



Reducing Overuse in California

Statewide Workgroup on Reducing Overuse

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Jill Yegian, PhD, Senior VP, Programs and Policy

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

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

- Anthem Blue Cross
- Blue Shield of California
- Inland Empire Health Plan
- Partnership Health Plan
- San Francisco Health Service System

Policy/Collaborators

- California Health and Human Services Agency
- California HealthCare Foundation
- Integrated Healthcare Association

Workgroup Charter -- Scope

- Reducing overuse in CA of selected medical interventions across public and private delivery systems.
 - Initial work will target specific tests and procedures identified in the Choosing Wisely® Campaign (CWC)
 - Focus on services that particularly impact the needs of CA consumers (e.g., disproportionately frequent, jeopardize quality of care, high cost).
 - The WG may expand its focus to non-CWC and/or particular preference-sensitive interventions, tests and procedures.

Workgroup Charter -- Deliverables

- Identification of one or more specific overused interventions for a state-wide or targeted campaign.
- Realistic goals for reducing targeted interventions over a specific time frame.
- Specific plans for disseminating Choosing Wisely materials oriented to consumers, providers, health plans and the media, on targeted areas of overuse.
- Highlighting of “success stories” and the types of strategies used that are most effective in reducing overuse among particular providers or consumers.
- Visible evidence of a culture of “responsible stewardship of resources” across multiple stakeholder groups.

Workgroup Charter – Outcomes (3 year)

- **Choosing Wisely® materials** used widely across the state by providers and consumers
 - Participation by a significant number of local and state organizations
 - Partners include health plans, medical groups, hospitals, purchasers and consumer organizations
- A meaningful number of participating health plans and medical groups will have instituted **changes targeting overused interventions**
- There will be **measurable evidence of reduction in the overuse of targeted interventions**

Progress to Date

- Inaugural meeting in June
 - Learn about Cedar-Sinai's clinical decision support tool to generate alerts when clinicians orders conflict with Choosing Wisely recommendations
 - Learn about Sutter Health's variation reduction program focused on comparative performance feedback to change clinician behavior
 - Learn about Blue Shield of CA's approach, including prior authorization, shared decision-making, and patient engagement
- Develop criteria for prioritizing among tests/treatments to target
- Identify 7 candidate test/treatments
- Webinars in early September: select 3 to target
- Plan sessions on each of the 3 for the in-person meeting

Survey on Intervention Pathways

Workgroup asked which would be most effective in reducing overuse of C-section, low back imaging and opioids:

- Clinical decision support, e.g. EMR alerts
- Clinician feedback on performance
- Provider-facing education, e.g. clinical guidelines
- Provider-facing incentives, e.g. P4P
- Provider restrictions, e.g. prior authorization
- Consumer-facing incentives, e.g. VBID or gift cards for SDM
- Consumer information, e.g. education or report cards

Survey Results – Top 3 Pathways

- C-section
 1. Clinician feedback on performance
 2. Provider-facing education, e.g. clinical guidelines (tie)
 3. Consumer information, e.g. education or report cards (tie)
- Low-Back Imaging
 1. Clinical decision support, e.g. EMR alerts
 2. Clinician feedback on performance
 3. Consumer information, e.g. education or report cards
- Opioids
 1. Provider restrictions, e.g. prior authorization
 2. Clinician feedback on performance
 3. 3-way tie: clinical decision support, provider-facing education, consumer information

Sessions today will explore the intervention pathways for each of the three areas of focus in more detail.

What can the Workgroup do?

- Vision – set expectations, lead the way
- Partner with Choosing Wisely, other national efforts
- Partner with medical societies to influence clinical guidelines, participation in Choosing Wisely, CME offerings
- Communication – signal the importance of reducing overuse
 - Stories of success –highlight what’s working
 - Disseminate resources for providers, consumers
 - Convene (e.g. Seattle Summit – WHA, medical assoc, hosp assoc)
- Produce “Action Guides” or other tools to support engagement at multiple levels (e.g. ICER/CEPAC materials on opioids)
 - Policy/purchaser
 - Provider/clinician
 - Consumer/patient/family

What can Workgroup members do?

- Purchasers
 - influence plans through contract requirements
 - educate consumers through member channels
 - influence consumers through benefit design
- Plans
 - influence providers through contracts (requirements or reimbursement)
 - share data with providers to support clinical decision-making
 - educate consumers through member channels
- Providers
 - influence clinician behavior through information, incentives
 - educate patients (and families) seeking inappropriate care
- Consumers
 - ask questions! Do I really need this? What are the risks? What if I do nothing?

Today's Agenda

- Three test/treatments to cover, 75 minutes each topic
 - Topic 1: C-section for low-risk, first-time births
 - Topic 2: Imaging for low back pain
 - Topic 3: Opioid dependence
- Format for each topic area:
 - Introduction/presentation from Co-Chair
 - Presentation from content expert(s)
 - Q&A, discussion
 - Key questions: what are most promising intervention pathways for this test/treatment? What role can the WG play?
- Cross-topic discussion: revisit Charter, decide next steps