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Value-based Care Chronicle: Guide to Improving Performance

May 2024

Welcome to Your Monthly Guide to Elevating Performance in VBC Contracts!

In the dynamic landscape of healthcare, the pursuit of quality care is crucial. This newsletter is designed to be your trusted companion on this journey, offering valuable insights, strategies, and updates to empower you to enhance quality measure performance within value-based contracts.

Whether you're a healthcare professional, administrator, or industry stakeholder, our goal is to provide you with actionable information that propels your organization towards improved quality outcomes.

For Providers

At CHESS, we're always looking for ways to improve our services and provide the best possible support to our Value Partners. That's why we value your feedback and insights.

We've put together a quick survey to gather your thoughts on the **Pharmacy Notes** that are most helpful in providing better care for your patients.

It should only take a few minutes to complete, and your responses will remain anonymous. Thank you in advance for taking the time to share your thoughts with us.

[CHESS Pharmacist Work & Notes Feedback](#)

Smoking Cessation



As trusted healthcare professionals, providers play a crucial role in helping patients quit smoking. Tobacco users often cite a doctor's advice to quit as an important motivator for attempting to stop smoking. The USPSTF recommends all clinicians ask adults about tobacco use, advise them to stop using tobacco, and provide tobacco cessation interventions to patients.

CMS has included **Preventive Care and Screening: Tobacco Use: Screening and Cessation Intervention** as a quality measure in MSSP and traditional Medicare programs.

This process-based measure contains 3 performance rates to help evaluate where gaps in care exist:

1. Patients who were screened for tobacco use.
2. Patients who were identified as tobacco users AND who received tobacco cessation intervention* (used for CMS MSSP reporting).
3. Patients who were screened for tobacco use AND patients who received tobacco cessation intervention*.

* An intervention includes brief counseling (3 minutes or less) and/or pharmacotherapy.

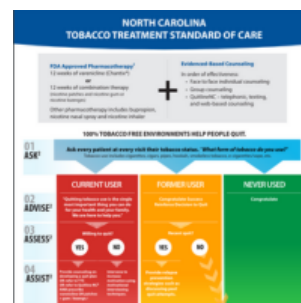
Best Practices to Improve Tobacco Use: Screening & Cessation Intervention

- Tobacco use screening must occur during measurement period.
- Screening can be completed during telehealth encounter.
- Use most recent screening for quality reporting.
- Tobacco screening and cessation intervention can occur on different encounters.
- Tobacco cessation intervention can be performed by another healthcare provider.
- Document patient declination when cessation intervention is offered but deferred.
- If tobacco use status of patient is unknown, the patient does not meet the required screening component.

**CLOSING THE QUALITY GAP:
TOBACCO USE SCREENING &
CESSATION INTERVENTION**



**NORTH CAROLINA TOBACCO
TREATMENT STANDARD OF CARE**



Tobacco Use: Screening and Cessation Intervention is a quality measure in MSSP and traditional Medicare programs.

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Providing tobacco dependence treatment is quick and easy when using the evidence-based 5As counseling method.

[Read More](#)



Quitline NC

- Quit coaching by phone, text, or online chat
- Free nicotine patches, gum, or lozenges if eligible
- **Free** for North Carolina residents of all ages

Falls

1 in 4 adults aged 65 and older fall each year.



Falls can lead to serious injuries, such as hip fractures and head trauma, as noted in current data trends.

Many falls are preventable with proper screening and interventions



Falls are a leading cause of injury and hospitalization among older adults. Identifying at-risk patients and applying preventative measures is key to enhancing the safety and well-being of an aging population. By implementing simple strategies, we can significantly reduce the incidence of falls and improve patient outcomes

Fall Screening	Medication Review	Evaluate & Refer
Screen all patients aged 65 and older for falls risk annually using a validated tool (e.g., STEADI).	Review medications and minimize the use of drugs that increase falls risk.	<ul style="list-style-type: none"> • Evaluate gait, strength, and balance. Refer to physical or occupational therapy as needed. • Refer to community exercise programs to improve strength and balance.

Identified a Traditional Medicare patient who is at risk? Refer them to Home Health Services. We recommend the SafeStrides program at Centerwell.



[View Video](#)

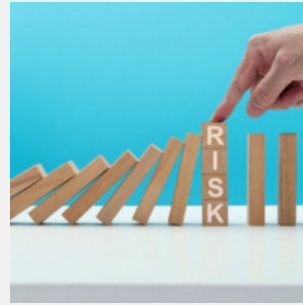
CLOSING THE QUALITY GAP: FALLS SCREENING



Family physicians play a pivotal role in falls screening and recommending preventive strategies for at-risk patients.

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PREVENT FALLS WITH THESE TIPS



Falls prevention is crucial for older adults to maintain safety and overall well-being.

[Read More](#)

keep your independence



Balance issues may increase your risk of falling.
Talk with your doctor today!

Every year, 5 million older Americans are treated in emergency departments for fall injuries. It's more important than ever to talk to your doctor about balance issues that might increase your risk of falling. Learn what you can do to maintain your independence and live your best life.

Scan Here



Some tips for reducing your fall risk:

1. Make an appointment with your health care provider
2. Regularly review your medications with your doctor or pharmacist
3. If needed, use assistive devices such as a cane or walker
3. Get your hearing and vision checked annually
4. Keep your home clear of any trip hazards
5. Ask your doctor about fall risks and the importance of grab bars, rails, and good lighting

Scan the QR Code to learn more about improving balance

Open the Camera app and hold your phone so that the QR code appears in the viewfinder. Your phone should recognize the QR code and give you a notification. Tap the notification to open the link.

[Download Flyer](#)

Patient Education Pointer of the Month

[Empowering Patients through Education](#)

Patient education is a powerful and valuable tool for healthcare professionals. By prioritizing patient education, we can deliver more effective and patient-centered care. Here's why it is so valuable:

1. **Empowerment:** Educated patients are empowered to take an active role in managing their health.
2. **Improved Communication:** When patients understand their condition and treatment plan, they can ask questions and provide valuable feedback,

leading to better care.

3. **Better Health Outcomes:** Studies show that well-informed patients have better health outcomes. They are more likely to adhere to treatment plans, experience fewer complications, and have shorter hospital stays.
4. **Patient Satisfaction:** Educated patients tend to be more satisfied with their care.
5. **Reduced Healthcare Costs:** When patients understand how to manage their condition effectively, they are less likely to require expensive interventions or hospitalizations.
- 6.

Want to learn more about the power of patient education? Check out this [Move to Value Podcast episode](#) with Shannon Parrish on Patient Education Strategies.

Check back next month, where we will discuss the value of zone tools in educating and preparing patients to self-manage.

Additional Resources

- [Understanding the Fundamentals of Accountable Care Organizations](#)
- [Transforming the Healthcare Experience: Rebecca & Tina's Story](#)
- [Navigating Value-based Care through Real Time Intelligence](#)

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