In a recent pilot, Gentiva Home Health collaborated with a hospital to significantly reduce the re-admission rates of Heart Failure patients. The patients activated in the pilot had a primary or secondary diagnosis of Heart Failure. The tables below outline the average disposition of patients (N=45) at time of hospital discharge and a sample of the co-morbid conditions present in the pilot population.

### Co-Morbidities
- HTN
- COPD
- Pulmonary Fibrosis
- MVR
- Pulmonary HTN
- Cardiomyopathy
- DM
- ESRD
- Bradycardia
- Tachycardia
- A-Fib

### Average Disposition at Hospital Discharge

<table>
<thead>
<tr>
<th>Measure</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Avg. # of Meds at Hosp DC</td>
<td>16.2</td>
</tr>
<tr>
<td>Avg. SPPB at Hosp DC</td>
<td>4.64/12</td>
</tr>
<tr>
<td><em>Short Physical Performance Battery</em></td>
<td></td>
</tr>
<tr>
<td>Avg. MOCA at Hosp DC</td>
<td>18.75/30</td>
</tr>
<tr>
<td><em>Montreal Cognitive Assessment</em></td>
<td></td>
</tr>
</tbody>
</table>
Hospital Pilot Results

30 Day Medicare Re-admission Rate, HF

- Pre-Pilot, Risk Adjusted: 28.70%
- Pilot, Non-Risk Adjusted: 13.30%

% Re-Admit

0.00% 5.00% 10.00% 15.00% 20.00% 25.00% 30.00%
Hospital Pilot Results

Short Physical Performance Battery

Gait Speed m/sec

Initial
DC

5.4
7.4

0.68
0.84
Keys to Success - Integration

- Collaborative Effort – Cross Continuum
- PT referral on ALL patients
- Strong PT leadership at hospital and HHA
- Acute Care PT’s and HH PT’s assessing same measures
- Evidence-based: SPPB, MOCA, 2MWT
- Outcomes relevant to Triple Aim
- Innovative: departure from status quo process
- Performance Improvement meetings – PT’s present
- Collaborative, Interdisciplinary Root-Cause Analysis
Home Health Physical Therapy Outcomes

<table>
<thead>
<tr>
<th>OASIS C Measure</th>
<th>National Averages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Improvement in Ambulation</td>
<td>59%</td>
</tr>
<tr>
<td>Improvement in Transfers</td>
<td>55%</td>
</tr>
<tr>
<td>Improvement in Bathing</td>
<td>66%</td>
</tr>
</tbody>
</table>

- Up to four disciplines may complete OASIS functional mobility data

- “….. there are some operational definitions within the OASIS instrument that differ from conventional physical therapy training and experience.” – Talbot, J.S., PT, MS and Kornetti, PT, MA, “Achieving OASIS-C Accuracy: Functional Scoring” www.homehealthsection.org
HealthCare Reform – Affordable Care Act (ACA)

- **Hospital Readmission Reduction Program**
  - 30 day Readmit Rate
  - Heart Failure
  - Pneumonia
  - Acute MI
  - All Cause
  - Readmission
  - Hospital Compare
  - Penalties 1%, 2%, 3%

- **Innovation Center**
  - CCTP
  - ACO’s
  - IAH
  - Innovation Advisors
  - Bundled Payments
  - HCIC

- **Hospital Value Based Purchasing**
  - Volume to Value Redistribution Plan

**Domains:**
- Patient Experience (fy13)
- Clinical Process (fy13)
- Outcomes – Mortality (fy14)
- Efficiency – MSPB (fy15)
Questions to consider before returning to work on Monday

What Physical Therapy specific outcomes are we driving in Home Health?
What outcomes are we connecting to the Triple Aim?
How are we isolating our post-acute/home health PT outcomes from “Rehab”?
Who is shaping your organizations Health Care Reform strategy?
Is a Physical Therapy leader at the table?
What initiative(s) may you take on in demonstrating the value of PT in the new health care system?
Can we do more to connect our interventions to reductions in readmission rates, admission rates, and ED visits?
Are we translating our outcomes into a language policy makers and Non-PT clinicians understand?
Recommendations

“Being quiet is not our style” – Be bold in securing a seat at the table in your organization and community. Physical Therapists must shape Physical Therapy’s future.

Leadership – Take a leadership position or lead from your clinical role – We are trained to be leaders and problem solvers

Connect your outcomes to the Triple Aim

Collaborate with Physical Therapists in other segments of the continuum to drive PT innovation – Acute Care, SNF’s, IRF’s, Home Health, Outpatient

Examine new clinical and payment models – where is Physical Therapy?

No better time to demonstrate our value than right now!!
Resources/Links/Recommended Reading

http://www.innovations.cms.gov/
https://www.qualitynet.org/


Duncan, Pamela W, “34th Mary Mcmillan Lecture: One Grip a Little Stronger”, PHYS THER. 2003; 83:1014-1022


Conversation and Questions
THANK YOU!

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