

## Antibiotic Stewardship: Using Performance Measures in Practice to Drive Change

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### **Objectives**

By the end of this session, you will be able to

- Describe the new HEDIS Antibiotic Utilization for Respiratory Conditions measure
- Describe how Intermountain implemented a system wide antibiotic stewardship program in the Urgent Care
- Describe how Intermountain used antibiotic prescribing metrics to motivate change



### **HEDIS®** Antibiotic Measures Set

Three measures assess avoidance of inappropriate antibiotic prescribing for key respiratory conditions



### **Domain** Effectiveness of Care

**Domain** Utilization



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### **Antibiotic Prescribing for Respiratory Conditions**

Variation in prescribing



Respiratory conditions account for over 30% of inappropriate antibiotic prescribing



Variation in prescribing may reflect diagnosis practices driven by factors outside of clinical relevance



Tracking condition-specific prescribing with prescribing across all respiratory conditions may provide important context for antibiotic stewardship



### **Antibiotic Utilization for Respiratory Conditions**

Measure Description

Percentage of episodes for members 3 months of age and older with a diagnosis of a respiratory condition that resulted in an antibiotic dispensing event **Product Lines** 

Medicaid, Commercial, Medicare

### **Data Source**

Domain

Utilization

Administrative claims

### **Required Benefit**

Medical and Pharmacy

Captures both appropriate <u>and</u> inappropriate prescribing





Spreading Best Practices in a Learning Health Network: Antibiotic Stewardship in the Urgent Care

Eddie Stenehjem, MD MSc Senior Medical Director, Medical Specialties Intermountain Healthcare

💟 @E\_Stenehjem



### Where, When, and How We Care for People



### **Background – Urgent Care**

Urgent Care (UC) is the fastest growing site of outpatient care delivery in the US with the number of encounters increasing by 50% or more over the past 5 years









### **Background – Urgent Care**

Visits to UC settings are more likely to result in an inappropriate antibiotic prescription than any other outpatient setting

Stewardship strategies targeting UC are needed Figure. Percentage of Visits for Antibiotic-Inappropriate Respiratory Diagnoses Leading to Antibiotic Prescriptions



Palms, et al. JAMA Intern Med. 2018 Sep 1; 178(9)





### Intermountain Urgent Care Network

39 urgent care clinics

- 32 InstaCare Clinics
- 6 KidsCare Clinics
- 1 ConnectCare

90% of Utah residents live within 10 minutes of Urgent Care

No formal antibiotic stewardship structure

>50% of outpatient antibiotics in Intermountain Healthcare originate in Urgent Care







### **Partnership – ESSENTIAL**



Infectious Diseases and Antibiotic Stewardship **Urgent Care** 

Healthcare Delivery Institute







### "Socialization" Phase

Clinic Flow Mapping Professional Conversations Strategies









### Field Interviews – 13 Clinicians, 14 Staff, 20 Patients

Knowledge, Attitudes, & Behaviors

No expectation of an RX; highly valued receiving education about symptom management

No data linking Aware of adverse events to inappropriate guidelines; patient prescribing, poor context affects metrics adherence Not enough time and patients do not understand Clinicians incentivized to prescribe an antibiotic



### **Poor Metrics?**

- Most are ICD10-code driven
- Doesn't compare how I prescribe to others
- Easily manipulated
- Doesn't account for where antibiotics are prescribed





### Is antibiotics prescribing associated with CODING?

High prescribers more likely to code a respiratory encounter as "sinusitis"

High prescribers also more likely to prescribe for sinusitis, pharyngitis, bronchitis



#### Coding Bias in Respiratory Tract Infections May Obscure Inappropriate Antibiotic Use

Kathryn A. Martinez, PhD, MPH<sup>1</sup>, Mark Rood, MD<sup>2</sup>, and Michael B. Rothberg, MD, MPH<sup>1</sup>

<sup>1</sup>Center for Value-Based Care Research, Cleveland Clinic, Cleveland, OH, USA; <sup>2</sup>Department of Family Medicine, Cleveland Clinic, Cleveland OH, USA.



J Gen Intern Med 34(6):806–8 DOI: 10.1007/s11606-018-4823-x © Society of General Internal Medicine 2019 for specific RTI diagnoses, by prescribing quartiles. Analyses were conducted in Stata 14.



### **Distribution of diagnoses**



### **Respiratory Prescribing Measure Development**

### **Diagnostic Classification**

- Reviewed top 1000 ICD10 codes in UC and classified into categories (collectively >97% of encounters)
  - 1. Skin and Skin Structure (Skin)
  - 2. Gastroenterology (GI)
  - 3. Genitourinary (GU)
  - 4. Respiratory (Resp)- includes inner ear, pharynx, upper/lower tract
  - 5. Other
- Additional 410 related codes added





### **Measure Development**

### **Antibiotic Appropriateness**

• Each ICD10 code further adjudicated for antibiotic appropriateness into Tiers adapted from Fleming-Dutra et al:

Tier 1 – Always appropriate (pneumonia, UTI, GAS pharyngitis)

Tier 2 – Sometimes appropriate (AOM, sinusitis, abscess)

Tier 3 – Never appropriate (bronchitis, headache)

 If multiple codes assigned from different Tiers – lowest Tier is used (bronchitis + sinusitis = sinusitis)





### **Measure Development**

### **All Respiratory Prescribing Measure**

- All encounters defined as "respiratory"
- Included all tiers (1-3)
- Excluded encounters with multiple clinical categories (skin and respiratory)
- Data at the clinician, clinic, and system level





### **Transparency with data and methods**

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Healthcare

M Intermountain.net	Search Q
Pharmacy Library Formulary Resources Drug Shortages, Supply, and Recalls	Antibiotic Stewardship FAQ Tips for Urgent Care Providers
Drug Information	Care Process Models (CPMs)
Documents, Resources, and Policies	Delayed Prescribing / SNAP Scripts
Antimicrobial Stewardship	Quick Visits
Inpatient Guidelines & Education	Coding and Prescribing Metrics
Outpatient Guidelines & Education	Country and Prescribing Metrics
Inpatient Project Resources	Are ICD-10 codes for open fractures being evaluated?
Outpatient Project Resources	Can you provide the specific respiratory ICD10 codes and their respective tier designation?
Antibiotic Prescribing Dashboards Tips for Providers	Yes, the excel document with all the ICD10 codes is available and has been sent out. Please contact eddie.stenehjem@imail.org for a copy.
Antibiotic Delayed Prescribing Tips for Providers	If a patient is diagnosed with 1) ankle sprain and 2) cough, WOULD that be counted as a respiratory encounter2 if a
Antibiotic Stewardship FAQ Tips for Urgent Care Providers	patient came in with two unrelated infectious complaints, such as 1) UTI and 2) cough, how would that be classified?
Tracking and Reporting	How does the algorithm for assigning encounters to clinical
Data Analytics and Research	How does the algorithm for assigning encounters to clinical categories and tiers work?
Education and Onboarding	Often there is a "working diagnosis" (e.g. sore throat) for patients that may be refined with additional laboratory



### How's it look in our urgent care?

Total

N = 1 163 849

Clinical Infectious Diseases



HEALTHCARE EPIDEMIOLOGY: Robert Weinstein, Section Editor

### Antibiotic Prescribing Variability in a Large Urgent Care Network: A New Target for Outpatient Stewardship

Edward Stenehjem, <sup>1,0</sup> Anthony Wallin,<sup>2</sup> Katherine E Fleming-Dutra,<sup>3</sup> Whitney R Buckel,<sup>4</sup> Valoree Stanfield,<sup>1</sup> Kimberly D Brunisholz,<sup>5</sup> Jeff Sorensen,<sup>6</sup> Matthew H Samore,<sup>7</sup> Raj Srivastava,<sup>5,8</sup> Lauri A Hicks,<sup>3</sup> and Adam L. Hersh<sup>9</sup>

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Stenehjem E, Wallin A, Fleming-Dutra, KE, et al. Clinical Infectious Diseases. 2019.

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	11 1 100 0 10
Encounter-level patient demographics	
White	83.6% (n = 973 289)
Female	56.7% (n = 659 663)
Patient age, median	30 (IQI 15-48) <sup>a</sup>
Physician provider	90% (n = 104 451) <sup>a</sup>
Advanced practice provider	10% (n = 115 542) <sup>a</sup>
Encounter-level clinical categories	
Respiratory	41.8% (n = 486 061)
Skin	13.7% (n = 159 009)
GU	8.1% (n = 93 855)
GI	6.3% (n = 73 823)
Other	25.3% (n = 294 261)
Unclassified	4 <del>9% (n = 56 84</del> 0)
Tier 1	11.9% (n = 135 113)
Tier 2	30.1% (n = 341 050)
Tier 3	55.6% (n = 630 846)
Encounter-level antibiotic prescribing i	rate
Total antibiotic prescribing rate	34.1% (n = 396 825)

### How's it look in our urgent care?

	Total, Respiratory	InstaCare, Respiratory	Connect Care, Respiratory	KidsCare, Respiratory 42 370	
	N = 486 061	426 070	17 621		
Distribution of respiratory encounter ty	/pes				
Tier 1	9.2% (n = 44 727/486 061)	9.4% (40 090/426 070)	0.3% (47/17 621)	10.8% (4590/42 370)	
Tier 2	49.9% (n = 242 343/486 061)	49.9% (212 432/426 070)	53.8% (9484/17 621)	48.2% (20 427/42 370)	
Tier 3	40.9% (n = 198 991/486 061)	40.7% (173 548/426 070)	45.9% (8090/17 621)	41% (17 353/42 370)	
Respiratory encounter antibiotic prescribing rates					
Total respiratory prescribing rates	49.9% (242 651/486 061)	51.3% (218 445/426 070)	44.4% (7829/17 621)	38.7% (16 377/42 370)	
Tier 1	96.6% (43 187/44 727)	96.5% (38 686/40 090)	31.9% (15/47)	97.7% (4486/4590)	
Tier 2	64.8% (157 078/242 343)	65.4% (138 948/212 432)	81.3% (7715/9484)	51% (10 415/20 427)	
Tier 3	21.3% (42 386/198 991)	23.5% (40 811/173 548)	1.2% (99/8090)	8.5% (1476/17 353)	
Respiratory tier distribution among res	piratory encounters where an anti	biotic was prescribed			
Tier 1	17.8% (43 187/242 651)	17.7% (38 686/218 445)	0.2% (15/7829)	27.4% (4486/16 377)	
Tier 2	64.7% (157 078/242 651)	63.6% (138 948/218 445)	98.5% (7715/7829)	63.6% (10 415/16 377)	
Tier 3	17.5% (42 386/242 651)	18.7% (40 811/218 445)	1.3% (99/7820)	9% (1476/16 377)	

Respiratory, Tier 2: Otitis Media, Sinusitis, Pharyngitis

Stenehjem E, Wallin A, Fleming-Dutra, KE, et al. Clinical Infectious Diseases. 2019.





### **Respiratory Antibiotic Prescribing Rates - VARIABILITY**



Stenehjem E, Wallin A, Fleming-Dutra, KE, et al. Clinical Infectious Diseases. 2019.





### **CDC SHEPHERD Contract**

Improve respiratory antibiotic prescribing in a large network of urgent care clinics by implementing a comprehensive, multifaceted stewardship program based on CDC Core Elements



**Commitment** Demonstrate dedication to and accountability for optimizing antibiotic prescribing and patient safety.



Action for policy and practice Implement at least one policy or practice to improve antibiotic prescribing, assess whether it is working, and modify as needed.



#### Education and expertise Provide educational resources to clinicians and patients on antibiotic prescribing, and ensure access to needed expertise on optimizing antibiotic prescribing.







### **Methods – Design and Setting**

Pre-post design 24 months

- Pre-intervention: July 2018-June 2019
- Intervention: July 2019-June 2020

39 UC clinics within Intermountain Healthcare throughout Utah

- 32 InstaCare all ages
- 1 Connect Care telemedicine
- 6 KidsCare pediatrics only





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### **Intervention Timeline**



### **5 Categories for Stewardship Interventions**





Education: Clinicians and Patients

Electronic Health Record Tools Provider Benchmarking Dashboard



Media

**>>>** 

Organizational Alignment





### **Education – Clinicians**

Clinical guidelines updated with metrics in mind Monthly presentations for UC staff Clinical champion for detailing Podcasts/blog posts Clinic materials

Accessible website





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### **Education – Co-created with patients**

FACT SHEET FOR PATIENTS AND FAMILIES

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#### Watchful Waiting and Delayed Antibiotic Prescriptions

#### What is watchful waiting?

Watchful waiting is the practice of keeping an eye on symptoms to see if they improve with time. This is considered the best practice by most experts who treat sinus infections, earaches, severe colds, and bronchitis [bron-KITE-iss]. They know that most people will get better on their own with over-the-counter medicines and will not need antibiotics.

In addition to watchful waiting, some patients who have a sinus or ear infection may get a prescription from their doctor for an antibiotic that can be filled at a later date if their symptoms don't get better. This is called a delayed antibiotic prescription.

#### How is watchful waiting done?

- If the doctor believes that you or your child doesn't need an antibiotic right away, they will ask you to do the following:
- Closely track you or your child's symptoms, such as temperature, pain, cough, or runny nose, for several days. Note if they are getting worse, staying the same, or getting better.
- Take over-the-counter medicines that your doctor recommends to help you or your child feel better while waiting. Make sure to rest and drink extra water.

Your doctor will tell you how long to watch and wait. If your symptoms haven't started to get better or if they are worse at the end of the watchful waiting period, then call your doctor for further instructions.

Or, if you have a delayed antibiotic prescription from your doctor, you can now fill the prescription at your pharmacy and start taking the antibiotics.

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#### My Watchful Waiting

Have your doctor fill out the start date and end date of your"watchful waiting" period.

waiting" period:

OR

Fill your delayed antibiotic prescription at your pharmacy and begin taking antibiotics.

(Phone number)

0

#### Watchful Waiting Handout

FACT SHEET FOR PATIENTS AND FAMILIES



#### Treating Your Cold, Flu, and Other Symptoms (for those 12 years of age and older)

Here are some over-the-counter medicines and other ways to treat your symptoms. Have your medical provider or pharmadist check the boxes for treatments that will work best for you. Do not use if the box is not checked.

If you have	$\checkmark$	Use (active ingredient)	Such as (brand)	Comments
Aches, pain,		Acetaminophen	Tylenol	
Tever		Ibuprofen	Advil, Motrin	
		Naproxen	Aleve	
Sore throat		Throat lozenges	Cepacol Throat Lozenges	
<b>*</b>		Throat spray	Chloraseptic Spray	
		Herbal tea		
Cough		Guaifenesin	Mucinex	Helps thin mucus
		Dextromethorphan	Robitussin, Delsym	Cough suppressant
No.		Vaporizer/humidifier		Clean after each use
		Menthol	Vicks Vapor Rub, Cough drops	
Stuffy nose		Phenylephrine or Pseudoephedrine	Sudafed	
		Oxymetazoline nasal spray	Afrin, Zicam	Do not use for more than 3 days
		Phenylephrine nasal spray	Neo-Synephrine	Do not use for more than 3 days
YE?		Saline nasal spray		
		Nasal/Sinus irrigation	Neti Pot	
Allergy symptoms such		Fexofenadine, Loratadine, or Cetirizine	Zyrtec, Allegra, Claritin, Alavert	Non-drowsy antihistamines
as sneezing, runny nose, itchy eyes, post		Diphenhydramine, or Chlorpheniramine	ChlorTabs, Chlor-Trimeton, Benadryl	Antihistamines that can cause drowsiness
nasal drip		Fluticasone, Triamcinolone, or Budesonide	Flonase, Nasacort, Rhinocort	Steroid nasal spray
		Acetaminophen, Guaifenesin, and Phenylephrine	Multiple products available, check active ingredients	
Combination		Acetaminophen, Guaifenesin, Phenylephrine and Dextromethorphan	Multiple products available, check active ingredients	
wearcations		Ibuprofen and Phenylephrine	Advil Sinus	
		Cetirizine and Pseudoephedrine	Zyrtec - D	
Other				

**Symptomatic Therapies Checklist** 



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ers for Signature	R ♥ Order Name	Status Start	Details							
JCL_FamilyMed F	Fin#:1220400616 Admit	: 03/27/2019 08:00 MDT								
adications	amoxicillin (amoxi	icilli Prescribe 04/16/2	2019 09:39 2 cap, Oral, BID, Or	nly fill if symptoms	are not improvin	g in 3-5 days, X 7 days,	# 28 cap, 0 Ref	II(s), Signed: 04/10	6/19 09:39 MDT, Ac	ute, 04/23/19
tails for amo	oxicillin (amoxi	icillin 500 mg ol	ral capsule) 🔻			Send To: IM-WC-	LL2-InfectDis oi	n IMV-PS02 (from	D/N3N3M2) in ses	sion 131 🔻
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cap		×		Sp	pecial Instructions	improving in 3-5 day	s are not /s			
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, cap	04/16/2019		MDT		Type Of Therapy	• • Acute				
) cap										
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### **Electronic Tools**

- 1. Easier to do the right thing:
  - Pre-templated notes for workflow enhancements
  - Delayed prescription order sentences
- 2. Harder to do the wrong thing:
  - Azithromycin justification alert





### **Provider Benchmarking Dashboard**



Continuous tracking of prescribing metrics

**Transparent** individual, clinic, and system level data

Peer comparison

Reviewed bi-annually with clinicians











### **Organizational Alignment**

Compensation alignment with quality indicators

Annual professional conversations with review of metrics

Provided tools and data to improve - they had control

- Delayed prescriptions
- Patient education
- Available content expertise

No exceptions - entire service line







### A Goal Was Set

<50%Respiratory Prescribing Rate





### Outcomes

- 1. All respiratory encounter prescribing rate (monthly %)
- 2. First line therapy use for sinusitis/OM/pharyngitis (monthly %)
- 3. Respiratory "Tier 3" antibiotic prescribing rate (monthly %)
- 4. Delayed prescribing use for sinusitis/OM (monthly %)
- 5. Azithromycin use (monthly %)
- 6. Balancing Measures:
  - 14-day hospitalization urgent care visit
  - Patient satisfaction





### Monthly Percentage of Respiratory Visits with an Antibiotic Prescribed







### **CULTURE CHANGE!**

Respiratory Prescribing Rate Run Chart: All





### **Secondary Outcomes**



### Key Takeaways

- Alignment in prioritization PARTNERSHIP
- Measures matter to clinicians, all respiratory prescribing rate has become the standard for Intermountain
- Integration of antibiotic stewardship into the healthcare network is critical
- Now moving into other ambulatory practices





### **NCQA Antibiotic Stewardship Upcoming Webinars**

Webinar Title	Speakers	Date & Time (Eastern)
What's New in the World of Antibiotic Stewardship? Part 2: Impacts of COVID and Use of Telehealth	Sharon Tsay, MD Centers for Disease Control and Prevention Moderator: Sepheen Byron, DrPH, MHS National Committee for Quality Assurance	8/25/2022 1:00 - 2:00 pm
Addressing the Social and Behavioral Drivers of Prescribing: Innovative Approaches to Antibiotic Stewardship	Julie Szymczak, PhD University of Pennsylvania Rita Mangione-Smith, MD Kaiser Permanente Washington Moderator: Nancy McGee, MS, MBA National Committee for Quality Assurance	9/1/2022 1:00 - 2:15 pm
Panel Discussion: How Health Plans Approach Antibiotic Stewardship and HEDIS Antibiotic Measures	Shawn Trivette, PhD Moderator: Nancy McGee, MS, MBA National Committee for Quality Assurance Health Plan Panelists	9/8/2022 1:00 - 2:30 pm



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### **Supplemental Materials**

Intermountain Healthcare Antibiotic Stewardship Resources



Antibiotic Stewardship				
Visit Intermountain's	Antibiotic Fact Sheet			
<u>Antibiotic</u> <u>Stewardship page to</u>	Treating Your Cold, Flu, and Other Symptoms Checklist (12 Years of Age and Older)			
access multiple podcasts and other resources for your use	Treating Your Cold, Flu, and Other Symptoms Checklist (12 Years of Age and Older) (SPANISH)			
	The Watchful Waiting and Delayed Antibiotic Prescription			
	The Watchful Waiting and Delayed Antibiotic Prescription (SPANISH)			



# Thank You



#QISeries

### Steps to claim continuing education credits

### **1. Register for your course**

- Navigate to education.ncqa.org
- Select Login with NCQA Account
- Select "Create Account" if you do not have an existing account, complete the requested information to complete the form and to gain access to the account. If you have an existing account, log in using those same credentials.
- Once you have logged on, click the course link to register: <u>What's New in Antibiotic Stewardship? Part One: Using</u> <u>Performance Measures in Practice to Drive Change</u>

### 2. Complete your course and download your certificate

- Complete the Evaluation and Attestation to gain access to your certificate.
- Click on your name at the top right to select your profile.
- On profile, please be sure you have entered your Name and Credential(s) as they should appear on your certificate by clicking "edit" → "info" → "save"
- Select Awards on the left to retrieve the certificate and download the PDF file
- If you are a pharmacist completing a course offering CPE credits, please notify NCQA through ncqa.org within 14 calendar days that you have completed a CPE course. You must provide the title of the course, your NABP identification number and your DOB (month/date) within the notification to NCQA. We also recommend you update your education.ncqa.org profile with your NABP identification number