

Data to Drive Decisions: Using Data to Reduce Low Value Care

September 22, 2022



Presenters



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Our Mission

We strive to empower individuals, communities, and organizations through collaborative support services and health care information to advance the Triple Aim: Better Health, Better Care, Lower Cost

We are:

- Non-profit
- Independent
- Objective

Who We Serve

Change Agents

Individuals, communities, or organizations working to lower costs, improve care, and make Colorado healthier.



What's in the CO APCD?

https://www.civhc.org/get-data/whats-in-the-co-apcd/

CO APCD OVERVIEW



What's IN the CO APCD?



870+ Million Claims (2013-2021)



36 Commercial Payers, + Medicaid & Medicare*



5+ Million Lives*, Including 1M (50%) of self-insured



Nearly 70% of Covered Lives (medical only)*



Trend information 2013-Present

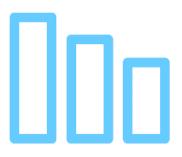
*Reflects 2021 calendar year only

How We Inform



Public CO APCD Data

Identify opportunities for improvement and to advance health care through public reports and publications



Non-Public CO APCD Data

Datasets and reports to address specific project needs aimed at better health, better care and lower costs



Introduction

- CIVHC engaged Milliman to apply their MedInsight Health Waste Calculator version 8.0 to the CO APCD to measure the use and cost of low value care services
- This report summarizes the analysis of results for 58 measures of low value care from 2017 through 2020
- CIVHC will send data on a semi-annual basis to be run through the health waste calculator

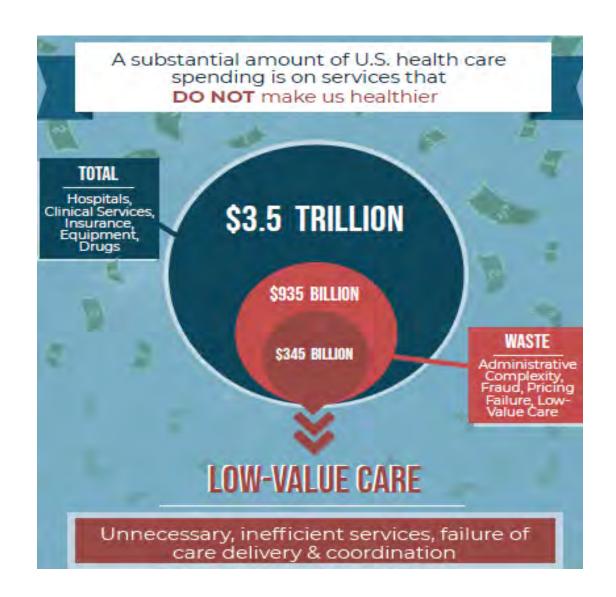
What is "Low Value Care"?

- Low value care is care in which the potential harm or cost is greater than the benefit to a patient
- Defined principally by Choosing Wisely guidelines, which were developed by American Board of Internal Medicine Foundation
- Contributing Factors
 - Fear of malpractice
 - Perception that patients want or expect tests or medications
 - Lack of information about the patient
 - Financial incentives of fee-for-service reimbursement

Examples of Low Value Care Measures

- Pediatric Head CT Scans
 - Low diagnostic yields and high risks
- Imaging Tests for Eye Disease
 - Unnecessary for patients without symptoms of disease
- Cardiac Stress Testing
 - Oftentimes unnecessary and therefore wasteful
- Routine General Health Checks

Why is Low Value Care Important?



Methods

- Only patients with 'Sufficient History' are included
- Different low value care services cause different levels of potential harm
- Services are classified as 'wasteful', 'likely wasteful', 'necessary', and 'optimal'
 - We defined low value care as 'likely wasteful' and 'wasteful' services
- Spending for low value care results are reported as the allowed amount (plan and patient paid amounts) for the specified services

Key Measurement Statistics

• Low Value Index =
$$\frac{Wasteful + Likely Wasteful}{Necessary + Wasteful + Likely Wasteful}$$

•
$$Optimal\ Index = \frac{Optimal}{Optimal + Necessary + Wasteful + Likely\ Wasteful}$$

Percent Low Value Costs

Cost Per Member Per Month (PMPM)

Low Value Care Summary Results

Statewide Trends

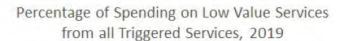


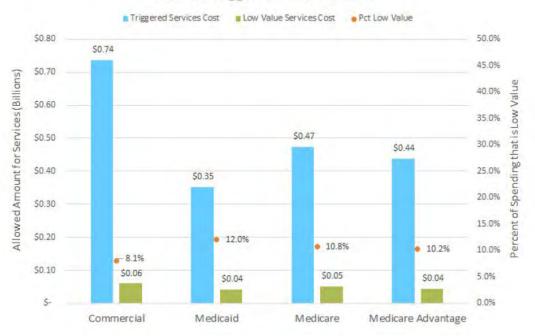
Statewide trends continued



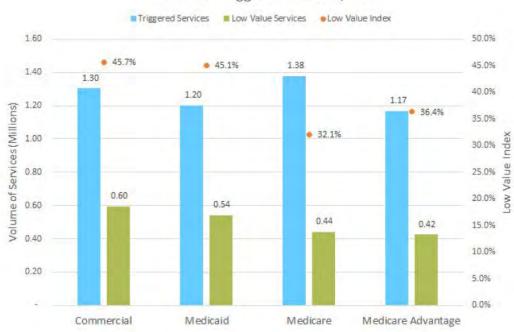
Insurance Type Results

Insurance Type

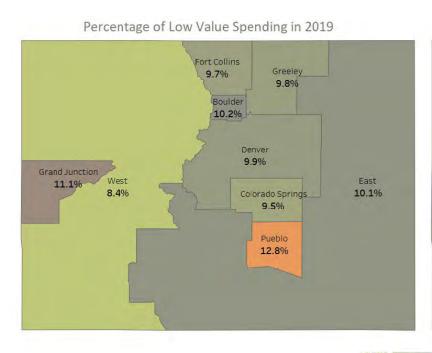


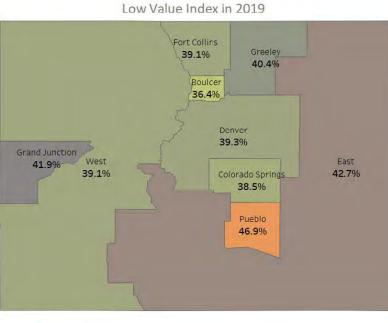


Percentage of Low Value Services from all Triggered Services, 2019



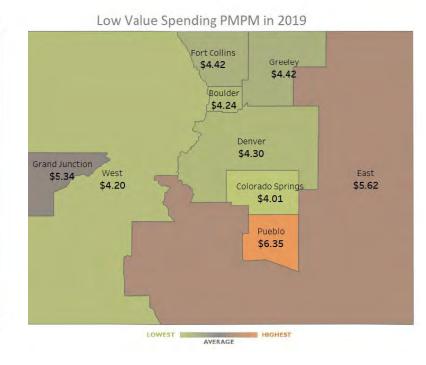
Geographic Region Division of Insurance Rating Areas





HIGHEST

AVERAGE



Most Prominent Low Value Services

Seventeen Services Account for Over 90% of Total Services and Total Spending for Low Value Care in 2019



Currently Available Interactive Reports

Employer Report

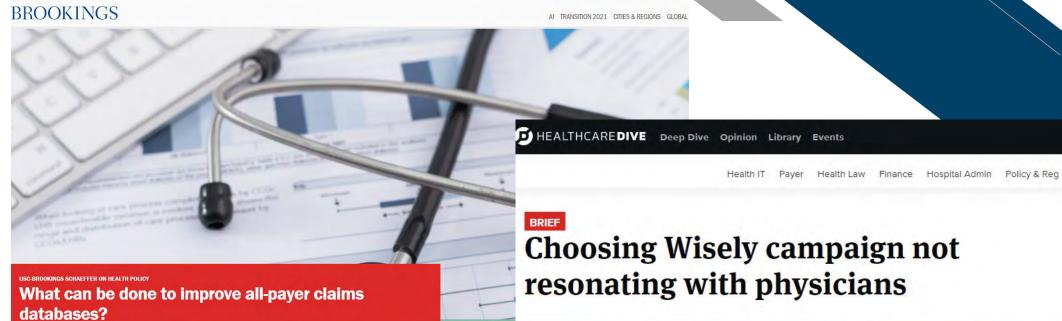
- Can be generated for a single employer or multiple employers
- For employers with insufficient volume, can be produced at the county-level
- Promotes employee education and value-based benefit design

Public Report

Highlights comparisons between statewide and DOI Regions







Choosing Wisely campaign not



Getty Images

\$2.2 Million

Funding for Smarter Care Virginia



Participating
Physician Practices

7,000+

Participating Physicians

Agenda

- 1. Who is Virginia Health Information (VHI) and what do we do?
- 2. How we got started reporting on low value care
- 3. Overview of Smarter Care Virginia
- 4. Reflection on journey so far



VIRGINIA HEALTH INFORMATION (VHI)

VHI is an independent, nonprofit, 501(c)(3) health information organization established in 1993 to administer Virginia Health Care Data Reporting Initiatives









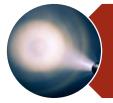


Official Mission- https://vhi.org/About/default.asp

Translation:



Break down walls and open channels to share healthcare data



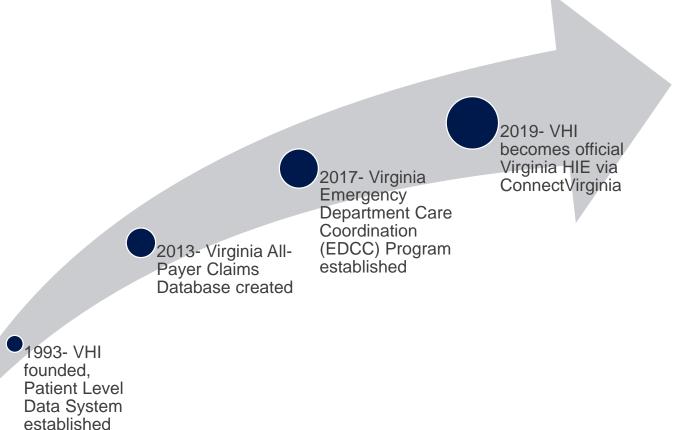
Support reporting where transparency is needed the most



Do this in a way that is unbiased, collaborative and provides substantial value to the Commonwealth per dollar of investment

How VHI has Evolved

A few major highlights. There have been many other steps along the way built on a strong foundation

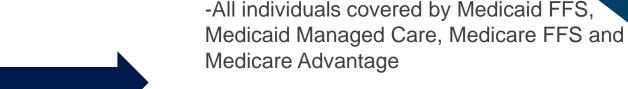




VIRGINIA'S ALL PAYER CLAIMS DATABASE (APCD)

Participating Health Insurance Companies

- -Aetna/CVS/Innovation Health
- -Anthem
- -Carefirst
- -Cigna
- -CMS
- -DMAS
- -Humana
- -Kaiser Permanente
- -Magellan
- -Optima Health
- -Piedmont
- -United Health Group Plans & Optum
- -Virginia Premier



- -40-60% of commercially insured individuals depending on the timeframe
- -All individual and small group market, Self insured large group is based on Opt-In decision of employer
- -COVA and VA municipalities must participate

VIRGINIA CENTER FOR HEALTH INNOVATION (VCHI)

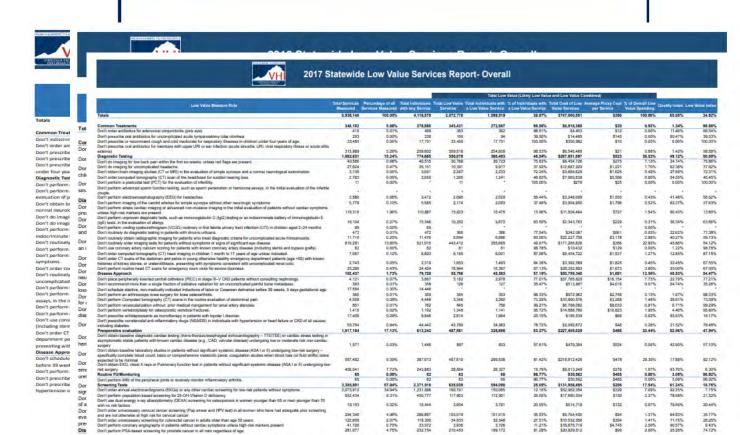
VCHI is an independent, nonprofit, 501(c)(3) organization established in 2012 to facilitate innovation by convening key stakeholders and securing the resources to accelerate value-driven models of wellness and healthcare throughout Virginia







INITIAL REPORTS



Report based on APCD clears data for Commercial, Medical PFS, Medicals Menaged Clear, Medicals Advantage coverage, Cleans coverage for Commercial and Medicale Advantage may Business and a encopsed to be roughly 40-50% for 2017.
**Indicates observed values less than 11. Supervased values are still reflected in that and insist calculations.
**All registral stills as indicated project previous and encoderated project previous areas of an abused in higher APCD clears volumes as of 12/20145.

Seniors defined as low value or necessary are subject to the completeness of degroots and procedure fields submitted either the claims data may analyzed field on Value services appeted include a combination of anxiety actiographic as low value and flavy low value.

When there is not you now and suppressed values, the entire row is removed.

SUMMARY OF 2018 DATA

Juliudi y Lulu y i i i i u u u u i i i i i i i i i i	January	, 2020	HWC '	Version	7.1
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Reporting Period	2018
Number of Measures	48
CMS Data Included?	Yes
Dollars Spent on Unnecessary Services	\$539 million per year
Unnecessary Services Identified	1.72 million per year

FOLLOW-UP REQUESTS

	Total Low Value (Likely Low Value & Low Value Combined)						rined)		
Low Value Measure	Total Services Measured	Services		ow Value Index	Low Value Index Trend (Absolute Percentage)		Total Cost (Proxy)	Average Cost per Service (Proxy)	Milliman Risk o Patient Harm Category
otals	130,631	55,328	-	42%	-1%		\$13,507,518	\$244	-
on't perform revascularization without prior medical mangement for renal rtery stenosis.	30	29	•	99.5%		0.5%	\$308,720	\$10,517	High
on't place peripherally inserted central catheters (PICC) in stage III–V KD patients without consulting nephrology.**	42	33		79.8%		2.2%	\$644,741	\$19,467	High
on't prescribe nonsteroidal anti-inflammatory drugs (NSAIDS) in idividuals with hypertension or heart failure or CKD of all causes, icluding diabetes.	2,299	1,900		82.7%		-3.3%	\$114,022	\$60	Medium
on't do imaging for low back pain within the first six weeks, unless red ags are present.	1,393	1,102	•	79.1%		-6.9%	\$291,912	\$265	Medium
on't perform PSA-based screening for prostate cancer in all men egardless of age.	7,274	5,818	9	80.0%		3.0%	\$636,510	\$109	Medium
on't order unnecessary cervical cancer screening (Pap smear and HPV est) in all women who have had adequate prior screening and are not therwise at high risk for cervical cancer	11,703	5,147	,	44.0%		0.0%	\$428,299	\$83	Medium
ion't perform imaging of the carotid arteries for simple syncope without ther neurologic symptoms.	137	45		32.7%		2 7%	\$87,602	\$1,963	Medium
on't order annual electrocardiograms (EKGs) or any other cardiac creening for low-risk patients without symptoms.	43,084	4,503		10.5%		0.5%	\$1,176,241	\$261	Medium
on't perform stress cardiac imaging or advanced non-invasive imaging in ne initial evaluation of patients without cardiac symptoms unless high-risk narkers are present.	2,382	210	0	8.8%		0.8%	\$142,528	\$679	Medium
on't prescribe oral antibiotics for members with upper URI or ear fection (acute sinusitis, URI, viral respiratory illness or acute otitis kterna)	16,256	15,858	•	97.6%		0.4%	\$338,617	\$21	Low

STATEWIDE DATA STARTS TO CREATE A NATIONAL STIR

COSTS & SPENDING

By John N. Mafi, Kyle Russell, Beth A. Bortz, Marcos Dachary, William A. Hazel Jr., and A. Mark Fendrick

DATAWATCH

Low-Cost, High-Volume Health Services Contribute The Most To Unnecessary Health Spending

An analysis of data for 2014 about forty-four low-value health services in the Virginia All Payer Claims Database revealed more than \$586 million in unnecessary costs. Among these low-value services, those that were low and very low cost (\$538 or less per service) were delivered far more frequently than services that were high and very high cost (\$539 or more). The combined costs of the former group were nearly twice those of the latter (65 percent versus 35 percent).

DOI: 10.1377/hlthaff.2017.0385 HEALTH AFFAIRS 36, NO. 10 (2017): 1701–1704 ©2017 Project HOPE— The People-to-People Health Foundation, Inc.

Health Affairs article, "Low-Cost, High Volume Services Contribute The Most To Unnecessary Health Spending", was the 3rd most read Health Affairs Article in 2017



VCHI awarded a **\$2.2 M grant** from Arnold Ventures to launch a statewide pilot to reduce the provision of low-value health services.















Sentara Quality Care

N E T W O R K



PROJECT AIMS

I. Produce a 25% relative reduction in nine low-value care measures

"Drop the Pre-Op"

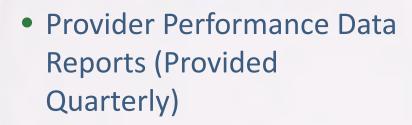
- -Don't obtain baseline laboratory studies in patients without significant systemic disease undergoing low risk surgery
- -Don't obtain baseline diagnostic cardiac testing or cardiac stress testing in asymptomatic stable patients with known cardiac disease undergoing low or moderate risk non-cardiac surgery
- -Don't obtain EKG, chest x-rays or pulmonary function test in patients without significant systemic disease undergoing low-risk surgery

Treatment & Screening

-Don't order annual electrocardiograms or any other alternatives is considered. cardiac screening for low-risk patients without symptoms

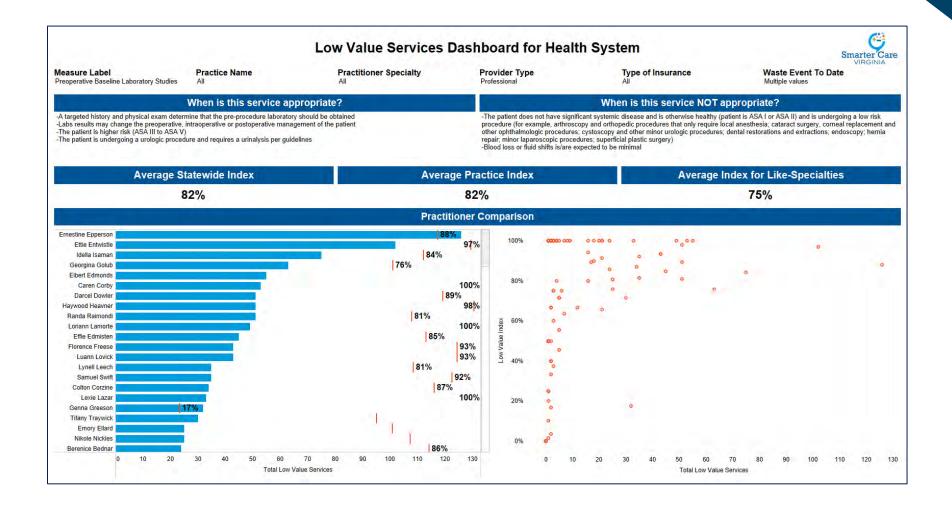
- -Don't perform stress cardiac imaging or advanced non-invasive imaging in the initial evaluation of patients without cardiac symptoms unless high-risk markers are present
- -Don't routinely order imaging tests for patients without symptoms or signs of significant eye disease
- -Don't place peripherally inserted central catheters (PICC) in stage III-V CKD patients without consulting nephrology
- -Don't do imaging for low back pain within the first six weeks, unless red flags are present.
- -Don't prescribe opiates in acute disabling low back pain before evaluation and a trial of other alternatives is considered.

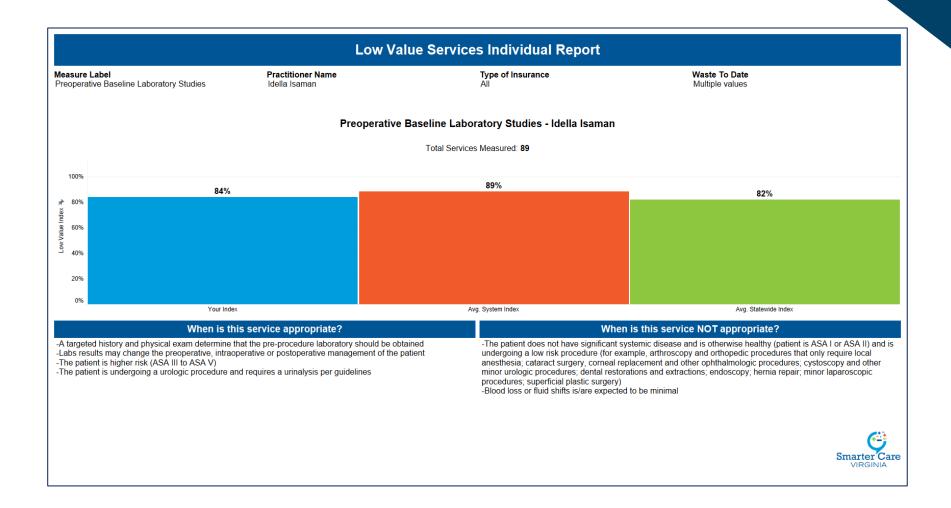


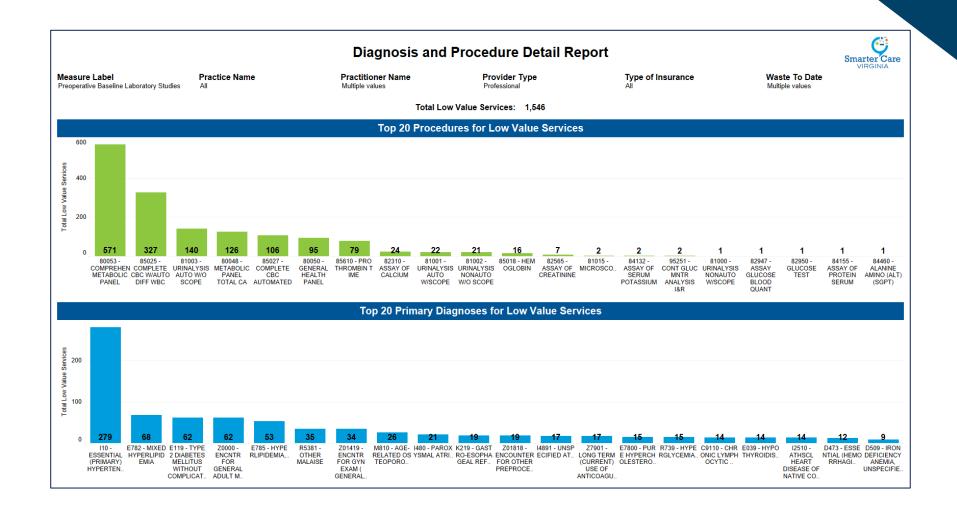


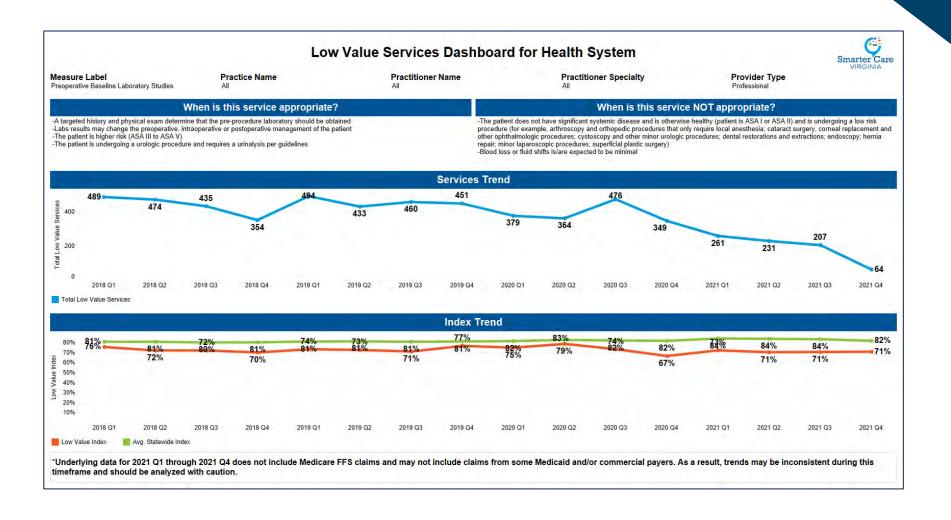
- CME-approved webinars (4)
- Faculty office hours
- Monthly calls with Project Leadership Team and other Cohort 1 CLT members
- Online Platform (Virginia Health Innovation Network)



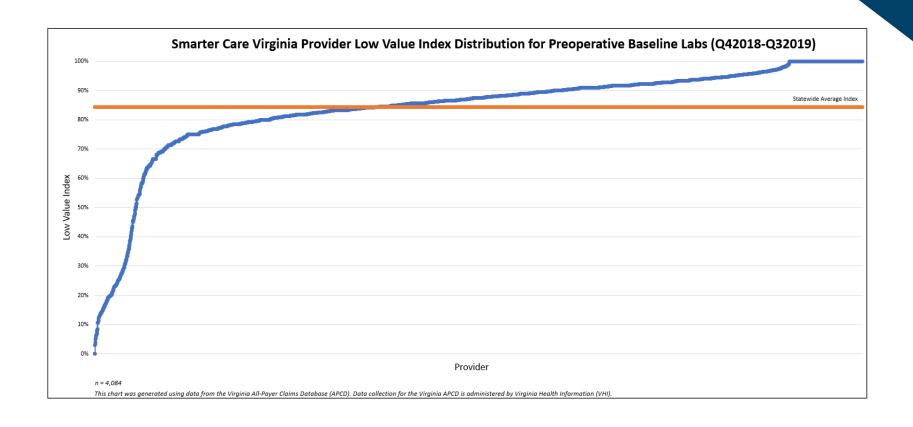




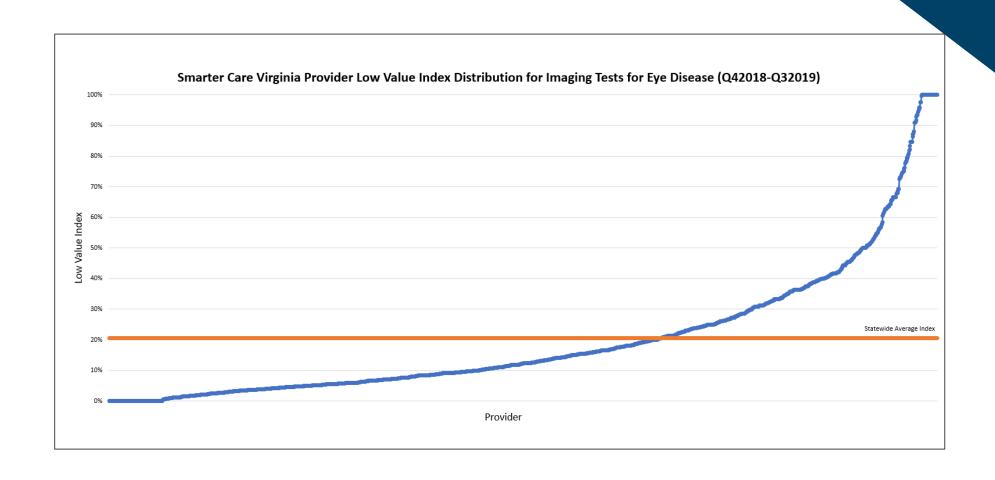




EACH MEASURE PRESENTS UNIQUE CHALLENGES



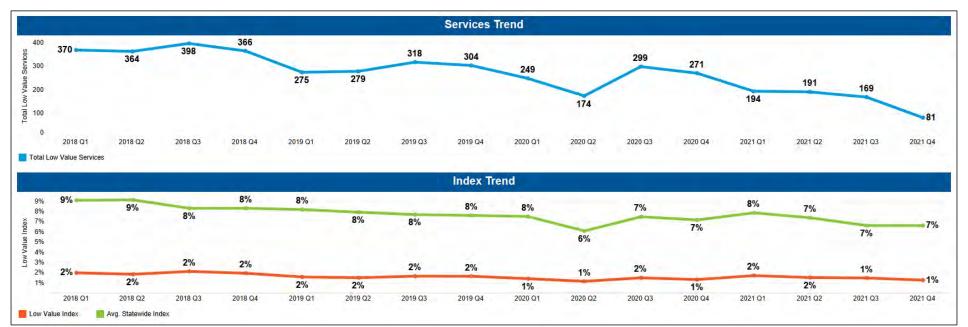
EACH MEASURE PRESENTS UNIQUE CHALLENGES



Preoperative Baseline Laboratory Studies

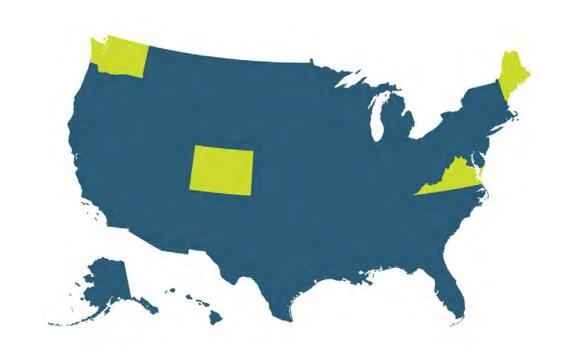


V7



ONGOING IMPACT: EXPANDING BEYOND VIRGINIA

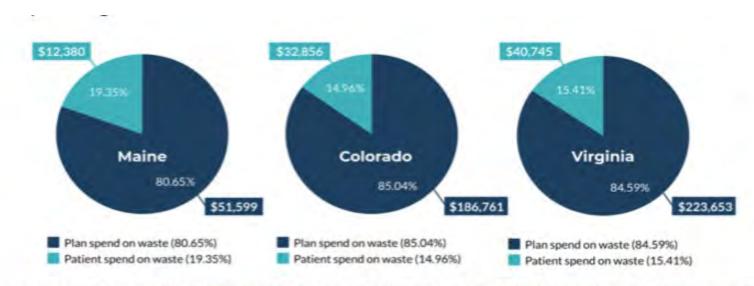
State APCD Low-Value Care Report





ONGOING IMPACT: EXPANDING BEYOND VIRGINIA

Spending on 47 Low-Value Services in Medicaid and Commercial Plans in 2017 by Patients and Plans



Notes: spending in thousands \$. These figures only represent Maine, Colorada, and Virginia. Washington did not separately report patient and plan spending, estimated allowed spending based on standard pricing for Medicaid and commercial plans

ONGOING IMPACT- REFLECTION ON THE DATA

- Impact of COVID-19
- Data lag
- Waste Calculator Version
- Include facility results?
- Validating results

ONGOING IMPACT- REFLECTION ON THE PROGRAM

- Nothing has generated more interest
- Facilitates movement from research to clinical decision making support
- While not perfect, APCDs are the most ideal data source available for this type of project





Thank You.

Facebook: <u>@VaHealth</u>

Twitter: <u>@VaHealthInfo</u>

Website: www.vhi.org

Questions and Feedback



Reach out to info@civhc.org



Connect with CIVHC on Facebook, LinkedIN, and Twitter



Recording will be posted here:

www.civhc.org/about-civhc/news-and-events/event-resources/

Next Webinar

- October 20th, 12-1pm MT
- Advance Care Planning
- Presenters: CIVHC

