



# Levering Data & Collaboration to Drive Improvement Initiatives

Jana Stewart, MPH; May 9, 2025



Support for MVC is provided by Blue Cross Blue Shield of Michigan and Blue Care Network as part of the BCBSM Value Partnerships program. Although Blue Cross Blue Shield of Michigan and MVC work collaboratively, the opinions, beliefs and viewpoints expressed by the author do not necessarily reflect the opinions, beliefs and viewpoints of BCBSM or any of its employees.

# **Jana Stewart receives funding from Blue Cross Blue Shield of Michigan through its Value Partnerships Initiative**

# AGENDA

01.

## Cardiac Rehab

Updates on progress since initiative launch in 2020, new MiCR strategic priorities, and unblinded data

02.

## Preop Testing

Updates on progress since initiative launch in 2020, RITE-Size pilot updates, and unblinded data

03.

## ED-Based Episodes

Behavioral health use case for episodes built in collaboration with MEDIC

# Applying MVC's CQI Partnership Model to Improve Value of Care Delivery





# MiCR Progress & News

Activity Highlights | Progress Toward Statewide Goals |  
Unblinded Data | New Strategic Priorities



# PEER LEARNING

- ❖ Offer two virtual meetings and one in-person meeting
- ❖ Cultivated partnership and event collaborations with MSCVPR



# QI SUPPORT

- ❖ Distributed 32,000+ NewBeat materials to 24 sites in 2024
- ❖ Awarded mini grants for local QI
- ❖ Shared tailored videos, toolkit, and advocacy packet



# DATA SUPPORT

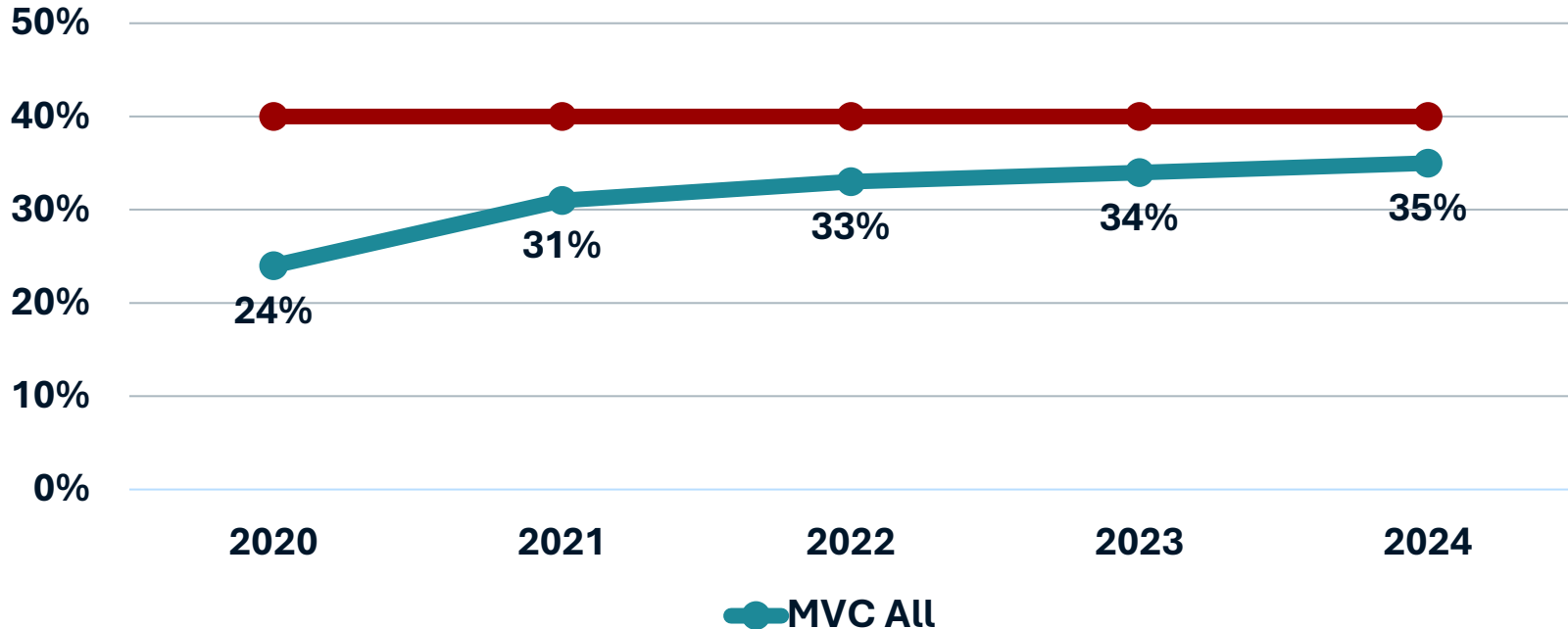
- ❖ Built and launched the multi-payer cardiac rehab registry reports
- ❖ BMC2 and MVC offered cardiac rehab P4P metrics and reports
- ❖ Collaborated on several recent QI investigations and custom analyses

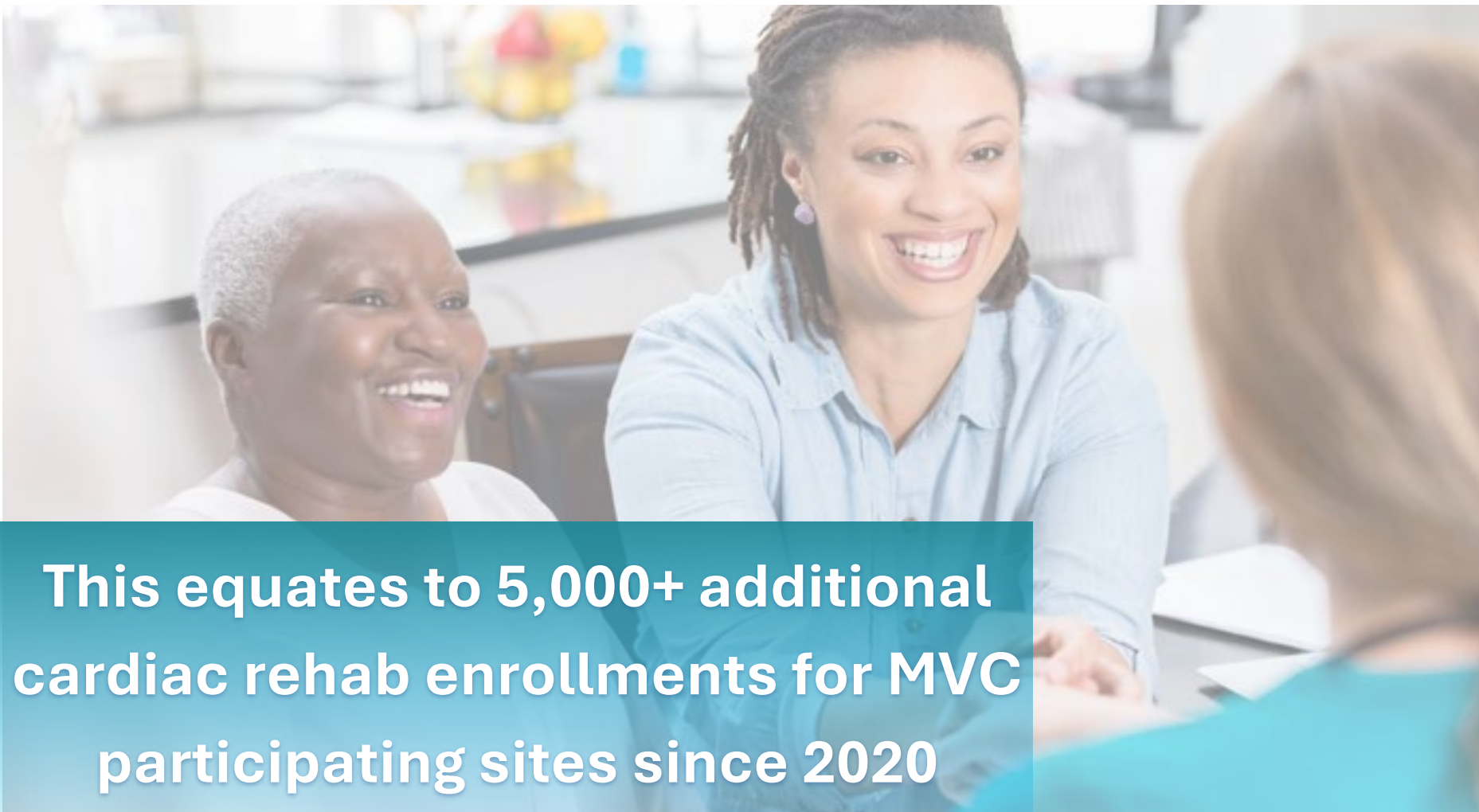




# GOAL: Increase CR participation to 40% for AMI, CABG, PCI, SAVR, and TAVR patients

Yearly Trends in Cardiac Rehab Use Within 90 Days of Discharge from AMI, CABG, PCI, SAVR, or TAVR Encounter





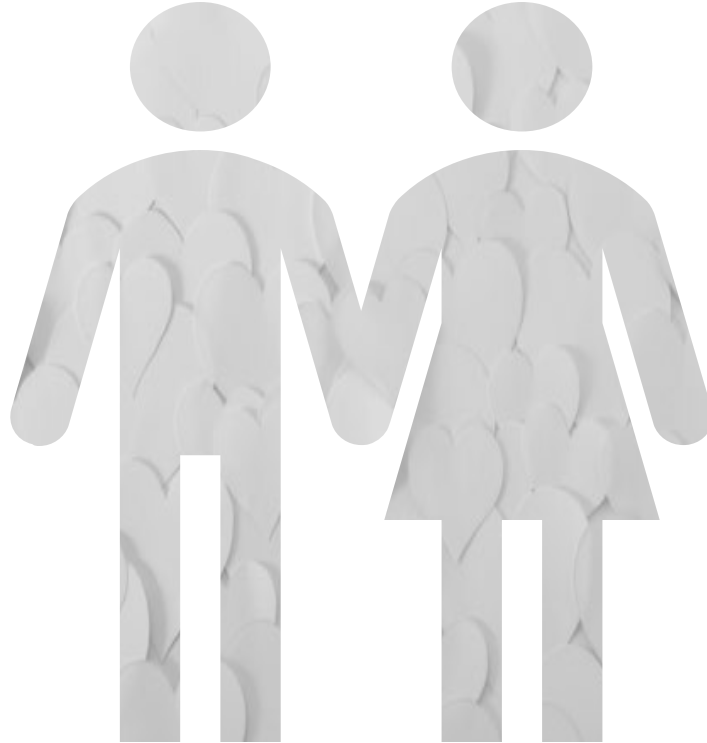
**This equates to 5,000+ additional  
cardiac rehab enrollments for MVC  
participating sites since 2020**



# Lives Saved & Avoided Readmissions

This increase in  
enrollment helped  
save approximately

**145**  
**lives**



While avoiding  
readmissions for  
approximately

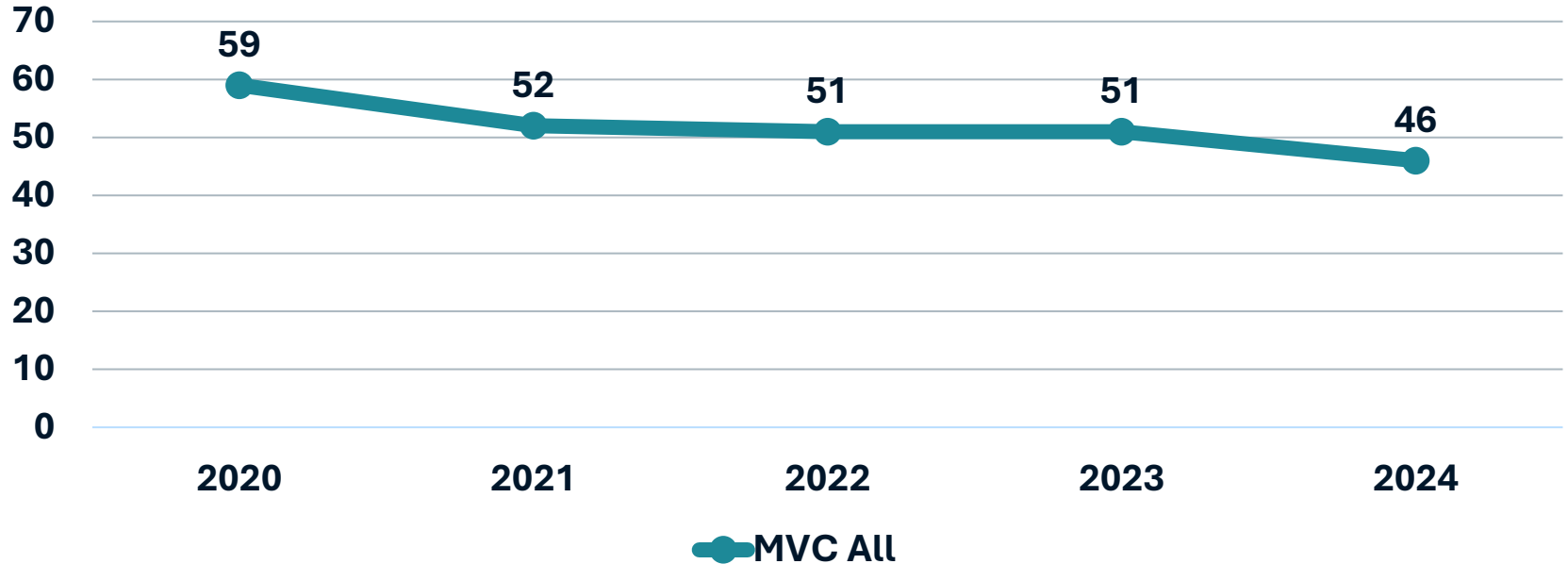
**243**  
**patients**

Based on Number Needed to Treat estimates from  
peer-reviewed literature



# Reducing Delays in Cardiac Rehab Enrollment

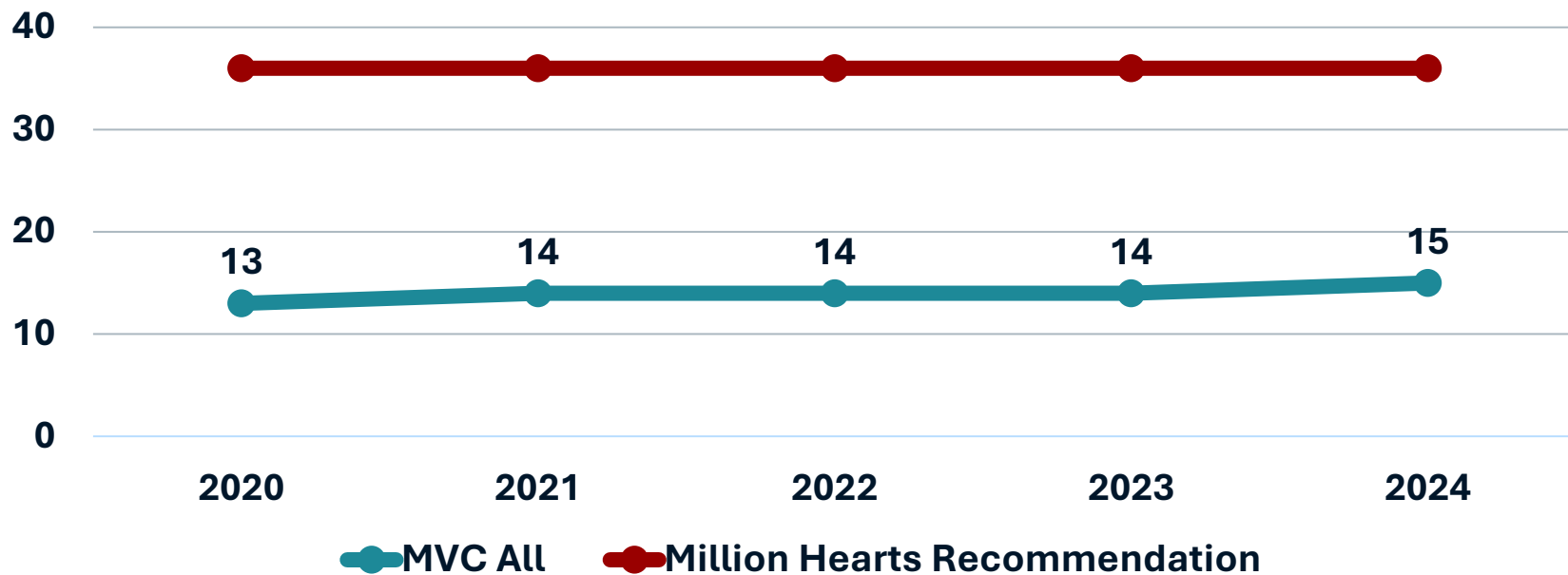
Trends in Mean Days to First Cardiac Rehab Visit After Discharge from Main 5 Condition





## GOAL: Increase the Mean Number of Cardiac Rehab Visits (36 Sessions Recommended by Million Hearts)

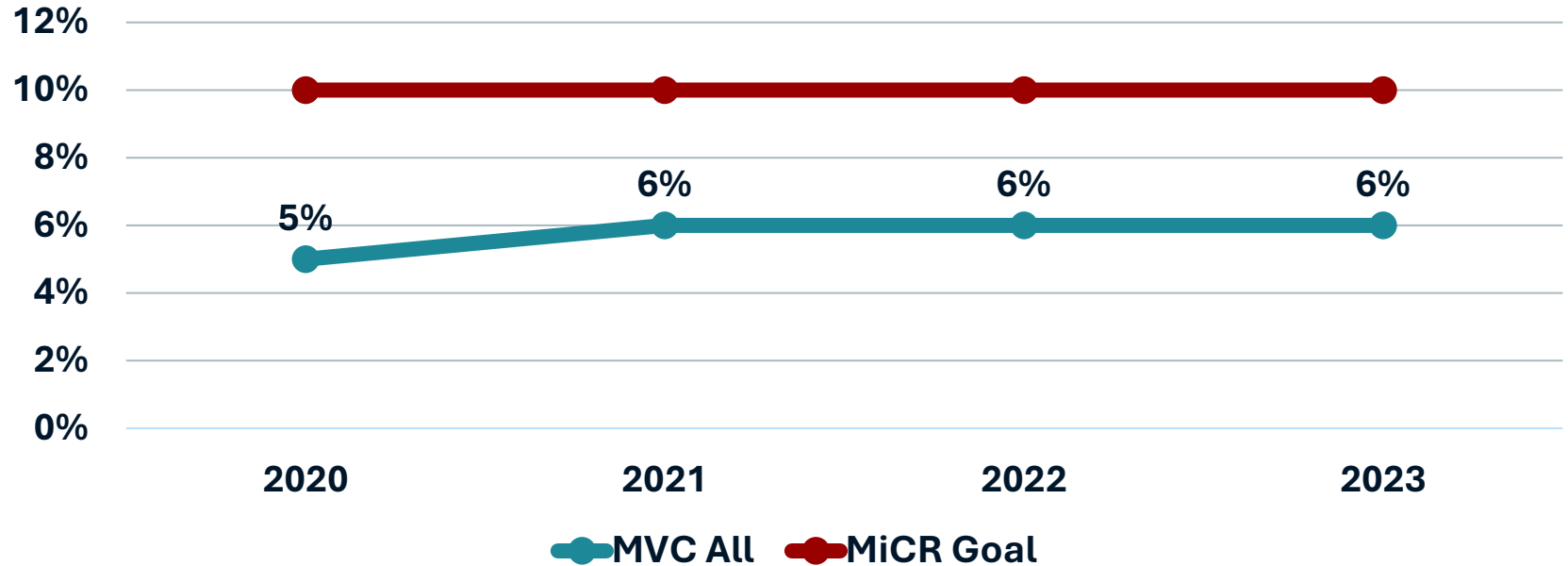
Trends in Mean Number of Cardiac Rehab Visits After Discharge for Main 5 Conditions





## GOAL: Increase CR participation to 10% for CHF patients

Yearly Trends in Cardiac Rehab Use Within 365 Days After Discharge from CHF Encounter





# Future Goals & Priorities

- **Continuing:**

- Utilization goal for Main 5 (AMI, CABG, PCI, SAVR, and TAVR) patients
- Utilization goal for CHF patients with more tailored approach
- Improve mean number of visits

- **New:**

- Benchmark and support telehealth implementation in Michigan
- Impact medication management and adherence at cardiac rehab



# RITE-Size

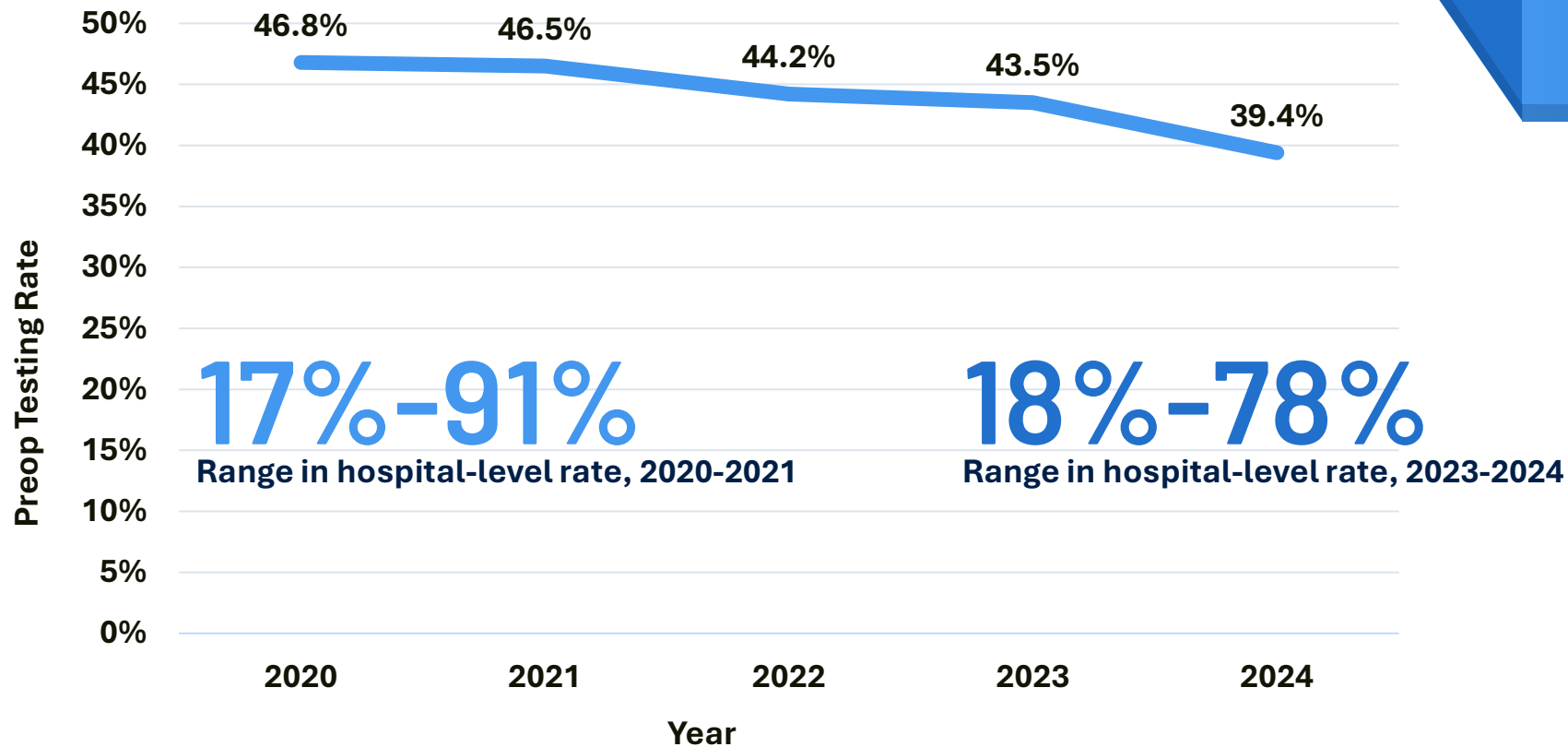
RIGHT-SIZING  
TESTING BEFORE  
ELECTIVE SURGERY

**MSQC**  
MICHIGAN SURGICAL QUALITY  
COLLABORATIVE

**MVC**  
Michigan Value  
Collaborative

**MPIVE**  
MICHIGAN PROGRAM ON  
VALUE ENHANCEMENT





**Trends in Rate of Any Preoperative Testing in the 30 Days Prior to Cholecystectomy, Inguinal Hernia, or Lumpectomy; 2020-2024**

# About the RITE-Size Pilot



## RITE-Size

RIGHT - SIZING  
TESTING BEFORE  
ELECTIVE SURGERY

- ▶ 5-year R01 grant funded initiative focused on reducing low-value preoperative testing in Michigan
- ▶ Co-PIs: Dr. Nathan (MVC) and Dr. Dossett (MProVE)
- ▶ Strategic Partners: MSQC, ASPIRE/MPOG

## Strategies



- ▶ Education



- ▶ Decision Aids



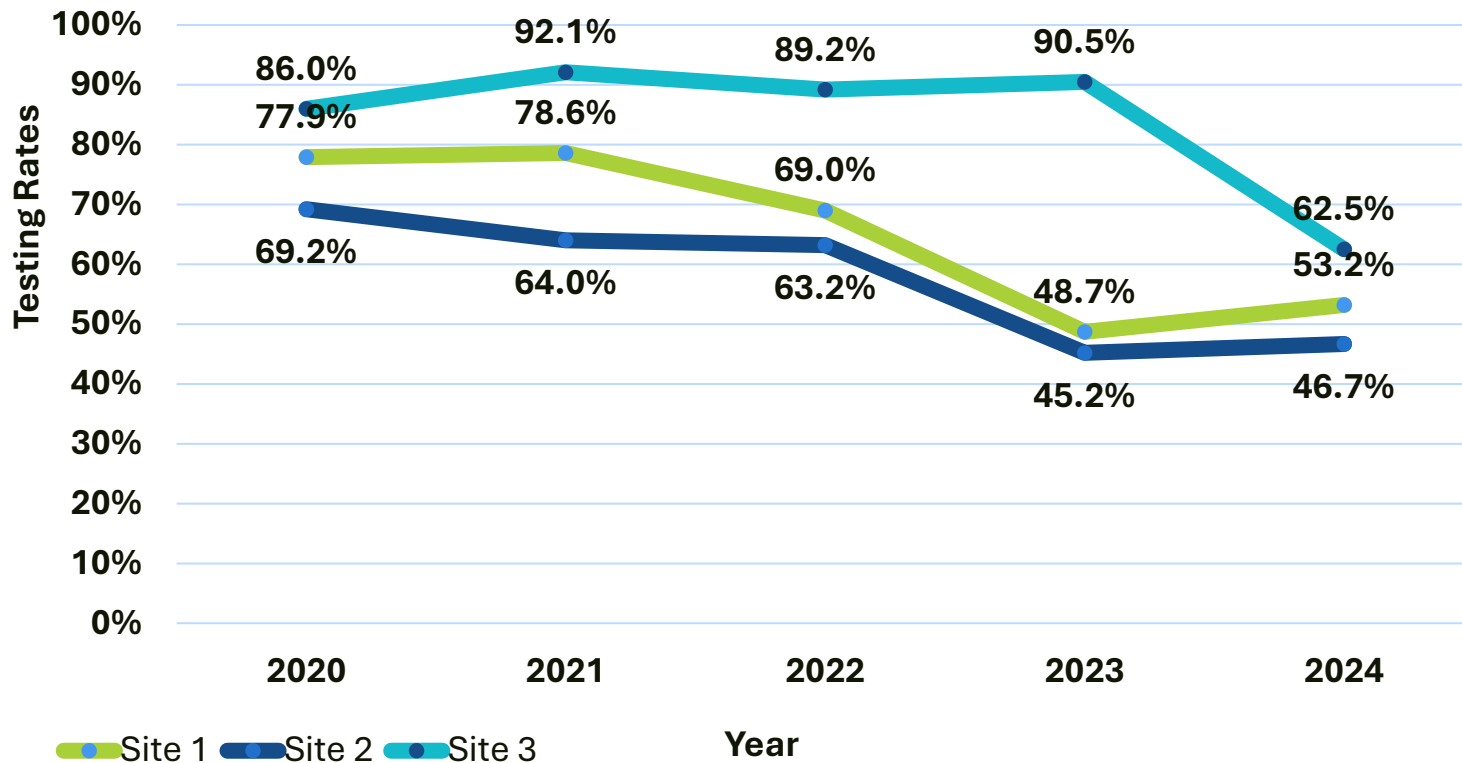
- ▶ Audit & Feedback



- ▶ Policy Adaption



- ▶ EMR enhancements



**Pilot Site Trends in Rate of Any Preoperative Testing in the 30 Days Prior to Cholecystectomy, Inguinal Hernia, or Lumpectomy; 2020-2024**

# Analytic Cohort



## Denominator for today's unblinded data

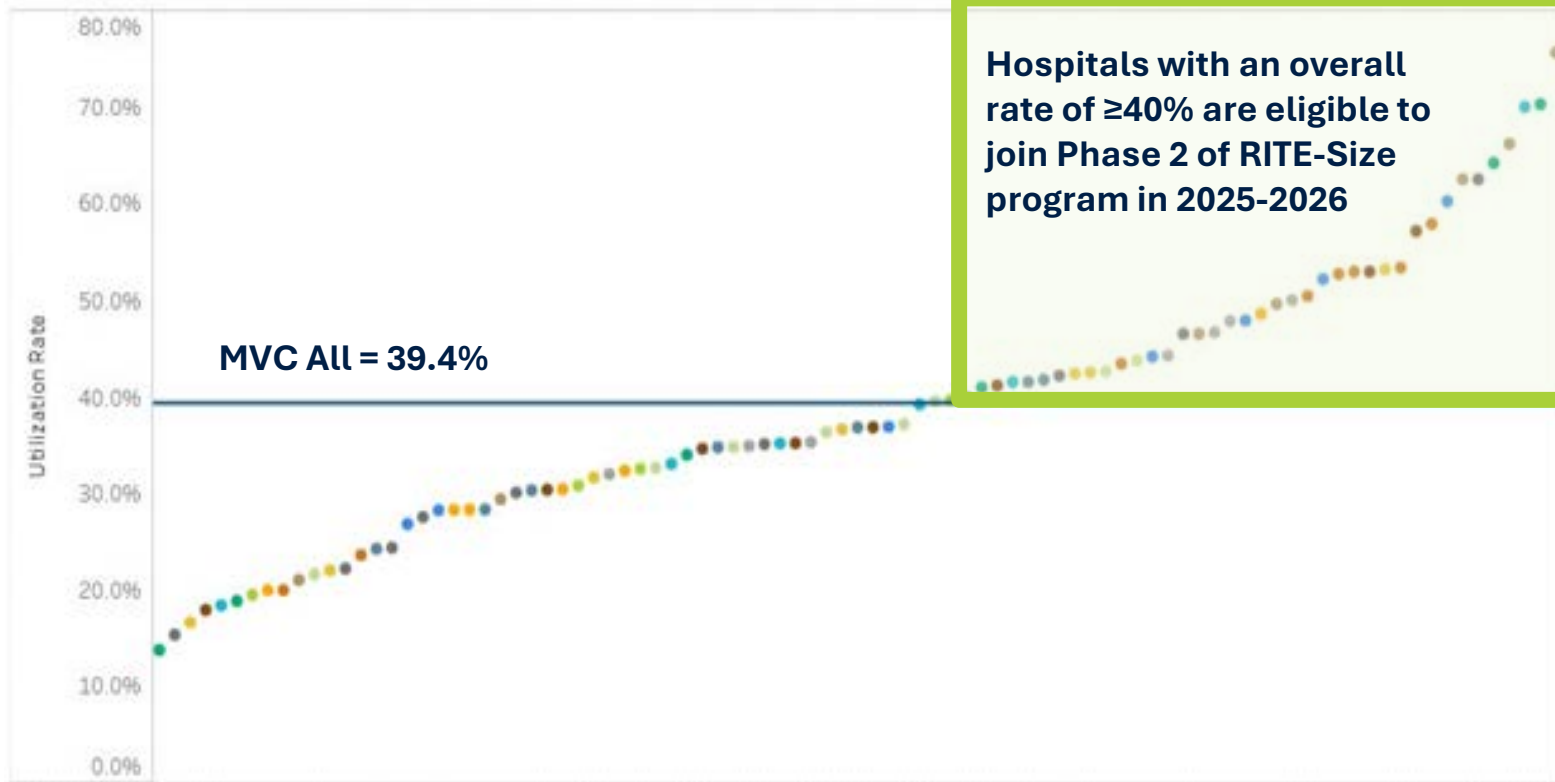
- ▶ Elective outpatient **laparoscopic cholecystectomy, inguinal hernia repair, and lumpectomy episodes**
- ▶ Index events 1/1/2024-9/30/2024 for the following payers: BCBSM/BCN Commercial, BCBSM/BCN Medicare Advantage, Medicaid
- ▶ Index events 1/1/2024-3/31/2024 for Medicare FFS

## Numerator for today's unblinded data

- ▶ Episodes where preoperative testing occurred in the 30 days prior to one of the three MVC-defined procedures for the included test types

## Case count requirements

- ▶ At least 11 episodes during the timeframe



## Hospital-Level Rates of Any Preoperative Testing in the 30 Days Prior to Cholecystectomy, Inguinal Hernia, or Lumpectomy, 1/1/2024-9/30/2024\*

\*BCBSM/BCN Commercial, BCBSM/BCN MA, and Medicaid 1/1/24-9/30/24; Medicare FFS 1/1/24-3/31/24

# ED-Based Episodes

Emergency department (ED) care and unblinded data



In 2023, MVC introduced  
**ED-based episodes,**  
developed in collaboration with the  
Michigan Emergency Department  
Improvement Collaborative (MEDIC)



# What is an ED-Based Episode?

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**ED-based episodes capture patients who *may* not be captured by inpatient/surgery-based episodes**

**ED-based episodes are:**

- Distinct episodes of care
- Initialized by ED visits
- Created for high-volume conditions relevant to the ED
- Comprised of all care from index ED visit through 30 days post-ED



# ED Episode Index Conditions

Abdominal pain

Asthma

Atrial fibrillation \*

Cellulitis

Chest pain, unspecified

Chronic obstructive pulmonary disease (COPD) \*

Congestive heart failure (CHF) \*

Deep venous thrombosis

Diabetes mellitus long-term complications

Diabetes mellitus short-term complications

Gastrointestinal bleed

Opioid overdose, accidental

Opioid use disorder

Pneumonia \*

Pulmonary embolism

Pyelonephritis / urinary tract infections

Syncope

*\*conditions that also exist within MVC inpatient-based episodes*

The image features three women in profile, facing right, against a dark, moody background. They are positioned behind a large, semi-transparent text overlay. The entire image is framed by a solid blue border. The woman on the left is in sharp focus, while the two women on the right are slightly blurred, creating a sense of depth. The lighting is soft, highlighting the contours of their faces.

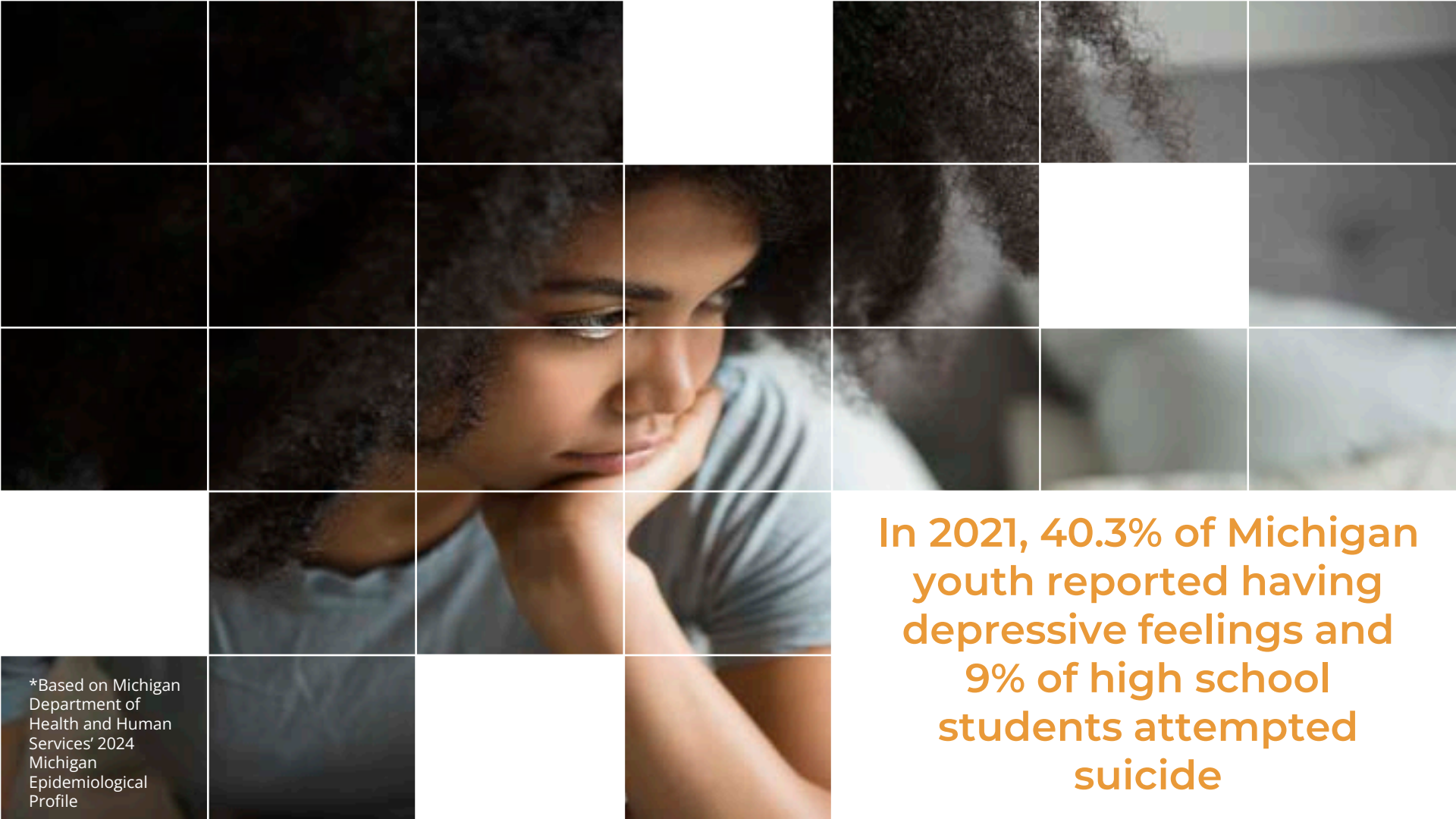
**WE ASKED:**

**What priorities do  
members have that  
can leverage MVC's  
ED-based episodes?**

**In 2021-2022, 8.4% of Michigan adults 18 years of age and older experienced a major depressive episode, and 16.1% reported binge drinking\***



\*Based on Michigan Department of Health and Human Services' 2024 Michigan Epidemiological Profile



**In 2021, 40.3% of Michigan youth reported having depressive feelings and 9% of high school students attempted suicide**

\*Based on Michigan Department of Health and Human Services' 2024 Michigan Epidemiological Profile

# ED-Episode Investigation

For patients treated in the emergency department, how many have mental health or substance abuse documented as a comorbidity?



# Analytic Cohort

## Denominator for today's data

- 30-day ED-based episodes
- All ED conditions EXCEPT: accidental opioid overdose and opioid use disorder
- Index ED events from 1/1/21-11/30/24 for:
  - BCBSM & BCN Commercial
  - BCBSM & BCN MA
  - Medicaid
- Index ED events 1/1/21-5/31/24 for Medicare FFS
- All ages (not restricted to 18+)

## Numerator for today's data

- Patients with a primary diagnosis of one of MVC's ED conditions (minus opioid conditions) who also had a mental health or substance abuse ICD-10 code included on their index ED visit

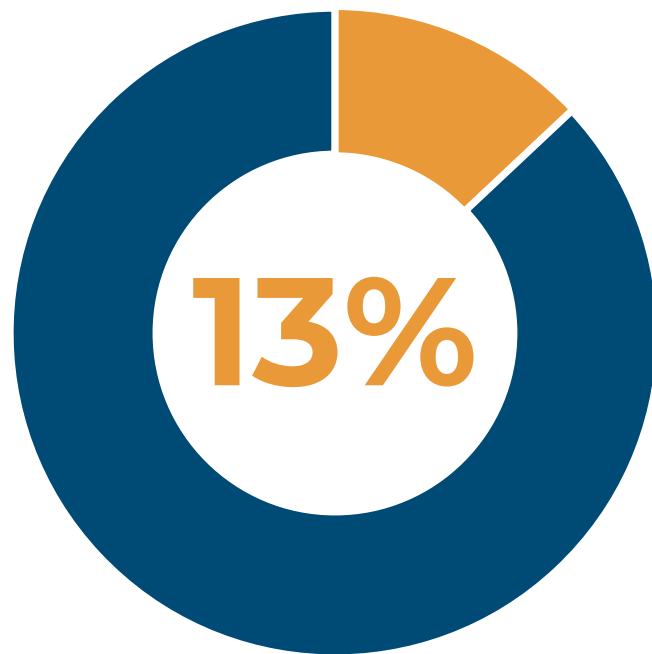
## Case count requirements

- At least 20 episodes from 2021-present

# Behavioral Health in the ED

The statewide average rate of ED visits that contain a behavioral health (mental health or substance abuse) ICD-10 code on the index ED visit is **13%**.

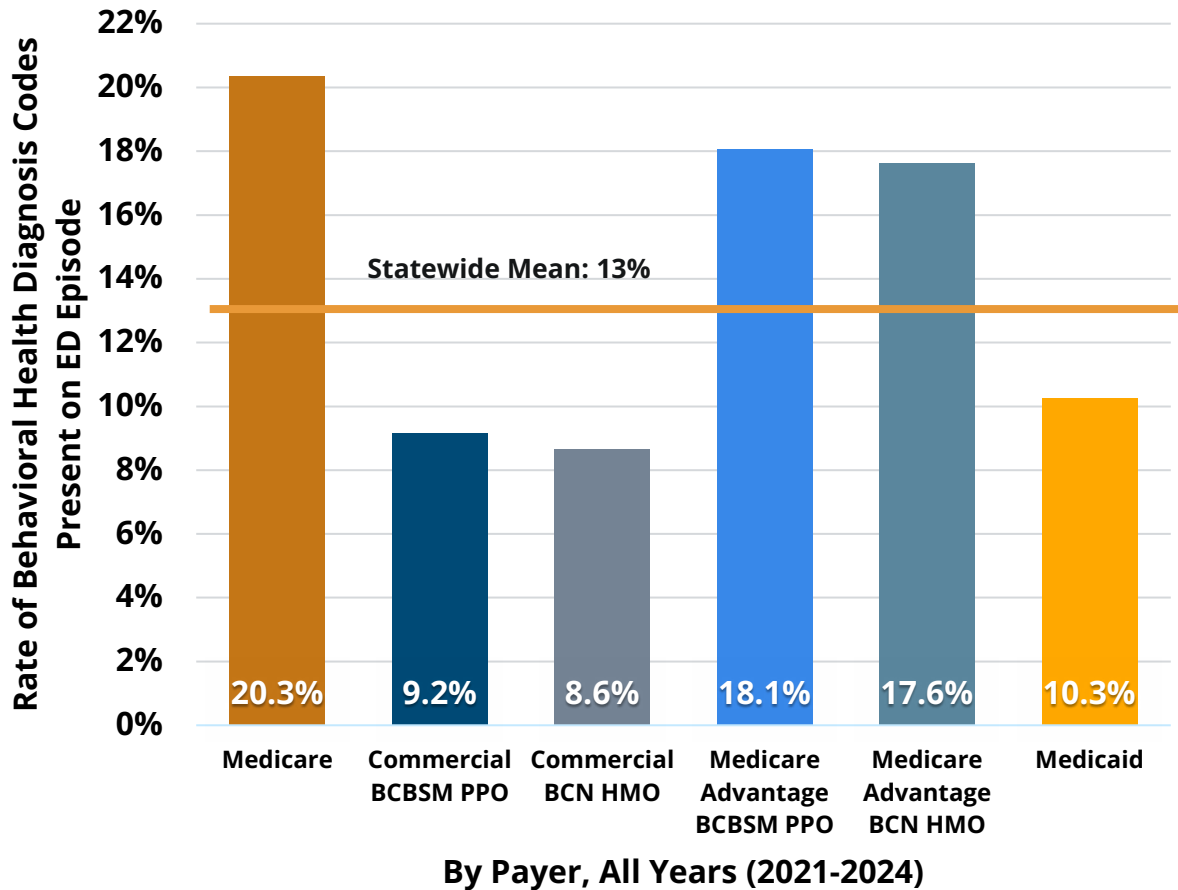
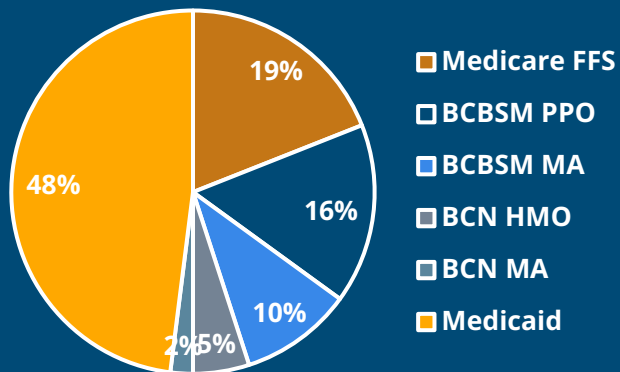
The range in hospital-level rates is **3% to 30%**.



- Presence of Behavioral Health ICD-10 Code
- No Behavioral Health ICD-10 Code

# Behavioral Health by Payer

The rate and proportion of ED visits that contain a behavioral health ICD-10 code on the index ED visit **by payer.**

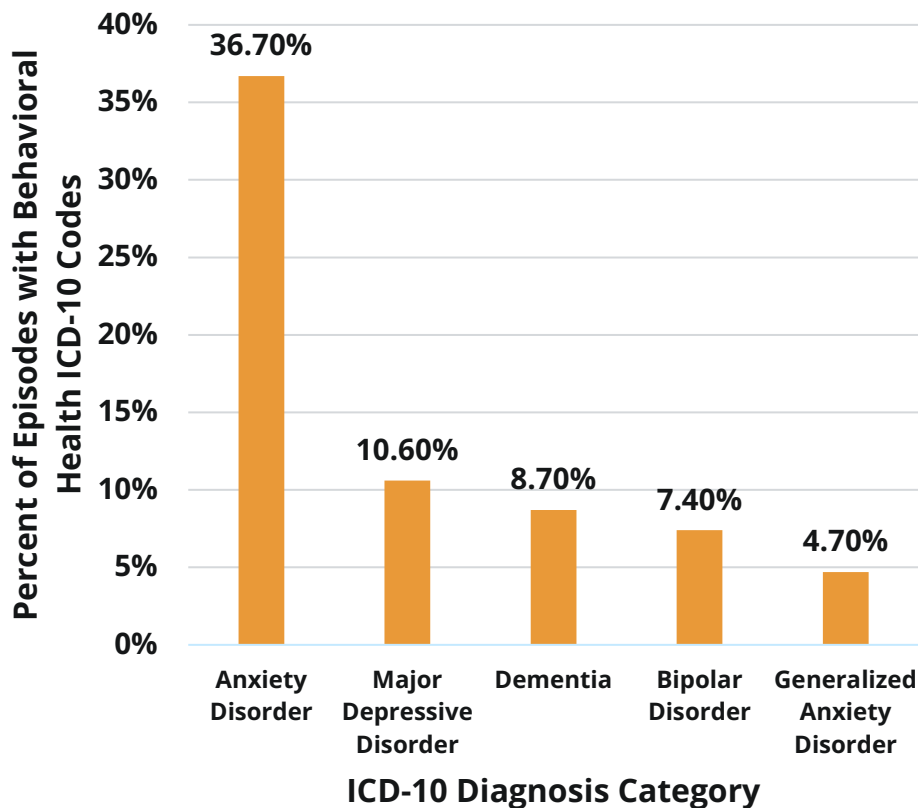




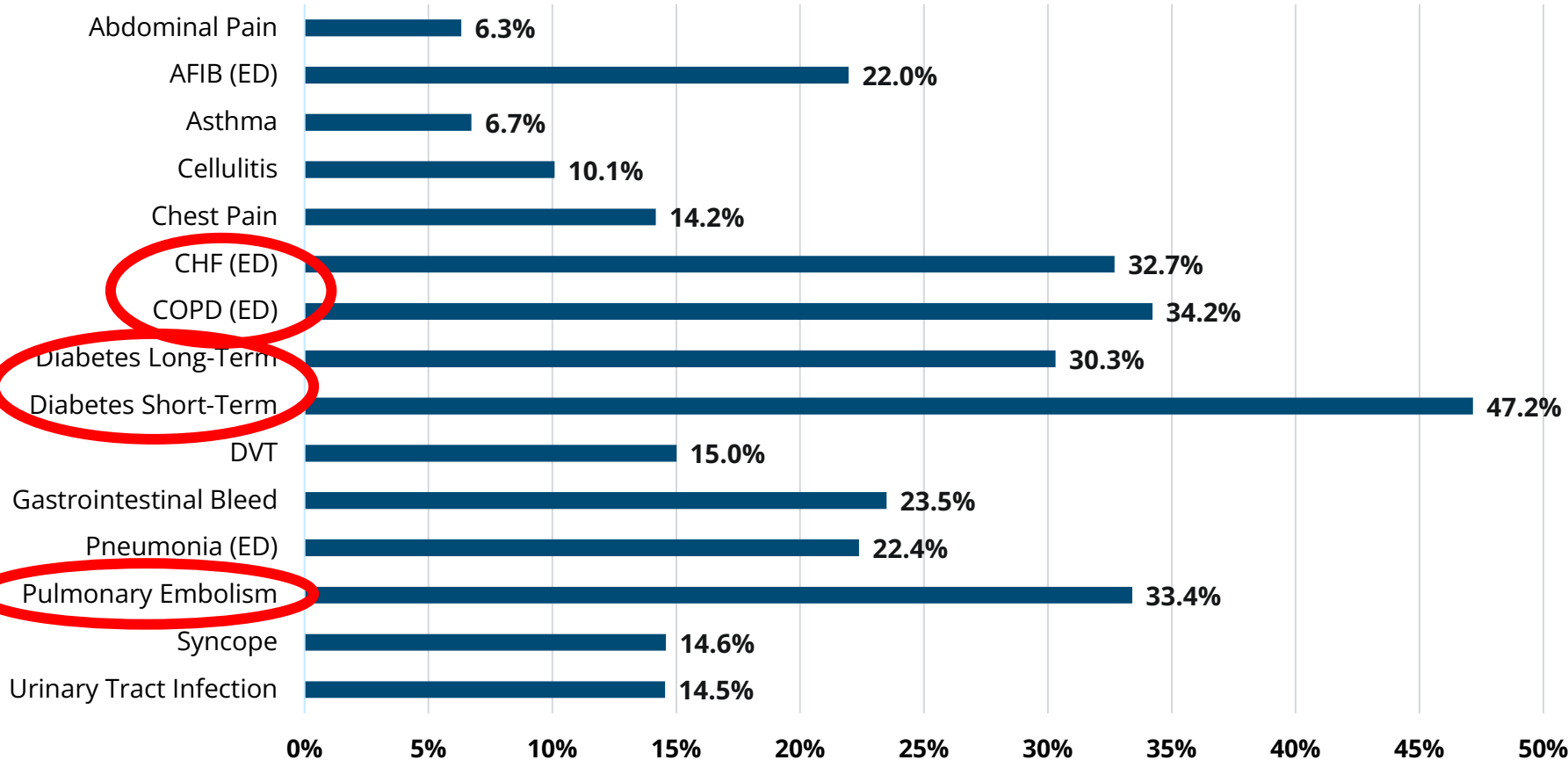
# Most Common ICD-10 Diagnosis Codes Indicated

The top three ICD-10 diagnoses appearing in index ED visits are:

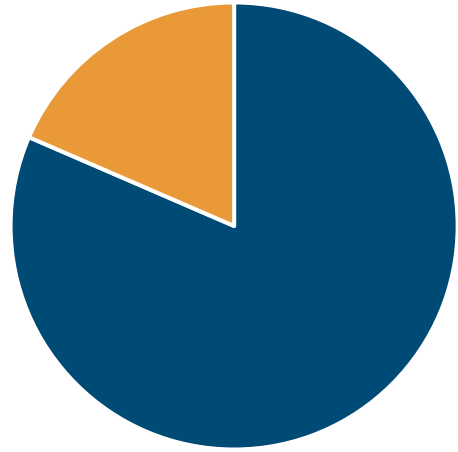
- 1. Anxiety disorder**
- 2. Major depressive disorder**
- 3. Dementia**



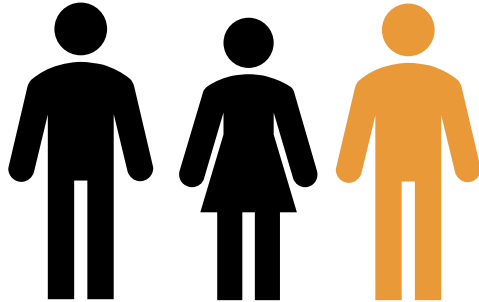
## Percent by Condition of ED-Episode Volume with Behavioral Health Codes on Index ED Visit



Of all the patients who  
present to the ED,  
**18.5% have a resulting  
inpatient admission**



■ Discharge from ED  
■ Inpatient Admission



Of the patients with an inpatient  
admission from the ED,  
**1 in 3 have a behavioral health  
diagnosis code**



# Next Steps for Behavioral Health in the ED

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## **Consider Shared Quality Measures**

Coordinate with MI Mind on  
follow-up measure

## **Offer Data Benchmarking**

Prepare custom reports  
upon request; consider for  
future push reports

## **Share Resources & Practice Guides**

Work with experts and  
members to collate best  
practices and resources

# Applying MVC's CQI Partnership Model to Improve Value of Care Delivery



## Related MVC Offerings



P4P  
Measures



Registry Data,  
Member Reports



Networking Events,  
Workgroups

A decorative graphic on the left side of the slide consisting of several overlapping hexagons in dark blue, light blue, and orange colors.

# Thank you!

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**What questions do you have?**

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