Diabetes and BP Control

Paul S Harkaway
What’s the fuss anyway?

- BP control (125/75) reduces many serious complications of diabetes
  - Stroke
  - MI and Sudden Death
  - CHF
  - Renal failure
  - Loss of vision
  - Need for amputation
Primary Aim Statement

To improve the health of Diabetics (n=3000 approximately) in our network by accomplishing and documenting control of Blood Pressure in this group.
Secondary Aim Statement

- To use this health care challenge as a springboard to develop a (pre-EMR) digital information strategy to obtain patient health care information from practices in a diverse private practice community regardless of the patients’ health insurance
Participants

• HVPA
  – Laurie Wesolowicz Pharm D.
  – Lori Kostoff Pharm D.
  – Steve Thiry MD
  – Paul Smith MD
  – Paul Harkaway MD
Participants

- Quality Institute
  - Mark Cowen MD
  - Jennifer Czerwinski
Components

- HVPA wide data repository - multiplan
- Web based portal
- Physician reminders
- Patient reminders
- Physician reporting and profiling
The HVPA Recipe for Quality

- Worthwhile Cause
- The WILL to change
- DATA
  - specific
  - correctable
  - actionable
- PEER Pressure
- $
Data Sources

- Med/Surg Claims
- Credentialing Department
- Ancillary Departments
- Exception Reports
- Pharmacy Claims
- Carve-Out Providers
The NEW DATA SOURCE

THE DOC!
Primary Care Panels

Leader  Leader  Leader
Pap Smears
Dear Ms. Smith,

Our records show that you are due for a pap smear to test for cancer of the cervix. The last pap smear from you that we have on record was performed on June 30, 1998...

Mammography
Dear Ms. Smith,

Our records show that you are due for a mammogram to test for breast cancer. The last mammogram from you that we have on record was performed on June 30, 1998...

We have attached a radiology slip that is already filled out with your name and the name of the test that you need. You should call 734-712-3456 to schedule an appointment for a mammogram...

Sincerely,
Bob Breakey, M.D.

Lipid Testing
Dear Ms. Smith,

Our records show that you are due for a lipid test to check your cholesterol levels. The last lipid test from you that we have on record was performed on June 30, 1998...

We have attached a laboratory slip that is already filled out with your name and the name of the test that you need. You can go to any of the laboratory locations on the back of the requisition to have your blood drawn. Your test result will be automatically forwarded to my office...

Sincerely,
Bob Breakey, M.D.

Diabetes
Dear Mr. Smith,

Our records show that you are due for a blood test to determine if your diabetes is under control...

We have attached a laboratory slip that is already filled out with your name and the name of the test that you need. You can go to any of the laboratory locations on the back of the requisition to have your blood drawn. Your test result will be automatically forwarded to my office...

Sincerely,
Bob Breakey, M.D.

Test Requisition or Referral
Glycohemoglobin, Lipids, Mammography, etc

Sincerely,
Bob Breakey, M.D.
Quality Score =

\[
\frac{\text{Number who received desired intervention or experienced desired outcome}}{\text{Number who should have received desired intervention or experienced desired outcome}}
\]
## 2001 Quality Incentive - Individual Report

**Region:** GRAND RAPIDS

<table>
<thead>
<tr>
<th>Quality Score</th>
<th>You Score</th>
<th>Your Region Score</th>
<th>Entire Network Score</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0.76</td>
<td>0.77</td>
<td>75.19</td>
</tr>
</tbody>
</table>

**Care Choices Membership:**

- **Your Membership:** 202
- **Entire Network Membership:** 21490

### How was the Quality Score used to calculate my incentive?

- Region Quality Score x Your Membership x $2.00
- Care Choices Quality Incentive Calculation:

\[
0.77 \times 202 \times 2.00 = 311.36
\]

### Performance on Individual Components of the Quality Score

<table>
<thead>
<tr>
<th>Quality Score Component</th>
<th>Numerator</th>
<th>Denominator</th>
<th>Ben Casey Score (%)</th>
<th>Numerator</th>
<th>Denominator</th>
<th>Score (%)</th>
<th>Grand Rapids Score (%)</th>
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</thead>
<tbody>
<tr>
<td>Mammography</td>
<td>11</td>
<td>16</td>
<td>68.75</td>
<td>962</td>
<td>1193</td>
<td>80.64</td>
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<tr>
<td>Diabetes-HbA1c</td>
<td>2</td>
<td>3</td>
<td>66.67</td>
<td>364</td>
<td>561</td>
<td>64.88</td>
<td></td>
</tr>
<tr>
<td>HbA1c lt 9.5</td>
<td>2</td>
<td>2</td>
<td>100.00</td>
<td>191</td>
<td>223</td>
<td>85.65</td>
<td></td>
</tr>
<tr>
<td>Micro Albuminuria</td>
<td>2</td>
<td>3</td>
<td>66.67</td>
<td>238</td>
<td>561</td>
<td>42.42</td>
<td></td>
</tr>
<tr>
<td>CAD - LDL</td>
<td>1</td>
<td>2</td>
<td>50.00</td>
<td>138</td>
<td>221</td>
<td>62.44</td>
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<tr>
<td>LDL lt 130 mg/dl</td>
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<td>.</td>
<td>.</td>
<td>38</td>
<td>72</td>
<td>52.78</td>
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<tr>
<td>Pap Smear</td>
<td>42</td>
<td>54</td>
<td>77.78</td>
<td>3521</td>
<td>4370</td>
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<tr>
<td>Adult Asthma</td>
<td>5</td>
<td>7</td>
<td>71.43</td>
<td>362</td>
<td>481</td>
<td>75.26</td>
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<tr>
<td>Child Asthma</td>
<td>4</td>
<td>4</td>
<td>100.00</td>
<td>195</td>
<td>228</td>
<td>85.53</td>
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<tr>
<td>Immunizations</td>
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<td>157</td>
<td>214</td>
<td>73.18</td>
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<tr>
<td>3-6 year well child</td>
<td>3</td>
<td>4</td>
<td>75.00</td>
<td>836</td>
<td>961</td>
<td>86.99</td>
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<tr>
<td>Overall</td>
<td>72</td>
<td>95</td>
<td>75.79</td>
<td>7002</td>
<td>9085</td>
<td>77.07</td>
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</tbody>
</table>

* = no eligible members.
HbA1c < 8.5%

percent of eligible


biannual review
Improvement
Quality Score = \[
\frac{\text{Number of Diabetics who have their BP within the desired range}}{\text{Total Number of Diabetics in Physician’s Patient Panel}}
\]
Is your Blood Pressure under control? The goal has changed………It’s not 140/90 anymore

For many years we have known that high blood pressure can result in stroke, heart attack, and kidney failure. In people who already have kidney disease caused by diabetes, we learned the importance of the following in slowing down the worsening of kidney disease:

Good control of your blood sugar
Lower blood pressure goal: **at or under 125/75**
Use of certain blood pressure medications* if medication is needed

Now we have new evidence that control of blood pressure to lower levels (**at or under 125/75**) reduces nearly all complications of diabetes such as:

- Stroke
- Heart attack
- Heart failure
- Sudden death
- Kidney failure
- Bleeding in the eyes and loss of vision
- Need for laser eye surgery
- Need for limb amputation

Your doctor is anxious to work with you to prevent these serious complications of diabetes with the appropriate medications. You and your doctor should work closely together to achieve the **125/75** blood pressure target. Contact your doctor now to:

Be certain that your blood pressure is controlled to the new target level
Be certain that you are on the right medications
Learn how you can work with your doctor to monitor this important vital sign
WEB Portal

Next Steps

- Process map in pilot practice (n=161) with one health plan only
- Develop and complete Web portal
- Ensure connectivity now and in future
- Institute process with pilot practice then rapid pdsa
- Rollout with entire network through panel leads
Next Steps

• Develop randomized study on pharmacist intervention
• Develop and deploy patient reminders and physician reminders
SWAG

- 1 year
  - Data on 75% of Diabetics of all plans
  - 80% of those at goal BP
Barriers

- Health plan command and control
- Practice capacity (“one more thing”)
- Analyst/ data collection/programmer availability
- No $ to put in the kitty (lighthouse effect)
- Lack of “computer”/ “internet” access
- Lack of broadband