

St. Luke's University Health Network
PATHWAYS to WELLNESS

**Delivery System Reform Incentive
Payment Program (DSRIP)**





OUR OBJECTIVE :

*To reduce the overall cost of care,
improve quality of care and
improve quality of life for those
who have been diagnosed with
both Diabetes and Hypertension*

Steps for Success :
Coventry Family Practice
Partnership

This large and long-established practice houses SLW's Family Medicine Residency Program

- ✓ Six teaching physicians
- ✓ Psychologist
- ✓ Part-time dietitian
- ✓ 18 medical residents



Coventry Family Practice



Pathway to Wellness



Challenging Demographics

Low Income Population:

Data gathered during the Hospitals Community Needs Assessment showed :

- Larger than normal underinsured/uninsured population
- Large percentage of disease states that are connected to lifestyle choices including diet and nutrition, smoking, alcohol and drugs.

SLW Payer Mix

- Medicare 56%
- Self-pay /charity 8.6%
- SLW Commercial payer percent 24.6%

Primary Care Practitioner Shortage:

- RWJ Foundation rated Warren County 15 of 21 NJ counties for clinical care. With higher number correlating with less access.
- Warren County has 1 PCP per 939 patients.(NJ has 1 PCP for every 808 residents and US has 1 PCP for every 631 patients)



The Town of Phillipsburg has a much higher poverty rate than found in Warren County or NJ



- 16.3% of all Phillipsburg residents were living below the poverty level, this compares to 8.8% in NJ
- 32% fall under ALICE (Asset Limited Income Constrained, Employed) – ***Alice households earn more than the official US Poverty Level but less than the basic cost of living.*** Based on the Household Survival Budget (see below), it takes \$58,039 for a family of two adults, an infant and a toddler to afford the basics – more than double the U.S. poverty rate of \$23,050. The Household Survival Budget for a single adult is \$26,089, compared to the U.S. poverty rate of \$11,170.
- Phillipsburg has the lowest Median Household income in the region. The surrounding counties are much more affluent
- Warren County residents' educational attainment is low; over half the service area residents are high school dropouts.

Nutritional Support Plan

Our Patient Center Medical Home includes the services of a Registered Dietitian in order to make a significant impact on our patients' overall health outcomes.

- The Registered Dietitian is an integral part of the team that provides patient-centered care to individuals through the medical home.
- Medical Nutrition Therapy (MNT) provided by the Registered Dietitian (RDs)/Registered Dietitian Nutritionist (RDN) is the plan of care that focuses on the nutrition assessment, diagnosis, treatment plan, evaluation and continued monitoring of the patient.
- MNT has been shown effective in wellness, disease prevention and disease management. MNT improves the quality of life for individuals with Diabetes and Hypertension and can reduce hospitalization, prescription drug use, and “sick” visits with the physician.
- Through use of evidenced based nutrition practice guidelines, the value of MNT has been proven when RDs provide this service. According the Academy of Nutrition and Dietetics, benefits were specifically found in treatment of overweight/obesity, diabetes and blood pressure control.

Nutritional Support Plan

The Registered Dietician works in conjunction with the Clinical Navigator to coordinate services and meet patient needs.

By offering this education/service, in conjunction with the other services/screenings provided, our patients are able to make more informed choices related to meal planning. They have the opportunity to have questions answered, and receive feedback related to their progress/adherence of the plan. Modifications are made based on recommendations from the RD during each patient encounter.



We incorporate MNT provided by a Registered Dietitian in the patient centered home, as well as in the hospital, in the following ways:

- Provide MNT to individuals and/or groups
- Develop wellness programs and provide lectures on specific nutrition topics
- Provide patient education materials to meet specific needs of population served
- Monitor and track patient data including weight, body mass index (BMI) and pertinent lab values for positive nutrition/medical outcomes
- Interact with patients over the phone or internet, offering online consulting and educational services as an alternative to face-to-face meetings
- Document in the Electronic Health Record so information of encounters is readily available to all health care members for coordination of care
- Participate in office group visits

Patient Group Visit Plan

Staff who will conduct visits:

Clinical Navigator
Nurse Manager-CFP
Registered Nurse-CFP

On a rotating basis:

Attending Physician-CFP
Resident-CFP
Registered Dietician
Psychologist-CFP
Cardiologist
Endocrinology
Dentist
Ophthalmologist
Podiatrist
Emergency Medicine
Staff member from the Health and
Wellness Center

Frequency of Visits:

- Group Visits will initially be on a monthly basis
- Advance to twice a month
- Each session will be one hour

St. Luke's Community Wellness Programs

Pathways to Wellness

A new program to assist community members who have Diabetes AND Hypertension



■ **OPEN TO** enrollees of New Jersey Medicaid, Horizon NJ Health, United Health Care Community Plan, or St. Luke's Warren Hospital Financial Assistance Program

■ **PROGRAM INCLUDES** team appointments with a physician, diabetes educator, nutritionist, social worker and behavioral health specialist. Referrals to community support programs and assistance with supplies are included.

**For more information,
please call 908-387-6321**

Sponsored by:
New Jersey Department of Health Delivery System
Incentive Payment (DSRIP) Program
St. Luke's Warren Physician Group, P.C.
Coventry Family Practice

St Luke's
WARREN CAMPUS

908-387-6321 • 25 Lombard
St. Lukes Warren Campus • Philadelphia, PA 19106

PATHWAYS to WELLNESS

COME JOIN a new program
to assist community members who have
DIABETES and HYPERTENSION

Our Latest Presentation

May 13, 2015 from 3-4 pm

■ **TOPIC: TALK TO YOUR DOCTOR**—
Come prepared to practice with real doctors!

Where

Coventry Family Practice
St. Luke's Hillcrest Plaza
755 Memorial Parkway ~ Suite 300
Phillipsburg, NJ 08865

Light refreshments will be served.

Our Pathways to Wellness programs includes team appointments with a physician, diabetes educator, nutritionist, social worker and behavioral health specialist.
Referrals to community support programs and assistance with supplies are included.

RSVP to Gina Perini
at 908-869-6700, x6321
by May 4, 2015.

SPONSORED BY:
New Jersey Department of Health Delivery System
Incentive Payment (DSRP) Program
St. Luke's Women Physicians Group, P.C.
Coventry Family Practice

FREE!!

St Luke's
WARREN CAMPUS

908-869-6777 | SLUHN.org
185 Roseberry Street
Phillipsburg, NJ 08865

You are invited!!

Expected Patient Outcomes:

- Decreased ER Visits
- Better Self Care Skills
- Medication Management

- Decreased inpatient visits
- Ensure Prescriptions have been filled
- Assist the patient if there are any challenges in obtaining them

Evaluation of our Current Process

- We need to better identify and capture all of the population with our criteria
- Reaching this population is difficult

Pathway to Resolution



- The Clinical Navigator will spend 5 days a week at Coventry and identify on a **Daily Basis** all patients who meet the criteria
- The Clinical navigator will add **Alerts** to all of these patients charts
- **Education** has taken place for all Coventry Family Practice Patients to Identify a Potential patient
- **Not one** patient who has an office visit should fall through the cracks. ***NO PATIENT left behind***
- In conjunction with AstraZeneca, there will be ongoing education and **Free** Farxiga and XigduoXR for self-pay patients
- Every Point of Patient Contact will have a **STOP** reminder to assess potential patients

STOP



DSRIP

***Schedule patient for an appointment with NE & RD.
Monday-Wednesday ••• 8:30-12:30***