

# Pediatric Learning Network: Adopting PFE Strategies to Improve Pediatric Asthma Care

Lesson 5:

Connecting patients/families with appropriate supports and services

PCPCC Support and Alignment Network





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PCPCC SAN Facilitator Liza Greenberg, RN, MPH



## Learning Network Goal

Goal: Reduce hospital admissions for asthma by improving quality of care, emphasizing person and family engagement (PFE) strategies.

#### Today:

- Discuss the goal of the learning network
- Highlight an innovative collaboration testing/using PFE strategies
- Identify partners in your community who can help engage patients with asthma and their families in care management
- Discuss strategies to communicate/coordinate with family supports and services in your community to help engage patients with asthma and their families
- Wrap up and review of several strategies and resources related to achieving PFE metrics shared during previous PLN webinars



#### Learning Network Plan

- 1. May: Patient and Family Voices
- 2. June: Engaging the Patient and Family at the Point of Care (Part 1 shared decision-making, patient activation, health literacy, and collaborative medication management)
- 3. July: Engaging the Patient and Family at the Point of Care (Part 2 shared decision-making)
- 4. August: Engaging the Patient and Family at the Point of Care (*Part 3 e-tools*)
- 5. Today: Connecting patients/families with appropriate supports and services

Plus! Action steps between each call





# TCPI Person and Family Engagement Performance Metrics

- **▶ PFE Metric 1: Support for Patient and Family Voices**
- ➤ PFE Metric 2: Shared Decision-Making: Does the practice support shared decision-making by training and ensuring that clinical teams integrate patient-identified goals, preferences, and concerns into the treatment plan (e.g. those based on the individual's culture, language, spiritual, social determinants, etc.)?
- ➤ PFE Metric 3: Patient Activation: Does the practice utilize a tool to assess and measure patient activation?
- ▶ PFE Metric 4: Active e-Tool: Does the practice use an e-tool (patient portal or other E-Connectivity technology) that is accessible to both patients and clinicians and that shares information such as test results, medication list, vitals and other information and patient record data?
- ➤ PFE Metric 5: Health Literacy Survey: Is a health literacy patient survey being used by the practice (e.g., CAHPS Health Literacy Item Set)?
- ➤ PFE Metric 6: Medication Management: Does the clinical team work with the patient and family to support their patient/caregiver management of medications?



#### QI Opportunities Connected to TCPI PFE Metrics

NHLBI Asthma Care Quick Reference: Diagnosing and Managing Asthma Initial visit algorithm showing patient and family engagement opportunities A patient and family advisory group can help your practice be more welcoming to patients and families, Initial Visit Algorithm improving word of mouth and patient experience survey scores = more patients and better retention Diagnose asthma Health literacy assessment - what is the right type of information (written, verbal, video and right level) that will be meaningful? Assess patient and family activation - what is the patient's knowledge, skills, ability, and Assess asthma severity willingness to take action on asthma self-management? Use readiness information for goal setting, teaching and care planning Your medication management teaching plan will be based on patient activation and their knowledge and skills in self-management. Use teach-back and demonstration to ensure patient Initiate medication and family understands medication use and demonstrate use Shared decision-making – identify patient and family goals for asthma management (fewer missed days at school, staying out of the ED, etc), and their preferences for treatment plan Develop written asthma action plan options, and incorporate them into the plan Use the patient portal for scheduling, answering patient questions, pushing out reminders - to Schedule follow-up maintain a relationship with the patient and family and keep them engaged in care appointment





## Defining Patient and Family Engagement

An innovative approach to the planning, delivery, and evaluation of health care that is grounded in mutually beneficial partnerships among health care providers, patients, and families

#### Engaging patients and families

- In their own care
- In practice improvement
- In policy (practice, hospital, community)





#### A Collaborative Practice Innovator

Norah Bertschy, APRN, MSN, PPCNP-BC

**Nurse Practitioner** 

Cincinnati Health Department

Cincinnati, OH







#### **Vision**

City of Cincinnati to become the healthiest city in the nation.

#### **Mission**

To achieve health equity & improve the health and wellness of all who live, work and play in Cincinnati.









Community Healthcare for Asthma Management and Prevention of Symptoms

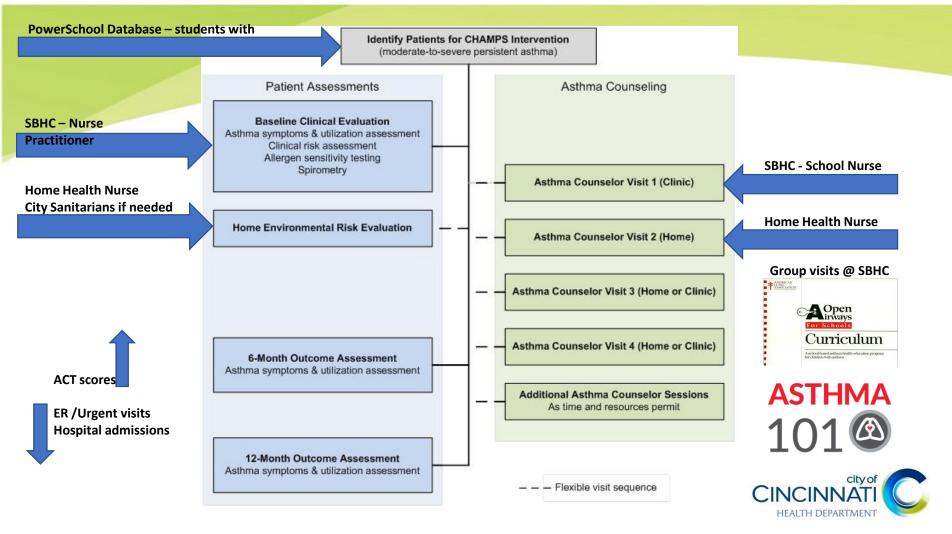
#### Interprofessional Collaborative Practice Team

- NPs
- RNs
- MAs
- Case Work Associates
- Pharmacist
- Health Educators

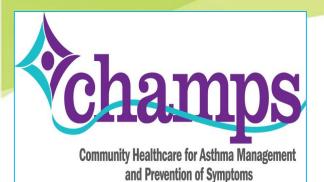




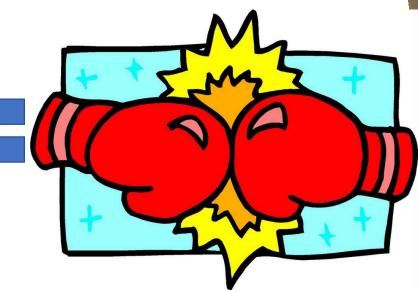


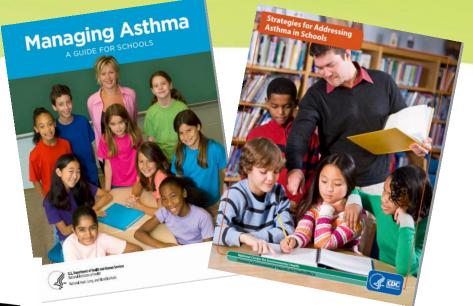












#### **Asthma CHAMPIONS!!!!**

- How Asthma Friendly Is Your School?
- Teacher/coach asthma education
- · School Staff education
- · Building air quality







#### Polling Question...

Who do you currently **partner** with in your community, to help connect and engage your patients with asthma and their families with support and services? (Choose all that apply)

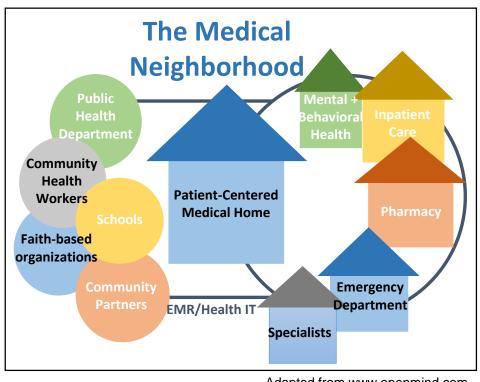
- ☐ Specialists who are co-managing my patients with asthma and their families
- Emergency Department(s)
- Schools
- ☐ Local public health department(s)
- Community-based organizations
- ☐ None of the above, as of yet





## Coordinated Care Partnerships and Collaboration

Medical Neighborhood **Specialists Emergency Departments** Inpatient service Schools Community organizations



Adapted from www.openmind.com

It takes a Village .....



#### **Medical Home Coordination**

How can we facilitate increased partnership and communication across the medical neighborhood...

How do we facilitate seamless and timely transitions of care...





## Co-Management: Specialists

#### **Enhanced communications**

Reasons for referral (PCP)

Treatment plans (Specialist)

Sharing information in timely way

#### Specialists lunch talks

Meet the specialist
Evidence-based guidelines
Medical management support

#### Closing loops

Facilitating seamless transition of care
Patient experiences and perception of the
care continuum



qsen-interdiciplinaryteams.wikispaces.com



# Medical Neighborhood Building Bridges— ED

#### **Enhanced communications**

Identify Care Manager/ Point of contact
Treatment plan (patient care plan card)
Changes to plan

#### Coordinated care

Patient f/u post ED/Hospital
Symptoms check
Have medications
Review treatment plan
In office follow-up



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Closing loops- care management



## School Partnerships

- Families rely on schools to keep kids safe
- Families rely on medical providers to provide the needed information to schools to keep kids safe
- Safe and effective management require prompt symptom recognition, trained personnel and access to medication
- Strong collaborative partnerships are key





## School Partnerships Require:

- Open communications
  - Schools, family, physician office
- Shared goals
- Shared responsibility
- Opportunities for ongoing family participation in decision making and care plans



## Community Partnerships

- Food Insecurity
  - WIC, Farmers market, food banks
- Housing
  - Inspectional services
  - Pest management
- Utility assistance programs
  - Local utility companies, heating and fuel assistance
- Parent partners
- Community Health Workers
- Public Health Department





# Strategies For Good Partnership Talk among yourselves...

- What current communication pathways have been developed in the practice to improve asthma management?
  - What opportunities for partnership with...
- Think of your current practice...
  - Is there 1 partnership or process that is working well?
  - Is there 1 partnership/process you would like to improve or make?





# Circling back around and wrapping up...





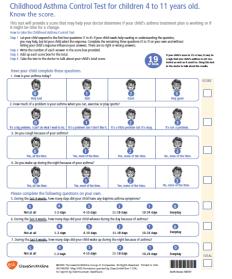
# How Could We Implement a Patient Registry?

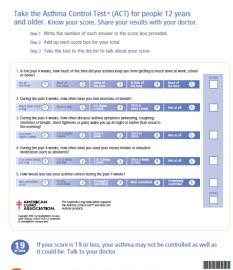
- Identify a care coordinator as your Registry "Champion"
- Meet as a practice team
  - Flow charting/process mapping of current care coordination functions
  - Define your registry population (asthma diagnosis)
    - MD recall
    - Diagnosis codes
  - Identify initial data fields
  - Identify available technology (e.g., Excel, Access or other software application; as a function within your EHR)
  - Use PDSA cycles to test "small" changes



# Engaging Patients/Families in Conversation Related to Their/Child's Care

- Pre-visit contact/forms (AAP Bright Futures)
- Family Strengths
- Asthma Control Test (ACT



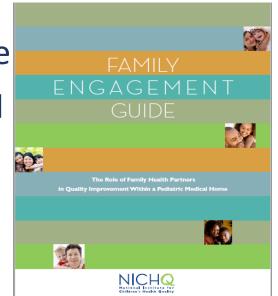


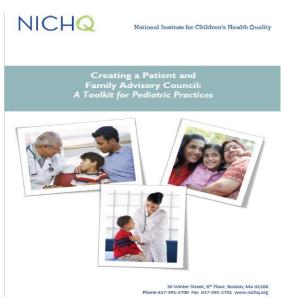




# Engaging and Partnering with Parents/Caregivers

- In Their Child's Care
- On Your Practice QI
- On Your PFAC









### Teach-Back Strategy

- Evidence-based Health Literacy Intervention
- Communication approach for shared decision-making
- Ask your
   patients/parents to
   "Teach it Back"



#### What is teach-back?

Teach-back IS a way for you to make sure your patients understand what you tell them

Teach-back IS NOT a test or a quiz for patients.

#### How do I use teach-back?

Just ask patients to explain what you have told them using their own words. For example, if you explain what they need to do to prepare for a procedure, ask them if they can *teach back* to you how they are going to prepare.

#### Why should I use teach-back?

As part of the care team, you have an important safety role in making sure your patients understand all the information they are given during their visit.

Did you know that patients forget up to 80% of what you tell them after a visit?<sup>1</sup> If they do remember, only half of what they remember is correct.<sup>2</sup>



#### When should I use teach-back?

Use teach-back whenever explaining important concepts to patients regarding their health care, including:

- Medicines.
- Home care instructions.
- Use of a new device.
  - Next steps in their care.
- Anything else that is important for them to understand.

Kessels RP. Patients' memory for medical information. J R Soc Med 2003;96(5):219-22. PMCID: PMC539473. Anderson JL, Dodman S, Kopelman M, et al. Patient information recall in a rheumatology clinic. Rheumatolog 1979;18(1):18-22.



Guide to Patient and Family Engagement in Primary Care

Source: Shofer, M. and Smith, K. Improving Patient Safety in Primary Care:

Strategies to Engage Patients and Families. AHRQ Sponsored. IHI and NPSF Professional Learning Series, May 11, 2017



# Health Literacy: Confirm Patient/ Family Understanding

- Ensuring agreement and understanding about the care plan is essential to achieving adherence. Examples:
  - "Tell me what you've understood."
  - "I want to make sure I explained your medicine clearly. Can you tell/show me how you/your child will take this asthma medicine?"

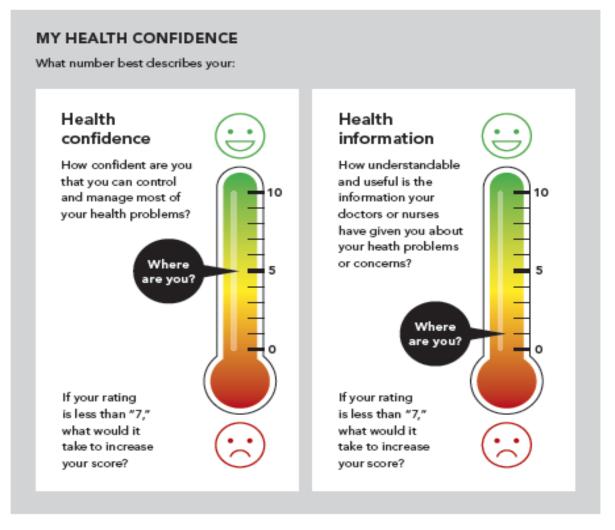
• Schillinger, D. Archives of Internal Med, 2003



Do you understand?



#### Patient Activation



Family Practice Management\*

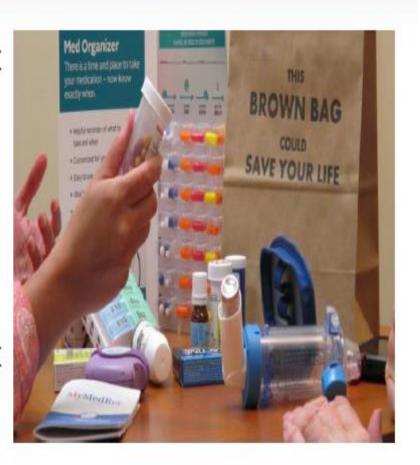
Developed by John Wasson, MD, for Health/Confidence.org. Copyright @ 2014 Trustees of Dartmouth College and FNX Corp. Used with permission. Physicians may duplicate for use in their own practices; all other rights reserved. https://www.aafp.org/fpm/2014/0900/p8.html.

Source: http://www.aafp.org/fpm/2014/0900/fpm20140900p8-rt1.pdf



## Medication Management Strategy

- Develop a complete & accurate medication list
  - Patients and family members bring all their medications – OTC and prescriptions
- Complete medication reconciliation using the accurate medication list
  - Identify & correct safety issues





### Asthma Support

# Review medication device use with patients/families















Source: The SHARE Approach. Essential Steps of Shared Decision making:

Quick 2 Reference Guide



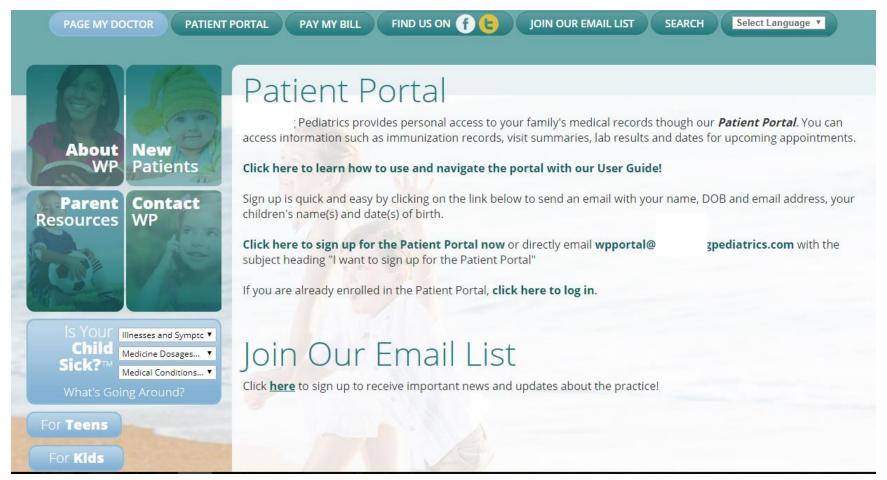
#### **Patient-Centered Primary Care** COLLABORATIVE

Asthma Action Plan								
www.idph.state.ie.us	(Press Firmly)		The colo	s of the traffic light will help you use your ast	hma medicines.			
Name	Date of Birth	Effective Date		Green means Go Zone!				
Katie Miller	10 900		,   1	Use preventire medicine.				
Doctor	, , ,	Parent/Guardian	7	Yellow means Caution Zo Add prescribed yellow zone				
Doctor's Office Phone Number		Parent's Phone	7	Red means Danger Zonel Cat help from a doctor.				
Emergency Contact After Parent Contact Phone  Pay Attention to Symptom:								
GO (Green)		Use these medicines every day			Check all items that trigger your			
You have all of these:	Peak	MEDICINE/DOSAGE	HOW MUCH TO TAKE	WHEN TO TAKE IT	asthma and things that could			
Breathing is good     No cough or wheeze     Sleep through the night		Qvar 40	2 Puffs	Morning and Night	make your asthma worse:			
<ul> <li>Can work and play</li> </ul>	to				Cl Chalk Dust			
Personal Best Peak Flow		COMMENTS: Dan't forget to use your spacer!			☐ Cigarette smok & Second hand smoke			
1 300.1100	F	For asthma with exercise, take:						
and the same of th	16	Albuterol	2 Puffs	30 minutes before execus	dust, stuffed			
CAUTION (Yel	llow)	Continue with green zene medicine and ADD:			animats, carper  Exercise			
You have <u>any</u> of these: • First sign of cold	Peak	MEDICINEIDOSAGE	HOW MUCH TO TAKE	WHEN TO TAKE IT	Cl Mold Cl Ozone alert da			
Exposure to known trigger	flow from	Qvar 40	2 Puffs	Morning and Night	☐ Pests - rodents cockreaches			
Cough     Mild wheeze	to	Albuteral	2 Puffs	Every 4-6 hairs as needed	C) Pets - animal dander			
<ul> <li>Tight chest</li> </ul>		COMMENTS:						
Coughing at night		IF QUICK RELIEVER/YELLOW ZONE-MEDICINE IS NEEDED MORE THAN 2-3 TIMES A WEEK THEN CALL YOUR DOCTOR.			☐ Plants, flowers cut grass, polis ☐ Strong odors,			
DANGER (Red)		Take these medicines and call your doctor			perfumes, cleaning produ- scented produc			
Your asthma is getting worse fast:	Peak	EMERGENCY MEDICINE/DOSAGE	HOW MUCH TO TAKE	WHEN TO TAKE IT	☐ Sudden temper change			
Medicine is not helping     Breathing is hard	now nom	Orapred	2 tsp	Morning and Night For five days only	☐ Wood smake			
and fast Nose opens wide	**	Albyteral	2 Puffs	Every 3-4 hours	D Foods:			
Ribs show	-	COMMENTS: USE	Orapred only	14 ok by office				
<ul> <li>Fingemails blue</li> <li>Trouble walking</li> </ul>	G	Get help from a doctor now! It's important!  Ashma is a potentially life threatening liness. If you cannot confact your						
and talking		octor, go directly to the e	mergency room. DO NOT	WAIT. Make an appointment ER visit or hospitalization.				
This student is capable and l (or attached prescription).  This student is not approve			self-administering the me	Protocol to the lows	Department of Public Health Childhood Andreas Inlinites			

☐ Mild Intermittent ☐ Mild Persistent ☐ Moderate Persistent ☐ Severe Persistent Check asthma severity: PHYSICIAN SIGNATURE PHYSICIAN STAMP WHITE - School/Child Care Copy Pink - Family Copy Yellow - Doctor Copy



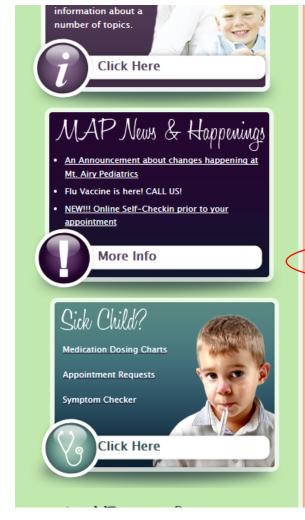
## Use of e-Tools (Patient Portals)







## Use of e-Tools (Patient Portals)



#### Click here to access the

#### Pediatrics P.C.'s Patient Portal

As always, for urgent medical matters, please contact us

If your child is experiencing a medical emergency, please call 911 or go to the nearest emergency room. Requests made through the patient portal may take up to 48 hours to be processed.

The Patient Portal gives us a secure and efficient method of providing you with answers and access to your child's personal health information. Our providers and staff will be able to easily access, organize and respond to patient questions and feedback.

Best of all, you will be able to resolve issues online - improving the efficiency of our staff in the office. Of course, the Patient Portal is available to you 24 hours a day, 7 days a week, 365 days per year.

#### Click here for a short video about the features and benefits of our patient portal:

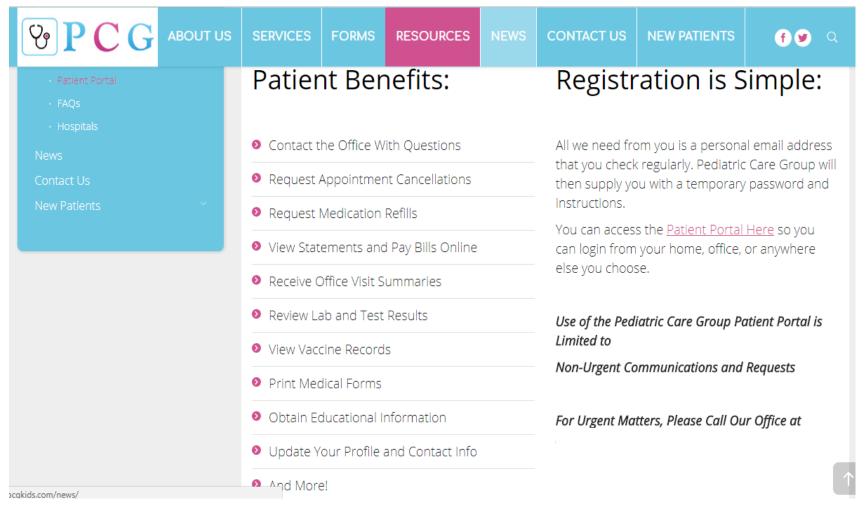
- NEW!!! Check-in or your appointment from home using our self check-in feature
- Exchange Secure and Compliant Messages with your physician or nurse practitioner, as well as the office staff
- View Past and Future Appointments
- Request New Appointments
- View and Update Personal Demographics
- View and Print Patient Forms
- Request insurance referrals
- View your patient Statements and make secure on-line payments
- Receive Lab Results
- Request Prescription Refills

We encourage you to sign up for the portal and use it often. We welcome your feedback about the Patient Portal.





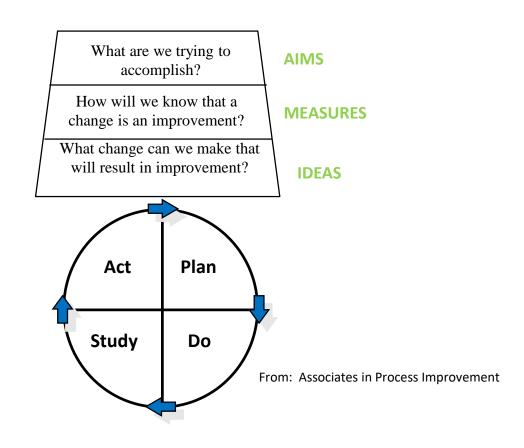
## Use of e-Tools (Patient Portals)







# Using QI Methodology (Model for Improvement) to Test Changes





# Planning Tests of Change to Reduce Asthma-related ED Utilization

Determine current asthma-related ED Utilization Rate
Measure it, graphically display it and share it on a monthly basis!

#### Examples of planned tests of change (the "P" of a PDSA)

- Adding sick visit slots on Mondays and Fridays
- Having more practitioners available to see patients on Friday afternoons
- One practitioner who is "on call" each day to stay and make sure all walkins are seen
- Initiating or expanding evening and weekend hours for your practice
- Surveying a sample of patients in your practice to determine their satisfaction with your practice's ability answer questions after hours (e.g., nurse triage)





# Remember... It Takes an Effective Team to Do QI Work!

- Members representing different kinds of expertise in the practice/organization
  - Clinical Leader
  - Technical Expertise
  - Day-to-Day Leadership
  - Administrative Staff
  - Parent/Caregiver Partner(s)
  - Practice Facilitator/QI Coach





## Tips for Sustaining Gains:

- Keep leaders informed
- Systems must be independent of the people involved
- Constantly adapt and create new tools
- Continuously monitor results
- Celebrate successes with staff
- Communicate improvements with patients
- Use data as evidence that change is improvement!





#### Polling Question...

As a result of your participation in this Pediatric Learning Network, how confident do you feel about being able to keep your patients with asthma out of the ED?

- Very confident
- Somewhat confident
- No change
- Less confident
- Not at all confident





## Open Discussion

#### **Please share Action Steps Taken:**

- Engaging Patients/Families in Conversation Related to Their/Child's Care
- Planning/Testing an Asthma Support Group
- Creation/maintenance of a Asthma Registry
- Assessment of Patient/Caregiver Activation
- Assessment of Health Literacy
- Use of Teach Back Method
- Use of e-Tools (patient portals)
- Partnering with your community



# Thank you for your hard work to transform and improve person and family engagement for children with asthma and their families!

Contact information: Ruth Gubernick 856-477-2177 gubernrs@hln.com





# Technical Support Available from PCPPC SAN and Partners

PCPCC SAN website and PFE Resource Center

https://www.pcpcc.org/tcpi

Pediatric Asthma and PFE

https://www.pcpcc.org/tcpi/learning

#### Contact

 Liza Greenberg, Program Director liza@pcpcc.net

