

## Hawai'i Health Partners News

March 2015

### Choosing Wisely

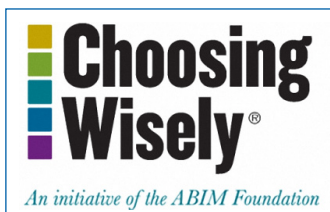
#### **Reducing unnecessary care and health care costs**

Hawai'i Health Partners is working toward the goal of providing the best possible care for patients in the most cost-efficient way. One way to achieve this is by reducing unnecessary tests and procedures ordered for patients.

According to a study by the National Academy of Sciences, 30 percent of the health care spending in the United States is wasteful or unnecessary and may not improve people's health. The Choosing Wisely® campaign was designed to address the issue of overuse of medical resources and encourage physicians and patients to engage in meaningful conversations about treatment options.

#### **The Choosing Wisely campaign**

Choosing Wisely is an initiative of the ABIM Foundation, established by the American Board of Internal Medicine, to help providers and patients engage in conversations about the overuse of tests and procedures and support efforts to help patients make smart and effective care choices.

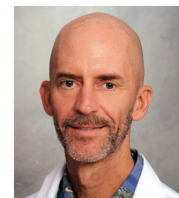


More than 60 medical and subspecialty societies have joined the campaign since its inception in 2012. These participating organizations have created lists of "Things Providers and Patients Should Question," which include evidence-based recommendations that should be discussed to help make wise decisions about the most appropriate care based on a patients' individual situation.

#### **Choosing Wisely alerts in Epic**

In April 2014, Hawai'i Pacific Health set in motion a plan to implement a robust set of Epic integrated alerts in regard to commonly prescribed tests, procedures, labs and medications that can be avoided in both the inpatient and outpatient settings, which can improve patient safety and lower patient costs. The alerts have been designed to be minimally intrusive and are equipped with links to references for health care providers.

"It's bringing information that's being disseminated by these medical societies to physicians in real time," says **Dr. Mark Baker**, a HHP member and emergency services physician at Pali Momi Medical Center.



Baker is the physician champion for the Choosing Wisely initiative and the Epic integration of informational alerts.

"It's a great way for physicians to keep up-to-date on information related to the Choosing Wisely recommendations from their specialty societies and it also encourages physicians to engage in conversations and discussions with their patients about tests and procedures that shouldn't be done or may be a waste of money," says Baker.

Physicians who attempt to order a test or treatment that is part of the program will be alerted to provide more information before they can proceed. Each alert contains links to citations provided by the specialty society that issued the recommendation. Through Epic, physicians can also access consumer-friendly materials that explain why a particular test or procedure may not be appropriate.

Physicians can "override" the alert if they believe their proposed intervention is still appropriate after reviewing the information by indicating the reason in the system.

The first alert to reduce unnecessary transfusions was deployed in December 2014. To date, 15 percent of the alerts triggered have resulted in a cancellation of the order.

The rollout of the remaining Choosing Wisely alerts is planned in phases. This month, 37 new alerts were implemented. The next set of alerts is expected to be implemented in April.

### **March CME: Medication Adherence**

#### **What is Medication Adherence and How to Help Your Patients Become More Adherent**

**Joy Matsuyama, PharmD,**

Director of Pharmacy, Straub Clinic & Hospital

**Friday, March 20, 2015 • 12:30 - 1:30 p.m.**

**Straub Clinic & Hospital, Doctor's Dining Room**  
(lunch provided)



## Choosing Wisely alerts go live in March

*Here are examples of some of the 37 alerts that went live in March:*

### **Imaging for low back pain**

Don't order imaging for low back pain within the first six weeks, unless red flags are present.

### **Bone scan prostate**

Don't perform PET, CT, and radionuclide bone scans in the staging of early prostate cancer at low risk for metastasis.

### **PAP smear if under 21**

Don't perform Pap smears on women younger than 21 or who have had a hysterectomy for non-cancer disease.

### **PPI for infants**

Don't treat GI reflux in infants routinely with acid suppression therapy.

### **Imaging for PE when risk is low**

Inpatients with low probability of DVT obtain a D-dimer as the initial test.

### **Brain imaging for syncope**

Don't obtain brain CT or MRI for simple syncope with normal neurological exam.

### **Annual stress testing after coronary revascularization**

Don't order annual stress imaging or advanced noninvasive imaging as routine follow-up if asymptomatic.

### **Daily CBC**

Don't perform repetitive CBC and chemistry testing in the face of clinical and lab stability.

### **CT for acute sinusitis**

Don't order sinus CT or indiscriminately prescribe antibiotics for uncomplicated acute sinusitis.

### **Brain imaging for uncomplicated headache**

Don't order imaging for uncomplicated headache.

### **Steroids for infants with lower respiratory infection**

Don't use corticosteroids in children under 2 with an uncomplicated lower respiratory tract infection.

### **Continuous pulse ox peds**

Don't use continuous pulse oximetry in children with acute respiratory illness unless they are on supplemental oxygen.

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## Nominations for Board of Managers positions due April 3

HHP is currently seeking nominations for three Board of Managers positions that will be open for fiscal year 2016.

The HHP operating agreement stipulates that the Board of Managers have 10 elected Physician Managers, which consists of six primary care physicians and four specialist physicians, with at least one physician from the medical staff of each of Hawai'i Pacific Health's four hospitals.

There are three positions that are up for election, two primary care physicians (one of whom is from the Wilcox Memorial Hospital medical staff) and one specialist. HHP is seeking nominations for at least two primary care

physicians and one specialist physician. Of those nominated, at least one must be a member of the Wilcox medical staff.

Current board members are eligible to serve again. Self-nominations are also welcome. See the list of current board members and their terms. [link to list]

Members can submit nominations by email to [anne.tolo@hawaiihealthpartners.org](mailto:anne.tolo@hawaiihealthpartners.org) or fax to 808-522-4717. The deadline to submit nominations is **April 3, 2015**.

## HHP welcomes new members

Hawai'i Health Partners would like to welcome the following individuals who were recently appointed by the HHP Board of Managers as new members to the organization:

- **Matthew Phillips, PA-C,**  
Physician Assistant, Wilcox Memorial Hospital
- **Maria Ver, MD,**  
General Surgery, Straub Clinic & Hospital
- **Gregory Yim, MD,**  
Pediatrics / Pediatric Neurology, Windward Pediatrics, Inc.