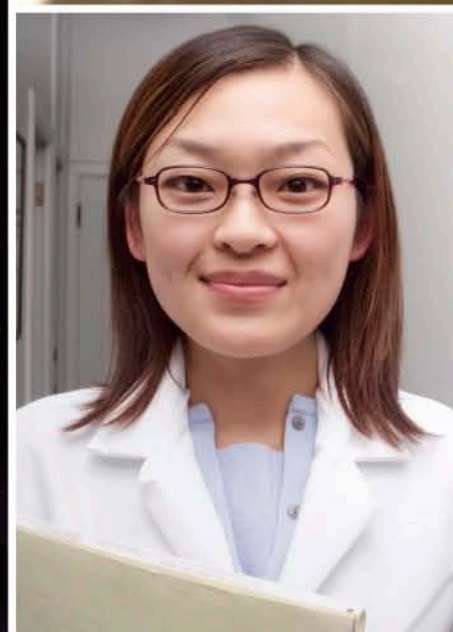
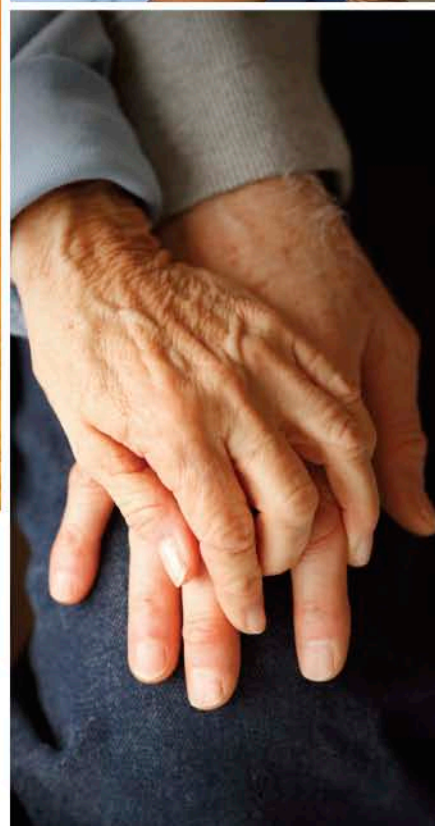


***Improving Obesity Prevention
in a
Health Maintenance Organization***

**Successes and Challenges in
Engaging Medi-Cal Providers to
Prevent Pediatric Obesity**

June 29, 2011 1:15-2:45PM

**Scott Gee, MD, FAAP
Director, Prevention & Health Information
Kaiser Permanente Northern California**




Objectives



- Describe 2 strategies to improve BMI screening and counseling for nutrition and physical activity.
- Describe how technology can be used to improve BMI screening and counseling.
- Describe how the new pediatric obesity HEDIS™ measures for pediatric obesity and provider feedback can be used to improve quality.

Improvement Strategies



- Improve compliance of annual well-child care visits through outreach or other strategies
- Measure BMI% and provide nutrition and physical activity at all visits (BMI as a Vital Sign)
- Prevention at every visit (Immunizations, BMI, Chlamydia (teens))
- Annual BMI% and nutrition and physical activity counseling using an automated reminder system 



Less impact on workflow compared to BMI as a Vital Sign and closer approximates optimal care

Improving HEDIS Performance – The Strategy



- Bundle the following HEDIS measures into a single improvement strategy:
 - Well Care – 3 to 6 years, Adolescents
 - Weight Assessment
 - Counseling – Nutrition and Physical Activity
 - Immunizations
- Use a reminder system to prompt parents, medical assistants and physicians.
- Use “smart tools” to facilitate BMI screening and counseling.
- Provide quarterly performance information to Pediatric departments.

Preventive Health Prompt (PHP) – The Reminder System



- Personalized preventive services reminders
- For children preventive services include:
 - Well Check
 - BMI Check
 - Immunizations
 - For Diabetics: Hgb A1C, Retinal Screen
- Available through:
 - **Parents:** My Doctor Online (kp.org/mydoctor), kp.org, Registration Slip
 - **Medical Assistants and Physicians:** Registration Slip, KP Health Connect (EHR)

PHP Link on MDHP and kp.org

10/14/09



My Doctor Online The Permanente Medical Group

Home

Our Doctors

Stay Connected with
Your Doctor

E-mail Your Doctor

[Compose message](#)

[View messages](#)

Manage & Schedule

[Prescriptions](#)

[Appointments](#)

[Act for a family member](#)

View Information

[Past visits](#)

[Test results](#)

Preventive Services

[Screenings to date](#)

These secure features
require you to [sign in](#)
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Dao Nguyen, MD

Pediatrics [\[Bookmark Me\]](#)

An important part of being your physician is understanding who you are. That also means understanding how valuable your time is. My colleagues and I have developed My Doctor Online so you can e-mail me, check your lab results, make an appointment, access our many online programs or get information about a particular health topic – any time it's convenient for you.

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Colds and Flu in Children

Colds and flu are common, contagious respiratory illnesses caused by viruses. Most children get 6 to 10 colds each year. There are things you can do to prevent your child from catching and spreading a cold or the flu, as well as ways to help him or her feel better. [Read more](#)

Patient PHP Website – 10/14/09



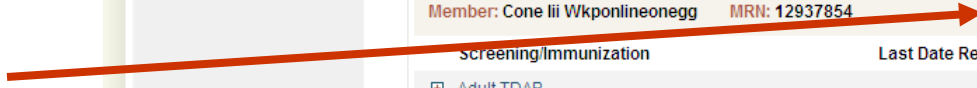
Introduction



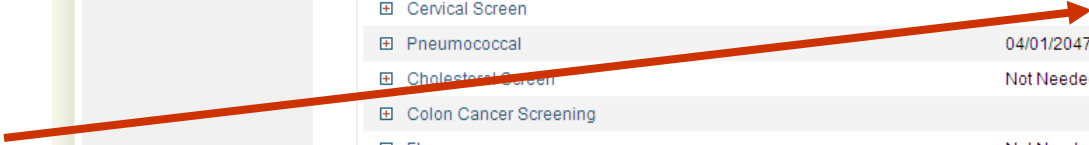
TPMG Prevention Guidelines Link



Proxy Access (Birth – 12 years)



Prioritized Order Display



Preventive Services

Sign Off

Preventive screening tests and immunizations are an important part of total health. The guide below is your personalized plan to stay on track. It is based on your information in Kaiser Permanente's current electronic records. Take action by scheduling your preventive screening tests and immunizations today or talk to your doctor about a plan that's right for you.

You can also learn more about recommended screenings by reading [Prevention Guidelines for Adults](#) or [Shots to Protect Your Child](#).

If you have on-going health problems or are at high risk for certain diseases, you may need more frequent preventive services and should consult your physician. If your doctor has recommended a different schedule for these immunizations and screenings, please follow your doctor's instructions.

You can also view preventive health information for other members you have authorization to act on behalf of. Select a name from the drop-down menu below to view their list of preventive services.

Screening/Immunization	Last Date Received	Due Date	Status
Adult TDAP		04/01/1993	DUE
Cervical Screen			DUE
Pneumococcal		04/01/2047	Up to Date
Cholesterol Screen		Not Needed	Up to Date
Colon Cancer Screening			Up to Date
Flu		Not Needed	Up to Date
Mammogram		Not Needed	Up to Date

View Preventive Services for Family Members?

If you would like to request authorization to view a family member's health information click the link below. You can also give authorization (or revoke authorization) for a family member to view your health information.

[Act for a family member](#)

Preventive Health Prompt (PHP)



Preventive Services

* = a forecast due date if the next dose is given today for an Incomplete immunization

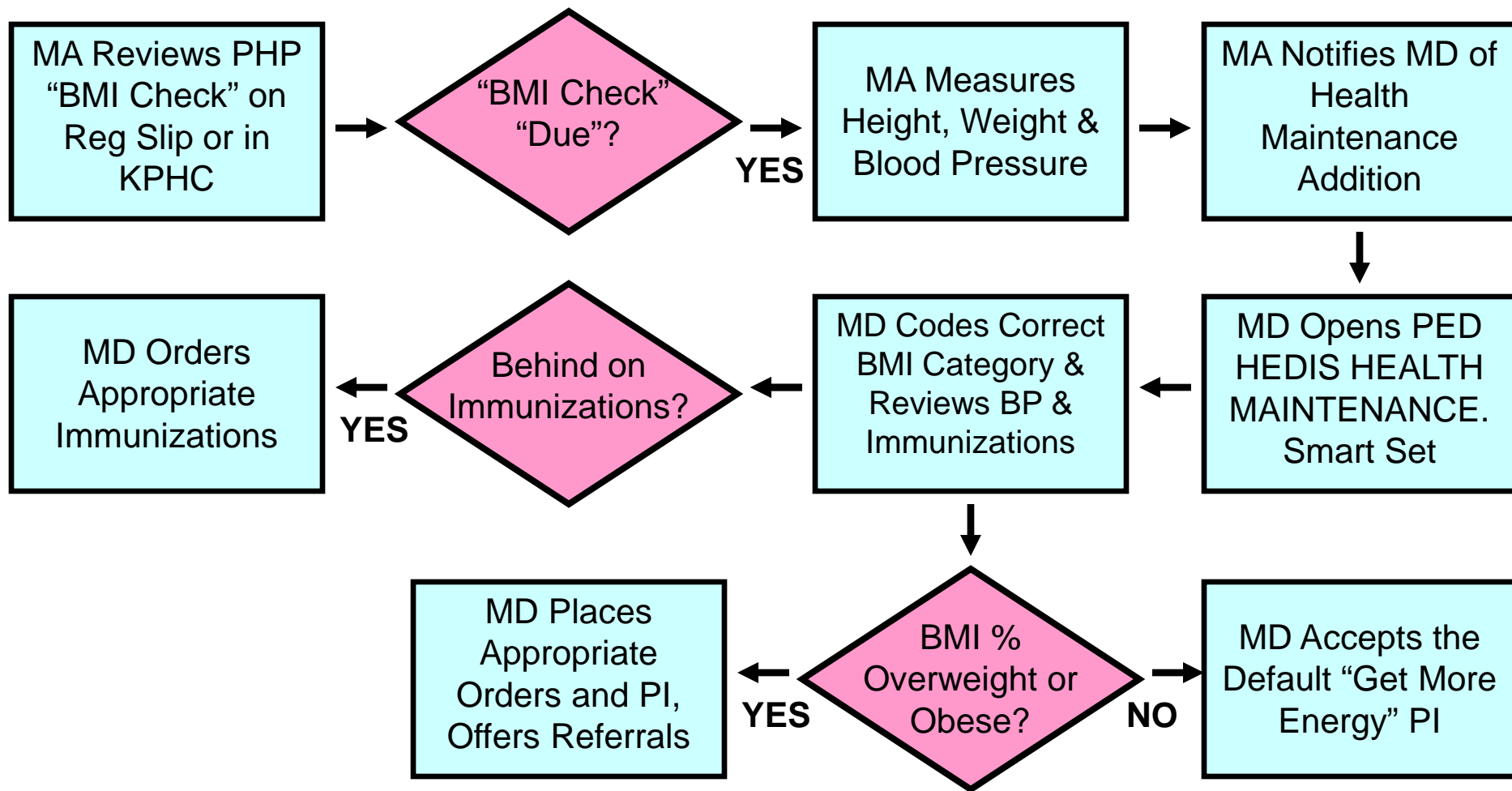
Preventive Service	Last Date Received	Due Date	Status
☒ BMI Check	05/13/2009	05/13/2010	Due
☒ Well Check Visit	05/13/2009	05/13/2011	Up to Date
☒ Seasonal Flu Vaccine	10/09/2009	10/10/2011	Up to Date
☒ Childhood DTAP	06/29/2006	05/10/2013	Up to Date
☒ Meningococcal		05/10/2013	Up to Date
☒ Hep A	05/19/2005		Up to Date
☒ Hep B	02/10/2003		Up to Date
☒ HiB	05/27/2003		Up to Date
☒ Polio	06/29/2006		Up to Date
☒ Measles, Mumps, Rubella (MMR)	06/29/2006		Up to Date
☒ Varicella (Chickenpox)	05/29/2007		Up to Date
☒ Conjugated Pneumococcal	05/27/2003		Up to Date

“Smart Tools” for Physicians



- Smart Set – a tool which facilitates...
 - Charting
 - Diagnosis
 - Orders
 - Patient Instructions
 - Coding
 - Follow-Up
- Toolbar
 - Facilitates completion of the Smart Set

Improving HEDIS Performance – A Possible Workflow



HEDIS Health Maintenance Smart Set

– CC: Health Maintenance



Charting

- Chief Complaint
- Vitals
- BestPractice
- Hearing/Vision
- Visit Notes
- Relevant Results
- Progress Notes
- HP Notes
- SmartSets**
- Diagnoses
- Orders
- Pt. Instructions
- LOS
- Follow-up
- Close Encounter

▶ **Chief Complaint**

**HEALTH MAINTENANCE
SORE THROAT**

▶ **Vitals**

+ New Set of Vitals

1/21/201

BP	
Pulse	
Resp	
Temp	
Temp src	
SpO2	
Wt - Scale	90.719 ↓
Height	1.524 m
Head Cir	
Peak Flow	

Charting

- Chief Complaint
- Vitals
- BestPractice
- Hearing/Vision
- Visit Notes
- Relevant Results
- Progress Notes
- SmartSets**

SmartSets

+ Add

▾ Suggestions

▸ PED HEDIS HEALTH MAINTENANCE

Restore Close F9

Diagnoses (View Only)

None

HEDIS Health Maintenance Smart Set - Progress Note & Diagnosis



PED HEDIS HEALTH MAINTENANCE

Association Primary Dx Edit Item Favorite Pharmacy Providers Questionnaire Health Maint

- ▼ Clinical Practice Guidelines
 - ▶ Clinical Practice Guidelines
- ▼ Progress Note
 - ▶ Progress Notes
 - PED PH BMI
- ▼ Diagnosis
 - ▼ Diagnosis
 - CHILD HEALTHCARE EXAMINATION MAINTENANCE [V20.2J]
 - COUNSELING, EXERCISE [V65.41A]
 - DIETARY SURVEILLANCE AND COUNSELING [V65.3A]
 - BMI, PEDI, < 5 % FOR AGE [V85.51B]
 - BMI, PEDI, 5 % TO < 85 % FOR AGE [V85.52B]
 - BMI, PEDI, 85% TO < 95% FOR AGE [V85.53B]
 - BMI, PEDI, >= 95 % FOR AGE [V85.54B]
 - ▶ Diagnosis - Other
- ▼ Orders - Click for Order Detail, Future, Standing, etc
 - ▶ Laboratory - BMI > 85% if > 10 years old per regional guidelines

HEDIS Health Maintenance Smart Set

– Lab Tests & Immunizations



▼ Orders - Click for Order Detail, Future, Standing, etc

▼ Laboratory - BMI > 85% if > 10 years old per regional guidelines

- LIPID PANEL [80061B] - SUGGESTED
- GLUCOSE, FASTING [82947B] - SUGGESTED
- ALT, SERUM [84460B] - SUGGESTED
- AST, SERUM [84450B] - SUGGESTED
- TSH [84443B] - SIGNS/FAMILY OR OLIGO/AMENORRHEA
- TESTOSTERONE, FREE AND TOTAL [200474] - OLIGO/AMENORRHEA
- FSH [83001B] - OLIGO/AMENORRHEA
- LH [83002B] - OLIGO/AMENORRHEA
- PROLACTIN [84146B] - OLIGO/AMENORRHEA
- ▶ Laboratory - Other
- ▶ Immunizations - track 1 DTap-HBV-IPV (Vacc Pediarix) 2-9 months
- ▶ Immunizations - track 2 DTap-Hib-IPV (Vacc Pentacel) 2-9 months WELL CHILD SS
- ▶ Immunizations - 12 months WELL CHILD SS
- ▶ Immunizations - 4 years
- ▶ Immunizations - 11 years
- ▶ Immunizations - To Order Individually Based on Patient History

▼ Follow-Up

- ▶ Follow-up - Select One - Select One

▼ Patient Instructions

- ▶ English Patient Instructions (*available as Spanish instructions as well)
 - PED PI GET MORE ENERGY*
- ▶ Spanish Patient Instructions

HEDIS Health Maintenance Smart Set – Patient Instructions



Patient Instructions

- English Patient Instructions (*available as Spanish instructions as well)

PED PI GET MORE ENERGY*

PI is set to Default automatically

The PED PI GET MORE ENERGY Patient Instructions is automatically defaulted

Patient Instructions

- English Patient Instructions (*available as Spanish instructions as well)

PED PI GET MORE ENERGY*

- PED PI FEEDING YOUR TODDLER (PEDS-NCAL) (INFANT)
- PED PI ENCOURAGING A HEALTHY WEIGHT (SCHOOL AGE)
- PED PI EATING AND EXERCISING (PEDS-NCAL) (TEEN)
- PED PI YOUR BODY IMAGE (PEDS-NCAL) (TEEN)

Appropriate age range easily identified at end of SmartText

Patient Instructions have age identifiers at the end for ease of selection, and those PI's that have Spanish versions are identified by the * at the end of the SmartText name

Patient Instructions

- English Patient Instructions (*available as Spanish instructions as well)

PED PI GET MORE ENERGY*

- PED PI FEEDING YOUR TODDLER (PEDS-NCAL) (INFANT)
- PED PI ENCOURAGING A HEALTHY WEIGHT (SCHOOL AGE)
- PED PI EATING AND EXERCISING (PEDS-NCAL) (TEEN)
- PED PI YOUR BODY IMAGE (PEDS-NCAL) (TEEN)

HELPING YOUR OVERWEIGHT CHILD PEDS PI NATL*

HEALTHY EATING- HOW TO MAKE HEALTHY DIET CHANGES FOR CHILD PEDS PI NATL*

PI's with an * at end have matching Spanish versions

- Spanish Patient Instructions

PED PI GETMOREENERGY SP (PEDS-NCAL)

HELPING YOUR OVERWEIGHT CHILD PEDS PI NATL SPANISH

HEALTHY EATING - HOW TO MAKE HEALTHY DIET CHANGES FOR CHILD PEDS PI NATL SP

Pediatric BMI HEDIS Toolbar



The "BMI HEDIS" button reads the patient's BMI percentile (vitals must be entered), opens the SmartSet "PED HEDIS HEALTH MAINTENANCE", selects the correct BMI percentile Dx for the patient, and Accept/Signs the SmartSet.

9 key strokes or clicks replaced by one

1/20/2011 visit with Does Not Want

Images Questionnaires Admin Benefits Inquiry References smartSets Summary Oper

Allergies: **Not On File**

Last Vitals: BP: P: T: T Src: Resp: Wt: 90.719 kg (200 lbs) (99%) H: 1.524 m (5') (8%)
HC: SpO2: PF: BMI: 39.06 kg/m² (99%) BSA: 1.96 m² LMP: Tobacco: Passive

BMI HEDIS **BMI+Graph**

Charting
Chief Complaint

Chief Complaint
HEALTH MAINTENANCE
SORE THROAT

KP NCR Pediatric Dashboard



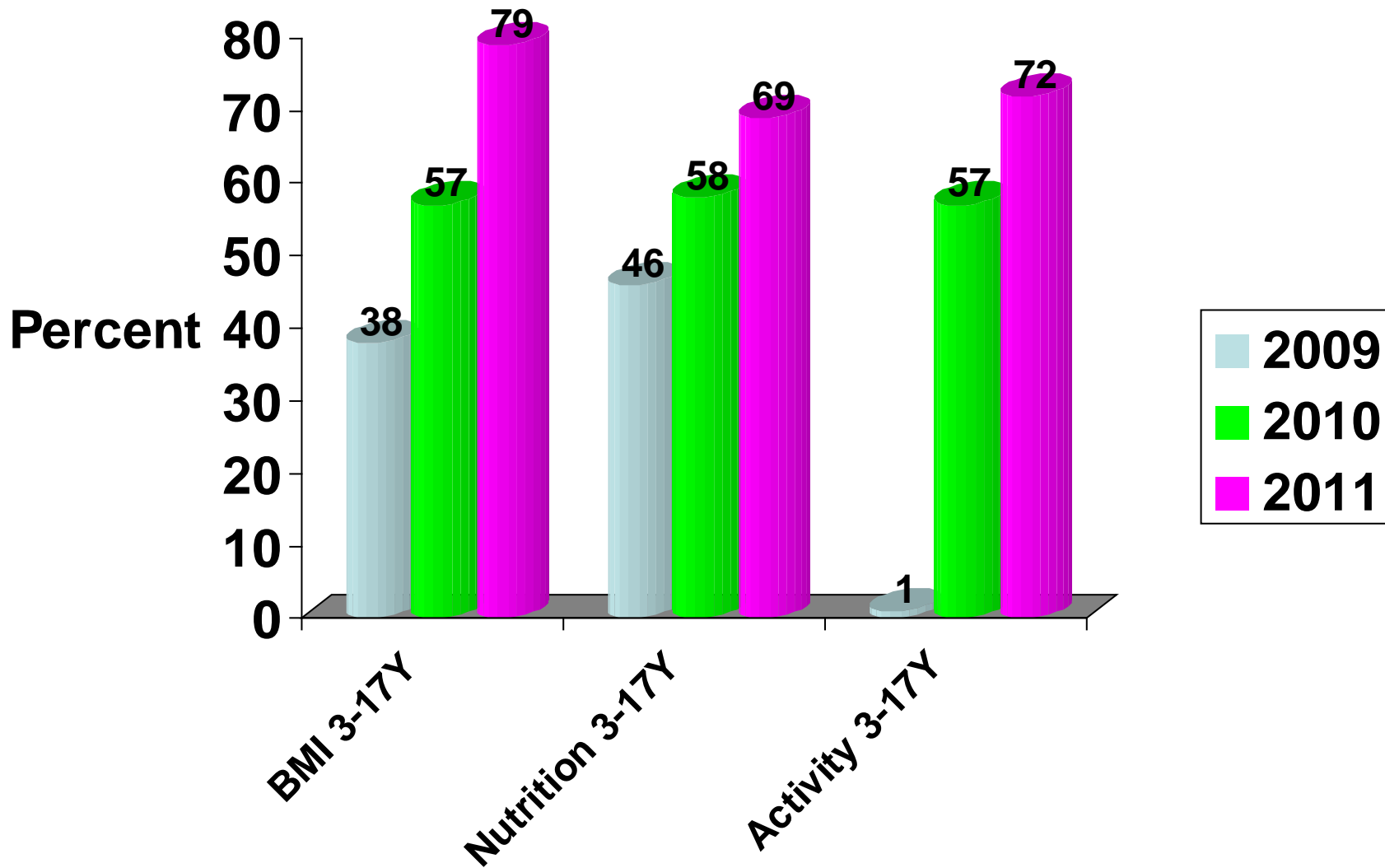
MEETS TARGET
BELOW TARGET

	BMI Percentile	Nutrition Counseling	Physical Activity Counseling
<i>Study Period</i>	10/01/2009 - 09/30/2010	10/01/2009 - 09/30/2010	10/01/2009 - 09/30/2010
<i>Target</i>	40%	51%	47%

Medical Center

Clinic A	38%	44%	43%
Clinic B	47%	51%	50%
Clinic C	50%	54%	54%
Clinic D	42%	44%	44%
Clinic E	43%	51%	49%
Clinic F	37%	40%	38%
Clinic G	43%	47%	46%
Clinic H	43%	52%	51%
Clinic I	50%	58%	57%
Clinic J	50%	52%	50%
Clinic K	37%	46%	46%
Clinic L	49%	59%	59%
Clinic M	37%	44%	43%
Clinic N	45%	52%	51%
Clinic O	50%	55%	54%
Regional Average	44%	50%	49%

KP NCAL HEDIS 2009-2011



Conclusion



- Improving performance on HEDIS BMI screening and counseling requires BMI measurement and counseling at urgent care visits.
- Technology can facilitate care process re-design.
- Performance feedback drives performance improvement.