


Quality Improvement for Diabetes and Asthma Care: AHRQ's Guides and Workbooks for State Action

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Tools You Can Use to Make a Difference
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AHRQ's Goals

- Motivate leaders of quality improvement
 - State policymakers
 - Employers
- Create products that help leaders take action

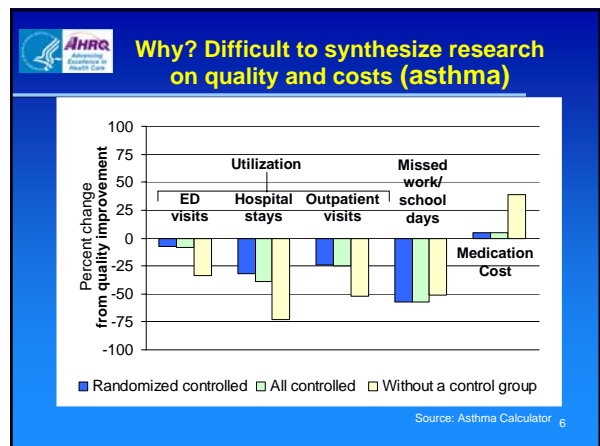
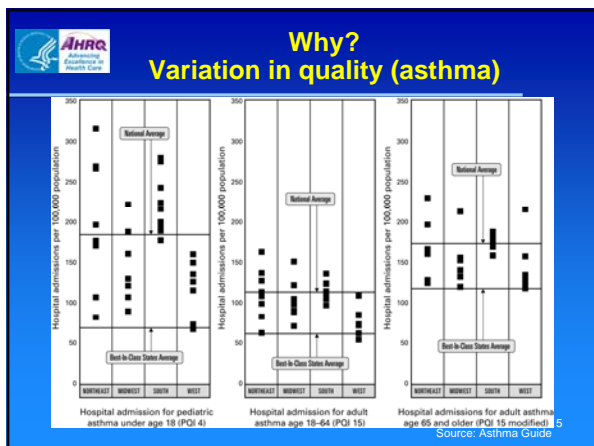
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Guides & Workbooks (G&Ws)

- Diabetes Care Quality Improvement:
 - A Resource Guide for State Action
 - A Workbook for State Action
 - <http://www.ahrq.gov/qual/diabqualoc.htm>
- Asthma Care Quality Improvement:
 - A Resource Guide for State Action
 - A Workbook for State Action
 - <http://www.ahrq.gov/qual/asthmaqual.htm>
- Why these?
- What areas are your weakest?

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What's in Guides/Workbooks?

- **Guides:** Provide information on:
 1. Motivation – Making the case
 2. Framework – Strategy for State-led QI
 3. Scan – State QI activities
 4. Data – Measuring quality of care
 5. Implications – Moving ahead to action

Workbooks help you make your case:

- Work through the module exercises
- Assemble data on prevalence, cost, and potential savings
- Provide critical information to a State work group

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AHRQ Partners for G&Ws

Advisors	Diabetes	Asthma
Federal:	CDC	CDC, NHLBI
State (Public health):	AR, WA	OR, NY, WA
State (Data orgs):	GA, MA, MI, WA	GA, NY, PA
State (Lawmakers):	KS, OH, NY, MN, WA	
Advocates:	ADA	AAA, ALA, ATS
QI groups:		JCAHO
Clinician researchers:		(several)

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1. Making the Case

- **Why should states make asthma or diabetes a priority for QI initiatives?**
 - Increasing prevalence
 - Significant disparities
 - State variation
 - Potential cost savings
 - Quality improvement opportunity

Source: Centers for Disease Control and Prevention, Behavioral Risk Factor Surveillance System

In the Workbook:

- How to estimate prevalence by sub-groups
- Resources for state data
- How to estimate costs of asthma/diabetes care

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2: Strategy for State-led Quality Improvement

Leadership → Partnership → Improvement

- **Provide leadership** to create a vision
- **Work in partnership** with key stakeholders
- **Implement improvement** by leading partners to create interventions and assess impact

In the Workbook: Worksheets for planning a state QI program

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3. Scan State Activities

- Review module on national and specific state activities
- Investigate your own state's activities
- Learn from what other states have done

In Workbook:

- A checklist for summarizing your state's activities

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4. Data & Measures: The Keys to Improvement

- Motto: "You can't change what you can't measure"
- Measures: Learn the standard measures for the disease
- State data: Do an inventory of relevant data
- National data: Assemble benchmarks (Tip: don't be satisfied with "average")

In the Workbook:

- List of state data sources
- How to compare to the best-in-class
- And much more...

Hands-on Session

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4. Data & Measures: Types and Examples

- **Process:** Performance indicators based on clinical care guidelines
 - Doctor visit every 6 months
 - Written asthma management plan
- **Outcome:** Health status, the ultimate objective
 - Mortality rates
 - Hospitalization rates
- **Others:**
 - Access – percent uninsured
 - Prevalence – percent with diabetes or asthma

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4. Data & Measures

Process Improvement Should Relate to Outcomes

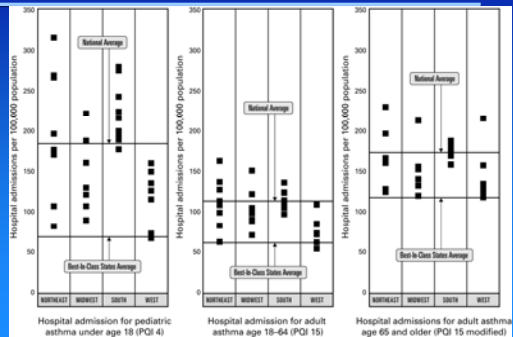
Daily medications for patients with persistent asthma

Reduced asthma hospitalizations in the total population

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4. Data & Measures: Benchmarks for Asthma Quality Improvement



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5. Take the Opportunity: Have an Impact on Quality of Care

THE QI CYCLE:

- **Plan:** Identify issue, stakeholders, goals (topics)
- **Do:**
 - Select change agents →
 - Providers – Societies, IHI, etc.
 - Health plans – NCOA
 - Employers – Firms / coalitions
 - **States – Who in state?**
 - Guide & support with resources
- **Assess:** Evaluate, modify, test, & reassess

Implement successes broadly
Use the QI Cycle to assess and modify implementations

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The Workbook Steps for States

1. **Make your case:** Assess avoidable hospitalizations, prevalence, costs, and potential saving related to the disease
2. **Understand state-led quality improvement:**
 - a. Apply the 3 steps – leadership, partnership, and improvement
 - b. Identify national resources to help
3. **Review relevant programs** of QI in your state
4. **Understand measurement and data:**
 - a. Learn about measures for the disease
 - b. Assess available data for state and local estimates; identify gaps
 - c. Find national benchmarks to compare your state against
5. **Summarize** your state's case for disease quality improvement and identify next steps to **take action** (e.g., set preliminary goals)

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Questions?

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