CT BHH September Work Group: Diabetes

September 17, 2021

Work Group Objectives

- Discuss how and why diabetes is the BHH health topic for CY22.
- Examine the prevalence of diabetes among the BHH population.
- Review resources available to assist agencies in developing diabetes management programs.

Why Diabetes?

- One of the primary purposes of BHH is to assist individuals in managing their chronic health conditions
- 45.8% of BHH clients have a diabetes diagnosis.
  - With many more individuals who are at-risk of developing the disease
- Comprehensive Diabetes Care: LDL-C Screening is a BHH CMS Measure that is tracked year-over-year.

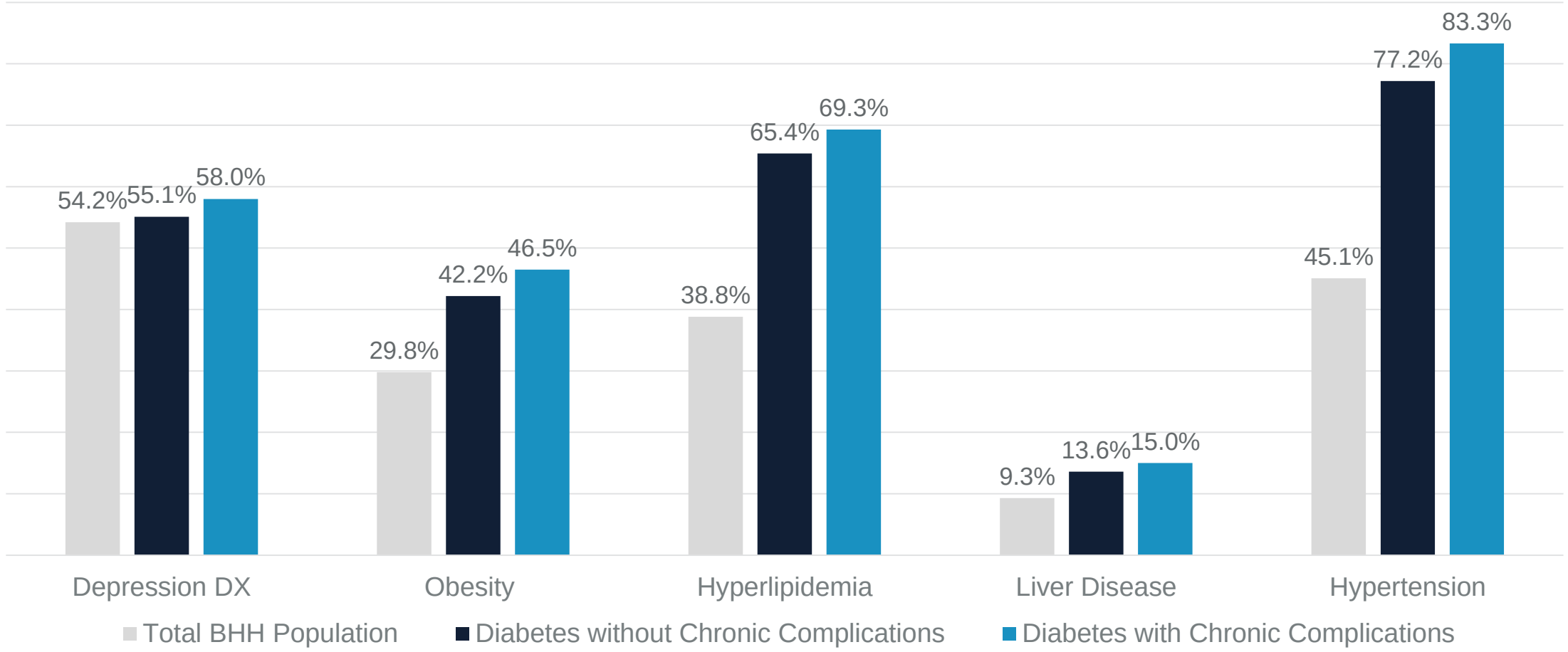
- The CT BHH Initiative has several reports available to assist providers in diabetes management:
  - Population Health File
  - Adults Diabetes Gaps in Care Report
  - Medications that May Raise A1C Report

Using Tableau to Target Your Diabetic At-Risk Population

Diabetes and the BHH Team

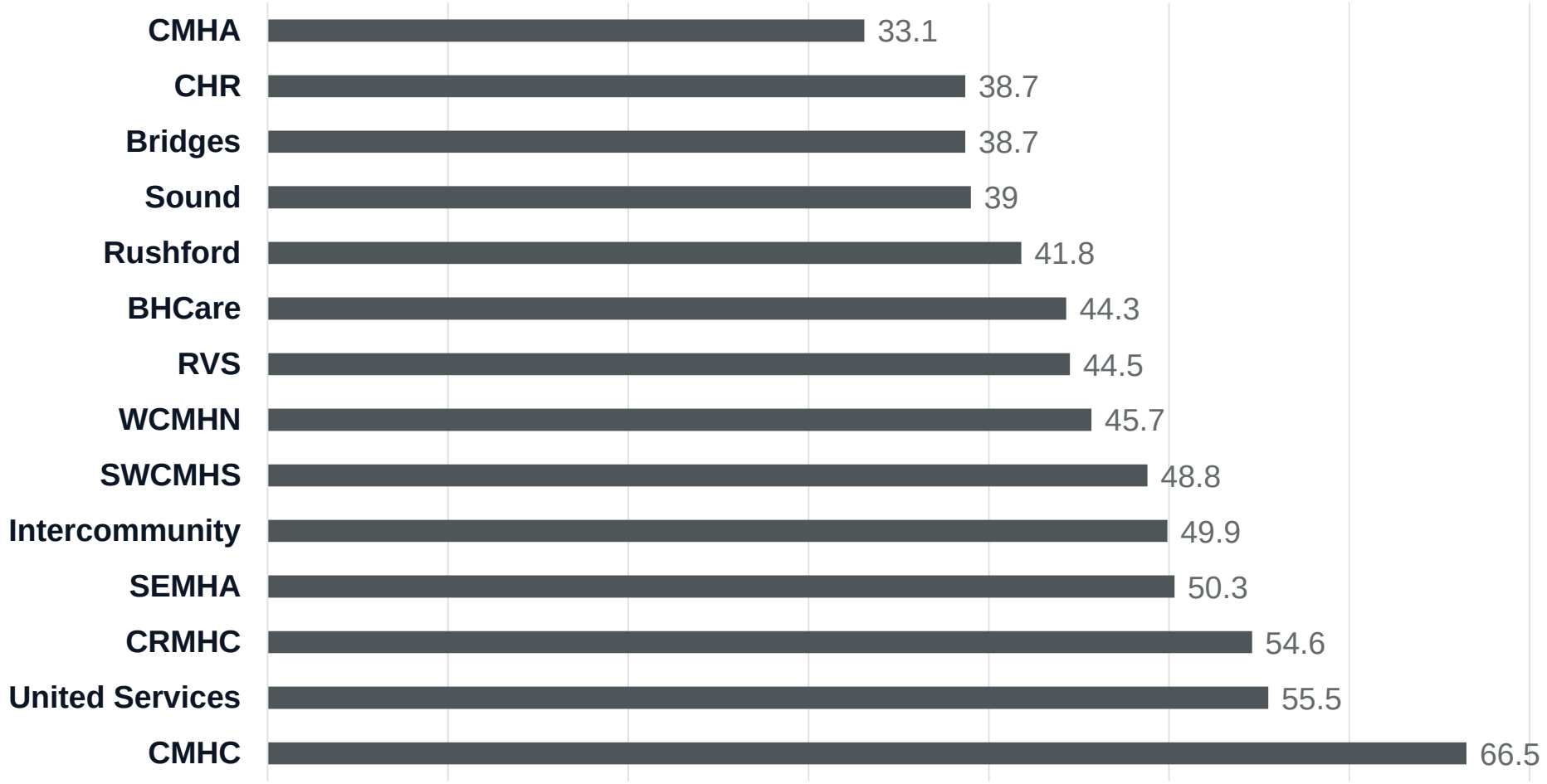
2019 BHH Population Health

Comparing BHH enrollees diagnosed with diabetes to the total BHH population across other key diagnoses



2019 BHH Population Health

BHH enrollees diagnosed with diabetes by BHH provider



2019 BHH Population Health

Comparing those with diabetes to total BHH population across spend and higher level of care

Average Annual Spend Per Member Per Year

- Total BHH Population $34,107
- Diabetes without chronic complications $44,573
- Diabetes with chronic complications. $47,304

Medical ED Visits (2-6 visits per year per member)

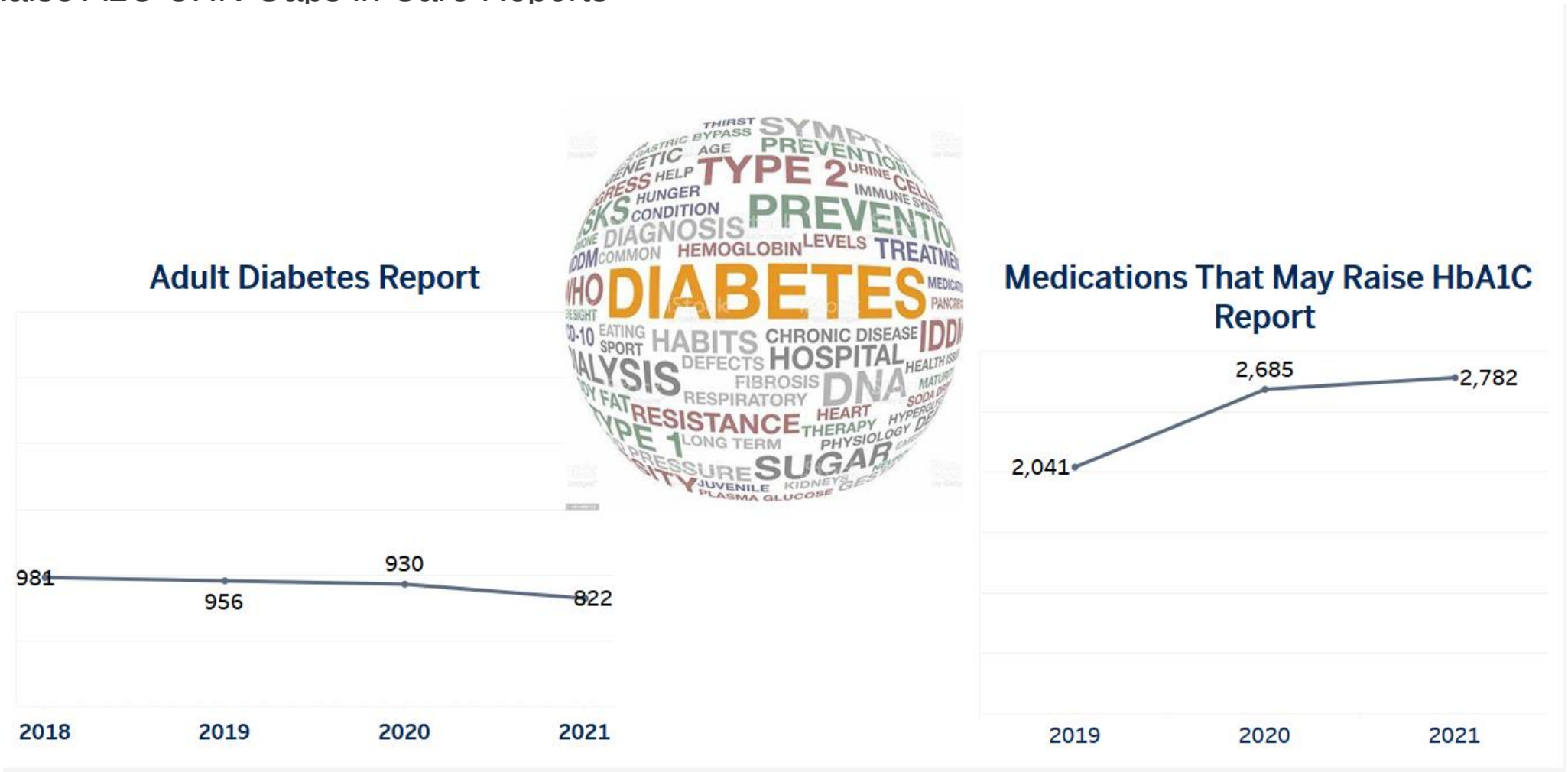
- Total BHH Population 23.6%
- Diabetes without chronic complications 30.1%
- diabetes with chronic complications and 33.1%

Inpatient Medical (2-6 visits per year per member)

- Total BHH Population 3.9%
- Diabetes without chronic complications 8.0%
- Diabetes with chronic complications to 17.1%

Tableau Dashboards

Improving the diabetic health of BHH enrollees through the use of the Adult Diabetes and Medications that May Raise A1C CHN Gaps in Care Reports



How Can We Use Data to Target Our Interventions and Services?

Focus on Prevention

- Target members with prediabetes (A1C report)
- Target members who are at risk of developing diabetes due to medications side effects (A1C report)
- Can the member try a different medication that may be less likely to raise A1C?

Focus on Members with Diabetes

- Are they receiving all required screens? (Diabetes gaps in care report)
- What can we do to assist in their self management? (needs assessment)

Focus on Both

- Healthy eating
- Healthy weight
- How can regular physical activity be added to daily routine?
- How can one get back on track when stray from plan?

Role of BHH Staff in Diabetes Management

BHH Director

- Work with staff and agency leadership team to develop a comprehensive diabetes management program
- Develop a plan to target individuals who are at-risk of developing diabetes or have a pre-diabetes diagnosis

BHH Specialists, Peer Support Specialists, Hospital Transition Coordinators

- Monitor individual's progress towards meeting diabetes-related goals
- Discuss and address barriers
- Keep nurses, clinicians, and external providers up-to-date on individual's diabetes management plan
- Motivate and encourage individuals on their journey to prevent on manage diabetes

BHH Nurses

- Assess individuals' diabetes management or prevention needs
- Educate individuals on medications, screenings, diet, and exercise

BHH Admin/Tableau® Champion

- Run Diabetes-related reports, at least monthly
- Help staff track and categorize individuals for the most appropriate outreach
- Disseminate data to appropriate staff person(s)
- Help staff understand the data

Online Diabetes Management Resources

By BHH role

BHH Director

- A Population Health Strategy for Diabetes: New Partners, New Opportunities
- Diabetes Self-Management Education & Support Toolkit

BHH Specialists, Peer Support Specialists, Hospital Transition Coordinators

- Diabetes Case Manager Interview Guide
- Type 2 Diabetes Fact Sheet (pages 7-10)
- Stages of Changes Interventions

BHH Nurses

- Diabetes Education: Use Teach-Back to Help Patients Successfully Manage Their Insulin
- Fostering Medication Taking: Tips and Tricks
- Your Diabetes Care and Management Plan: Taking Charge of Your Journey with Type 2 Diabetes

BHH Admin/Tableau® Champion

- CHN Gaps in Care Reports
  - Medications that May Raise A1C
  - Adult Diabetes
  - Child Diabetes
- Population Health Files
- HEDIS Measures Dashboard

Questions?

Work Group Evaluation Survey