



# QUALITY LEADS

*Progress Notes from the CMO, Dr. Georgean deBlois*



October 2015

## In This Issue

[Cigna Amends Contract](#)  
[Help Prevent the Flu](#)  
[Doctors in the Community](#)  
[Ask the CMO](#)  
[New Clinical Staff](#)

## Quick Links

[Gaps in Care Q&A](#)  
[VCP Governance](#)

## Cigna Amends Contract

### Number of Quality Measures Reduced

October 1, 2015, begins the second year of VCP's Cigna Collaborative Accountable Care (CAC) contract. Based on feedback from VCP and other CAC members, Cigna has reduced the number of measures in their [Quality Rule Set](#) from 101 to 17. VCP's Board of Managers approved the amended contract at their September 19 Board Retreat.

In order to share in any potential savings, the network must succeed on at least 4 measures to achieve a Quality Multiplier of at least .20 ( $4/17 = .24$ ). Success on each additional measure increases amount of shared savings. If we achieve a quality multiplier of  $>.80$  (15 successful measures), 100% of the calculated shared savings will accrue to the network.

Each of the measures carry equal weight.

### Examples of what the Quality Rule Set measures:

1. Close gaps around preventive/screening measures such as: breast cancer screening, diabetic retinal exams, chlamydia screening, adolescent comprehensive well-care visits, 0-15 months at least 6 well-child visits. (See Gaps in Care Q&A in Quick Links above.)
2. Appropriate use of antibiotics (did not prescribe) for uncomplicated upper respiratory infection or acute bronchitis, pediatric pharyngitis without a Strep test.
3. Appropriate use of imaging: no imaging ordered for uncomplicated low back pain.
4. Appropriate medication management for major depression: Patient remained on 6 months of antidepressant medication after new episode of major depression.

5. Chronic disease management: Measures around diabetes and coronary artery disease.
6. Generic dispensing rate
7. Patient Experience

### How do we succeed on the measures?

Each measure is worth 1 point. To get that point, the network must achieve any one of the 4 below:

1. Have a measure success rate of >90%
2. 4% year-over-year improvement, i.e. move from 50% to 52% ( $50\% \times 1.04 = 52\%$ )
3. 4% better relative to the Richmond market, i.e. market is 45%, we are 47.5% ( $47.5\%/45\% = 1.05$  ...5% better)
4. 4% better than the CAC national average

Cigna provided VCP with a preliminary [Interim Quality Metric Report](#) through March 2015 to give us an idea of how the network is performing compared to designated benchmarks. Any measure highlighted in green is a success, based on one of the 4 pathways shown above. Beginning October 1, Cigna will collect on all 17 measures.

[Return to Top](#)

## Help Prevent the Flu!

### October 1 Begins Reporting Period

As of October 1, reporting of PQRS #110 begins for all specialties. Every patient over 6 months of age should be asked about flu immunization through March 31, 2016. Make sure to document using [Flu Coding Guidelines](#) based on different scenarios.



CDC reports that less than 50% of the US population gets immunized, and the cost of flu related illness and complications exceeds 10.4 billion dollars annually.

This year's vaccines are expected to be significantly more effective against anticipated strains than last year's vaccines. Click here for a [flu immunization flyer](#) to encourage your patients to get the flu shot.

[Return to Top](#)

## Doctors Making a Difference

Dr. Lillie Bennett and son Dr. Richard Bennett, local Richmond pediatricians and VCP network members, work with Reach Out and Read Virginia, to share books with their patients and their parents to develop a love a reading. Click on picture to read their story in the *Richmond Times Dispatch*.



[Return to Top](#)

## Ask the CMO

### What are network members asking about VCP?

Q: As a VCP physician, am I required to refer to providers and hospitals within the VCP network?

A: No. However, in-network referrals promote optimal exchange of data and coordination and continuity of care, essential components of success for our value-based contracts.

[Return to Top](#)

## Pharmacist Joins VCP

### Resource for Patients and Network Physicians

Pharmacists play an increasingly key role in care-coordination as they educate patients, review complicated medication regimens, and assist with optimizing brand-to-generic prescribing.

VCP welcomes Ditina Desai, RPh as a part-time pharmacist to assist our clinical staff in educating patients about their medications and work with network doctors to optimize medications for patients with chronic conditions.



**Ditina Desai, RPh**

Ditina is available to network physicians and staff to answer pharmacy questions. Please email [Ditina](#) or call 804-887-2144.

Ditina recently moved back to Richmond after a career practicing in the ambulatory care hospital setting, Medicare Part D and most recently, in Medication Therapy Management. She received her PharmD from the University of Maryland.

[Return to Top](#)

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