The Price is Right and the Choice is Wise: Antibiotic Stewardship

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Who We Are…
Healthcentric Advisors

• **Nationally recognized**, non-profit firm providing:
  
  – Health care quality improvement consulting
  
  – technical support, research, analytic and project management services

• Incumbent QIO in Rhode Island since 1995

• Awarded the New England QIN-QIO contract in 2014
Supporting the Triple Aim

- Improving health care
- Improving health for people and communities
- Making care more affordable

Our Mission

Develop and provide innovative and evidence-based consultation, education, tools and resources that measure and improve the quality, safety and value of person-centered health care.
Benefits to YOU the Provider and your PATIENT

✓ Access to CMS-funded resources and expertise
  • Educational materials and tools
  • One-to-one technical support
  • Learning sessions (in-person and remote)

✓ Access to shared lessons learned across the region
  • Affinity Groups
  • Patient Family Advisory Council

✓ Tools and in-person educational forums for Medicare beneficiaries and their families
  • Diabetes Self-Management Program

www.healthcarefornewengland.org
What is Antibiotic Stewardship?

**Antibiotic stewardship** refers to a set of coordinated strategies to improve the use of **antimicrobial medications** with the goal of enhancing patient health outcomes, reducing resistance to antibiotics, and decreasing unnecessary costs.
What’s the Big Deal?

• Antibiotics most commonly prescribed class of medication

• In 2015, the National Action Plan for Combating Antibiotic-Resistant Bacteria (CARB) set a goal of reducing inappropriate outpatient antibiotic use by at least half by 2020.

• Overuse and misuse introduces greater risk of developing resistance and compromises effectiveness

At least 30% of outpatient antibiotics are prescribed unnecessarily

http://www.cdc.gov/media/releases/2016/p0503-unnecessary-prescriptions.html
Adverse Events

- Allergic Reactions
- *C. Difficile*
- Yeast Infections
- Antibiotic Resistance
- Bacteria
Relationship between Antibiotic Use & Adverse Drug Events

- One of the top med classes resulting in ER visits for ADEs
- Overall, antibiotics are responsible for 19% of ER visits for ADEs
- In children 18 years and younger, antibiotics are the most common cause of ER visits for ADEs
- 79% of ER visits for antibiotic-associated ADE events are due to allergic reactions

https://www.cdc.gov/medicationsafety/program_focus_activities.html
Antibiotic expenditures in United States by treatment setting

Total 2009 cost: $10.7 billion

34% Community
62% Hospitals
5% Nursing homes

Estimate 80-90% of antibiotic use occurring in outpatient setting

Outpatient 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.

**Tracking and reporting:**
Monitor antibiotic prescribing practices and offer regular feedback to clinicians, or have clinicians assess their own antibiotic prescribing practices themselves.

**Education and expertise:**
Provide educational resources to clinicians and patients on antibiotic prescribing, and ensure access to needed expertise on optimizing antibiotic prescribing.
QIN-QIO Support of Antibiotic Stewardship

- **Outpatient settings include, but are not limited to:**
  - Emergency departments
  - Walk-in clinics
  - Federally qualified health centers
  - Physician offices

- **Assistance**
  - Free educational offerings
  - Onsite support and guidance with implementation of core elements
  - Ad hoc quality improvement consultations

There is no fee, our organization receives funding from CMS to assist the provider community with quality improvement initiatives.
Connect with the New England QIN-QIO on Social Media!
Choosing Wisely® - Let’s Talk Antibiotics

Patient Safety Academy
September 29, 2017

Kellie Slate Vitcavage, MS
Maine Quality Counts is a member driven nonprofit located in Manchester, Maine.

We are working to improve the health of all Maine people (and beyond) by transforming the way healthcare is delivered.
Our Priorities
QC Brings Together the People Who Give, Get and Pay for Healthcare to Address Shared Priorities:

- Improve the alignment of healthcare systems to transform health for all Maine people
- Provide quality improvement assistance to practices
- Engage consumers in health care
- Promote the integration of physical and behavioral health
Too many medical tests and treatments are performed that may not be necessary and, in some instances, could lead to harm.

Over the last 20 years, spending on healthcare in Maine has risen 214% to over $11.2 billion.

Approximately 30% of U.S. healthcare costs (>$750 billion annually) are on wasted care.
Choosing Wisely® is part of a national and international cultural movement to create conversations between health care providers and patients to reduce unnecessary use of tests, treatments and procedures.

Choosing Wisely® is initiative of the ABIM Foundation & Consumer Reports.

Supports healthcare providers’ efforts to help patients make smart and effective care choices.
A Growing International Campaign
18 Countries
Driving Cultural Change

Engaged Diverse Stakeholders:

* **Health System Partners**
  * Mid Coast Hospital (18 practices)
  * Penobscot Community Health Care (6 practices & 4 walk-in clinics)
  * St. Joseph Hospital (6 practices & 4 ED’s)
    * Providers
    * Marketing staff
    * Outreach staff

* **Community Partners**
  * Community Action Programs
  * Area Agencies on Aging
  * Maine Council on Aging
  * Faith-based groups
  * Statewide Health Navigators – CAP Agencies/HMP
  * Other Community/Grassroots groups

* **Employers**
  * Bath Iron Works
  * People’s Plus
  * SMRT Architects & Engineers

* **Statewide Partners**
  * Maine Medical Association
  * Maine Osteopathic Association
  * Consumers for Affordable Health Care
Choosing Wisely Videos

All About Choosing Wisely - Video Link

https://vimeo.com/160035316
ABIM partnered with medical specialty societies to develop evidence-based recommendations of the “Five Things Physicians and Patients Should Question” because they’re ineffective, unnecessary, or harmful.

70+ Participating specialty societies

490 Tests and procedures identified

All lists can be found here: http://www.choosingwisely.org/doctor-patient-lists/
Antibiotic Clinical Evidence-based List

Five Things Physicians and Patients Should Question

1. Don't treat asymptomatic bacteriuria with antibiotics.
   - Inappropriate use of antibiotics to treat asymptomatic bacteriuria (ASB), or a significant number of bacteria in the urine that occurs without symptoms such as burning or frequent urination, is a major contributor to antibiotic overuse in patients. With the exception of pregnant patients, patients with symptoms, or those already on antibiotics, antibiotics are not indicated.

2. Avoid prescribing antibiotics for upper respiratory infections.
   - The majority of acute upper respiratory infections (URIs) are viral in etiology and the use of antibiotic treatment is ineffective, inappropriate and potentially harmful. However, proven infection by Group A Streptococcal disease (Strep throat) and pertussis (whooping cough) should be treated with antibiotic treatment. Symptomatic treatment for URIs should be directed to maximize relief of the most prominent symptom(s). It is important that healthcare providers have a dialogue with their patients and provide education about the consequences of misusing antibiotics in viral infections, which may lead to increased costs, antimicrobial resistance and adverse effects.

3. Don't use antibiotic therapy for stasis dermatitis of lower extremities.
   - Stasis dermatitis is commonly treated with antibiotic therapy, which may be a result of misdiagnosis or lack of awareness of the pathophysiology of the disease. The standard of care for the treatment of stasis dermatitis affecting lower extremities is a combination of leg elevation and compression, education of affected area, wound care improvements by promoting healthy drainage of oozing and inflammatory substances. Topical use of non-steroidal anti-inflammatory drugs (NSAIDs) and topical heat therapy is the standard of care.

4. Avoid testing for a Clostridium difficile infection in the absence of diarrhea.
   - Testing for C. difficile or its toxins should be performed only on defecated (formed stool), unless tissue or C. difficile is suspected. Because C. difficile carriage is increased in patients on antibiotic therapy, and patients in the hospital, only cultured stool without testing. In the absence of diarrhea, the presence of C. difficile indicates carriage and should not be treated and therefore, not tested.

5. Avoid prophylactic antibiotics for the treatment of mitral valve prolapse.
   - Antibiotic prophylaxis is no longer indicated in patients with mitral valve prolapse for prevention of infective endocarditis. The risk of antibiotic-associated adverse effects exceeds the benefits of using prophylactic antibiotic therapy. Limited use of prophylaxis will likely reduce the unwanted selection of antibiotic-resistant strains and their unintended consequences such as C. difficile-associated colitis.

These items are provided solely for informational purposes and are not intended as a substitute for consultation with a medical professional. Patients with any specific questions should contact their local healthcare provider for guidance.
The 5 Questions

5 QUESTIONS to Ask Your Healthcare Provider Before You Get Any Test, Treatment, or Procedure

1. **Do I really need this test or procedure?** Medical tests help you and your doctor or other healthcare provider decide how to treat a problem. And medical procedures help to actually treat it.

2. **What are the risks?** Will there be side effects? What are the chances of getting results that aren’t accurate? Could that lead to more testing or another procedure?

3. **Are there simpler, safer options?** Sometimes all you need to do is make lifestyle changes, such as eating healthier food or exercising more.

4. **What happens if I don’t do anything?** Ask if your condition might get worse — or better — if you don’t have the test or procedure right away.

5. **How much does it cost?** Ask if there are less-expensive tests, treatments or procedures, what your insurance may cover, and about generic drugs instead of brand-name drugs.

Use these 5 questions to talk to your healthcare provider about which tests, treatments, and procedures you need — and which you don’t need.

Some medical tests, treatments, and procedures provide little benefit. And in some cases, they may even cause harm.

Talk to your healthcare provider to make sure you end up with the right amount of care — not too much and not too little.

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5 QUESTIONS to Ask Your Health Care Provider Before You Take Antibiotics

1. **Do I really need antibiotics?** Antibiotics fight bacterial infections, like strep throat, whooping cough and symptomatic bladder infections. But they don’t fight viruses—like common colds, flu, or most sore throats and sinus infections. Ask if you have a bacterial infection.

2. **What are the risks?** Antibiotics can cause diarrhea, vomiting, and more. They can also lead to “antibiotic resistance” — if you use antibiotics when you don’t need them, they may not work when you do need them.

3. **Are there simpler, safer options?** Sometimes all you need is rest and plenty of liquid. You can also ask about antibiotic ointments and drops for conditions like pink eye or swimmer’s ear.

4. **How much do they cost?** Antibiotics are usually not expensive. But if you take them when you don’t need them, they may not work for you in the future—and that may cost you a lot of time and money.

5. **How do I safely take antibiotics?** If your health care provider prescribes antibiotics, take them exactly as directed, even if you feel better.

Use these 5 questions to talk to your health care provider about when you need antibiotics—and when you don’t.

Antibiotics can help prevent or treat some infections. But if you use them for the wrong reason, they may cause unnecessary harm. Talk to your health care provider to make sure you only use antibiotics for the right reasons—and at the right time.

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http://www.ConsumerReports.org/health/consumer-wisely/
Antibiotic Patient Information from Consumer Reports

Have a sore throat, cough, or runny nose? You probably don’t need antibiotics.

Antibiotics might not help you – and they may harm you.
Antibiotics can help prevent and treat some bacterial infections. But often times, they aren’t necessary. And if you take antibiotics when you don’t need them, they might not work when you do need them.
Make sure you’re taking antibiotics for the right reasons by asking the five questions on the other side.

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Make sure you’re taking antibiotics for the right reasons by asking the five questions on the other side.

5 QUESTIONS to ask your healthcare provider before you take antibiotics:

1. Do I really need antibiotics? Ask if you have a bacterial infection, like strep throat, pneumonia, or a symptomatic bladder infection. Antibiotics don’t work for viruses like the common cold and flu.

2. What are the risks? Antibiotics can cause diarrhea, vomiting, serious allergic reactions, and more. If you take them when you don’t need them, they might not work for you in the future when you really do need them.

3. Are there simpler, safer options? This may include rest and liquids, or drops for conditions like swimmer’s ear, which can be more effective and safer than oral antibiotics.

4. How much do they cost? Antibiotics don’t usually cost much. But if you develop side effects or they don’t work for you when you do need them, that can get expensive.

5. How do I take antibiotics correctly? Take them exactly as your healthcare provider prescribes, even if you feel better.

Learn more at www.ConsumerHealthChoices.org/antibiotics
This information is for use when talking with your healthcare provider. It is not a substitute for medical advice and treatment. Use this information at your own risk.

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Antibiotic Patient Information from Consumer Reports

All patient information handouts can be downloaded from Consumer Reports at: www.consumerhealthchoices.org
Choosing Wisely – Phone App

FMI: http://www.choosingwisely.org/resources/updates-from-the-field/choosing-wisely-is-now-an-app/
Call to Action!

- Incorporate Choosing Wisely
- Start using the 5 Questions
- Have a cost of care conversation
- Use the [www.CompareMaine.org](http://www.CompareMaine.org) website to find cost comparisons
Online Educational Modules

http://qclearninglab.org/course/spend-your-health-care-dollars-wisely/

Maine’s Cost Comparison Website

know what to expect before you receive care
compare the costs & quality of healthcare procedures in Maine
find the cost of a procedure

more information. better decisions.

www.comparemaine.org
For More Information

• For Health Care Providers:
  – Choosing Wisely: www.choosingwisely.org
  – ABIM Foundation: www.abimfoundation.org

• For Consumers:
  - Consumer Reports: www.consumerhealthchoices.org

• For Providers & Consumers:
  – Maine Quality Counts: www.mainequalitycounts.org
  – Twitter: @MEQualityCounts
  – Compare Maine: www.comparemaine.org

• QC Staff:
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Connect with QC

Join our email list
mainequalitycounts.org

Read the latest
blog.mainequalitycounts.org

Engage and be social
Punch a Bug Game

• We will call a number and if you have the number, COME ON DOWN!

• We will ask a statistical question and the person closest to the correct answer will get 3 chances to answer a question and punch a bug and win prizes!

• We will play as many rounds as time allows!