Critical Areas of Health Care: Rural Challenges and Opportunities

Brittani Bilse, MA, Consultant, Brittani Bilse Consulting
• Mary Dale Peterson, MD, MSHCA, Executive VP and COO, Driscoll Health System
• Nancy Dickey, MD, Executive Director, A&M Rural & Community Health Institute
• Mary Beth Meier, LMSW, DSRIP Program Coordinator, Huntsville Memorial Hospital
CRITICAL AREAS OF HEALTH CARE:
RURAL CHALLENGES & OPPORTUNITIES

Mary Dale Peterson, MD, MSHCA
September 2019
DHP Offices & DCH Clinic Locations

- DCH Specialty Clinic (9)
- DHP Offices (5)
- DCH Urgent Care/After Hour Clinics (3)
Existing DHP APMs

**Contracts:**
- Partial capitation contracts
- Single or multiple LOB

**Capitated Rates:**
- Sick office visit rate
- Labs
- Rads

**Carve out list:**
- THSteps
- IP care
- Extended Office Hours care
- Targeted office procedures

**Incentives:**
- Health Home Program Incentives
  - PCP - well child visits, after hours care
  - OB - prenatal/postpartum visits, vaginal deliveries, primary C-section rates, after hours care
  - Behavioral Health - coordination of care
  - Adult Diabetes
Category 2 & 3 Health Homes
Focus Cycles of Quality and Process Improvement

Plan
ADHD/BH
Asthma
Maternal Depression
Decreasing ED Visits

Act

Do
Co-Located Nutritionist
Vanderbilt Questionnaire

Study

Edinburg Postnatal Depression Screen
ACT Tool
Parent support group
Customized Appointments
Careville Pediatrics Project Results
Dr. Ifeanui Mbadugha
Behavioral Health

• Shortages of Child & Adolescent Psychiatrists
  – 8.5 CAPs for over 700,000 children in Nueces/Hidalgo SAs

  In 2017, Texas was short more than 1,000 psychiatrists to meet demand, according to a model used by the Texas Department of State Health Services (DSHS). That same year, 171 Texas counties (out of 254) had no psychiatrist, according to DSHS data. (See “Texas Counties Without a Psychiatrist,” page 42.)

• Training of PCPs
• Recruitment
• Telemedicine
  – Contract with UTMB child psychiatrists in Corpus Christi and
  – New clinic in Laredo

• Shortage of RTC, facilities who take very young children or children with chronic medical conditions
Questions

Mary.Peterson@dchstx.org
RURAL HEALTH: Issues, Challenges, and Future Directions

Nancy W Dickey, MD
HHSC Statewide Learning Collaborative
September 4, 2019
Barriers to Access to Care in Rural Areas

- Limited/absence of providers
  - Even where there is primary care available, specialty care is extremely limited or not available at all
- Distance to access various levels of care
- Reliable transportation to access care
- Higher proportions of Medicare and Medicaid and uninsured

Telemedicine

County/community owned vans with volunteer drivers

A&M Rural and Community Health Institute
Solutions are still needed:

- Maternity care
- Behavioral health
- Substance abuse disorder
- Communications between higher levels of care and rural referral facilities to assure patients return home in a timely fashion
- Participating in value based contracting (requires health data sharing)
Messages we are hearing across rural geographies of Texas:

1. There are services being offered that will be difficult to sustain without the waiver funding – worst hit populations are those without insurance.

2. While many facilities and communities would like to participate in value based purchasing, their numbers are too small to “go it alone”.

3. Poor connectivity – unreliable or absent connection to allow telemedicine
Texas DSRIP Program Impacts

DSRIP has:
- Allowed participating providers the means to add staff and services
- Identified effective interventions to reduce non-emergent ED visits and reduce readmissions
- Increased unique individuals served and encounters provided
  - Ability to expand care for Texas’ uninsured population

Particular challenges of waiver:
- There has too often been “silo-ing” – that is the community or region being served may not have identified or bought into the savings
  - Navigation systems
- Expanded/added services are largely not sustainable for smaller, rural providers beyond DSRIP without community buy-in
A BCBS Funded Texas A&M Project: A Rural Moonshot

- Seeking INNOVATIVE solutions to rural healthcare that:
  - Enhance access
  - Improve quality
  - Maintain or reduce costs

- Four projects have been selected that deal with:
  - Impact on morbidity/mortality as well as community economics post hospital closure
  - Developing a strategy for community planning and healthcare access post hospital closure
  - Collaborations across regions to preserve access while right-sizing care
  - Enhancing population health as a quality/cost impactor
WHAT INFLUENCES A PERSON’S HEALTH?

Your ZIP CODE is likely a stronger predictor of your health outcomes than your GENETIC CODE.

20% Clinical Care
80% Social Determinants

SOCIAL DETERMINANTS OF HEALTH (SDoH)
- ZIP codes
- Transportation
- Housing
- Food

A&M Rural and Community Health Institute
Huntsville Memorial Hospital: Rural Maternal Health

Mary Beth Meier, LMSW
Huntsville Memorial Hospital
DSRIP Statewide Learning Collaborative
September 4-5, 2019
About Us

• **Type:** Short Term, Acute Care Hospital
• **Location:** Huntsville, Texas
• **Patient Population:** 35,000 patients per year (11,000 MLIU)
• **Number of Beds:** 95

Huntsville Memorial Hospital (HMH) receives DSRIP funding by reporting on the following measure bundles:
  • C3: Hepatitis C Measure Bundle
  • **E2: Maternal Safety Measure Bundle**
  • J1: Hospital Safety Measure Bundle
Women’s Health Services

• The Women’s Health Services (WHS) unit features 5 birthing suites, a nursery, and gynecology surgery recovery areas.

• Obstetrics & Gynecology Physicians (2)
  • Tim Deahl, MD
  • Curtis E. Montgomery, MD

• 30 deliveries per month (330 in 2018)
The Department of State Health Services (DSHS) teamed up with the Alliance for Innovation on Maternal Health (AIM) and the Texas Hospital Association (THA) to create the TexasAIM Initiative.

The TexasAIM Initiative helps hospitals and clinics in Texas carry out maternal safety projects with the goal of ending preventable maternal death and severe maternal morbidity.

- Obstetric Hemorrhage Bundle
- Obstetric Care for Women with Opioid Use Disorder Bundle
- Severe Hypertension in Pregnancy Bundle.
Obstetric Hemorrhage: Key Elements

• **Readiness (Every Unit)**
  - Blood bank (massive transfusion protocol)
  - Cart & medication kit
  - Hemorrhage team with education & drills for all stakeholders

• **Response (Every Hemorrhage)**
  - Checklist
  - Support for patients/families/staff for all significant hemorrhages

• **Recognition and Prevention (Every Patient)**
  - Risk assessment
  - Universal active management of 3rd stage of labor
  - Measurement of quantitative blood loss

• **Reporting/Systems Learning (Every Unit)**
  - Culture of huddles and debrief
  - Multidisciplinary review of serious hemorrhages
  - Monitor outcomes & processes metrics
• Improved the existing hemorrhage cart, policies, and procedures that were in place prior to participation in TexasAIM.

• Educated 100% of the nursing and physician staff about OB Hemorrhage and the associated TexasAIM bundle elements.

• Participated in TexasAIM Plus Cohort 4 (guidance, support, and resources)

• Performed at least 1 Unit-Based drill per Quarter (beginning Q4 2018).
**Successes**

- Increased the proportion of mothers who had measurement of blood loss from birth through the recovery period using quantitative and cumulative techniques from **0-9%** (Q3 2018) to **70-79%** (Q2 2019).

- Increased the proportion of mothers who had a OB Hemorrhage Risk Assessment performed at least once between admission and birth and shared among the team to **80-89%** (Q2 2019).

- Provided maternal mortality and morbidity data to TexasAIM each quarter and to the Texas Hospital Association each month.
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<th>Q4 2018</th>
<th>Q1 2019</th>
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Challenges

• Low volume of OB Hemorrhages (7 hemorrhages in 2018)

• Nursing staff buy-in

• Measuring blood loss for cesarean sections

• Data collection, documentation, and abstraction process is manual and time consuming

• Limited support programs for patients and families
Future Plans

• Continue to implement the TexasAIM Initiative:
  • Upgrade our EHR system to capture the Maternal Early Warning Systems (MEWS) that alert the care providers of potentially impending critical illness to improve maternal safety and outcomes.
  • Measure quantitative blood loss on cesarean sections.
  • Improve our post-OB Hemorrhage event debrief process.
  • Improve our OB Hemorrhage response team.