

Faculty Disclosure

A Community Approach to Women's Health



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Jodi B. Stack has no financial relationships to disclose relating to the subject matter of this presentation.



Learning Objectives

1. Identify strategies for creating an infrastructure of community support for Women's Health
2. Implement enhanced psychosocial and pregnancy intention screenings for women in both Primary Care and Women's Health Clinics
3. Create a network of support for women to promote individual and family wellness



Brattleboro Memorial Hospital



Brattleboro Memorial Hospital



- 61 bed community hospital located in Brattleboro, VT
 - Serves a rural population of approximately 60,000 people in twenty-two towns in Vermont, New Hampshire, and Massachusetts
 - Rapid expansion of BMH Medical Group
- Emergency Services
 - Surgical Services
 - Oncology Care
 - Inpatient
 - Birthing Center
 - Community Health Team



BMH Medical Group

- 12 Medical Group Practices
 - 7 primary care
 - 5 specialty
 - Share one EMR-Cerner
 - Care for the greater Windham County area in VT
- 55 Clinicians
- 88,000 visits in CY2017
- Total panel of 13,000 patients
- 10 RN Care Coordinators
- Support by Community Health Team



Vermont



VT Blueprint for Health



VT Blueprint for Health

State-led initiative transforming the way primary care and comprehensive health services are delivered and paid for.
Key components:

- **Administrative Entity:**
 - Coordinates efforts throughout entire Health Service Area (HSA), Grant Funding for Project Management, Quality Improvement, and Self Management Programs
- **Patient Centered Medical Homes (PCMH):**
 - Foundation of the Blueprint, supported by Per Member Per Month (PMPM) payments from insurers
- **Community Health Teams (CHT):**
 - Interdisciplinary teams that support PCMH's. Funding is based on the number of patients served by the PCMH's in the HSA.



Brattleboro Health Service Area

- **Administrative Entity:** Brattleboro Memorial Hospital
- **Population:**
 - Windham County population of 43,386
 - Blueprint attributed lives: 23,653
 - Nine PCMH's (7 BMH)
- **CHT:**
 - Centrally located,
 - Interdisciplinary team
 - Care Coordinators, Social Workers, Registered Dieticians, Diabetes Educators, Self Management Coordinator



Blueprint Initiatives

- Patient Centered Medical Home
- Community Health Teams
- Accountable Communities for Health
- Hub and Spoke
- Support and Services at Home
- Self-Management and Healthy Living Workshops
- **Women's Health Initiative**



Women's Health Initiative

Healthier Women, Children, and Families



Women's Health Initiative



Background

- In Vermont, 50% of all pregnancies are unintended
- Unintended pregnancies = increased risk, including:
 - Poor health outcomes for mothers and babies
 - Long-term negative consequences for health and well-being of children, including adverse childhood experiences (ACEs)
- Counseling and health interventions for women who intend to become pregnant can help lower risks, such as through smoking cessation counseling and treatment for alcohol and substance misuse
- Healthy Vermonters 2020 goal for pregnancy intention is 65%



Program Overview

The Women's Health Initiative (WHI) helps ensure that women's health providers, primary care practices, and community partners have the resources they need to help women be well, avoid unintended pregnancies, and build thriving families



Program Overview

- In Vermont, many women receive majority of their health care at OB-GYN and women's health clinics
- Women also access family planning and contraception through Patient Centered Medical Homes
- In both of these settings, WHI allows for:
 - Increase comprehensive family planning counseling
 - Provide timely access to long-acting reversible contraception (LARC)
 - Enhance psychosocial screening



Program Overview

- Practice Support
 - Project Management/QI Facilitation
 - Learning Collaboratives
- Three forms of payment (two additional payments for PCMHs):
 - Women's Health and Patient Centered Medical Homes**
 - WHI Capacity Payment – one time initial funding to help practices cover the costs of initially implementing the program including stocking LARC
 - WHI Practice Per Person Per Month - an ongoing payment to support enhanced care and screening
 - Women's Health Practice Only**
 - CHT Staff- WHI supports 1 FTE Social Worker per every 1200 attributed beneficiary for brief intervention and referral.



WHI Strategies

Psychosocial Screening and Brief Intervention in WHI Women's Health and PCMH Clinics

- Depression
- Current intimate partner violence and adverse childhood experience
- Substance use
- Access to primary care/patient centered medical home (PCMH)
- Food insecurity
- Housing stability



WHI Strategies

Family Planning

- Efficacy-based, comprehensive family planning counseling in WHI Women's Health and PCMH practices and Community Organizations
- Onsite availability of the full spectrum of LARC
- Same-day insertion of LARC for women who choose LARC as their birth control method

Enhance System of Care and Support

- WHI Women's Health and PCMH Practices work to see clients of community based organizations within 1 week of referral
- PCMHs to accept patients who are identified without a primary care
- Community based organizations provide timely access to services such as mental health and substance use counseling, domestic and sexual violence support, housing and food



Practices and Communities

The initiative is dependent on participation of both women's health practices and community organizations

- Practice
 - medical practices work to implement psychosocial screening, offer same day access to LARC, strengthen referral networks, and see clients within one week who are referred from community organizations for family planning.
- Community
 - Local organizations who serve women with a particular focus on organizations who work with underserved populations (for example, medical practices, parent child centers, mental health providers, home health providers, etc.) work to building skills and referral pathways for family planning, psychosocial wellbeing, and primary care.



Enhanced Screenings for Women

- Comprehensive family planning counseling and services:
 - "One key question" screening
 - Timely access to LARC and other forms of contraception
 - Pre-conception counseling and services for women intending to become pregnant within a year such as tobacco cessation, mental health counseling, and treatment for substance abuse/use
- Enhanced health and psychosocial screening assesses:
 - Mental health, substance abuse, and current or past trauma
 - Partner violence
 - Access to food and housing
- Dedicated CHT social workers for women who screen positive for one or more risk factors and further connections to community services and treatment



Payment

- Payments to women's health providers
- Payment tied to implementing screening and referrals
- Medicaid payments only to start, but other insurers/payers invited to join
- Use a 24-month lookback period for the claims-based attribution
- De-duplicated by WHI practices with patients attributed to the practice that has provided the majority of services during the 24 month look back, with attribution going toward the most recent provider if there is the same number of visits to two or more providers



Statewide Implementation

- Nineteen Women's Health Clinics in VT signed on immediately
- Statewide Learning Collaborative
 - Goals: Establish the necessary workflows, processes, and supports for participants to implement models for screening, brief intervention, and treatment; referrals, and comprehensive family planning
 - Providing expert faculty, skilled facilitators, and a comprehensive curriculum
 - Creating a statewide "Learning Community" that includes peer-to-peer learning
 - Administrative training and facilitation support addressing billing and coding, scheduling, clinical efficiency or workflow, and establishing clear referral pathways
 - In session learning sessions, webinars



Local Implementation

- Brattleboro HSA:
 - Brattleboro OBGYN (BMH Medical Group) engagement delayed due to new EHR
 - Team formed and engagement in Learning Collaborative prior to go-live
 - Social Worker hired
 - Met every two weeks (now monthly), utilized PDSA model
 - Brattleboro OBGYN (BOG)
 - Vermont Department of Health
 - Community Health Team



Enhanced Psychosocial Screening

- Population: All Pregnant Women (later added postpartum and well visits)
- Created BOG-specific screening tool
- Workflow
 - RN Care Coordinator screens all women
 - Utilizes EHR and instant messaging to refer to SW
 - Warm handoffs
 - Data tracking by Social Worker



Psychosocial Screening Tool

One Key Question®

Would you like to become pregnant in the next year?	YES	I'm okay with/never	NO	I don't know
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Substance Use Assessment

1. Do you use any tobacco products? YES NO

Alcohol: One drink = 12 oz. beer, 5 oz. wine, 1.5 oz. liquor (one shot)

1. How many times in the past year have you had 4 (women)/ 5 (men) or more drinks in one day?

2. How often in the past year have you used medical marijuana/cannabis?

3. In the past year, have you used prescription drugs for non-medical reasons?

4. In the past year, have you used other drugs? (such as heroin, inhalants, cocaine, etc)



Psychosocial Screening tool

Violence

1. Over the last few weeks, has worry, anxiety, depression, or sadness made it difficult for you to do your work, get along with people, or take care of things at home? YES NO

1. Do you ever feel unsafe in your home? YES NO

2. Are you scared that your partner or someone else might try to hurt you or your child? YES NO

Food Security

Please let us know if either of these statements is true for you or your family.

1. Within the last 12 months we worried whether our food would run out before we got money to buy more. TRUE FALSE

2. Within the last 12 months the food we bought just did not last and we did not have the money to get more. TRUE FALSE

Housing Stability

Please let us know if either of these statements is true for you or your family.

1. In the past 12 months, have you been homeless, missed rent or mortgage payments, or worried about where you would live? YES NO

2. During the next 12 month, do you anticipate any problems related to where you will live? YES NO

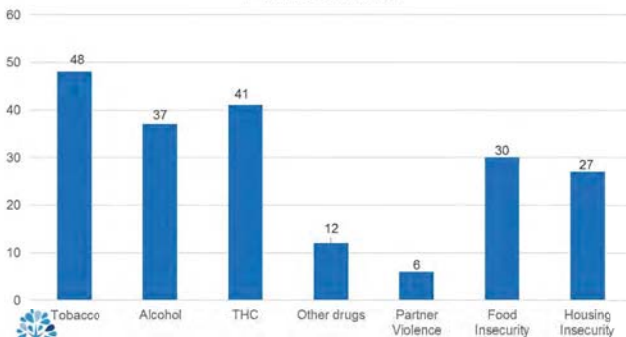
Any urgent issues you would like to discuss today? YES NO



Pre/Post Partum screens

- 9/2017-8/2018
- 430 screens
- 128 referrals to Social Worker

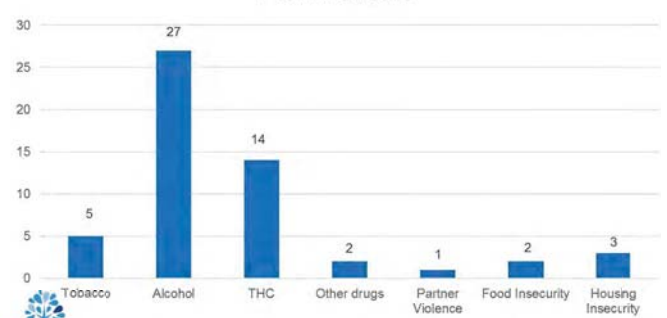
Positive Screens



Annual Well visit screens

- 11/2017-8/2018
- 98 Screens
- 13 Referrals to Social Worker

Positive Screens



Pregnancy Intention Screening

- Engagement of community partners
 - Housing
 - Medication Assisted Treatment (Spoke)
 - Children's Integrated Services
 - BMH Primary Care and Pediatrics
- "One Key Question"
- Referral to BOG for family planning or contraception, including LARC



Pregnancy intention screening

"one key question"

FAMILY PLANNING REFERRAL FORM

DO YOU PLAN TO HAVE ANY (MORE) CHILDREN AT ANY TIME IN YOUR FUTURE?
WOULD YOU LIKE TO BECOME PREGNANT IN THE NEXT YEAR?

If YES or "I'm not sure" = Consider talking to your provider about health recommendations before you are pregnant.
If NO or "I don't know" = Consider talking to your provider about family planning and birth control options (see below).

HOW WELL DOES BIRTH CONTROL WORK?

Rating	Method	Effectiveness	Notes
★★★★	The Implant	99.9%	Really, really well
★★★★	Injectable IUD	99.8%	Really, really well
★★★★	Non-hormonal IUD	99.8%	Really, really well
★★★★	Vasectomy	99.8%	Really, really well
★★★★	The Pill	99.7%	Pretty well
★★★★	The Patch	99.7%	Pretty well
★★★★	The Ring	99.7%	Pretty well
★★★★	The Shot	99.7%	Pretty well
★★★	Withdrawal	98%	Not as well
★★★	Fertility Awareness	98%	Not as well
★★★	Intercourse	98%	Not as well
★★★	Coitus	98%	Not as well

What is your chance of getting pregnant?

For each of these methods to work, you do not need to know if you are pregnant (see below).

Don't get pregnant until you're ready for it!

27% of women who become pregnant in the next year are not using any method.

Brattleboro Memorial Hospital logo

Same Day Insertion Referrals

- Partners:
 - Groundworks
 - Children's Integrated Services
 - Primary Care (informal)
- Nov 2017-June =14
- Barriers:
 - Time
 - Lack of standard tracking form
 - Process *already* efficient in Brattleboro HSA



Birthing Center



BMH Birthing Center

- ~325 Births per year
- Recent remodel
- Highly trained Physicians, Certified Nurse Midwives, and Registered Nurses
- Doula Program
- Birthing Tubs
- Pharmaceutical and Alternative options for pain
- Classes for entire family
- New moms group

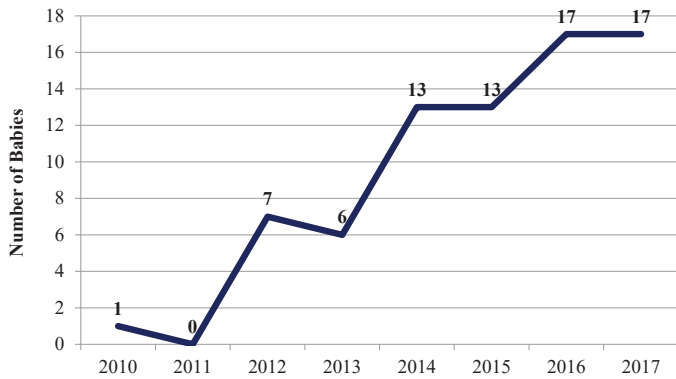


Recent Changes

- Increases in families with complex social issues
- Increase in babies born with Neonatal Abstinence Syndrome
- Department of Children and Families (DCF) involvement



Babies with Neonatal Abstinence Syndrome



Response

- Utilize community Infrastructure
 - Maternal Child Health Coalition
 - Perinatal Wellness Initiative
 - Substance Use, Recovery, & Perinatal Health (SURPH) Coalition
- Early outreach
 - Connection with services via WHI/SURPH
 - Initial meeting/tour of Birthing Center prior to birth
- Cuddler Program
 - Trained volunteers cuddle and sooth medically stable babies
 - Program allows Nursing staff to focus on more complex tasks
- Education for staff and patients



Next Steps

Next Steps



Focus on Women's Health

- Enhancing BMH Women's Health service line
- Utilization of Care Coordination tools for families at risk
- Consider sharing staff across continuum of care
- Marketing efforts
- Ongoing competency training (low volume/high risk)



Healthier Women, Children, and Families

How is this work replicated?

- Enhanced Screening in Primary Care (including Women's Health Clinics)
- Fee for service
 - https://www.integration.samhsa.gov/sbirt/reimbursement_for_sbirt.pdf
- Shared care plans via EMR
- Invest in community relationships
- Set metrics, collect data and track success
- SBIRT now SBINS- expanding the WHI model to primary care and the ED with embedded LICSW and screenings
- Administrative and clinical support



A few good...WOMEN

Amy Ripley, LICSW



Jessica Bird, BSN, RN



**Thank You!
Any Questions?**