

2008 Innovations in Health Care Award Applicant Abstracts

Diabetes Innovation Award:

HealthPlus of Michigan—Diabetes Management

HealthPlus of Michigan is a leader in developing new and innovative solutions for its members having been recognized as one of America's best health plans. That success reflects HealthPlus' desire to improve health by challenging the status quo, delivering innovative solutions, creating market differentiation while adding value to clients and members. Through its partnership with Healthways, HealthPlus' Diabetes Management solution is engaging, empowering, and educating the affected members to achieve a great level of wellbeing.

Healthy Delivery, Inc. – Diabetes Conversations

Health Delivery, Inc. has implemented a patient education program based on a new delivery system called "Conversation Maps". Class is limited to 10 people, and it is a discussion, rather than a lecture. Topics come from following a colorful roadmap that highlights areas of discussion. Everyone participates, and it is focused on what the participants want to learn, while still covering all topics that standards of care require.

WINNER! Henry Ford Health System Institute on Multicultural Health: African American Initiative for Male Health Improvement (AIM-hi)

African American men suffer disproportionately from diabetes. AIM-hi is a program to increase blood glucose screening rates in this population, to reduce barriers to follow-up care, and to educate and empower persons with diabetes through support groups. Nine percent of those screened had an abnormal blood glucose reading with age, abnormal blood pressure, and body mass index all being associated with abnormal blood glucose readings among those with no previous diagnosis with diabetes.

Cardiovascular/Physical Activity/Nutrition Award:

Beaumont Hospital Technology Usability Center—Misconnections Prevention Toolkit

In 2006, the Joint Commission released a Sentinel Event Alert announcing that tubing and catheter misconnections have become a persistent and potentially deadly occurrence. Nine cases resulted in eight deaths and one instance of permanent loss of function. A group of employees at Beaumont Hospitals, along with the U.S. Food & Drug Administration (FDA), created a task force to investigate this problem and establish a program to minimize the possibility of future misconnections.

Foote Health System Prevention and Community Health—Health 4 Youth

Health 4 Youth is a 12-week, school-based, healthy living program for Jackson County 4th and 5th graders, on healthy eating, physical activity, and tobacco avoidance. Last spring, 4th graders from 11 Jackson schools had baseline health data measured; students from 5 schools participated in the program and are participating again this year as 5th graders. Program data will be tracked over 6 years to measure short- and long-term impacts in improving Jackson County youth health.

Macomb County Health Department – Healthy Kids-Healthy Hearts

“Healthy Kids-Healthy Hearts” is a program designed to teach 4th graders health habits that will help prevent cardiovascular disease. The program targets key lifestyle elements including physical activity, nutrition and tobacco use. Interactive group activities address CVD risk factors one hour per week for four consecutive weeks. Working in teams, students participate in the “Healthy Hearts Challenge”. With community, school and family support, the program promotes establishment of healthy heart habits at a young age.

WINNER! University of Michigan – Regional Alliance for Healthy Schools: Nutrition and Physical Activity Program

The University of Michigan Regional Alliance for Healthy Schools (RAHS) is comprised of three School Based Health Centers dedicated to quality physical, emotional and preventive healthcare. The RAHS Nutrition and Physical Activity Program (NPAP) offers overweight and obese students individual counseling with a dietitian and opportunities to attend walking clubs and after school fitness classes. The program uses body mass index, Stage of Change theory, and reported behaviors to measure physical and behavior changes in youth participants.

Wayne State Medical School—Urban Produce

Type 2 diabetes is a big killer in the US and one risk factor is diet. To primarily prevent DM, it is necessary to change eating habits as children, yet children are at very high risk to fall into poor eating habits because of lack of availability of fruits and vegetables. Urban Produce attempts to remedy this food access problem by encouraging children to eat fruits and vegetables by involving them in the process of growing it themselves.

Kidney Disease/Dialysis/Transplantation Award:

Diplomat Health Services—Chronic Kidney Disease Pilot Project

The CKD Pilot Project identified patients with CKD, staged them according to KDOQI Guidelines, and provided appropriate medical and pharmaceutical interventions to delay or prevent chronic kidney failure. The project provided education to physicians and patients about CKD and its treatment. The project was conducted over a twelve-month timeframe and resulted in saving of \$300 per patient per month. An additional \$150 per patient per day was saved due to delay in onset of dialysis.

Greenfield Health Systems – Timely AVF Placement in Large Urban Centers: Creating Pillars for Success

While GHS overall holds a very successful history of access management, two of its facilities saw disparate results attributed in part to its demographics and to patient noncompliance associated with psychological/educational challenges. As a result of this program initiative, the number of patients in these two dialysis units have maturing fistulas has increased dramatically, the use of catheters for > 90 days has decreased steadily, and our educational interventions contributed to greater patient involvement in their care and overall quality of life.

WINNER! Health Alliance Plan: HAP's *HealthTrack*: A High Tech, High Touch Approach to CKD Management

In August 2007, Health Alliance Plan developed a unique high-tech, high-touch approach to Chronic Kidney Disease (CKD) management for members with comorbid diabetes and hypertension. By enhancing its *HealthTrack* disease management model, HAP was able to address gaps in care in this high-risk population. Targeted interventions identified high risk members, increased essential screening, provided health coaching and offered resources to members and physicians to help overcome common barriers to managing CKD and preventing serious complications.

William Beaumont Hospital Division of Nutrition and Preventative Medicine – The Effect of Weight Loss after Bariatric Surgery on Renal Filtration Function and Albuminuria. Harmful or Helpful?

Bariatric surgery helps achieve weight loss in obese adults with improvement of diabetes and hypertension. We performed a pilot study to look at the effect of this weight loss on renal parameters in 94 obese adults who had Roux-en-Y gastric bypass surgery with a mean 12-month follow-up. We observed significant decrease in mean body mass index, blood pressure, glycosylated hemoglobin and lipid profile. In addition, we found significant reduction in urine albumin creatinine ratio after surgery, most importantly in patients with diabetes or metabolic syndrome. Serum creatinine and estimated glomerular filtration rate remained stable after bariatric surgery. Future studies are needed to determine if surgical weight loss can alter the progression of chronic kidney disease in obese adults.