RCHC/RCCO

Sharing Promising Practices: Sonoma Valley BMI Screening and Follow-Up

Categories: ☒ Clinical Practice ☐Operations ☐Compliance ☐ Finance

Aim:

Improve preventative care and screening of body mass index (BMI) and follow-up. Sonoma Valley has seen an increase from 47% in 2014 to 75% in 2015 (determined via UDS data).

Measure Definition:

Percentage of patients aged 18 and older who had documentation of a calculated BMI during the most recent visit or within the six months prior to that visit and, if the most recent BMI was outside parameters, a follow-up plan was documented
– Age 18–64 years BMI ≥ 18.5 and < 25
– Age 65 years and older BMI ≥ 23 and < 30

Promising Practice Overview:

Sonoma Valley increased BMI Screening and Follow-Up rates from 47% in 2014 to 75% in 2015 (UDS data) by implementing the following changes:

- Revised all Clinical Care Guidelines for DM, HTN, Comprehensive Health Assessment, and Chronic Pain to include BMI documentation and review
- Implemented improved Next Gen workflows that allowed for documentation, flagging, counseling, goal setting, referral, and educational materials
- Annual Meetings to discuss BMI and other UDS results with all staff
- Refocused CQI Committee to work on individual measures not currently within targets

Measures:

- Annually documented BMI for patients ages 18 and older
- Utilized standard clinical care guidelines for BMI
- Incorporated BMI workflow reinforcement into meetings

Pre-existing infrastructure:

- **EHR**
  - NextGen EMR
    - Fully integrated and remapped system in 2014, this likely had an impact on the significant improvement seen from 2014 to 2015
- **Clinical Care Guidelines**
  - Guidelines for DM,HTN, Comprehensive Health Assessment, and Chronic Pain
- **Patient Care Teams**
  - Continuous Quality Improvement (CQI) Committee
  - Patient intake

Changes:

Sonoma Valley made the following changes to improve BMI Screening and Follow-Up:

- **EHR**
  - For patients over the recommended BMI, NextGen flagged patient account
  - Provider used the BMI plan module to document, counsel, and set BMI goals with the patient
    - Provider made a referral to the Registered Dietician (RD) if necessary
    - NextGen system made Health Wise Materials with dieting and exercise details available to the provider for distribution to the patient
  - Provider documented a follow-up appointment in three months specifically to focus on BMI issues
- **Clinical Care Guidelines**
  - Included BMI documentation and review in all Clinical Care Guidelines for DM, HTN, Comprehensive Health Assessment, and Chronic Pain to help address co-morbidities
- **Patient Care Teams**
  - Annual meeting for all staff that focused on UDS measure definitions and results and compared data to previous year
    - All measures and workflow changes were reviewed with all staff and providers
    - Annual "data book"—staff received a book with Partnership, RCHC, UDS, and State comparison data that discussed each measure
  - Refocused CQI Committee to specifically work on individual measures that are not meeting targets
  - Reinforced one or two workflows at monthly all staff meetings
    - Constantly monitored, reported, and shared measures with all staff through these meetings
  - Retrained staff to obtain BMI, height, and weight at every visit

- Annual UDS training

- **Provider Training**
  - Annual training for UDS
    - Four hours of training
    - Consisted of previous year metrics, goals, and processes for each measure

Conclusions:

- Sonoma Valley improved BMI Screening and Follow-Up from **11% in 2011 to 74% in 2015** (UDS data)
- Significant change in performance is likely due to improved clinical documentation in addition to items outlined in this document
- Care Managers implemented in June

Companion Documents:

- SVCHC Procedure BMI Documentation
  - http://bit.ly/2iQbxRc
- SVCHC Pediatric Comprehensive Health Assessment
  - http://bit.ly/2hRd7Az
- SVCHC Female Comprehensive Health Assessment
  - http://bit.ly/2hTshZq
- SVCHC Male Comprehensive Health Assessment
  - http://bit.ly/2iBGKtM