THE CENTER FOR WELLNESS

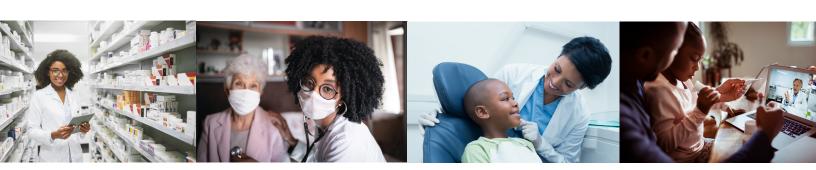




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INTRODUCTION

November is here! In this month's newsletter, the Quality department will highlight diabetes awareness Due to COVID-19's continued presence, it is important to ensure patients are exercising precaution and leading a healthy lifestyle. Because many health centers have opened up their facilities, it is important to remind people to schedule appointments with their providers to ensure quality health.

Now, more than ever, it is important to do screenings for various health measures awareness has encouraged people to seek out help and resources.

With vaccinations being made available, we encourage people to get vaccinated when possible and continue to get preventative screenings. The CDC now recognizes that people with Type 1 diabetes and Type 2 diabetes are equally at risk, and most states prioritize both groups equally for access to vaccines and boosters.

DIABETES FACTS

Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease (Center for Disease Control, CDC).

The main types of diabetes are detailed below:

- <u>Type 1 Diabetes</u>: Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin.
- <u>Type 2 Diabetes</u>: With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels.
- Gestational Diabetes: Gestational

- diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems.
- <u>Pre-diabetes</u>: With pre-diabetes, blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Pre-diabetes raises your risk for type 2 diabetes, heart disease, and stroke.





DIABETES AWARENESS SERVICES

Henry J. Austin Health Center is in partnership with Trenton Health Team. The Trenton Health team has started the Capital City Diabetes Collaborative.

Capital City Diabetes Collaborative

Funded through the Merck Foundation's "Bridging the Gap: Reducing Disparities in Diabetes Care" initiative, the Capital City Diabetes Collaborative, or CDC, is addressing major issues identified with treatment of diabetes in Trenton, such as lack of coordinated care among health services, the need for peer support and education for diabetes self-management, and lack of access to healthy foods to aid those working their best to control their disease.

How does the CDC help?

Through "Bridging the Gap," the CDC brings together many different sectors to promote improvements in diabetes care. There is focus on goals in three sectors:

<u>Health Care</u>: Improve health outcomes of Trenton residents with type-2 diabetes

<u>Social</u>: Increase patient engagement and self-management of type-2 diabetes

Environmental: Increase the availability of

healthy foods for the Trenton community

To accomplish these goals, are working to unify the care delivery process by streamlining systems that impact information, decision support, treatment, and modes of communication for patients and providers.

Additionally, Trenton Health are collaborating across sectors to support self-management programs and patient education, along with a Trenton-based online food delivery system, which will provide healthy food deliveries to diabetes patients living in the city, increasing access to healthy foods and encouraging healthy lifestyle choices that may help with disease self-management. Partners include Snipes Farm & Education Center.

Project Dulce

This peer mentor education/support group uses a curriculum called "Diabetes Among Friends" featuring practical advice and real-life examples to train peer educators to share understandable diabetes care and education that still meets American Diabetes Association standards.

Participants receive healthy foods, recipes and cooking demonstrations, along with tips

for maintaining a healthy and active lifestyle. Classes are facilitated by trained THT staff. "Our goal is that everyone in Trenton who has diabetes or cares for someone with diabetes has access to a program with mentors, right in their neighborhood, to provide what they need to effectively manage their disease," THT Senior Director of Population Health Ernest Morganstern said.

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QUALITY MEASURE SATISFACTION



Diabetes Control is managed and satisfed through our EMR Athena. In the Quality Tab under Quality Managment you can find information on how to satisfy Diabetes Control. An example of how it appears in Athena is detailed below:

Diabetes:HbA1c poor control (>9%)

Description

Measure identifies patients 18-75 years of age with diabetes whose most recent

hemoglobin A1c was in poor control (> 9%) during the measurement period.

Patient Identification

Age: 18-75 years

Diagnosis: Primary Diabetes (Type I and Type II) on the patient's problem list or as an encounter during the reporting period

Encounter: One encounter during the reporting period (CPT: 99202-99205, 99211-99215, 99341-99345, 99347-99350, 99381-99387, 99391-99397, HCPCS: G0438, G0439) along with one FQHC medical visit during the reporting period.

Not included in population:

- 1. Patients under hospice care during the measurement period.
- 2. Patients 65 and older who are living long term in an institution for more than 90 days (consecutive) during the measurement period.
- 3. Patients 65 years of age and older with at least one claim/encounter for frailty during the measurement period AND a dispensed medication for dementia during the measurement period or the year prior to the measurement period.

Measure Satisfaction

Measure is satisfied by either one of the following ways:

- The receipt of a lab result with a hemoglobin A1c level greater than 9.0% during the reporting period. This must be the most recent HbA1c result value recorded/received.
 - a. This is automatically determined for labs received via an electronic interface.
 - b. For lab values on paper, the A1c value can be manually entered by clicking "Edit Document" on the lab results document. The analyte must have "A1c" in its name to be recognized in either case.

Can be satisfied if no HbA1c tests performed and results documented during the measurement period.

QUALITY GOALS

Ensuring that the diabetes measure is being satisfied, we are collaborating and utilizing all our resources to ensure our patients receive quality care. Providers, clinical staff and the Quality team are among our primary resource we use in satisfying diabetes measures and spreading awareness.

In addition, as variants of COVID-19 are present, Henry J. Austin Health Center efforts is continuing to be focused on responding to our patient population needs in COVID-19 testing, providing vaccinations and flu shots.



SCORECARD

Henry J. Austin Health Center's monthly scorecard highlights or year to date (YTD) performance on 14 of our priority quality measures on an organizational level.

The scorecard is a fundamental aid to drive and monitor quality improvement at Henry J. Austin Health Center.

Measure Type	Program	2020 Baseline	October	November	Month Variance	2021 Goal
Breast CA	UDS	47.0%	31%	31%	0%	49.0%
Cervical CA	UDS	48.0%	44%	44%	0%	48.0%
Childhood	UDS	42.4%	17%	18%	1%	42.0%
Colorectal CA	UDS	33.6%	22%	22%	0%	34.0%
Hypertension	UDS	57.0%	20%	31%	11%	57.0%
Diabetes	UDS	68.0%	54%	52%	-2%	68.0%
HIV (Screening)	UDS	94.1%	37%	37%	0%	
IVD	UDS	83.6%	90%	91%	1%	84.0%
Adult BMI	UDS	75.4%	21%	21%	0%	75.0%
Depression	UDS	82.0%	50%	50%	0%	82.0%
Pediatric Dental Sealants	UDS	-	-	100%		
Statin Use	UDS	73.7%	83%	83%	0%	74.0%
Tobacco Use	UDS	78.8%	54%	53%	0%	79.0%
Pediatric BMI &	UDS	77.6%	50%	53%	3%	78.0%

Scorecard Key

Measure type - UDS

2020 Baseline - Average baseline percentage met for each measure

Variance - performance growth from month to month.

Goal - 2021 Goal Mark

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QUOTE OF THE MONTH

"Quality care functions best when centered around the patient"

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