Decreasing Inappropriate Care in California with Choosing Wisely®

Jill Yegian, Ph.D.
IHA Stakeholder’s Conference
September 30, 2015
Today’s Session

• Jill Yegian, Ph.D., IHA
  • Overview of Choosing Wisely and the Decreasing Inappropriate Care in California project

• Parag Agnihotri, M.D., Sharp Rees-Stealy Medical Group
  • Description of interventions SRS is pursuing to reduce overuse in targeted areas

• Anne Marie Giusto, R.N., Sutter Health
  • Overview of Sutter Health’s variation reduction efforts, and activities underway for the current project

• Beccah Rothschild, M.P.A., Consumer Reports
  • Consumer-facing efforts underway to support Choosing Wisely
Choosing Wisely ® Initiative

• According to the IOM, waste accounts for 30% of the $2.5 trillion spent in the U.S. on healthcare in 2009
  • Misuse and overuse of services accounted for over $210 billion of waste

• Choosing Wisely ® is an initiative of the ABIM Foundation
  • Goal is to encourage conversations between clinicians and patients regarding what care is truly needed
  • Launched in 2012
  • Collaboration with Consumer Reports
  • Specialty societies recommend “do not do” tests and treatments – more than 70 society partners
Decreasing Inappropriate Care in California in Partnership with *Choosing Wisely* ®

- IHA-led team is one of 7 across the country
  - Second California site at UCLA/LAC
  - Other sites: Maine, Wisconsin, Washington, N. Carolina, Greater Detroit

- Led by the ABIM Foundation, with funding from the Robert Wood Johnson Foundation

- 3-year grant

- Grantee resources
  - Consumer Reports
  - Clinical experts
  - NRHI

- Learning network activities
Project Partners and Roles

- **Integrated Healthcare Association**
  - Project lead, liaison with Statewide Workgroup on Reducing Overuse

- **Sutter Health**
  - Interventions to reduce overuse in three specific target areas

- **Sharp Rees-Stealy Medical Group**
  - Interventions to reduce overuse in three specific target areas

- **American College of Physicians, California Chapter**
  - Provider engagement through broad California membership

- **Center for Healthcare Decisions**
  - Consumer engagement through *Doing What Works* project

- **Blue Shield of California**
  - Focus on communicating with members, provider network
# Target Tests and Treatments – Sharp Rees-Stealy

<table>
<thead>
<tr>
<th>Target treatment/test</th>
<th>Avoidance of antibiotics for adults with acute bronchitis</th>
<th>Imaging for nonspecific low back pain</th>
<th>Preoperative stress testing</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Measure</strong></td>
<td>Percent of adults 18–64 years of age w/ dx of acute bronchitis who were not dispensed an antibiotic prescription</td>
<td>The percentage of members with a primary diagnosis of low back pain who did not have an imaging study (X-ray, MRI, CT) within 28 days of dx</td>
<td>Use of preoperative stress testing in patients scheduled to undergo low- and/or intermediate-risk non-cardiac surgery (rate/1000)</td>
</tr>
<tr>
<td><strong>Baseline Data</strong></td>
<td>75.3%</td>
<td>83.1%</td>
<td>8.75/1000</td>
</tr>
<tr>
<td><strong>Target</strong></td>
<td>80.2%</td>
<td>86.5%</td>
<td>7/1000</td>
</tr>
</tbody>
</table>
### Target Tests and Treatments – Sutter Health

<table>
<thead>
<tr>
<th>Target treatment/test</th>
<th>Avoidance of antibiotics for adults with acute bronchitis</th>
<th>Imaging for uncomplicated headache</th>
<th>Don’t perform repetitive CBC and chemistry testing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measure</td>
<td>Percent of adults 18–64 years of age w/ dx of acute bronchitis who were not dispensed an antibiotic prescription</td>
<td>Percent of patients with an office visit for a diagnosis of headache who received imaging for headache within 30 days</td>
<td>Percent of hospitalized patients with orders for CBC and metabolic panel for whom the lab tests were performed as part of a “repeating order”</td>
</tr>
<tr>
<td>Baseline Data</td>
<td>46%</td>
<td>9%</td>
<td>49%</td>
</tr>
<tr>
<td>Target</td>
<td>55.2%</td>
<td>7.2%</td>
<td>39.2%</td>
</tr>
</tbody>
</table>
Progress on appropriate care . . . but room for improvement

- Avoidance of Antibiotic Treatment for Adults with Acute Bronchitis
- Evidence-Based Cervical Cancer Screening
- Use of Imaging for Lower Back Pain
- Appropriate Treatment for Children with Upper Respiratory Infection

Source: IHA Value Based Pay for Performance Results, MY 2014
Statewide Workgroup on Reducing Overuse

• **Co-Chairs:** Covered California, CalPERS, and California Department of Health Care Services

• **Purpose:** To develop, initiate, monitor, and evaluate approaches to reducing the overuse of selected unnecessary and wasteful medical services in California

• **Initial areas to target:**
  - Imaging for low-back pain (without specific indication)
  - Overuse of opioids
  - Cesarean section for low-risk, first-time birth
Statewide Workgroup Members

Co-Chairs
• Covered California
• CA Department of Health Care Services
• CalPERS

Provider Representatives
• California Association of Physician Groups
• California Hospital Association
• California Medical Association
• American College of Physicians, CA Chapter
• Cedars-Sinai Health System
• Hospital Quality Institute
• Los Angeles County Department of Health Services
• Sharp Rees-Stealy Medical Group
• Sutter Health
• UC Davis School of Medicine
• UCLA Department of Medicine

Consumer Representatives
• Center for Healthcare Decisions
• Consumers Union
• Western Center on Law & Poverty

Plan/Purchaser Representatives
• Blue Shield of California
• Inland Empire Health Plan
• Partnership Health Plan
• San Francisco Health Service System

Collaborators
• California HealthCare Foundation
• Integrated Healthcare Association
Questions?

Jill Yegian, Ph.D.
Senior VP, Programs and Policy
jyegian@iha.org
www.iha.org