

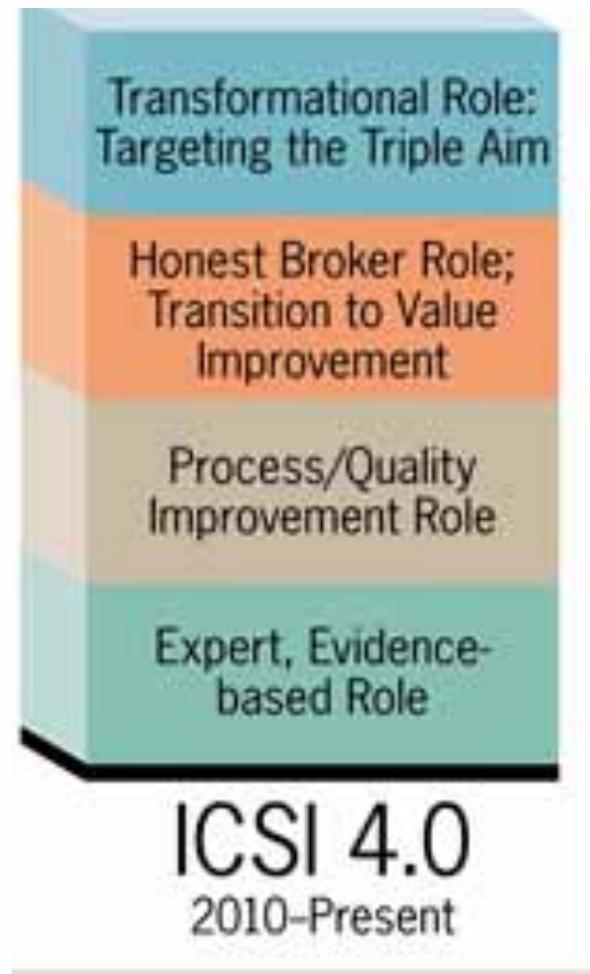
ICSI Presentation to the  
MINNESOTA LEGISLATURE  
February 6, 2014

*Howard Epstein, MD, FHM  
Chief Health Systems Officer, ICSI*

*Craig Acomb  
Chief Operating Officer, ICSI*

# ICSI - Change Agent for “The Triple Aim”

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# A Better State of Health Through the Triple Aim\*

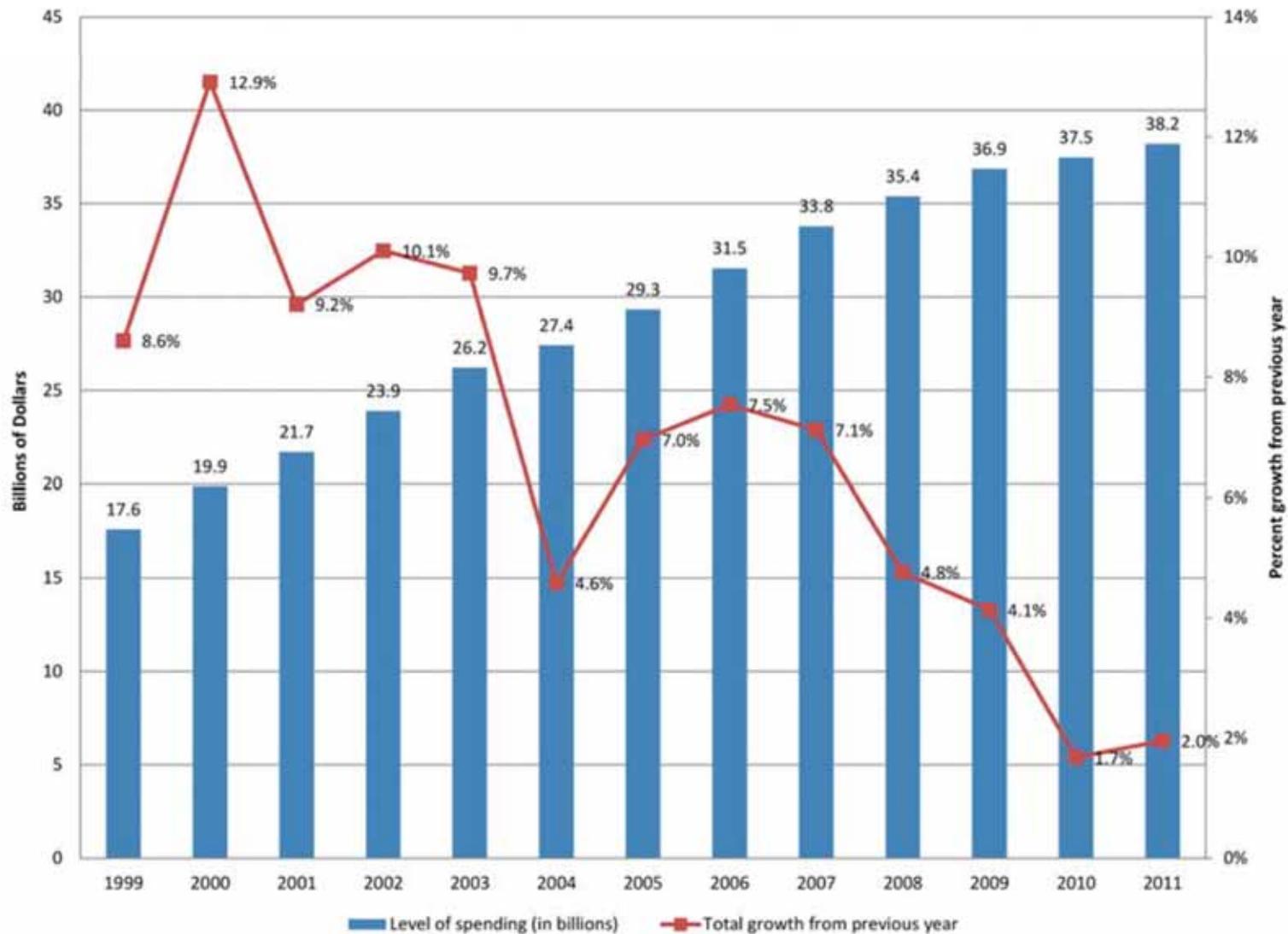
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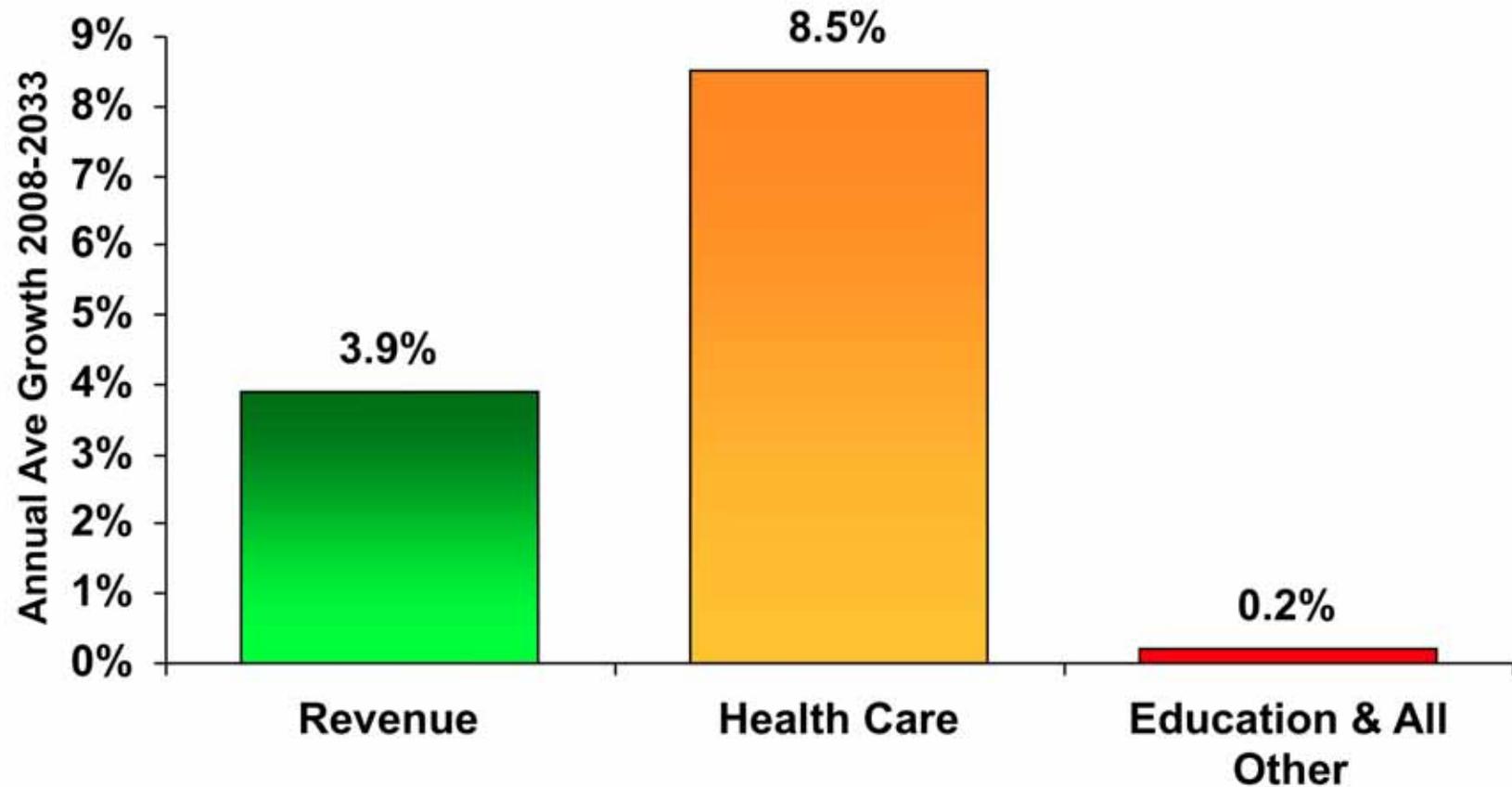
The Institute for Healthcare Improvement (IHI) believes that new designs can and must be developed to simultaneously accomplish three critical objectives, or what we call the “Triple Aim”:

- Improve the health of the population;
- Enhance the patient experience of care (including quality, access, and reliability); and
- Reduce, or at least control, the per capita cost of care.

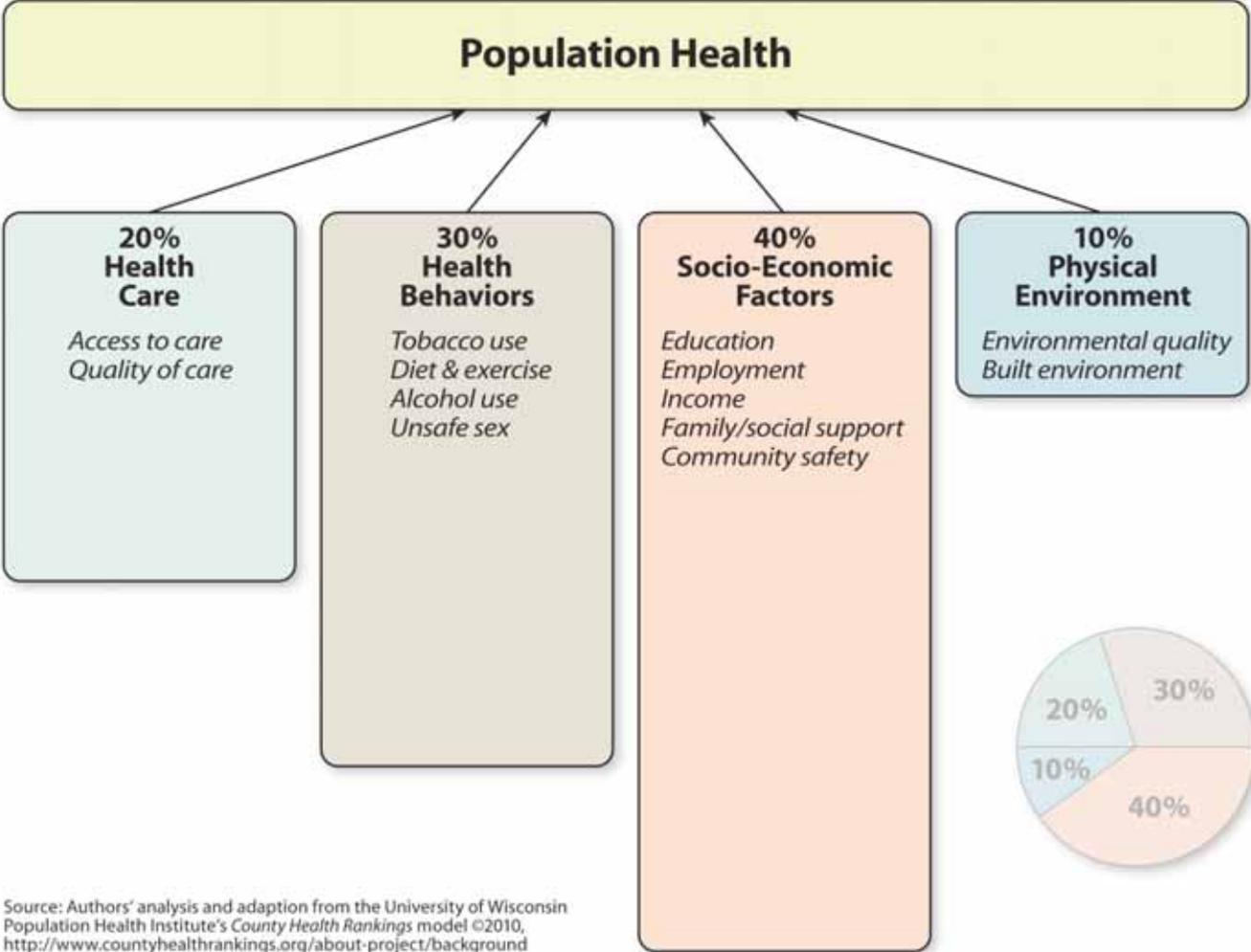
## Trends in Minnesota Health Care Spending and Rate of Growth



## Conclusion from 2008: If State Health Care Costs Continue Their Current Trend, State Spending On Other Services Can't Grow



# Social Determinants of Health



<https://www.icsi.org/asset/hkt4a4/Accountable-Health-Communities-White-Paper.pdf>

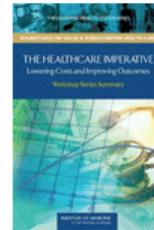
# Population Health Management: The Continuum of Care and Health Expenditures

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## Continuum of care



Jackie Mazoway. MANAGED CARE, February 2010, © MediMedia USA

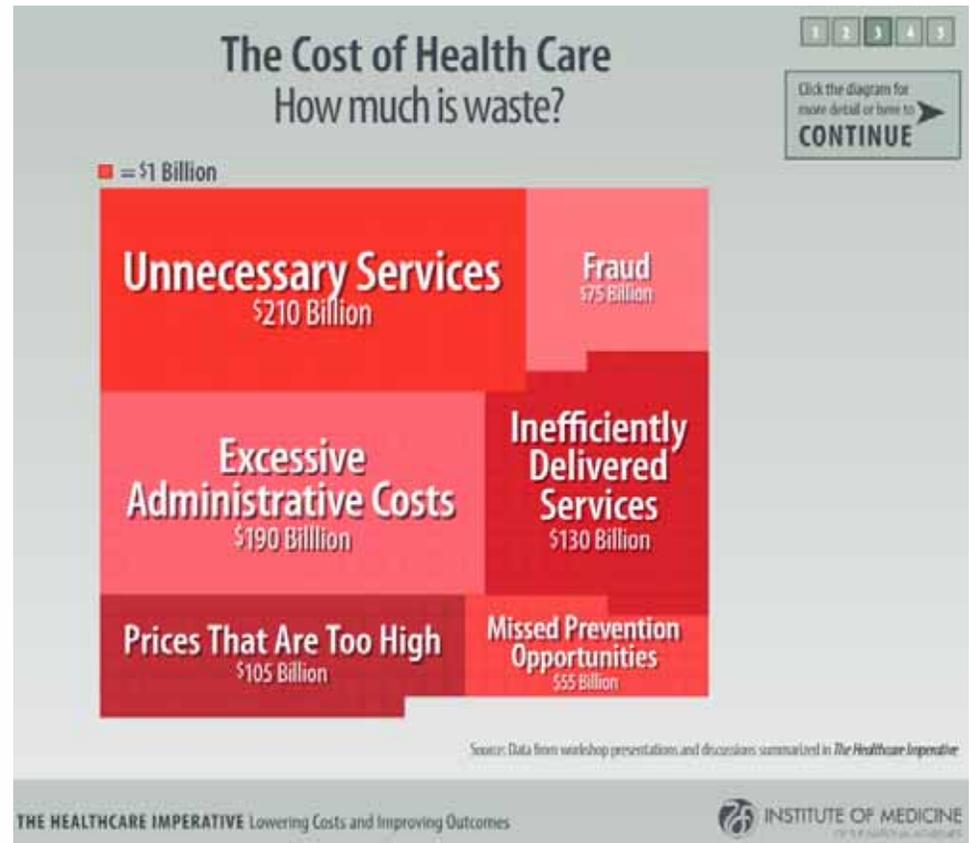


**The Healthcare Imperative: Lowering Costs and Improving Outcomes – Workshop Series Summary**

Released: February 24, 2011

A 2011 Institute of Medicine report estimated 30% of healthcare spending is non-value added

[www.IOM.edu/vsrt](http://www.IOM.edu/vsrt)

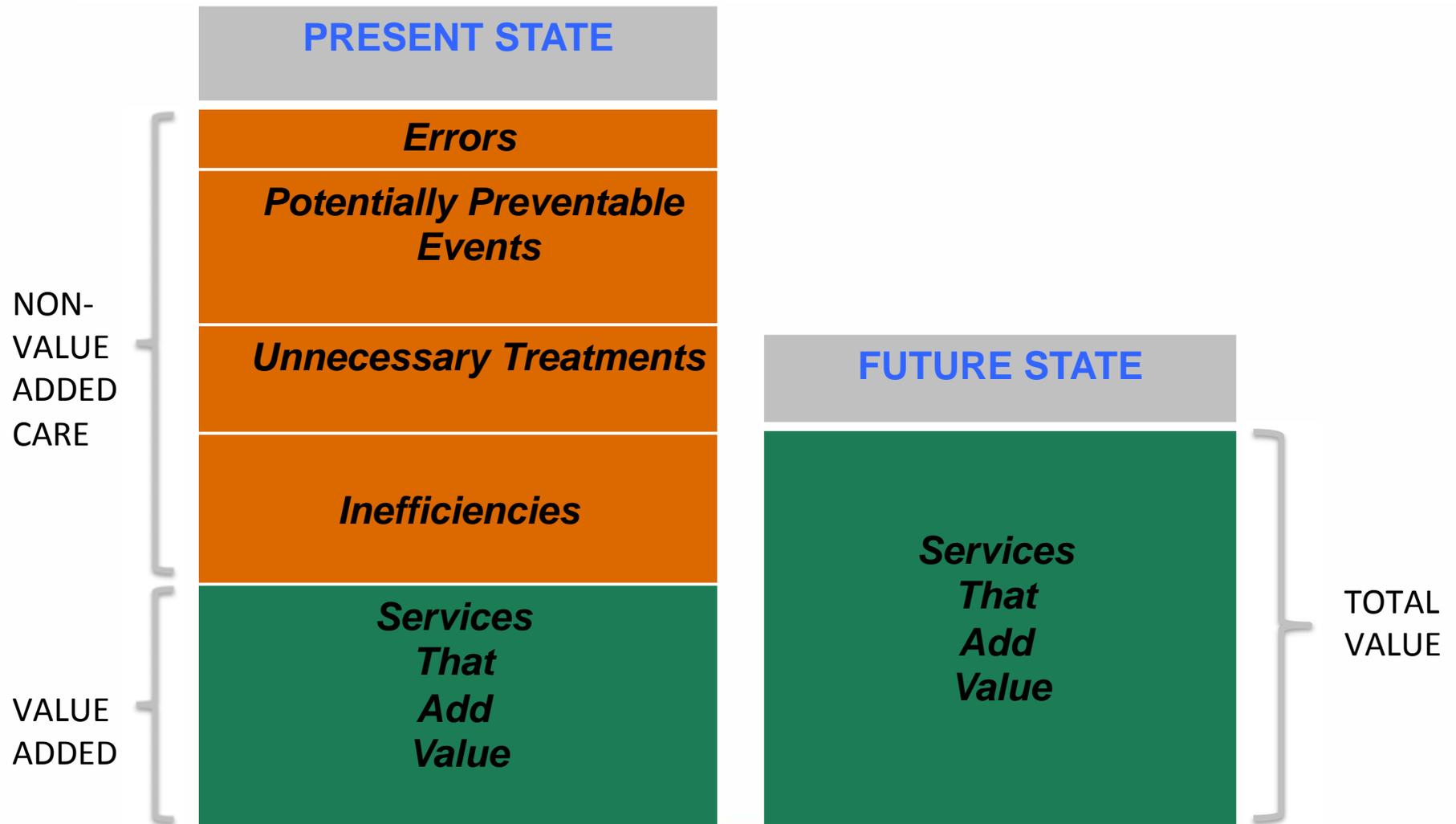


# Focus on “Appropriate Use”

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# Focus on Reducing Non-value Added Care



# HTDI: HIGH-TECH DIAGNOSTIC IMAGING INITIATIVE

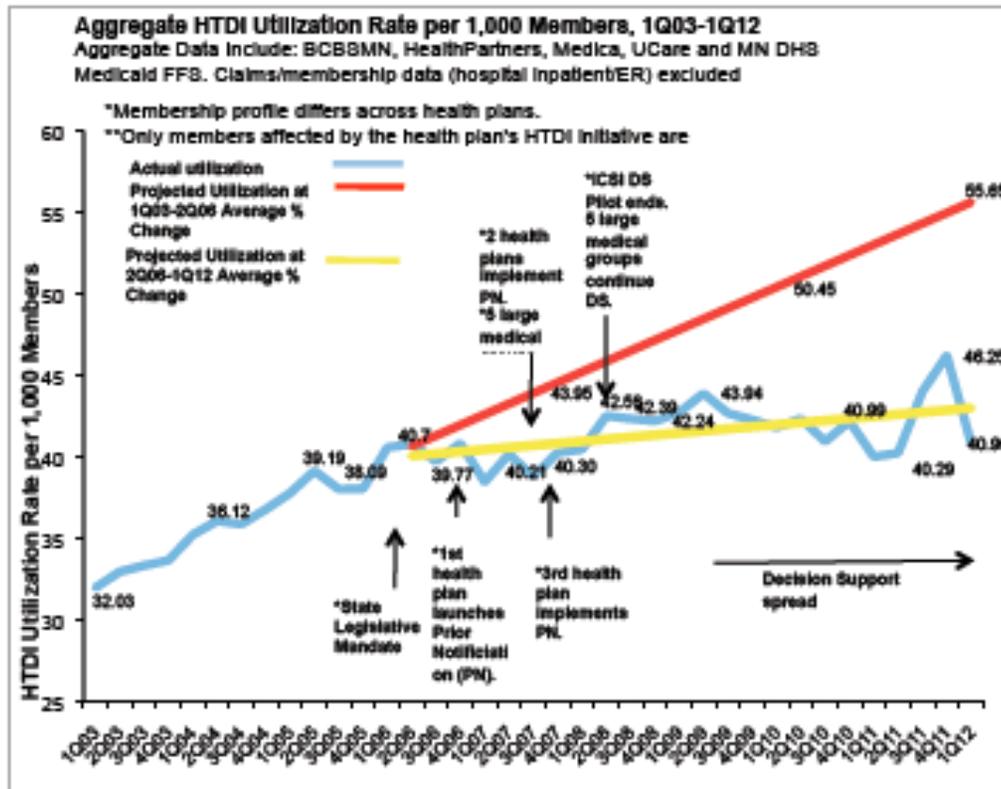


Chart 1. Trend line prior to/after introduction of prior notification and ICSI decision-support approach for ordering HTDI scans (not required to use RBM prior notification).

## Key outcomes:

- 10% increase adherence to appropriateness criteria
- 1% total growth HTDI (2007-1Q12 vs. 7% annual trend)
- Est. savings MN since 2000 = \$210M, approx. \$150M attributable to HTDI
- 96 MN cancer cases prevented from excess radiation
- Decreased administrative costs, inefficiencies

# Preventable Services: Readmissions

## ACHIEVING THE TRIPLE AIM

The challenges of a fragmented care delivery system require a statewide, concerted effort to achieve the Triple Aim of improving population health, the experience of care, and the affordability of care.



**4,000 avoidable hospital readmissions**



**16,000 nights sleep in their own beds**



**Tens of millions of dollars saved**

## RARE Campaign: 6,211 Readmissions Prevented to Date



Each person represents 250 prevented readmissions, and 1,000 more nights of sleep in their own beds for Minnesotans

[www.RAREreadmissions.org](http://www.RAREreadmissions.org)



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# Choosing Wisely®

*An initiative of the ABIM Foundation*

National organizations representing medical specialists, as well as Consumer Reports, are working with the ABIM Foundation to help physicians, patients and other health care stakeholders think and talk about overuse of health care resources in the United States.

*Choosing Wisely®* aims to promote conversations between physicians and patients by helping patients choose care that is:

- Supported by evidence
- Not duplicative of other tests or procedures already received
- Free from harm
- Truly necessary

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## High Value Care

ConsumerReportsHealth

ACP  
AMERICAN COLLEGE OF PHYSICIANS  
INTERNAL MEDICINE | PIONEER BY ABIM®

Annals of Internal Medicine

### Imaging tests for lower-back pain

Why you probably don't need them.

**B**ack pain can be excruciating. So it seems that getting an X-ray, CT scan, or MRI to find the cause would be a good idea. But that's usually not the case, at least at first. Here's why.

#### They don't help you get better faster.

Most people with lower-back pain feel better in about a month—whether they get an imaging test or not. In fact, those tests can lead to additional procedures that complicate recovery. For example, a study that looked at 1,800 people with back pain found that those who had imaging tests soon after reporting the problem fared no better and sometimes did worse than people who took the usual treatment steps, such as applying heat, staying active, and taking an over-the-counter pain reliever. Another study found that back-pain sufferers who had an MRI in the first month were eight times more likely to have surgery, and had a more than five-fold increase in medical expenses—but didn't recover faster.

#### They can pose risks.

X-rays and CT scans expose you to radiation, which can increase cancer risk. One study projected 1,200 new cancers based on the 2.2



million CT scans of the lower back performed in the U.S. in 2007. While back X-rays deliver less radiation, they're still 75 times stronger than a chest X-ray. That's especially worrisome to men and women of childbearing age, because X-rays and CT scans of the lower back can expose testicles and ovaries to radiation. And the tests often reveal spinal abnormalities that could be completely unrelated to the pain. For example, one study found that 90 percent of older people who reported no back pain still had spinal abnormalities that showed up on MRIs. Those

# Thank you

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Additional Resources:

[www.icsi.org](http://www.icsi.org)

[https://www.icsi.org/health\\_initiatives/health\\_care\\_affordability/](https://www.icsi.org/health_initiatives/health_care_affordability/)  
*(Video courtesy of Twin Cities Public Television (tpt), The Bush Foundation, and ICSI)*

<http://consumerhealthchoices.org/choosing-wisely-minnesota/>

Email: [hepstein@icsi.org](mailto:hepstein@icsi.org)

Email: [cacomb@icsi.org](mailto:cacomb@icsi.org)

## Questions?

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The ICSI logo is located in the bottom left corner of the slide. It consists of the letters "ICSI" in a bold, green, sans-serif font. The background of the slide features a decorative blue and white wavy pattern at the bottom.