

# UNIVERSITY OF MICHIGAN MEDICAL MANAGEMENT CENTER

# Managing Chronic Disease in an Academic Medical Center

Christopher G. Wise, Ph.D.





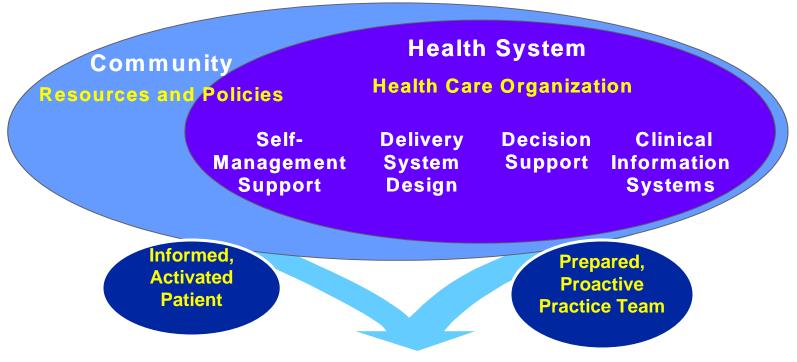
- Briefly describe attempts to implement the Chronic Care Model in a provider setting
- Describe supporting programs
  - CMS Physician Group Practice Demonstration Project
  - Greater Detroit Area Health Council
  - BCBSM Physician Group Incentive Project
- Discuss use of 'Lean Thinking' to integrate Chronic Care Model
- Questions

### <u>UMHS Medical Management Center (MMC)</u>

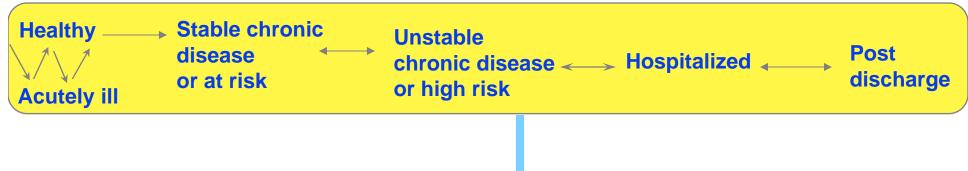
Created in 1996 to advance population-based medical and chronic disease mgt.

#### **■**Focus on:

- Proactive case finding & outreach
- Complex care management
- Clinician-directed disease management
- Evidence-based guidelines & provider feedback
- Pharmacy management
- Transitional care between inpatient/outpatient
- Patient centered care based on the Chronic Care Model
- System integration
- Align efforts with external funding opportunities



#### **Productive Interactions**

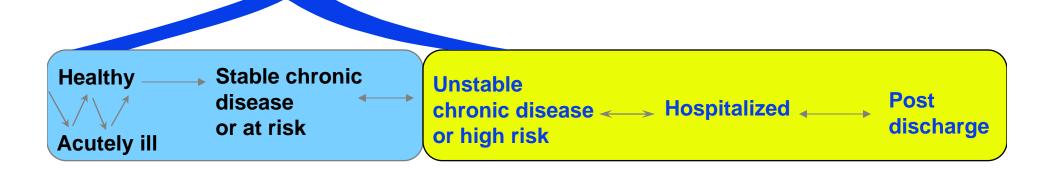


**Improved Outcomes** 



#### GENERAL CAUSE VARIATION

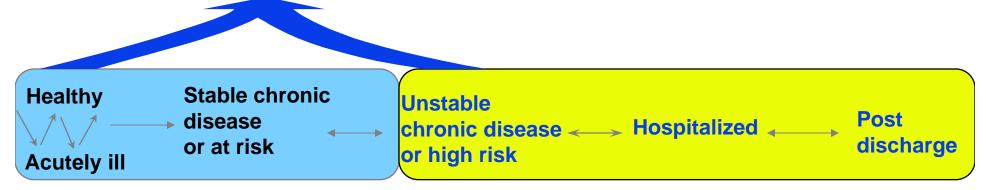
**Emphasis**: Improve quality for all Resources : Patients = Few : Many



TEAM APPROACH—

(Physicians, Nurse Practitioners, Social Work...)

#### GENERAL CAUSE VARIATION



#### All-payer disease registries

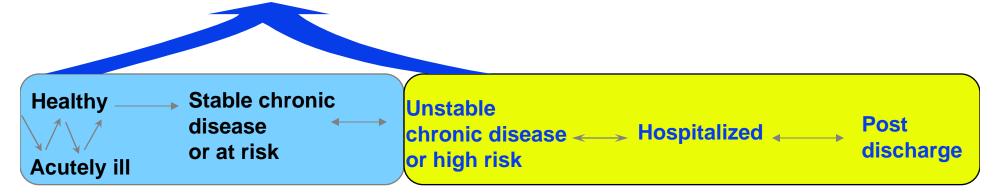
- claims data (BCBSM; MCARE HMO, CMS; internal billings)
- EMR + data warehouse (lab, text searches, etc.)
- pharmacy data (UMHS employees)
- sample reviews for validation of assignment algorithm
- diabetes(9,537), CHF(3,943), CAD(4,382), depression(3,768), asthma(11,883)

TEAM APPROACH

(Physicians Nurse Practitioners Social Work )

(Physicians, Nurse Practitioners, Social Work...)

#### GENERAL CAUSE VARIATION



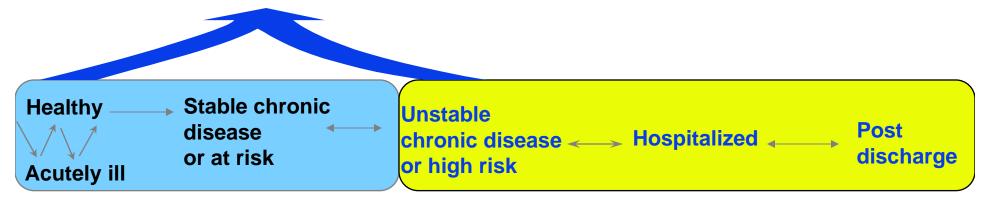
- All-payer disease registries
- Measure evidence-based outcomes
  - 25 clinical guidelines reviewed & approved by UMHS physicians

(http://www.med.umich.edu/i/oca/practiceguides/)

TEAM APPROACH

(Physicians, Nurse Practitioners, Social Work...)

#### GENERAL CAUSE VARIATION



- All-payer disease registries
- Measure evidence-based outcomes
- Feedback to providers (by site & clinician)

TEAM APPROACH
(Physicians, Nurse Practitioners, Social Work...)

Name	N	A1C Test	A1C < 9%	LDL-C Test	LDL-C < 130 mg/dL	LDL-C < 100 mg/dL	On Statin	Monitor for Nephro- pathy	Urine Protein & on an ACE/ARB	Foot Exam	Eye Exam	B.P. < 135/80
					General I	Medicine G	roup A					
ood GM	764	93%	83%	95%	85%	66%	69%	<u>78%</u>	73%	48%	73%	46%
on GM	812	94%	83%	95%	83%	63%	65%	80%	77%	56%	65%	50%
Med/Peds	168	87%	73%	91%	76%	54%	68%	<u>83%</u>	90%	<u>59%</u>	<u>71%</u>	51%
ea GM	185	84%	<u>81%</u>	83%	<u>76%</u>	<u>54%</u>	62%	<u>65%</u>	71%	<u>47%</u>	<u>52%</u>	51%
iia GM	174	96%	83%	97%	86%	<u>70%</u>	63%	89%	79%	64%	62%	48%
ie GM	181	97%	88%	99%	91%	74%	76%	86%	94%	72%	66%	46%
Geriatric	373	91%	87%	86%	79%	60%	61%	77%	69%	37%	61%	44%
Arbor GM	205	94%	86%	93%	86%	69%	76%	73%	97%	74%	79%	58%
					General I	Medicine G	roup B					
on GM	725	90%	79%	94%	84%	60%	64%	78%	79%	<u>57%</u>	63%	49%
\rbor GM	476	96%	84%	97%	86%	70%	72%	85%	<u>86%</u>	80%	<del>78%</del>	50%
ı Arbor												
Peds	117	96%	<u>78%</u>	96%	80%	55%	<u>66%</u>	<u>93%</u>	66%	60%	73%	51%
an GMF	501	90%	81%	94%	82%	63%	<u>69%</u>	<u>71%</u>	<u>83%</u>	<u>50%</u>	67%	54%
an GMO	340	90%	<u>75%</u>	94%	<u>84%</u>	64%	66%	<u>79%</u>	<u>83%</u>	60%	65%	50%
					Fam	ily Medici	ne					
ood FP	469	93%	80%	96%	83%	<u>61%</u>	63%	67%	82%	79%	74%	49%
sea FP	660	92%	80%	88%	75%	54%	<u>58%</u>	66%	<u>87%</u>	69%	60%	49%
er FP	193	92%	80%	<u>95%</u>	<u>81%</u>	54%	63%	63%	71%	77%	65%	50%
Arbor FP	225	91%	77%	94%	77%	55%	66%	<u>73%</u>	78%	65%	69%	56%
anti FP	459	98%	82%	93%	79%	<u>56%</u>	<u>70%</u>	<u>78%</u>	83%	84%	77%	43%
				Metabolisn	n, Endocri	nology an	d Diabete	s (MEND)				
wood	1897	97%	86%	91%	81%	62%	60%	95%	78%	82%	60%	53%
hton	72	96%	83%	96%	85%	68%	63%	90%	86%	89%	60%	50%
ieriatric	72	97%	90%	81%	75%	50%	57%	96%	85%	85%	51%	51%
oman	623	98%	86%	83%	73%	54%	56%	80%	77%	77%	50%	55%
						Totals						
ed Primary												
are d/or	8,560	93%	82%	91%	80%	60%	64%	78%	79%	64%	63%	50%

# UMHS All Payor Diabetes Performance; By Health Center, Care Provider

Physician Name	N	A1C Test	A1C < 9%	LDL-C Test	LDL-C < 130 mg/dL	LDL-C < 100 mg/dL	On Statin	Monitor for Nephro- pathy	Urine Protein & on an ACE/ARB	Foot Exam	Eye Exam	B.P. < 135/80	Of 11 Measure s No. ≥ FGP
Physician A	55	98%	87%	98%	93%	78%	86%	78%	83%	75%	76%	55%	11
Physician B	53	100%	98%	100%	92%	85%	92%	98%	100%	25%	77%	55%	10
Physician C	15	100%	93%	100%	80%	60%	57%	73%	100%	60%	67%	60%	9
Physician D	141	95%	87%	99%	91%	70%	75%	82%	68%	33%	71%	54%	9
Physician E	113	95%	81%	95%	82%	58%	67%	74%	86%	45%	68%	49%	8
Physician F	53	94%	81%	96%	91%	72%	61%	85%	100%	60%	91%	51%	8
Physician G	18	94%	78%	94%	94%	56%	64%	89%	100%	44%	83%	39%	7
Physician H	161	89%	80%	96%	88%	71%	63%	46%	85%	45%	65%	47%	6
Physician I	75	91%	79%	95%	84%	60%	60%	87%	60%	52%	77%	47%	5
Physician J	76	84%	72%	88%	63%	45%	49%	79%	69%	58%	66%	34%	2
Site 1	760	93%	83%	96%	86%	66%	68%	74%	79%	47%	72%	49%	9
FGP (Established PC or MEND)		91%	81%	90%	79%	59%	62%	74%	78%	64%	63%	52%	

## Chronic Care in the Provider Setting

Dear Connie,

I am tired of feeling like the worst physician in the world. Every time I get the Diabetes Patient Centered Indicator Report I get discouraged or angry--or both. While I appreciate that it is important to remind me of how far I have to go to consistently provide high quality diabetes care, it is equally important that UM provide us with the ability to do so in an efficient way. I truly want to comply with all the current standards in diabetic care.

First and foremost, we need a Diabetic Problem Summary List on Careweb for each diabetic pt. that would contain the items such as you track on the DM Indicator Report. As Careweb is now configured, much of the data is buried under a mountain of other data. This would organize it and flag pts who are lacking in a certain area. Right now it is cumbersome to check back over the last yr to see when the last UMA was, the last A1C, etc.

The Diabetes PSL needs to be linked to pathology and immunizations so that LDL values, A1c, vaccines, etc. would be automatically loaded on the Problem Summary List. Next, we need the ability to create brochures and reminders to be sent to pts re guidelines and if/when they are delinquent. I take no umbrage in patients reminding me that it's time to do test X again.

Perhaps there are other enhancements that we could implement. I am not committed to any of my suggestions, but I AM committed to the idea that we need to work for institutional change if we are going to see any significant improvement in diabetic care. For this reason, I am forwarding this to others I know in Diabetic clinic and General Medicine for their input. The time has come to create a system that will allow us to quickly monitor and treat our diabetics to the best of current data. How do we start?

#### Patients with no A1C Test in Prior 6 Months

			A1C at Close of M									ost Recent Lab, Medication and Visit Data							
СРІ	Name	Age	Jul- Dec 04	Jan- Jun 05		On Insu- Iin	LDLC Date Resul	1	Statin	BP	Proteii Dat Res	e/	ACE or ARB	Foot Exam	Eye Exam	PC or Endo. Visit	Endocrinology Physician	Resident or Nurse Practitioner	
		55	6.7	9.0		Y	10/05	100	Υ	121/67	10/05	pos	Y		04/04	07/05			

#### Patients with A1C > 7.0% in Prior 6 Months

			A1C at Close of Most Recent Lab, Medication and										Visit Data					
СРІ	Name	Age	Jul- Dec 04	Jan- Jun 05	Jul- Oct 05	On Insu- lin	LDL Date Resu	e/	Statin	BP	Protei Dat Res	e/	ACE or ARB	Foot Exam	Eye Exam	PC or Endo. Visit	Endocrinology Physician	Resident or Nurse Practitioner
		59			10.3		09/05	83		170/82	09/05	neg	Y	07/05	06/05	07/05		
		55	9.9	10.8	8.7		04/05	85	Υ	127/77	04/05	neg		08/05	03/05	08/05		
		59	7.5		7.3		09/05	82	Υ	149/84	09/05	neg	Y	09/05	07/05	09/05		

#### Patients with A1C <= 7.0% in Prior 6 Months

		at Clo	se of	Most Recent Lab, Medication and Visit Data														
СРІ	CPI Name		Jul- Dec 04	Jan- Jun 05	Jul- Oct 05	3(0)333	Dat	LDLC S Date/ Result		BP	Protei Dat Res	:e/	ACE or ARB	Foot Exam	Eye Exam	PC or Endo. Visit	Endocrinology Physician	Resident or Nurse Practitioner
		65	6.4	6.0			06/05	94	Y	131/74	02/05	neg	Y	06/05	05/05	06/05		
		64	6.8		6.2		08/05	19		123/75	08/05	neg		08/05	01/05	08/05		
		55	5.5	5.5			10/05	126		110/64				10/05	04/05	05/05		
		39		5.5	6.0		01/05	55	Y	117/72				10/05	12/04	06/05		
		53	6.0	6.6	6.7		08/05	49	Υ	114/78	09/05	neg	Y	05/05	07/05	09/05		

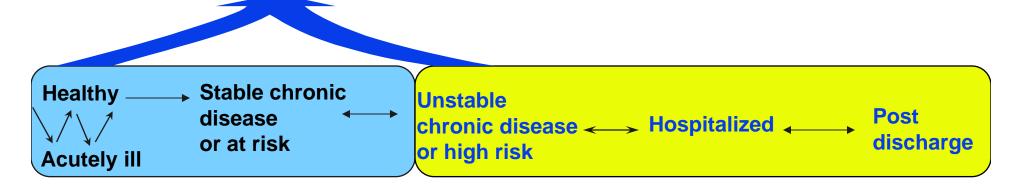
PCP Name:

DATE:

Thursday, November 03, 2005

1	Recent Labs and Exams		Medications	Action Taken
<b>A</b> 1c	8/31/2005 A1C 3/30/2005 A1C	6.6 6.3	metformin hcl 500 mg bid	☐ Inititated new medication ☐ Increased dose of medication ☐ No change in medication ☐ Ordered A1c
B lood Pressure	9/6/2005 195/96 8/29/2005 132/78 4/28/2005 147/59		lisinopril/hctz 20/25 mg qd	☐ Initiated new medication ☐ Increased dose of medication ☐ No change in medication
C holesterol	3/30/2005 LDLC 10/18/2004 LDLC 7/16/2004 LDLC	69 60 54	lipitor 10 mg qd	☐ Initiated new medication ☐ Increased dose of medication ☐ No change in medication ☐ Ordered CHD Profile
D iabetes Kidney Screening	9/6/2005 PROTEIN 8/26/2005 UMA/CR	NEG 6		☐ Initiated ACE-I or ARB ☐ Increased dose of medication ☐ ACE-I or ARB contraindication ☐ Ordered UMA
E ye Exam	3/17/2005			Provided eye exam referral  Scheduled eye exam on/_  Updated eye exam date to/
F oot Exam	9/6/2005			☐ Monofilament done ☐ Pulses checked ☐ Visual Inspection completed
G oals for Self Managemen				Goals set with patient Update PSL
H eart Protection Medication			lipitor 10 mg qd	☐ Initiated Statin ☐ Initiated Aspirin ☐ Statin (Aspirin Controllection

#### GENERAL CAUSE VARIATION



- All-payer disease registries
- Measure evidence-based outcomes
- Feedback to providers (by site & clinician)

### Patient education & self-management

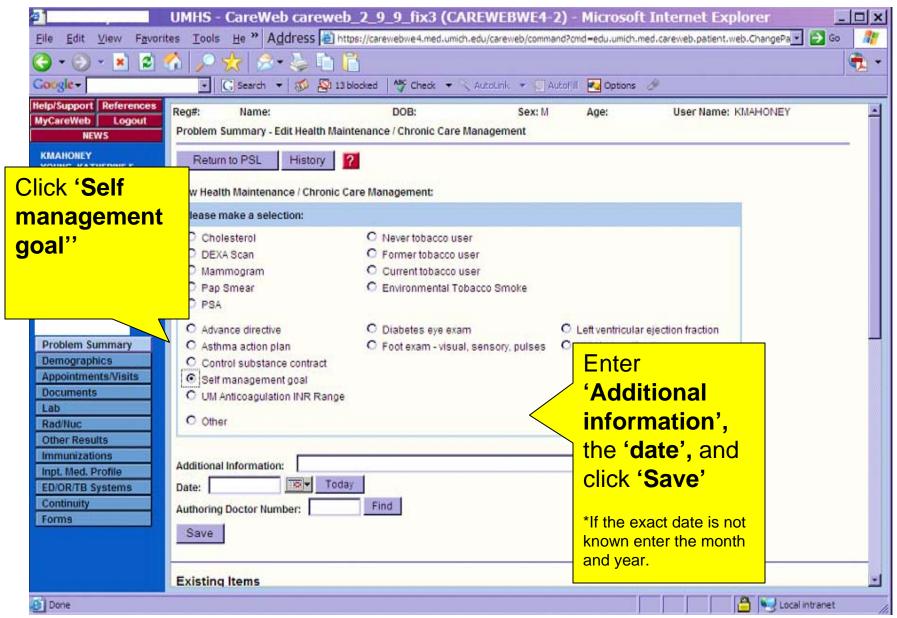
TEAM APPROACH
(Physicians, Nurse Practitioners, Social Work...)



## Self Management Goals

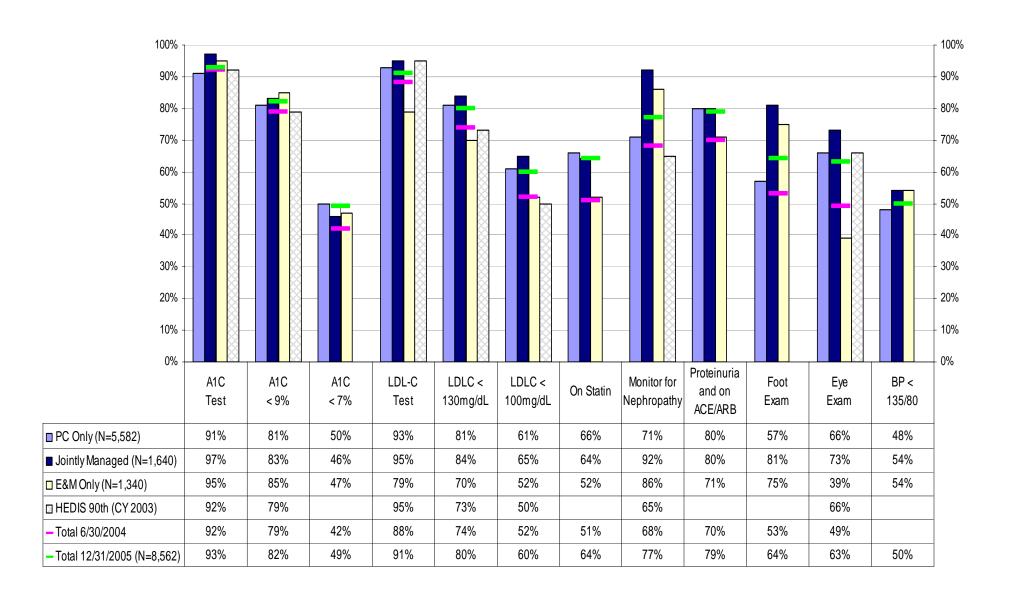
- Pilot: reminder postcard or phone call
- Educate providers and staff regarding documentation of self management in Problem Summary List
- Assess role of home-based monitoring (CHF)

# **Enter Self Management Goal or Health Maintenance Data in PSL**



### **UMHS All Payer Diabetes Quality Indicators**

Through 12/31/2005; compared to HEDIS 90th percentile as well as to previous time-point (June 30, 2004)

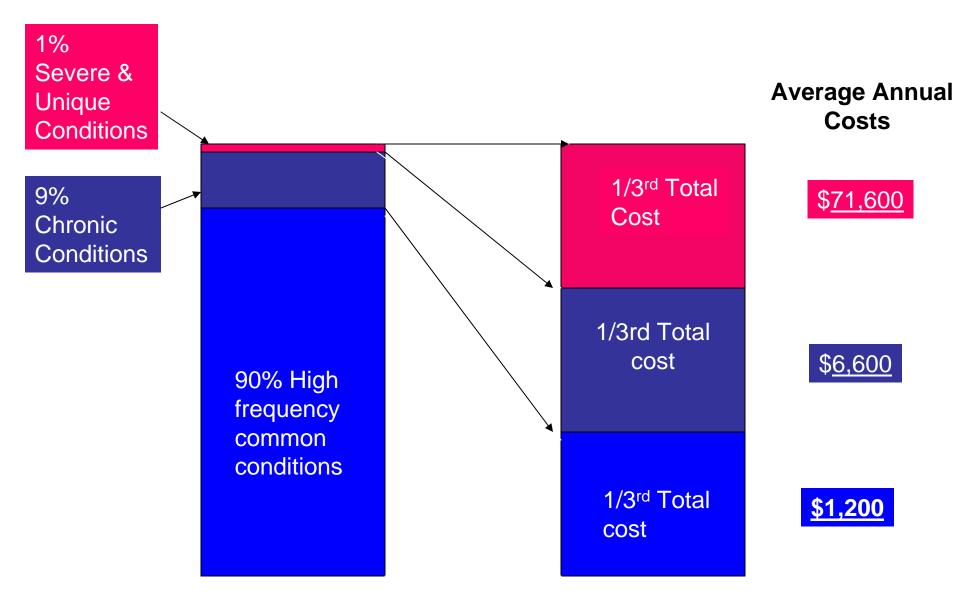




### **CAD Outcomes**

- 79% of pts. With LDL<100 in past 12 mos. (goal > 80%)
- 88% on anti-hyperlipidemic medication (goal >90%)
- 88% on platelet aggregation medication (goal > 90%)

### Driving 1/3<sup>rd</sup> of Health Care Costs: The 80%:20% Rule



From: Franklin Health, Chase H&O

#### SPECIAL CAUSE VARIATION

**Emphasis** = Intensive Case Management

Resources:Patients = Few:Few

GENERAL CAUSE VARIATION

**Healthy** 

disease

**Acutely ill** 

Stable chronic or at risk

**Unstable** 

or high risk

**Post** discharge

- All-payer disease registries
- Measure evidence-based outcomes
- · Feedback to providers
- Patient education & self-mgt.
- Resources : Patients = Few:Many
- Emphasis = Improve quality for all

- 6 JCAHO certified disease management programs; specialty physician + nurse team:
  - >Asthma
  - ➤ Diabetes
  - **≻**Depression
  - >Heart Failure
  - >Stroke
  - ➤ Spine Pain

TEAM APPROACH-

(Physicians, Nurse Practitioners, Social Work...)

#### SPECIAL CAUSE VARIATION

GENERAL CAUSE VARIATION

Stable chronic **Healthy** disease or at risk **Acutely ill** 

**Unstable Post** chronic disease 
Hospitalized discharge or high risk

- •6 JCAHO certified disease management programs
- Health Navigator
- RNs & Social Workers
  - #1 complaint: "feeling lost in a complicated system"
  - Same-day MMC notification of discharge or ED visit
  - > High-cost + High risk reports
  - Transitional care (Consuela!)

- All-payer disease registries
- Measure evidence-based outcomes
- · Feedback to providers
- Patient education & self-mgt.
- Resources : Patients = Few:Many
- Emphasis = Improve quality for all

January/February 2001 – Volume 20, Number 1

## HEALTH AFFAIRS

#### Interview:

A Founder of Quality Assessment Encounters A Troubled System Firsthand By Fitzhugh Mullan, p137-141

"At the University of Michigan, the outpatient and inpatient teams are entirely separate...There are areas where no one takes responsibility, where planning is weak, where I am left on my own ...The system is the problem...Things won't improve until something is done about the design of the system...The system is the responsibility of the doctors and the hospital leadership.

.....tell the committee that Donabedian said they have a problem."

## Ł

## Clinical Initiatives: Transitional Care

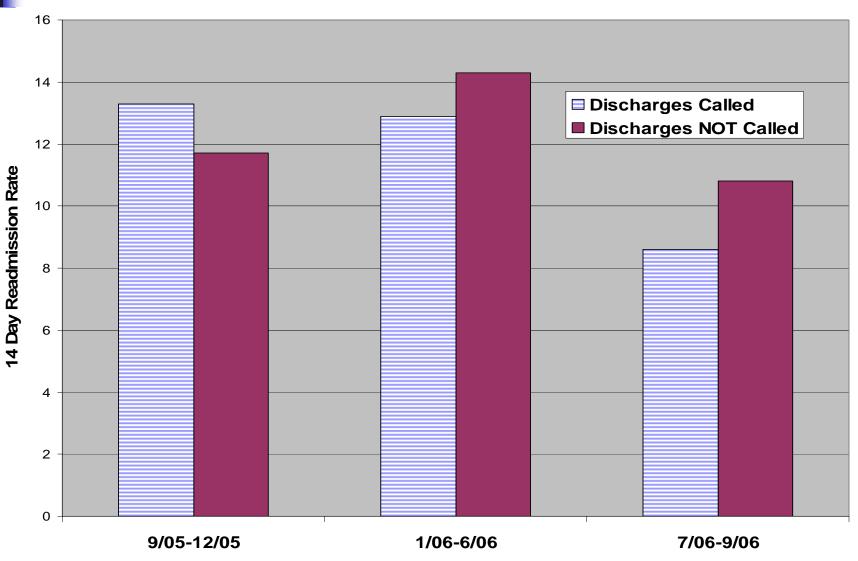
#### Post-Discharge Calls: 1/1/06 - 12/31/06

(2 nurses & 1 assistant)

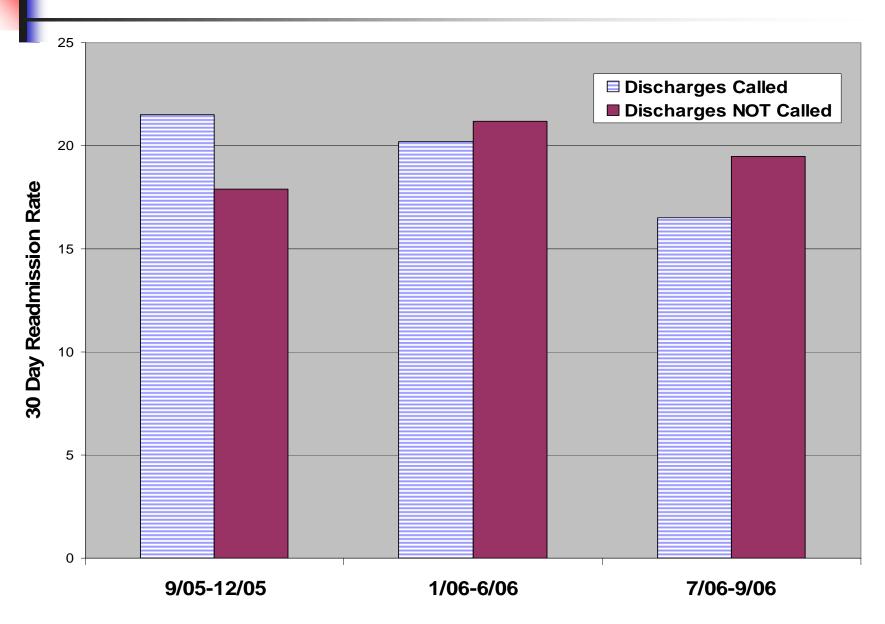
Discharge Follow-up Calls	3,799
<b>Emergency Dept. Follow-up Calls</b>	1,015
TOTAL	4,814
Appointments	2,241
Medications	1,745
Visiting Nurses	1,223
Personal care needs	1,716
Referred to CMS Social Worker	42

# 1

## 14 Day Readmit Rate



## 30 Day Readmit Rate

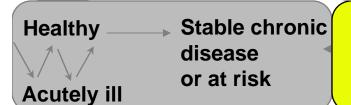


## Transaction Costs: The 'Health Navigator'

"I want to express my appreciation and thanks to the Medical Management Center, especially Ms. Sue Smart (Health Navigator) who has been following my case. Ms. Smart has spent considerable time advising me of different options and providing valuable information, which she has attained from numerous independent sources. She has been an invaluable part of my treatment plan. Her advice will minimize extra medical appointments and missed work, which could save tens of thousands of dollars for my employer."

SPECIAL CAUSE VARIATION

GENERAL CAUSE VARIATION



Unstable chronic disease Hospitalized Post discharge

- 7 JCAHO certified disease management programs
- Health Navigator

### Pharmacy management program under MMC

- Provider-specific utilization feedback
- Pharm D. participates to advise and assist with intervention
- Cost savings of ~\$500,000
- Funding additional Pharm D. & server space in 2007

## Volume 9, Number 1, 2006

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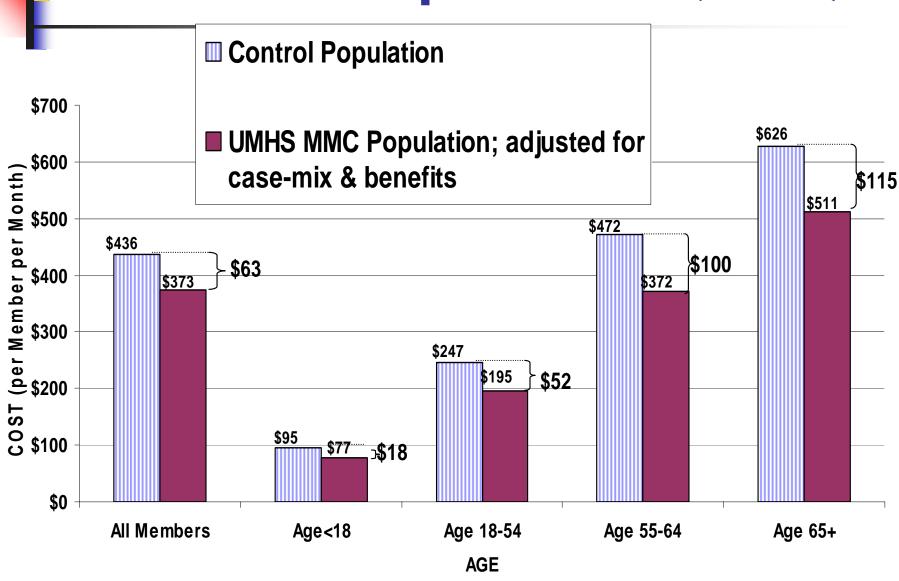
## Population-Based Medical and Disease Management: An Evaluation of Cost and Quality

CHRISTOPHER G. WISE, Ph.D., M.H.A.,1 VINITA BAHL, D.M.D., M.P.P.,2 RITA MITCHELL,2 BRADY T. WEST, M.A.,3 and THOMAS CARLI, M.D.1

#### **ABSTRACT**

Reports by the Institute of Medicine and the Health Care Financing Administration have emphasized that the integration of medical care delivery, evidence-based medicine, and chronic care disease management may play a significant role in improving the quality of care and reducing medical care costs. The specific aim of this project is to assess the impact of an integrated set of care coordination tools and chronic disease management interventions on utilization, cost, and quality of care for a population of beneficiaries who have complementary health coverage through a plan designed to apply proactive medical and disease management processes. The utilization of health care services by the study population was compared to another population from the same geographic service area and covered by a traditional feefor-service indemnity insurance plan that provided few medical or disease management services. Evaluation of the difference in utilization was based on the difference in the cost permember-per-month (PMPM) in a 1-year measurement period, after adjusting for differences in fee schedules, case-mix and healthcare benefit design. After adjustments for both case-mix and benefit differences, the study group is \$63 PMPM less costly than the comparison population for all members. Cost differences are largest in the 55-64 and 65 and above age groups. The study group is \$115 PMPM lower than the comparison population for the age category of 65 years and older, after adjustments for case-mix and benefits. Health Plan Employer and Data Information Set (HEDIS)-based quality outcomes are near the 90th percentile for most indications. The cost outcomes of a population served by proactive, population-based disease management and complex care management, compared to an unmanaged population, demonstrates the potential of coordinated medical and disease management programs. Further studies utilizing appropriate methodologies would be beneficial. (Disease Management 2006;9:44–55)

## Cost Comparisons (PMPM)



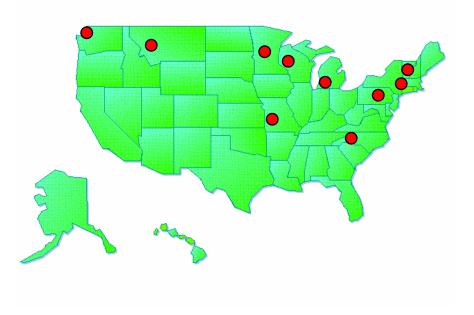
### PROGRAMS SUPPORTING OUR EFFORTS

- CMS "Physician Group Practice" Demonstration Project
- 2. Greater Detroit Area Health Council's "Saves Lives, Saves Dollars"
- 3. Blue Cross / Blue Shield of Michigan "Physician Group Incentive Program"

## CMS Physician Group Practice Demonstration Participants

- Geisinger Clinic (PA)
- Marshfield Clinic (WI)
- The Everett Clinic (WA)
- Forsyth Medical Group (NC)
- St John's Health System (MO)
- Deaconess Billings Clinic (MT)
- The University of Michigan (MI)
- Dartmouth-Hitchcock Clinic (NH)

- Park Nicollet Health Services (MN)
- Integrated Resources for Middlesex (CN)



# Pay-for-Performance: Calculating the return

- If UM holds Medicare per-patient case-mix adjusted cost to 2% less than the growth in our regional comparison group, UM can "earn back" up to 80% of the savings over 2%
- Amount of savings returned to UM is based on a combination of cost savings and quality
  - Year 1 = 70% cost savings / 30% quality
  - Year 2 = 60% cost savings / 40% quality
  - Year 3 = 50% cost savings / 50% quality
- 25% of earn-back withheld by CMS until end of project

## Save Lives/Save Dollars GDAHC

- Region-wide collaborative to coordinate:
  - Quality improvement
  - Performance-based differential reimbursement
  - Public reporting
  - Lower the trend \$500M (out of \$30B) over 3 years
- "Create a new working environment among stakeholders in the region"

#### Includes

- Ford, GM, UAW, DTE, Comerica, Chamber, State
- BCBSM, HMOs, insurers, pharmaceutical companies
- Health systems, hospitals, POs, State Medical Society

### **BCBSM PGIP**

- Payments based on provider's proportion of ambulatory activity (E & M codes)
- Quarterly payments to provider groups for:
  - 'All payer' chronic disease registries
  - Innovative implementation strategies
  - Measured outcomes
  - Credit for working with other provider groups
  - Advancing Wagner's 'Chronic Care Model'
- Payments to MMC for advancing structure & processes; no risk arrangement
- Opportunity to collaborate with payer-based programs
   & other provider groups

Community

sources and Policies

Health System

Health Care Organization

Self-Management Support Delivery System Design D e c is io n S u p p o r t C linical Inform ation Systems

#### GENERAL CAUSE VARIATION

SPECIAL CAUSE VARIATION

Healthy —— Stable chronic disease or at risk

- All-payer registries
- Measure evidence-based outcomes
- Feedback to providers
- · Patient ed. & self-mgt.
- Resources : Patients = Few : Many
- Emphasis = Improve quality for all

BCBSM PGIP

Unstable chronic disease ←→ Hospitalized ← → discharge

- 6 JCAHO cert. DM programs
- Health Navigator
- Patient self-monitoring trial for CHF
- Pharmacy Management
- Resources : Patients = Few : Few
- Emphasis = Intensive case management





## **BCBSM PGIP & LEAN THINKING**

- UMHS, 7 other physician groups &
   BCBSM collaborating on best models for integrating Chronic Care
- Challenged by best method for implementing Chronic Care Model in structures oriented for acute, episodic care
- Beginning pilots using "Lean Thinking" to help

## What is Lean Thinking?

Lean Thinkers...

- Focus on identifying & eliminating waste (develop new eyes to see)
- Develop knowledge of principles to reduce process & lead time and improve first time quality

(deliver value for the customer)

 Conduct regular process improvement events and track results

(create a culture of continuous improvement)



## **Achieving Lean Healthcare**

#### **Principles**

People Involvement

Standardization

Built-In Quality

Short Lead Time Continuous Improvement

#### **Elements**

Team Concept
People
Involvement
Open
Communication
Shop Floor
Management

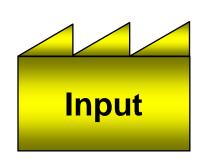
Standard Work
Workplace
Organization
Visual Management
Takt Time

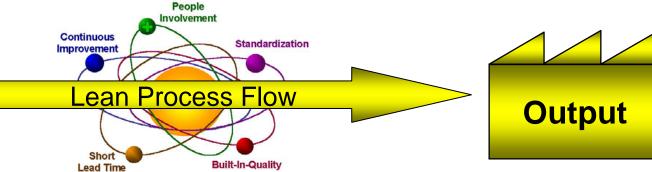
Quality Standards
Feedback /
Feedforward
In-process Control
and Verification
Process Validation

Flow
Pull Systems
Level Scheduling
Small Lot

Problem Solving CIP Business Plan Deployment Andon

#### **The Perfect Process**



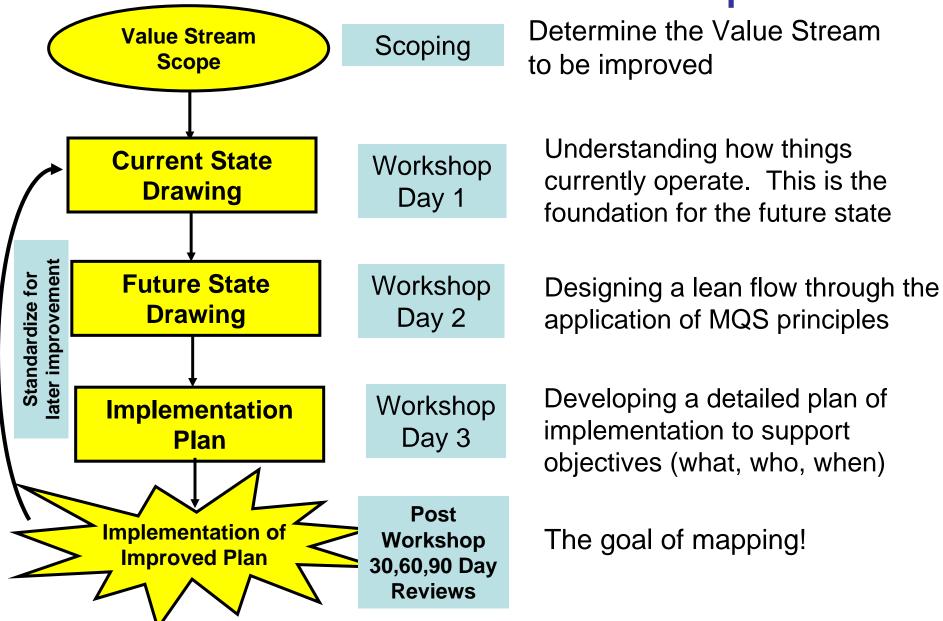


## Value Stream Mapping

- Starts with a focus on the customer
- Links process steps and information flow
- Reveals problems with flow
- Documents performance of the process
  - Customer expectations
  - Process metrics
  - Visibility of progress and quality
- Reveals waste
- Gets people involved in creating the process innovation plan



## Value Stream Workshop



## **BCBSM PGIP Lean Objectives**

- Collaboratively expose process and layout problems;
- Be comprehensive without becoming overwhelmed: what do we look at??
- Redesign the care model to meet the goals and restrictions
- Address infrastructure needs for new model

## QUESTIONS???



### What is a Value Stream?

A value stream involves all the steps, both value added and non value added, required to complete a product or service from beginning to end



- Visual Representation of a Value Stream
- Pencil & Paper Tool
- Establishes a common language to document processes
- Provides a blueprint for improvement

## Lean Transformations Model

Phase 4 Sustain Continuous Improvement Phase 3 • Coach on a low-level, **Build Internal Capability** periodic basis · Facilitate scheduled reviews and audits Phase 2 Provide on-call support Develop internal · Transfer ongoing **Intensive Doing and Learning** facilitators lean/CI/VSM activities to Define roles internal resources Create Steering Focus on strategy Committee alignment Phase 1 · Initiate executive coaching • Value Stream improvement · Provide occasional **Getting Started** support of new initiatives • Establish central War projects Institutionalize broader · Kaizen activities Room Tool training and • Explore links to business organizational learning strategy model implementation · Leads and Core Group · Integrate executive • Explore potential of Lean reviews • Walk, Talk, Read, Visit, emergence · Working level visual Observe · Identify of key personnel management • Align around basic business

objectivesInitiate activitiesSupport localized experimentation

approach

• Agree to proceed with basic