

Minnesota Senior Health Options Performance Improvement Project: Calcium & Vitamin D Supplementation

Project Overview

March/April 2007



Agenda

- PIP overview
- Identify benefits of Ca/VitD
- Describe key strategies for osteoporosis prevention & management
- Identify issues/concerns with Ca or VitD supplementation
- Describe the 2007 MSHO Ca/VitD PIP
- Q&A

Performance Improvement Projects (PIP's)

- DHS Requirement
 - New PIP each year
 - Proposal submitted to DHS 9/1/2006 - Approved 9/15/06
 - Designed to achieve significant improvement, sustained overtime
- PIP Collaborative History
- Collaborative Partners
 - BluePlus, First Plan, HealthPartners, Medica, Metropolitan Health Plan, and UCare Minnesota
 - Stratis Health, Minnesota's Quality Improvement Organization

Topic Selection: Ca/VitD Supplementation

- Topic Selection Process
- Rationale
 - Utilization and cost
 - ↓ spinal fractures w/ Ca supplements
 - bone loss prevention
 - Elders at high risk for fractures
 - inadequate dietary intake
 - 20% of elders who suffer a hip fracture die w/in 1 year
- Baseline
 - 5% of members w/ Ca/VitD Rx

Barriers

- Potential knowledge deficit of Seniors regarding vital role of Ca/VitD
- Salience and primacy of osteoporosis/bone loss prevention
- Clinical nutritional assessment
- Cultural beliefs and language barriers
- Complexity of pharmaceutical data
- Fiscal prudence

Project Purpose

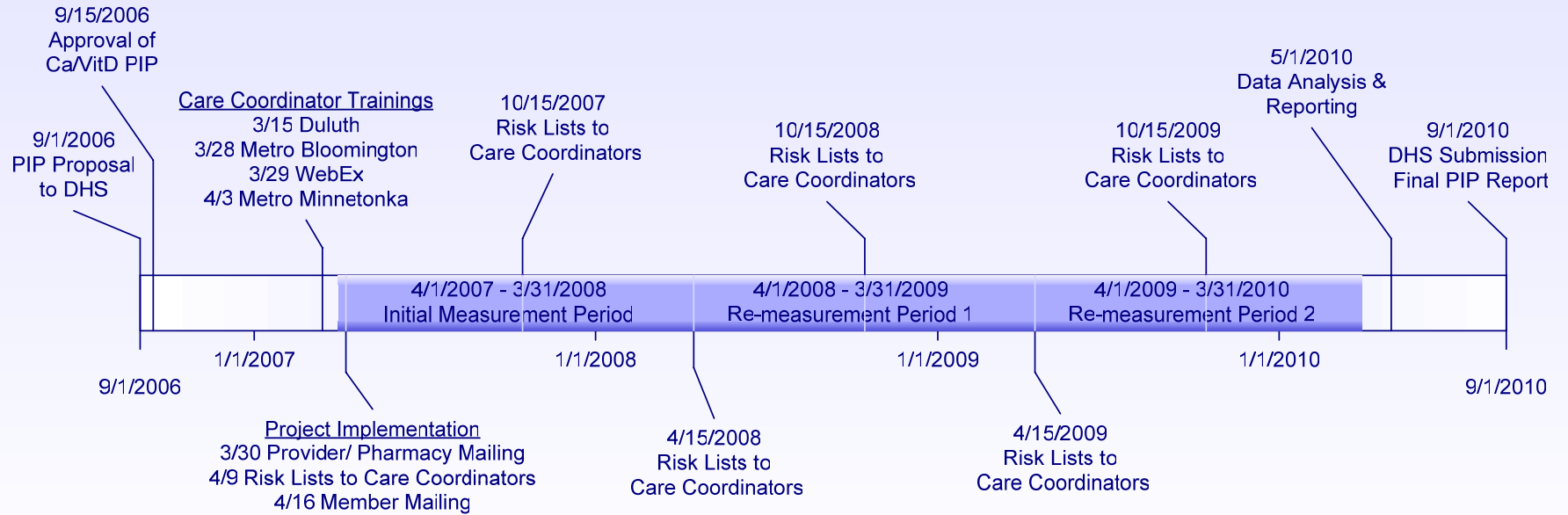
- To increase the rate of Ca/VitD supplementation in the MSHO/MSC community based population.
- Educating member on health benefits of Ca/VitD supplements.
- Educate members on accessing pharmacy benefit for Ca/VitD supplements.
- Provide Pharmacists/PCP information on prescribing to members and target dosing.

Study Population

- All MSHO/MSC community members
- Excludes members whose living arrangement status changes from community to institutional during the measurement cycle
- Enrolled 8 of 12 months for each measurement cycle

Ca/VitD PIP Timeline

9/1/2006-9/1/2010



Welcome

Pamela Van Zyl York,
MPH, PhD, RD, LN

Minnesota Department
of Health

Interventions

- **Pharmacy** mailing to include the project purpose, literature and guidelines to support target dose supplementation
- **Primary Care Provider** mailing to include the project purpose, literature and guidelines to encourage target dosing of Ca/VitD.
- **Direct mail to members** providing information on the benefits of taking adequate Ca/VitD and access information on this pharmacy benefit.
- **MSHO Care Coordinators** will receive training on the project purpose, literature and guidelines to encourage and support members as needed.

Health Plan Expectations

- Pharmacy outreach
- Physician outreach
- Member mailings
- Provide Member lists to CC's every 6 months
- Provide project support to CC's and regular updates on the progress of the project
- Determine need for additional CC training throughout project life cycle

Care Coordinator Expectations

- *Participation* in on-going quality improvement initiatives
- *Review member list* to assist in focused discussion with members
- As a part of regularly scheduled visits assist members in:
 - determine understanding and compliance with taking Ca/VitD supplements
 - understanding the importance of osteoporosis prevention
 - accessing their pharmacy benefit for Ca/VitD supplements
 - supply new postcards as needed to assist in member education and for members to take to their pharmacist or primary care provider
- *Monitor* for continued compliance
- *Document* education provided in the members Care Plan

Care Coordinator Expectations

Important dates

2007

- 3/30 Physician/Pharmacy mailing
- Week of 4/9 Member lists will be sent County/Care systems
- 4/16 Member Mailing
- 10/15/2007 Member list sent to County/Care systems

2008

- 3/31 Measurement 1 ends – did we meet our 5% improvement?
- Start the cycle over again for 2 more measure periods

If we meet all project goals, PIP will retire 3/31/2010

Member Risk List

Care Clinic Name	Member Last Name	Member First Name	Member#	DOB	Compliant (Yes/No)	# Ca Fills	# Ca/VitD Fills	Care Coordinator
Dakota Co	Anderson	John	xxxxxxxxx	1/1/1932	N			
Dakota Co	Brown	Ann	xxxxxxxxx	4/17/1928	N			
Dakota Co	Chandler	Judy	xxxxxxxxx	10/26/1936	N			
Dakota Co	Clooney	George	xxxxxxxxx	8/5/1929	Y			
Dakota Co	Erhart	Amelia	xxxxxxxxx	9/15/1931	N			
Dakota Co	Ford	Henry	xxxxxxxxx	3/6/1917	N			
Dakota Co	Lincoln	Abraham	xxxxxxxxx	11/22/1933	N			
Dakota Co	MacGiver	John	xxxxxxxxx	7/4/1927	N			
Dakota Co	Washingto	George	xxxxxxxxx	5/18/1930	N			

*** List will include ALL MSHO community members – compliant or not

Member mailing

Most older people need to take extra calcium and vitamin D because they don't get enough from the food they eat. Calcium and vitamin D are both needed for good bone health. Your body needs vitamin D to allow calcium to get into your bones.

How can I have good bone health?

Take calcium and vitamin D

Calcium and vitamin D are both needed for strong bones. Your body needs vitamin D to allow calcium to get into your bones to help to prevent and treat osteoporosis.

Be active

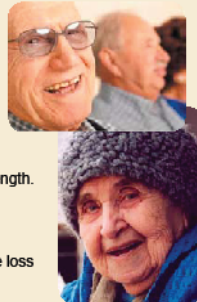
Being active improves bone health and increases muscle strength, coordination, and balance. Talk to your doctor about what is best for you.

Don't smoke

Smoking is bad for your bones. Smoking can lead to lower bone strength. Smokers may not be able to get as much benefit from calcium in the food they eat.

Talk to your doctor or pharmacist

Your doctor or pharmacist can help you learn about your risk for bone loss and help you make choices that are right for you.



If you are a Minnesota Senior Health Options member.

Tear off this card and take to your doctor or pharmacist...

...to see if calcium and vitamin D supplements are right for you.

Here are some questions you can ask:

- Am I at risk for osteoporosis?
- How much calcium and vitamin D should I take?
- Do any of my current medications put me at more risk for having osteoporosis?
- Would any of the medicine I take not work well with a calcium and vitamin D supplement?

**Get your
calcium and
vitamin D at
NO COST!**

Did you know?

Doctors suggest 1200 mg of calcium and 400 to 800 IU of vitamin D every day for men and women ages 51 and older.

Your doctor or pharmacist can write a prescription so that you can get your calcium and vitamin D at no cost if you are an Minnesota Senior Health Options member. If you have questions, call Customer Service XXX-XXX-XXXX.

Return Service Requested
Health Plan
Address
City, MN 56948

Postage Paid
etc. Indicia

This information is available in other forms to people with disabilities by calling XXX-XXX-XXXX (voice) or XXX-XXX-XXXX (TTY).

Jane Doe
4958 Birch Street
Minneapolis, MN 54837

Did you know...

...that calcium & vitamin D are needed for strong healthy bones?



Read inside to see how you may be able to get calcium & vitamin D supplements at no cost.

Questions

A list of questions and answers from all training sessions will be sent to all Care Coordinators.

PIP Health Plan Representatives

<p>Blue Plus Tracy Gernentz, Healthcare Improvement Project Manager</p> <p>Phone: 651-662-0763 Email: Tracy_L_Gernentz@bluecrossmn.com</p>	<p>First Plan of Minnesota Alyssa Meller, Public Programs Manager</p> <p>Phone: 218-279-8364 Email: Alyssa_Meller@bluecrossmn.com</p>	<p>HealthPartners Cindi Lord, Public Programs Health Coordinator</p> <p>Phone: 952-883-6163 Email: cindi.j.lord@healthpartners.com</p>
<p>Medica Gina Kiser, Senior Quality Program Analyst</p> <p>Phone: 952-992-2548 Email: Gina.Kiser@medica.com</p>	<p>Metropolitan Health Plan Monica Simmer, Senior Quality Improvement Specialist</p> <p>Phone: 612-596-9943 Email: Monica.Simmer@co.hennepin.mn.us</p>	<p>Ucare Minnesota Kim Guettler, Performance Improvement Project Manager</p> <p>Phone: 612-676-3282 Email: kguettler@ucare.org calciumplused@ucare.org</p>