throughout KCMPPA practices.

### Resources at your Fingertips

Please utilize the resources available to your clinic.

- [Community Resource Guide](#)
- [TRIA Medication Management](#)
- [Referral Guide to KCMPPA Practices](#)
- Dietician and Certified Diabetic Educator-contact [Melissa Leslie](#).
- PCMH Facilitation and Renewal assistance – contact [Cindy Campbell](#).
- Smoking Cessation Materials Request– contact [Kerri Craven](#).

Please visit our [website](#) and connect with us on social media!



### ICD-10 Support

Please refer to the [CMS Blog](#) for important tools and support links to help you with ICD-10 implementation. Specifically:

- General ICD-10 and free resources: [Road to 10](#) and [gov/ICD10](#).
- Medicare Claims Questions: First line of help is your [Medicare Administrative Contractor](#).
- E-mail the [ICD-10 Coordination Center](#) with your questions.
- Contact the [ICD-10 Ombudsman](#) for resolving concerns.



PRACTICE Spotlight



SPORTS MEDICINE + REHABILITATION + WELLNESS



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Phone: (816) 468-5278  
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Open 7 am – 7 pm  
Monday – Friday

[www.modernPT.com](http://www.modernPT.com)

Modern Physical Therapy is a local, employee-owned outpatient clinic that has established itself as one of the leaders in orthopedic rehabilitation in the Kansas City Northland since 2004. Each therapist has their doctorate degree and has extensive training in the diagnosis and treatment of the spine and extremities. We have experience treating athletes at the high school and intercollegiate level, in addition to working with local running groups, such as Runner’s Edge. Our staff also provides guest lectures at Rockhurst University and Kansas University Medical Center.

Our comprehensive treatment approach begins with educating the patient about their specific diagnosis and related dysfunctions. Each patient receives **personalized 1-on-1 treatment** with the therapist to maximize their benefits in therapy. We also provide each patient a **customized home exercise program** that addresses their functional limitations and personal goals. Our **efficient and cost-effective** treatment has produced an average of 8-9 visits prior to successful discharge, while achieving a **99% satisfaction** rating with our patients.

**The following are some of the common conditions that we treat:**

- Back Pain and Scoliosis
- Sports Injury and Prevention
- Muscle Strains and Tendonitis
- Sciatic/Nerve Pain
- Pre and Post-Surgical Rehabilitation
- Joint Sprains and Arthritis