

CARING FOR OUR COMMUNITY LIKE FAMILY

Ambulatory Quality Update

Topics



QUALITY METRICS

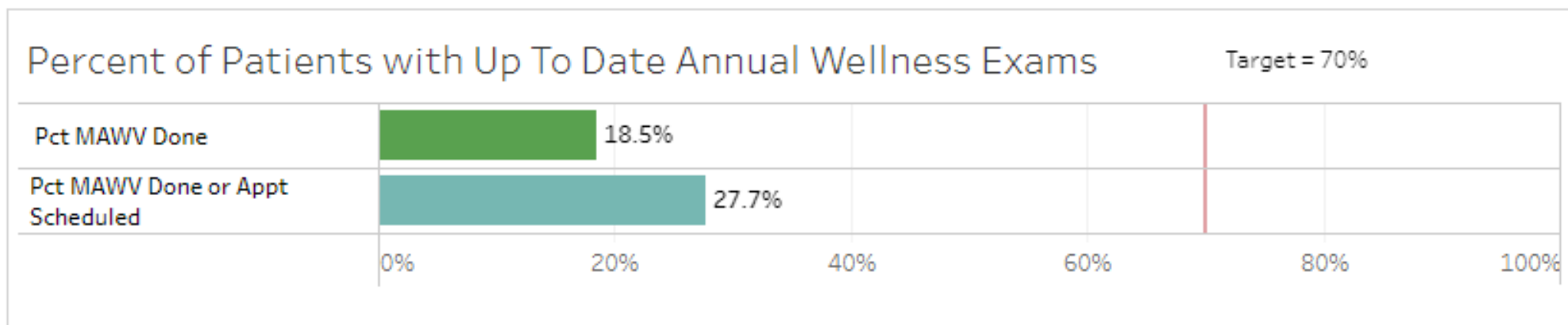


QUALITY
IMPROVEMENT



CARE PATHWAY

Medicare Annual Wellness Visits



Patients Are First Quality Measures

Diabetes Management
(A1c < 9)

75.9%
(target 74.4%)

Hypertension
(BP goal < 140/90)

66.4%
(target 69.4%)

Breast Cancer
Screening

70.7%
(target 77.4%)

Colon Cancer
Screening

72.1%
(target 72.6%)

Quality Improvement Projects

Time Out Optimization

Colon Cancer Screening

Breast Cancer Screening

Colon and Breast Cancer Screening



← Intake Chart Re... Assess/Plan Wrap-Up

Wrap-Up Annotated Images Questionnaires Dictations

Quality Measures MU Patient Education Patient Instructions Goals Charge Capture

Quality Measures

No measures to address.

Meaningful Use

Objectives met

- ✓ No medications eligible for e-prescribing have been ordered.
- ✓ The patient (or proxy) has access to MyChart.
- ✓ Smoking status has been recorded.

Patient Education

Krames Education

Patient Instructions

ACPweb 1 Breast CA 2 Colon CA 3

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What You Need to Know: Colorectal Cancer

Early Detection Is Key!

Of cancers affecting both men and women, colorectal cancer is the second leading cancer killer in the United States, and it doesn't have to be. Colon cancer is highly preventable and treatable. Yet more than 140,000 people are diagnosed with and more than 50,000 people die from colon cancer each year. The key to improving these statistics is to ensure every person completes a routine colon cancer screening test, which can stop the disease before it starts.

Several methods can be used. Each test has advantages and disadvantages. Please talk with your healthcare provider to determine which test is best for you based on your preferences.

If you're **healthy and between 45 – 75 years old**, with a referral from your primary care provider, you can call directly to schedule your screening colonoscopy. We have made the scheduling easier, so you do not need to first schedule an office visit with a specialist. Many patients appreciate this option as they save on co-pays and time away from work. **Call your primary care provider at 425.690.3535 for a screening colonoscopy referral or ask for one at your next visit.**

Avoid Surprise Costs

If you have a screening test other than colonoscopy and the result is positive (abnormal), you will need to have a colonoscopy. Some insurers consider this to be a **diagnostic** (not screening) colonoscopy, so you may have to pay the usual deductible and co-pay. **Before you get a FIT or FIT/DNA screening test, check with your insurance carrier about what it might mean if you need a colonoscopy as a result of the screening test, and how much you should expect to pay for it.**



	COLONOSCOPY Best Test	FIT	FIT - DNA
Who Is A Good Candidate For This Test?	Most people are good candidates. This test is the best way to find and remove polyps early. Polyps can be precancerous.	A great option for people hesitant about colonoscopy.	Another option for people hesitant about colonoscopy.
What Is It?	The patient is sedated so a doctor can examine the inside of the colon for precancerous polyps. Bowel prep is required and you do need an adult driver for transportation.	A stool based Fecal Immunochemical Test (FIT) can be performed at home and sent to a lab, which looks for trace amounts of blood.	Stool is collected at home and sent out for testing. The study looks for blood or DNA markers associated with colon cancer.
How Much Does It Cost?	Varies by insurance. Screening tests must be covered by insurance and are less expensive than diagnostic tests.	Low cost option	Varies by insurance. Some plans cover the test, but others do not.
When Should It Be Repeated?	Every 10 years	Annually	Every 3 years
Where Is It Performed?	Outpatient surgical center or hospital	Test kit provided by the provider and completed in the patient's home	Test kit shipped to the patient and completed in the patient's home
Are There Any Risks Or Negatives?	Complications are rare but include bleeding, infection and bowel wall injury.	No physical risks. A positive test means that a diagnostic colonoscopy is required.	No physical risks. A positive test means that a diagnostic colonoscopy is required.

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Schedule Your Mammogram Today!

Early Detection is Your Best Protection

- A woman's chance of developing breast cancer in her lifetime is 1 in 8
- 8 out of 10 diagnosed women have no family history of breast cancer
- With early detection, the five-year survival rate for breast cancer is excellent, and can approach 100 percent
- Research has shown early detection reduces breast cancer mortality by up to 44 percent

At Valley Medical Center, we offer:

- 3D digital mammography
- DEXA bone density testing
- Diagnostic breast ultrasound
- Breast biopsies

Schedule your appointment!

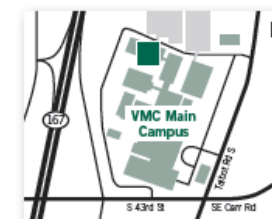
- Screening mammography can be scheduled most easily through your MyChart.
- You may also schedule your screening mammography or all other appointments by calling 425.690.3688.

More information at valleymed.org/breastcenter.



SQUEEZE US IN!

Schedule your mammogram at one of Valley's two convenient locations:



Valley Medical Center, Renton
Medical Arts Center building
4033 Talbot Road S. Ste. 470
Renton, WA 98055



Covington Clinic North
16850 SE 272nd St. Ste. 250 (2nd floor)
Covington, WA 98042

The Breast Center

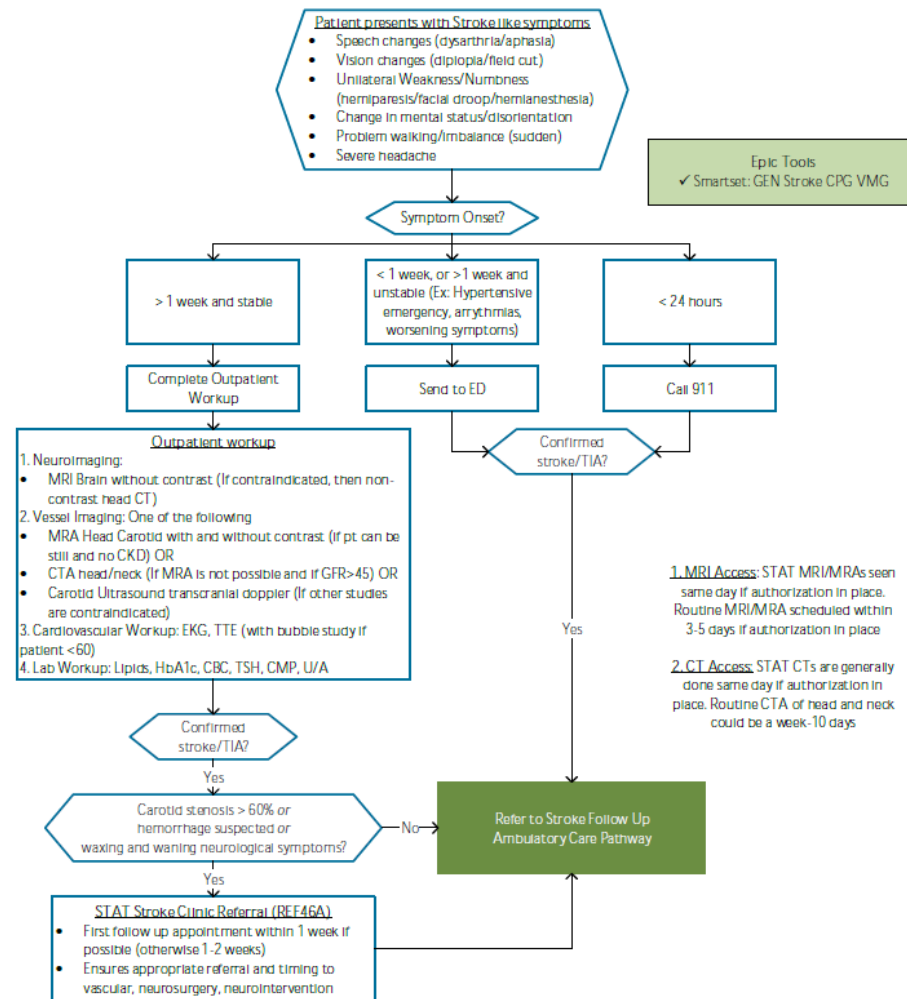
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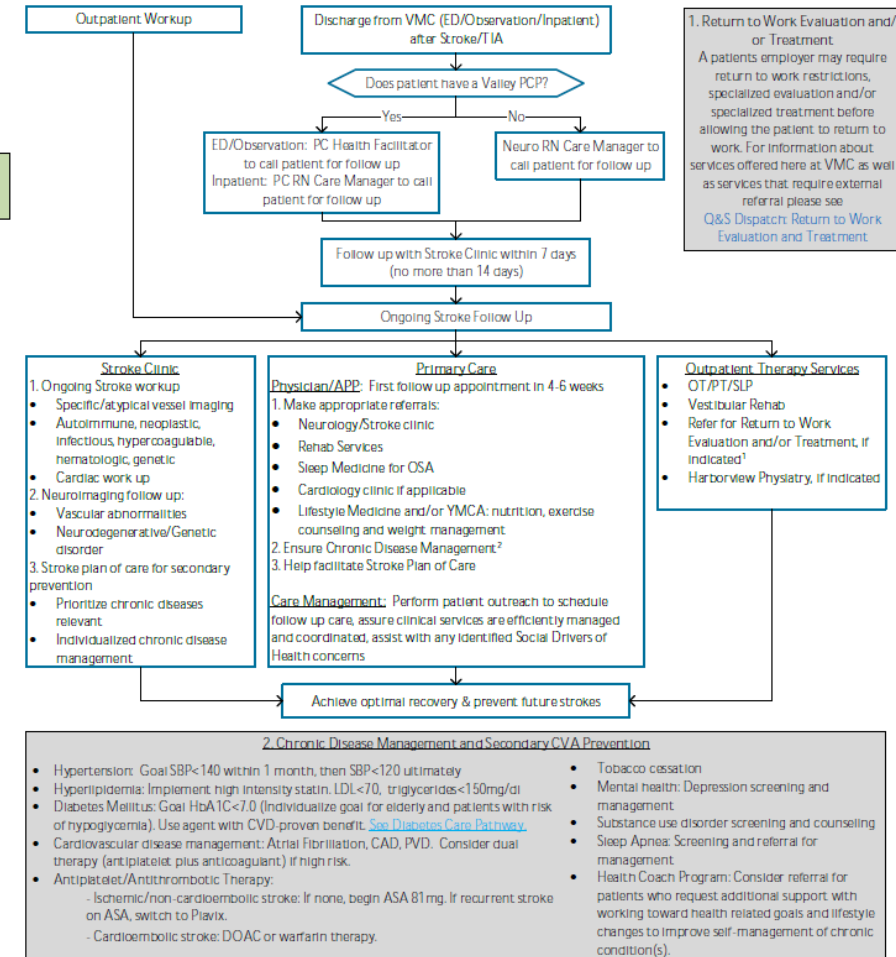
Stroke Care Pathway Update

[CPG - Ambulatory Care Pathways Toolkit library \(sharepoint.com\)](#)

Acute Stroke Management



Stroke Follow Up



Patient Education: Stroke Education Flyer

Stroke Education

Going home after a stroke can be overwhelming. The following list can help you navigate the tasks and appointments that will happen in the next two weeks.

- ☐ **Take this handout home with you.** It has important phone numbers, websites and other information. Please share this information with your primary care provider and your caregiver(s).
- ☐ Before you go home, ask your hospital provider for a **Release from Work** letter if you are currently employed and need to take time off work to recover.
- ☐ 1 – 2 days after you get home, a nurse will call to check on you. They can also help you schedule your follow up appointments if they haven't been scheduled already.
- ☐ Your first appointment with Valley Medical Center's Neuroscience Institute will be 7 – 14 days after you leave the hospital. For questions about your appointment, or to reschedule, call the Neuroscience Institute at 425.690.3585.
My Appointment: _____ (Date) _____ (Time)
- ☐ Please create a MyChart account if you do not have one already. This allows you to schedule Telehealth appointments, access your records and test results, and message your provider. You can access MyChart or create an account at mychart.valleymed.org.
- ☐ If you are taking leave from work related to your stroke:
 - You will need an appointment (in person or telehealth) to complete your Family and Medical Leave Act (FMLA) paperwork.
 - If you plan to use Washington State's Paid Family and Medical Leave (WA PFML), you will need to complete an additional form from the state and bring it to your appointment for your provider to sign. You can find the form on their website at paidleave.wa.gov/help-center.
- ☐ If you plan to return to work, ask your employer what paperwork you will need to complete before returning. It is important that you get this paperwork as soon as possible, as it can take several weeks to complete any requirements your employer might have. Bring this paperwork with you to your first appointment.



YOUR PATHWAY TO STROKE RECOVERY: Navigating Your Care at Valley Medical Center



Hospital

Our stroke specialists and hospital team will take care of you until you are ready to leave the hospital. You will receive therapy and we will assess what your needs are, including equipment. Together, you and our team will decide the best discharge plan (your care plan after you leave the hospital) that fits your goals and helps you gain the most from your stroke recovery.



Rehabilitation Center

If you go to a rehabilitation center, you will get stronger and be more able to care for yourself. They will help you return home and set up your care needs.



Home



Therapy

Once you are home, you will start therapy either through home health or an outpatient therapy clinic.



Valley's Stroke Clinic

The Stroke Clinic will call you 7 – 14 days after you are home to check on you.

Stroke Clinic Visit

Your visit will be scheduled 1 – 2 weeks after you leave the hospital. Call 425.690.3585, option 1 for Stroke Clinic. At your visit, we'll talk about:

- How you are doing
- Other tests or medications you need
- How to best prevent another stroke
- Whether you need more therapy or more rehab support



Primary Care Visit

Your primary care provider would like to see you in 4 – 6 weeks after you are home.

Virtual Stroke Club

Stroke survivors and caregivers, join us and others from UW Medicine to help lay the foundation for recovery and transition into life after stroke. See facebook.com/groups/vmcstrokeclub.

Meets 2nd Tuesday of the month: 6 – 7 PM on odd months: Jan., March, May, July, Sept., Nov. and 12 – 1 PM on even months: Feb., April, June, Aug., Oct., Dec.

Join the next Zoom meeting at tinyurl.com/uwstrokeclub

Questions? Email stroke@uw.edu or call 206.744.3975.



December 2023

If a patient plans to return to work after an illness or injury that may impact their physical abilities, they may be required to undergo specialized evaluation and treatment before they can return to work.

VMC Rehab Services can evaluate a patient to provide Return to Work Restrictions and treatment with Work Conditioning. Some employers will require a more official evaluation called a Functional Capacity Evaluation (FCE) which VMC does not provide and will require an external referral.

Evaluation and Treatment available through VMC Rehab Services

Return to Work Restrictions

In many cases a patient's employer will require a written document detailing the patient's restrictions for work before they can return. If you are unsure what those restrictions should be, you can refer your patient to Rehab Services for an evaluation. Rehab Services will make recommendations, complete paperwork from the patient's employer and send the paperwork back to the referring provider to sign.

Work Conditioning

VMC is an approved Work Conditioning Provider with the Washington State Department of Labor & Industries. Work Conditioning is a program that helps people recovering from an injury or illness get back to work. Patients will work with a Physical Therapist or Occupational Therapist up to 3-5 times per week, usually up to 20 visits. Treatment goals relate to:

- Increasing physical capacities.
- Return to work function.
- Establishing a home program allowing the worker to progress and/or maintain function after discharge.

To refer your patient to VMC Rehab Services for Return to Work Restrictions and/or Work Conditioning:

1. Place an order for internal referral to PT*
2. Enter Return to Work Restrictions and Conditioning as the Reason for Referral

Physical Therapy Referral - VMC Rehab

Accept

Cancel

Reason for Referral
Return to Work Restrictions and Conditioning

Services Requested
Consult Only
Consult/Treat
Procedure/Services

Is referral substitution permitted?
Yes
No

Class:
External Referral
Incoming Referral
Internal Referral
Normal

Referral:
Priority:
Routine
Routine
Urgent
STAT

To Department:
VMC REHAB SERVICES
LIFESTYLE MEDICINE COVINGTON
LIFESTYLE MEDICINE MAPLE VALLEY
VMC LIFESTYLE MEDICINE
VMC REHAB SERVICES

Next Required

Accept

Cancel

Coming Soon:

Care Pathways

- Osteoporosis (new)
- Depression and Suicide (update)

Quality Improvement

- Depression and suicide screening