



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.

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



MiCR BRAND

- ❖ Built and launched the MiCR brand and website, MichiganCR.org
- ❖ American Heart Month and Cardiac Rehab Week promotional campaigns



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



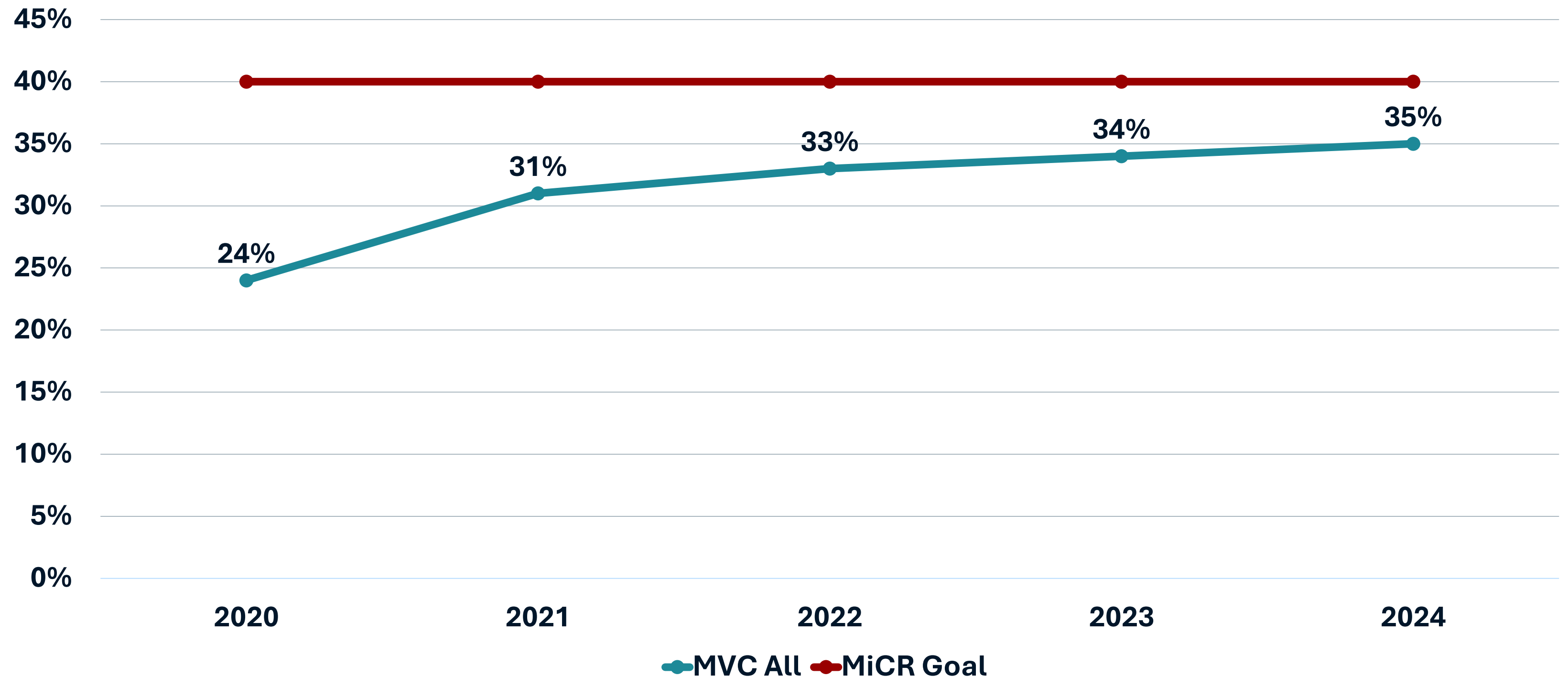
DATA SUPPORT

- ❖ 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





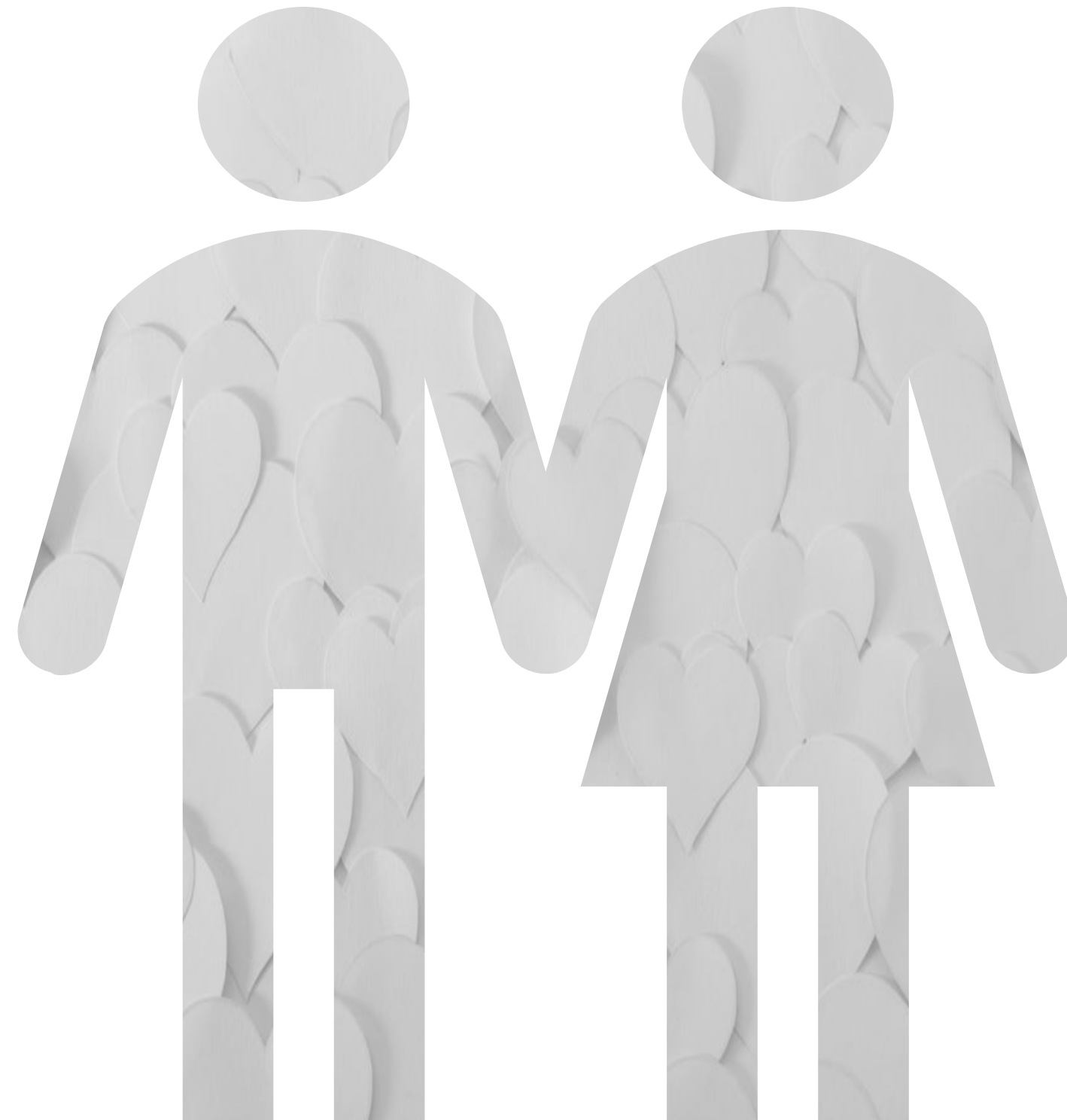
This equates to 5,000+ additional cardiac rehab enrollments for MVC participating sites since 2020



Lives Saved & Avoided Readmissions

This increase in enrollment helped save approximately

**145
lives**



While avoiding readmissions for approximately

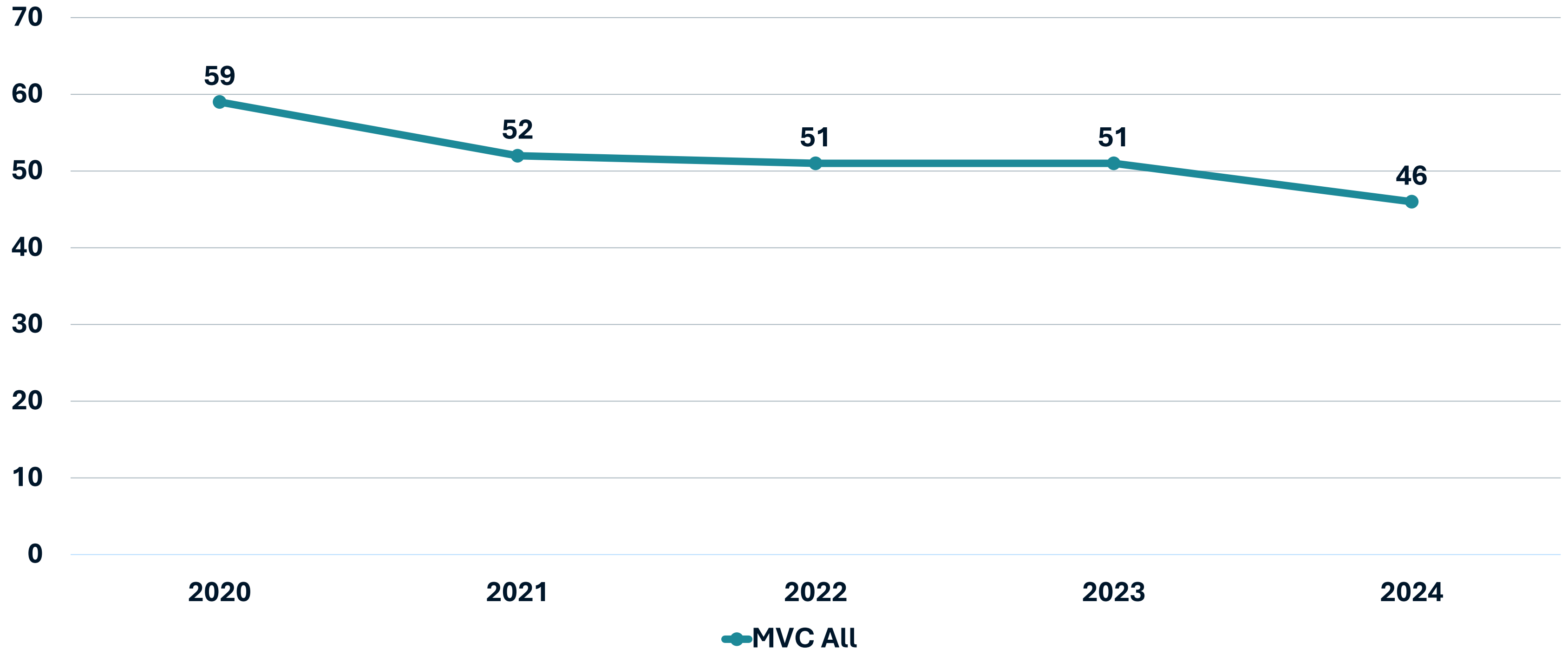
**243
patients**

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



Reducing Delays in Cardiac Rehab Enrollment

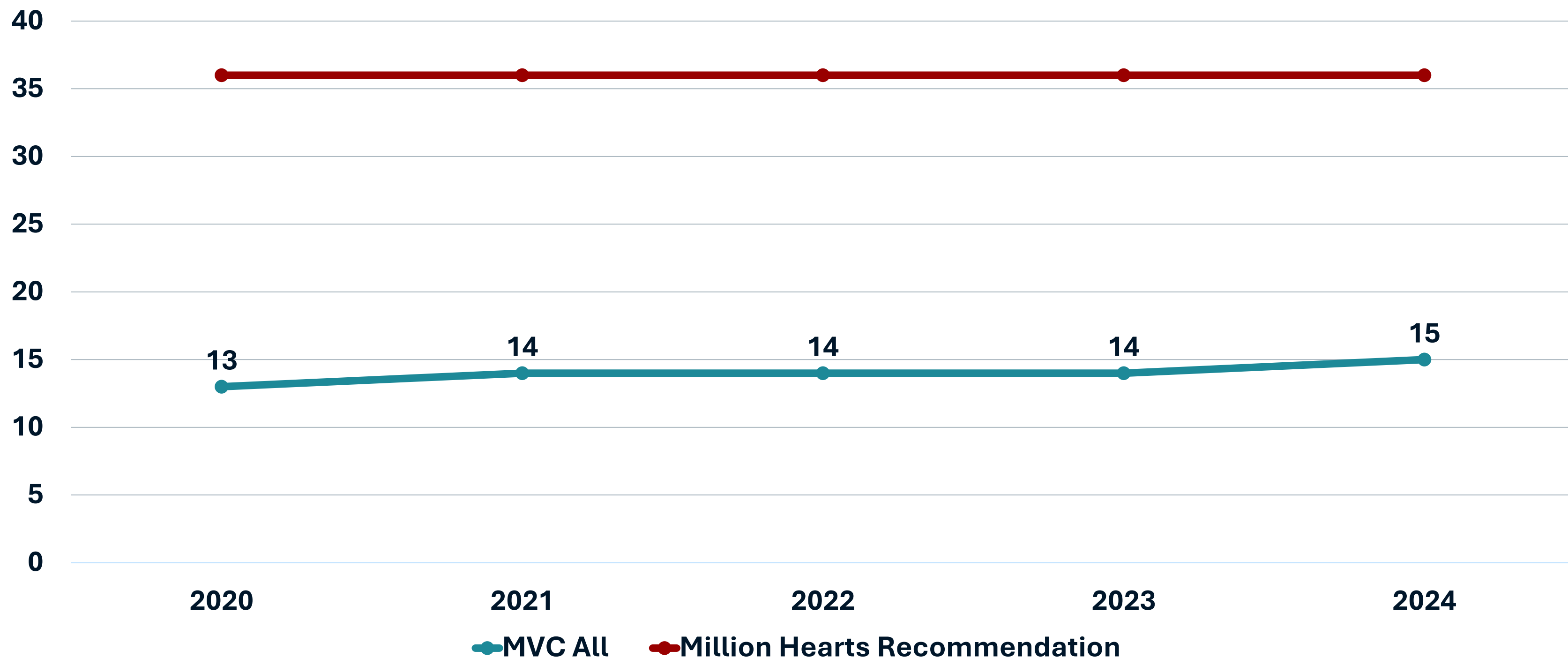
Trends in Mean Days to First Cardiac Rehab Visit After Discharge from Main 5 Condition





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

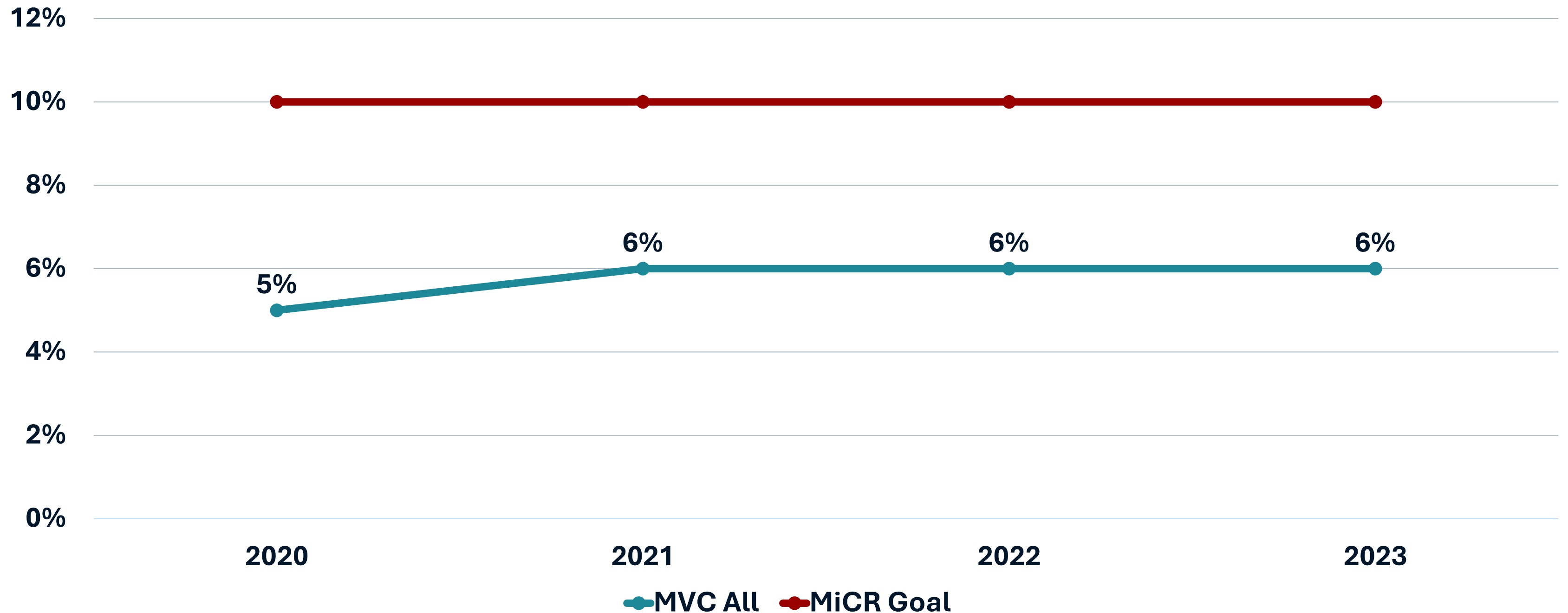
Trends in Mean Number of Cardiac Rehab Visits After Discharge for Main 5 Conditions





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
- Physician attitudes toward CR



RITE-Size

RIGHT-SIZING
TESTING BEFORE
ELECTIVE SURGERY



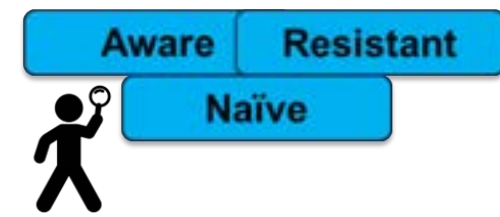
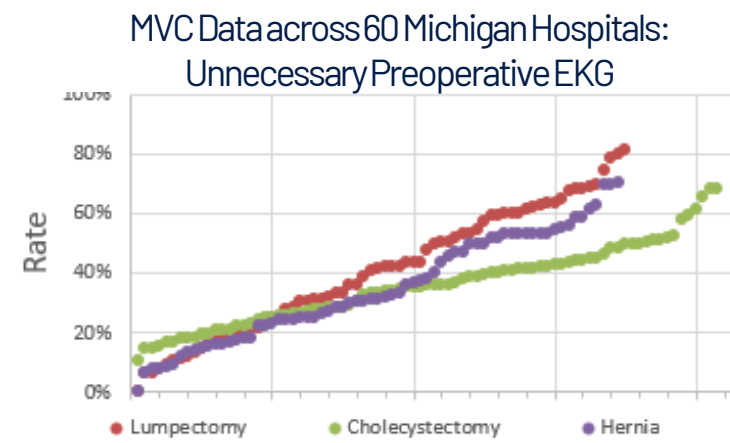
History of the Preoperative Testing Initiative



Preop testing data variation across state of Michigan

Work to better understand preop testing behaviors and perceptions

RITE-Size Pilot



2020

2021

2022

2023

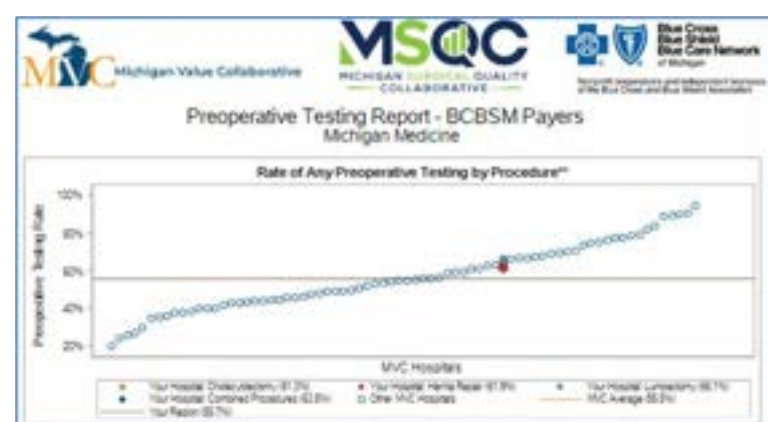
2024

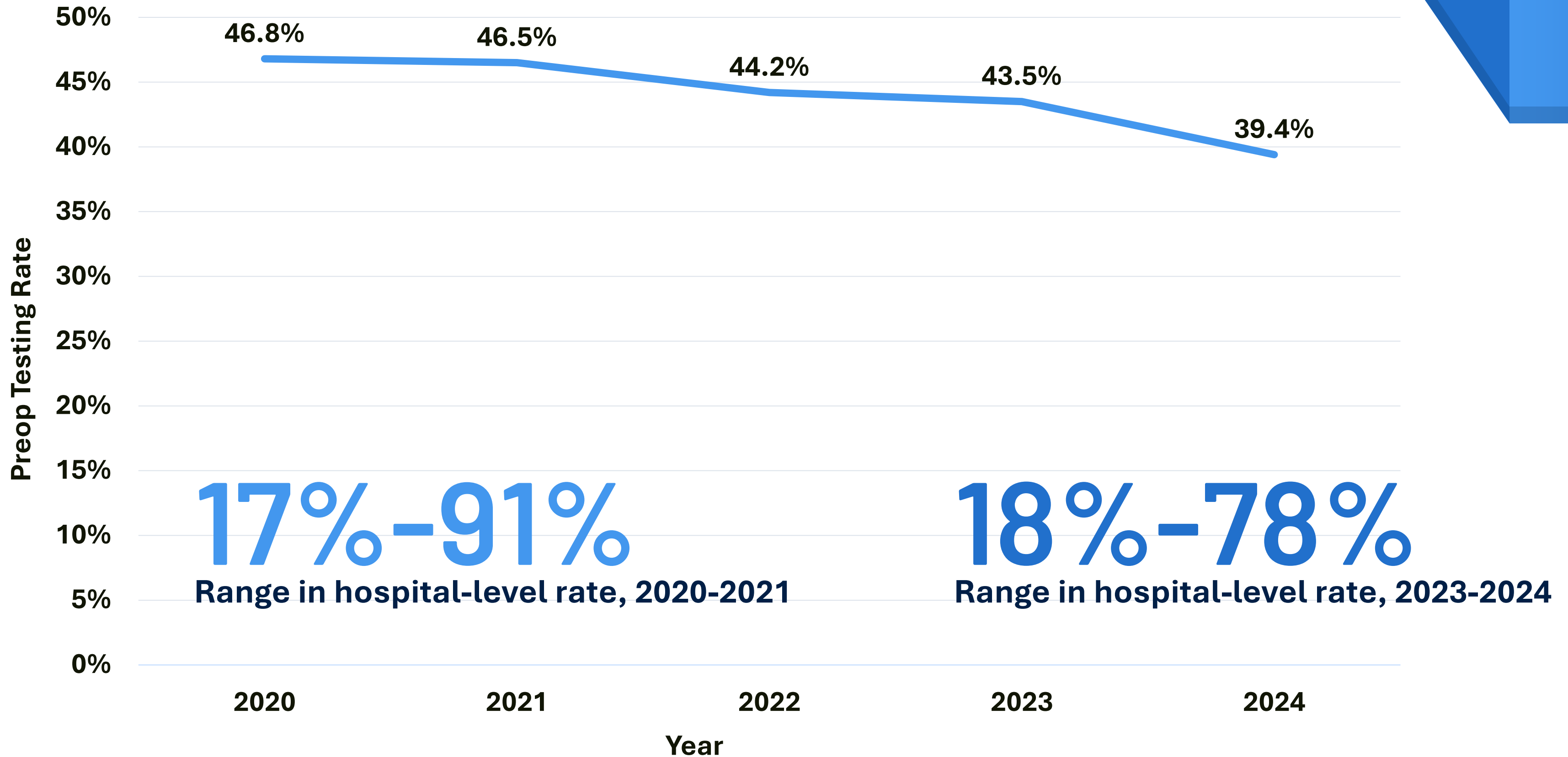
Development of MVC preop testing push report

P4P Programs

1st Pilot

Grant Awarded





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

Preoperative Testing Rates in the 30 Days Prior to Admission by Test Type and Procedure, 2023-2024



	Cholecystectomy	Inguinal Hernia Repair	Lumpectomy
Blood Tests	28%	28.5%	40.1%
Cardiac Tests	2.6%	3.4%	5.2%
Chest X-Ray	2.1%	1.9%	6.5%
ECG/EKG	13.9%	19%	24.8%
Pulmonary Function	0.8%	0.9%	1.1%
Urinalysis	7.4%	7%	6.6%

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



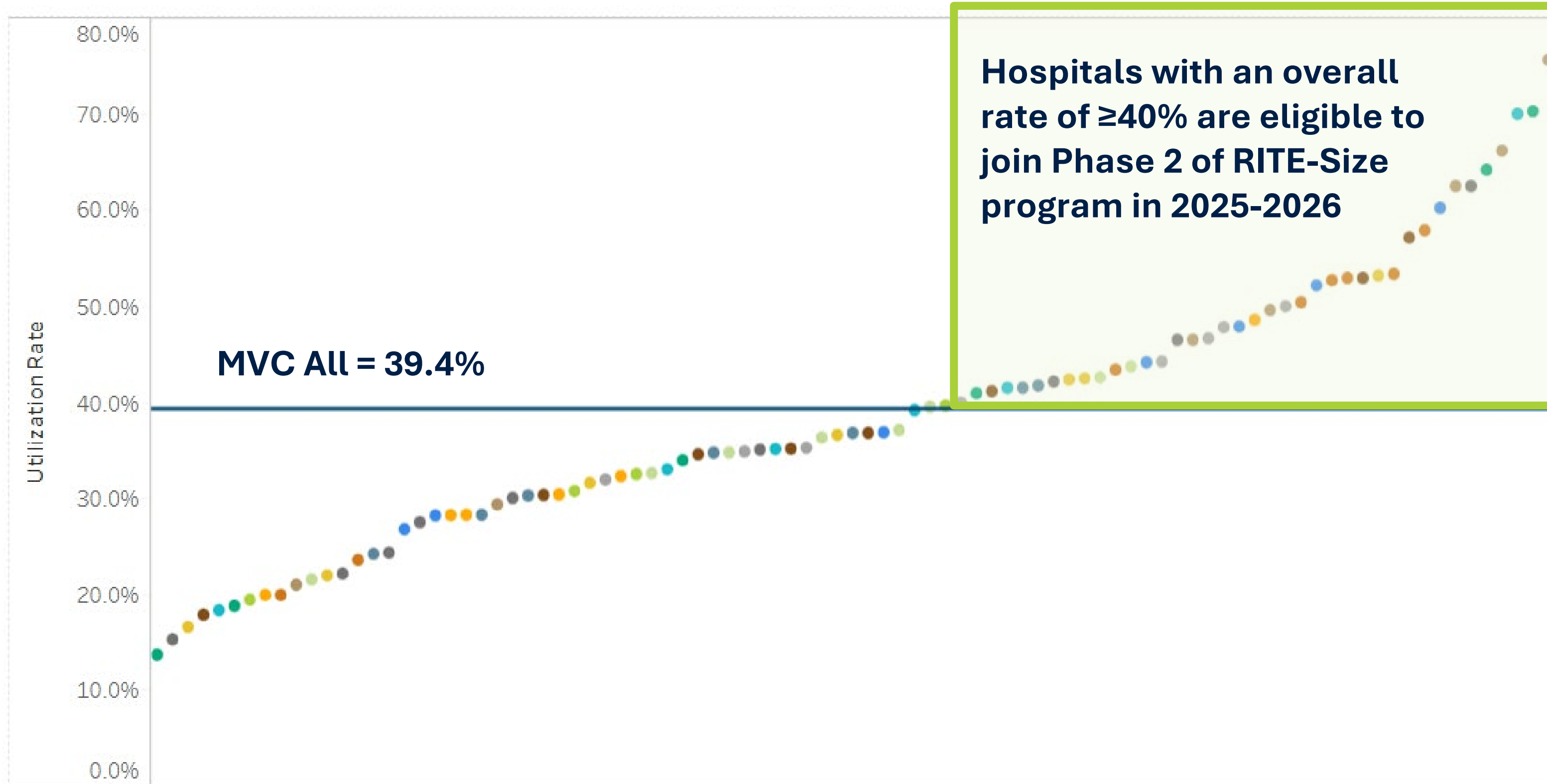
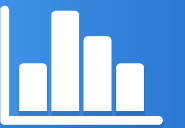
- ▶ Audit & Feedback



- ▶ Policy Adaption



- ▶ EMR enhancements



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

Synergy with MVC P4P Program

Participation in Phase 2 helps with:

- Free support to reduce testing and succeed in P4P
- Set up to earn over half of possible P4P engagement points

The following MVC engagement point activities are relevant to RITE-Size pilot sites, regardless of value metric selection

MVC Engagement Activity	Points
MVC custom analytic report <ul style="list-style-type: none">• MVC prepares data for new pilot sites to establish a baseline within the project; can offer stratification by surgeon NPI	0.25
In-person site visit with RITE-Size team	0.5
Attend MVC preop testing workgroups <ul style="list-style-type: none">• April 8 (complete)• Aug. 12• Dec. 2	0.3 (0.1 for each workgroup)
Complete an interview with RITE-Size team about pilot process, progress, and barriers	0.25
Total:	1.3 of 2

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?

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*



WE ASKED:

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



MAY IS
**MENTAL HEALTH
AWARENESS**
MONTH

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

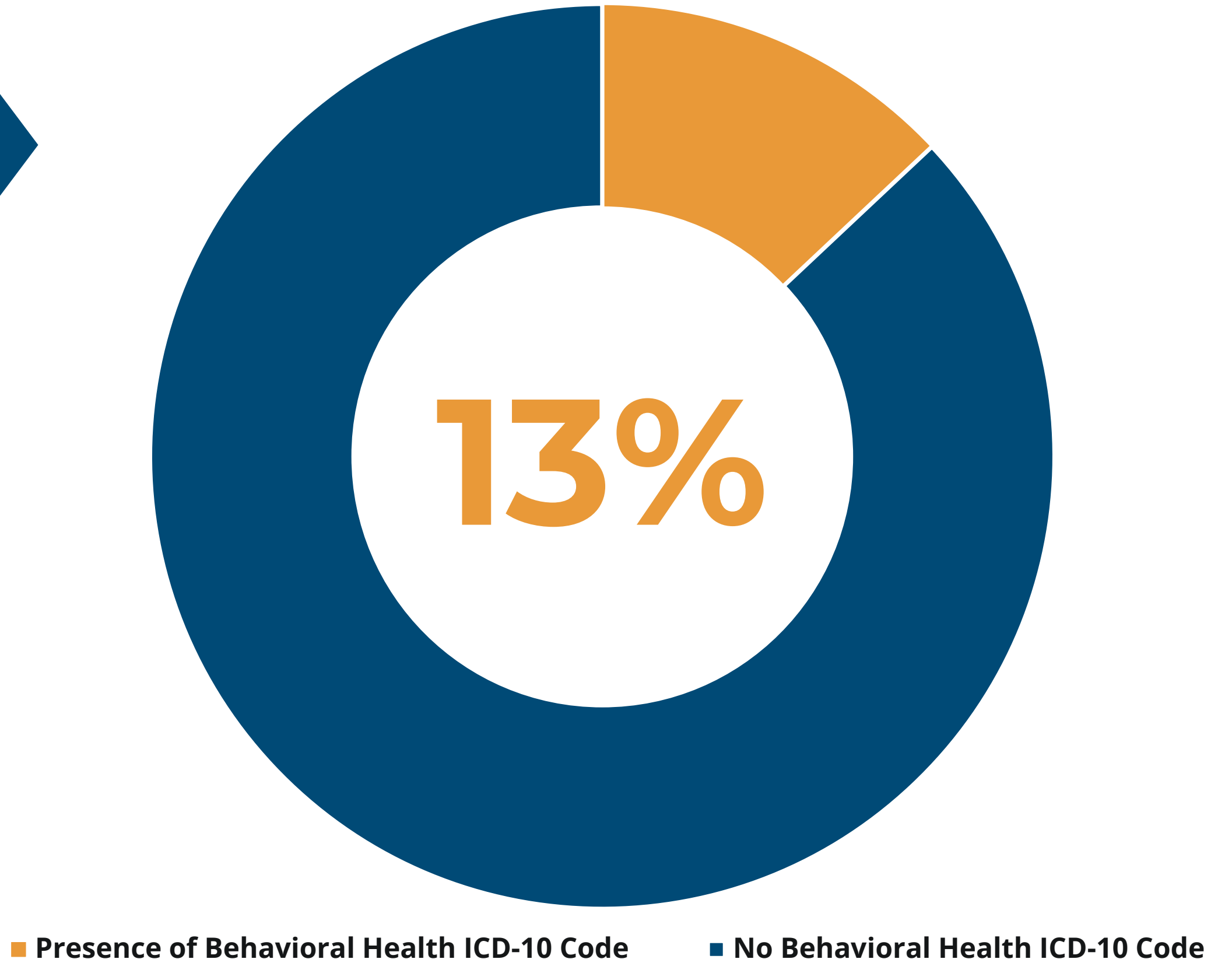
- At least 20 episodes from 2021-present

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%**.

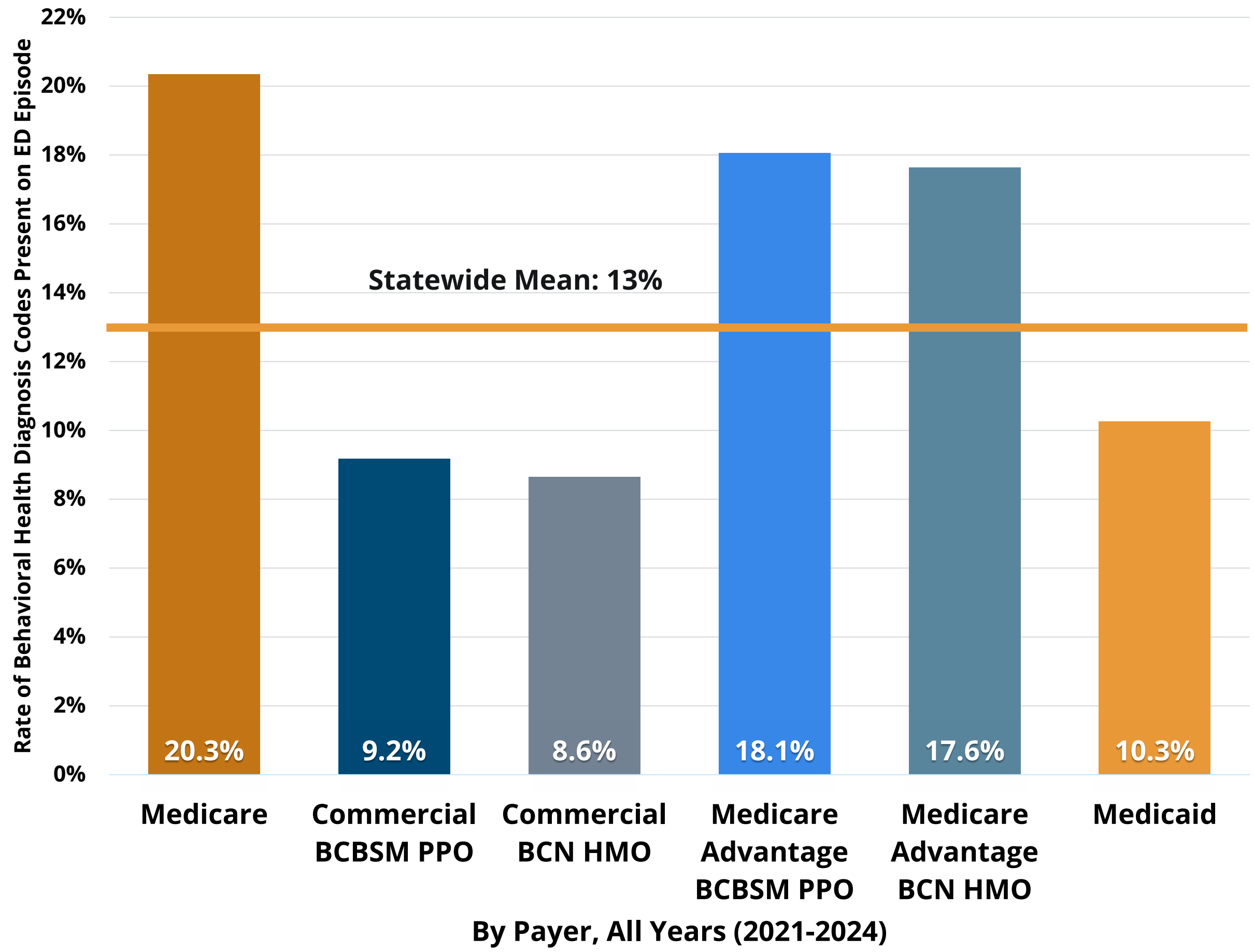
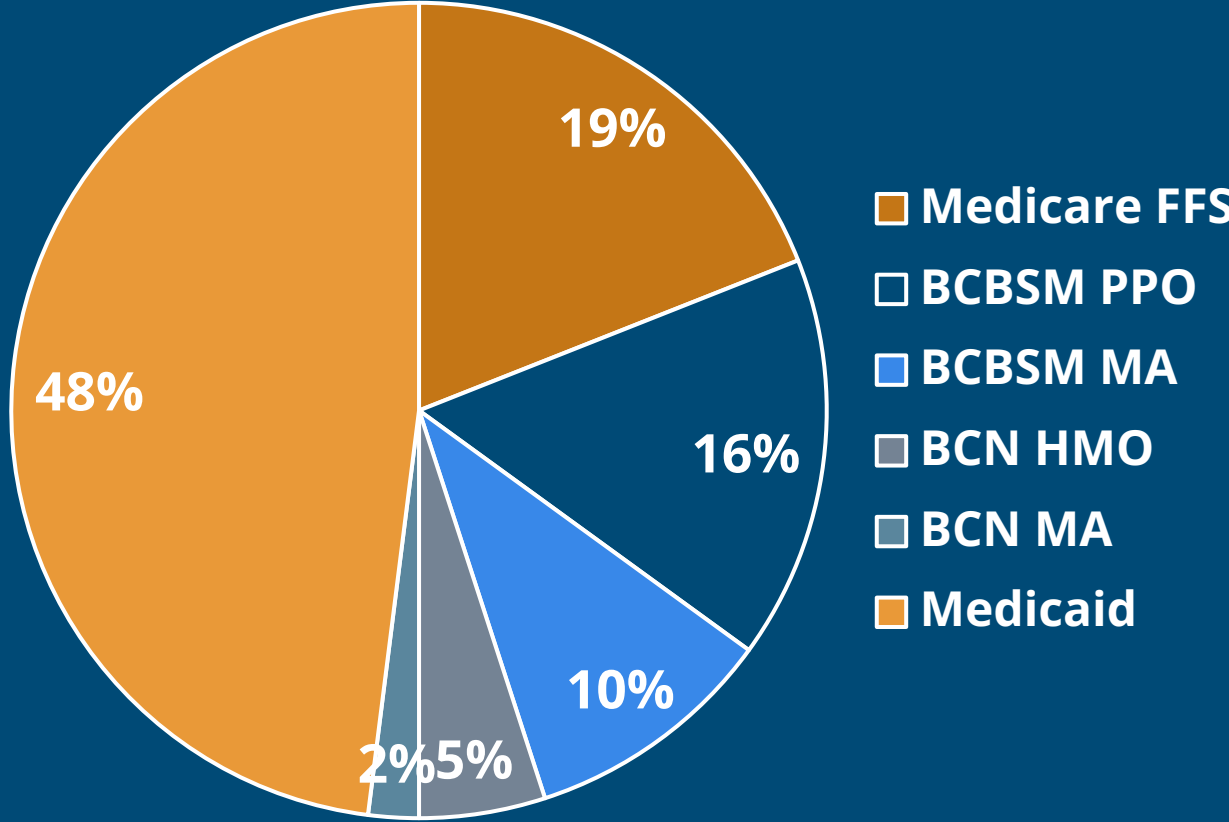
The range in hospital-level rates is **3% to 30%**.

Based on ED-based episodes from 2021-2024



Behavioral Health by Payer

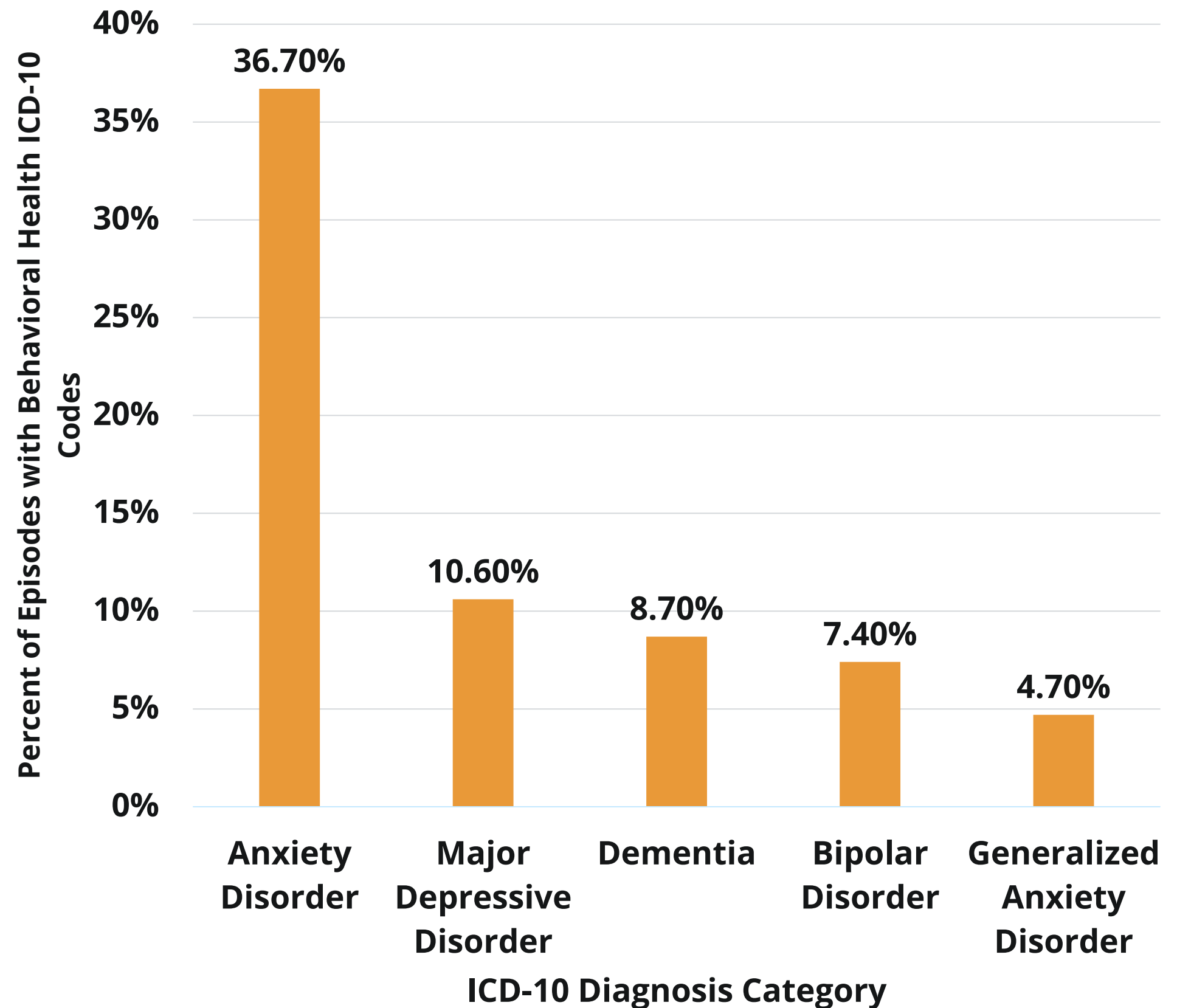
The rate and proportion of ED visits that contain a behavioral health ICD-10 code on the index ED visit **by payer**.



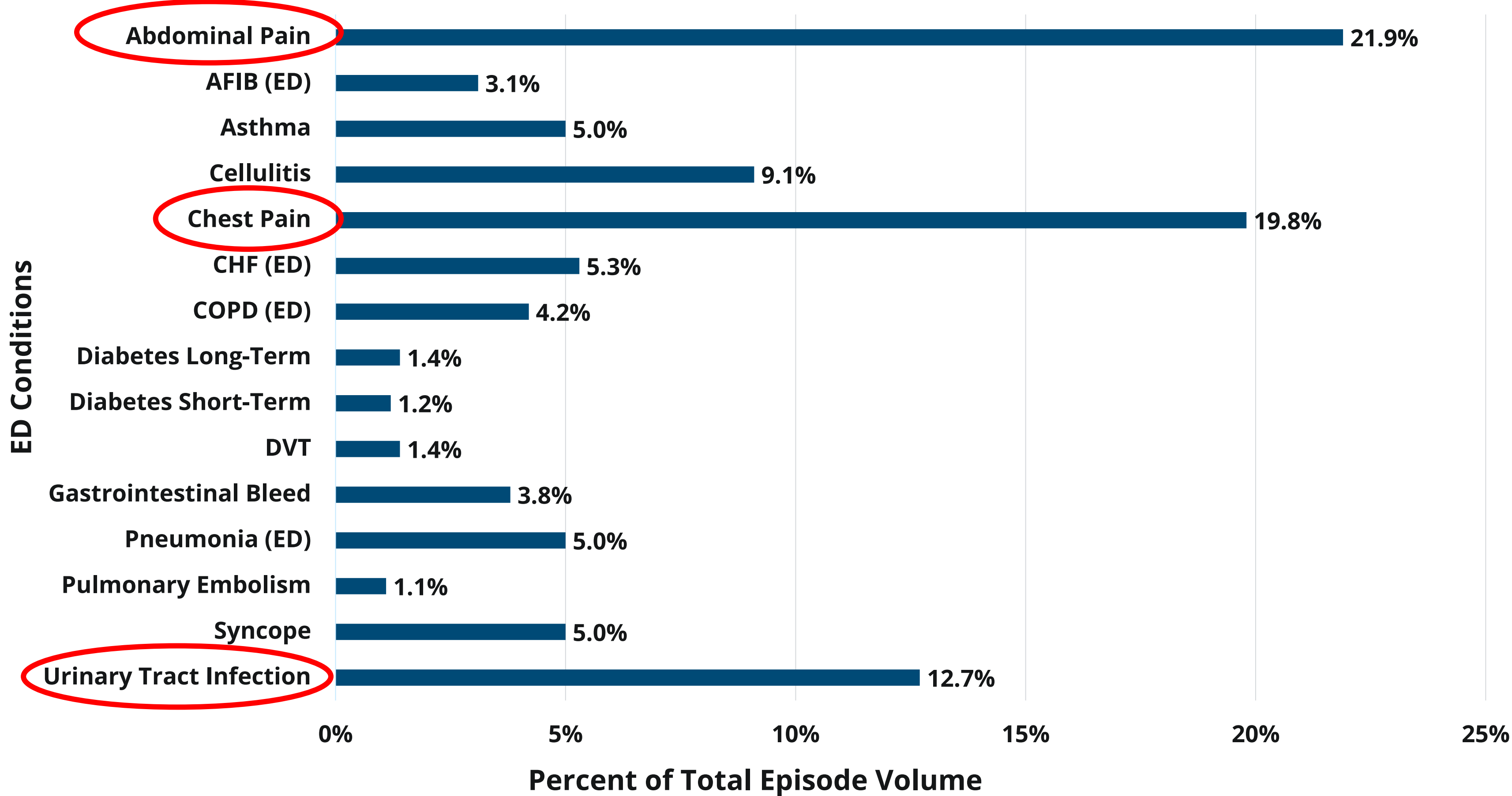
Most Common ICD-10 Diagnosis Codes Indicated

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

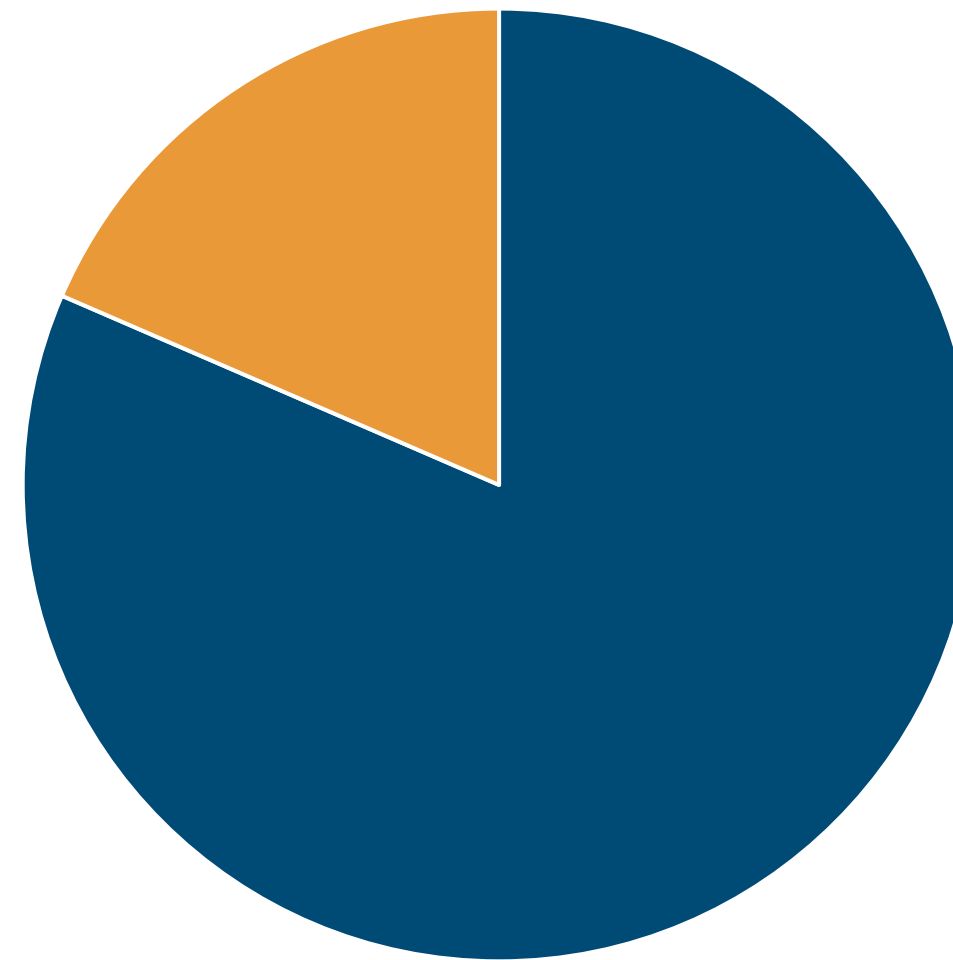
- 1. Anxiety disorder**
- 2. Major depressive disorder**
- 3. Dementia**



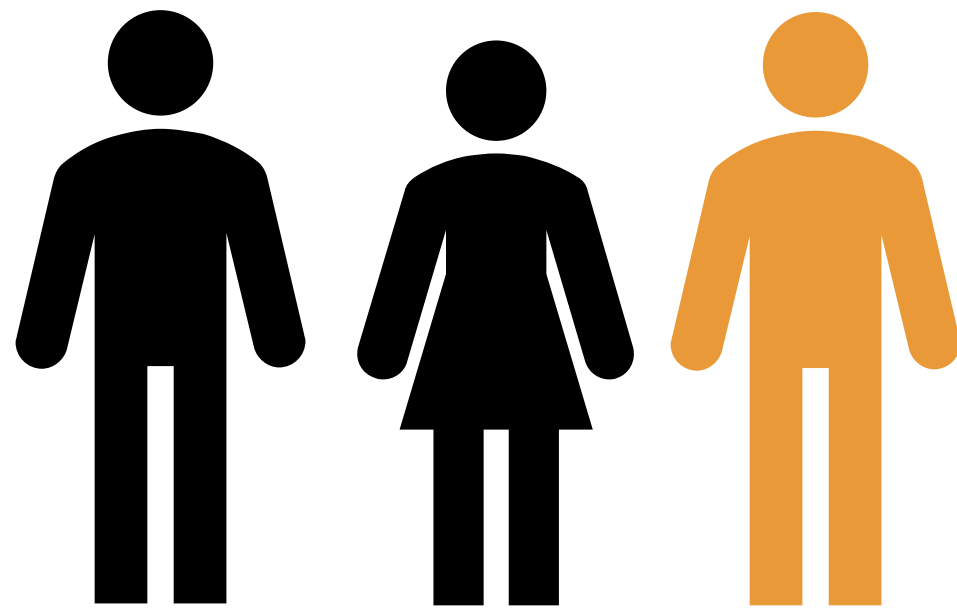
Percent of Total Episode Volume with Behavioral Health Codes on Index ED Visit by Condition



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

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

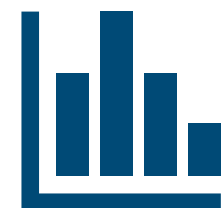
Applying MVC's CQI Partnership Model to Improve Value of Care Delivery



Related MVC Offerings



P4P Measures



Registry Data, Member Reports



Networking Events, Workgroups



Thank you!

What questions do you have?

Michigan-Value-Collaborative@med.umich.edu