

PROVIDER Update



Health Net
Access™

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Interventions to Reduce Readmission within 30 Days of Discharge

Providers serving Health Net Access, Inc. members are encouraged to implement interventions to reduce readmissions. Performance rates for readmissions within 30 days of discharge must decrease to meet the Minimum Performance Standards (MPS) established by the Arizona Health Care Cost Containment System (AHCCCS). The performance metric is part of value-based purchasing contracts with hospitals.

READMISSION RATE TRENDS

Health Net Access rates for the “Plan All Cause Readmission” performance measure have demonstrated an increase over the last three quarters and have consistently shown a negative upward trend. AHCCCS’s established benchmark or MPS is 11 percent. Recent Health Net Access reported rates were as follows:

Date Reported	Rate
October 15, 2016	12.5%
December 15, 2016	13.2%
February 28, 2017	14.5%

Unplanned readmissions can be attributed to several factors, one of which has been identified by the Health Net Access Quality Management (QM) Department as increasing numbers of members who leave facilities against medical advice (AMA).

Individuals who leave facilities AMA – in general, those who are young, Caucasian and male, or have a history of intravenous or other drug use – are at risk of readmission. According to Mayo Clinic Proceedings, AMA discharges represent up to two percent of all inpatient discharges.¹

The Health Net Access QM Department reviews all reported AMA events on a routine basis and averages 30–40 reported AMA events quarterly. Members who leave care settings AMA tend to have repeat occurrences, be an average age of 44 and are most often identified as having some type of substance use problem.

REDUCING READMISSIONS

Studies have shown that only 50 percent of patients who are readmitted have had a physician visit within 30 days, and approximately one-third of patients who require work-up post discharge do not have the work performed.² Furthermore, a large number of patients who are readmitted within 30 days will die or be hospitalized again within one year. The highest rates of readmissions are seen among individuals with heart failure, psychoses, vascular disease, chronic obstructive pulmonary disease, and pneumonia.²

THIS UPDATE APPLIES TO
HEALTH NET ACCESS
(AHCCCS) PROVIDERS:

- Physicians
- Medical Groups/IPAs
- Hospitals
- Ancillary Providers

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