

CCNC Update

Community Care of North Carolina

9/1/2015

State Auditor's Report Highlights CCNC Savings

Hundreds of millions saved each year means a three-to-one ROI for the State of North Carolina

Last year, state legislators asked NC State Auditor Beth Wood to conduct a definitive study of CCNC's cost savings effectiveness that was "scientifically valid" and relied on "actual data" to determine whether the CCNC model saves money and improves health outcomes.

The results of a detailed study by Harvard economist Dr. Michael Chernew are in, and, once again, CCNC's approach has been found to save money and improve health outcomes for its enrolled population. The latest findings parallel numerous independent studies and peer-reviewed research that have validated CCNC's targeted approach to population health care and care management. Savings in inpatient utilization were statistically

significant, with a reduction in trend of approximately 25 percent.

Savings were also observed in pharmacy spending despite increased medication use, due



to a shift to less expensive medications. Similarly, spending on ambulatory services declined despite an increase in physician visits, reflecting a shift away from expensive services and sites of care toward primary care settings like CCNC-participating medical homes.

The full text of the State Auditor's report is available [online](#) under "recent reports."

"[Per beneficiary savings] of approx. \$78 per quarter [or] approx. \$312 a year in 2009 ... dollars (approx. a 9% savings)"

– Key finding of August 2015 State Auditor's Report

Impact of CCNC - Dollar Savings per Quarter

	Means	C-risk**
Total	866.64	-77.98*
Inpatient	154.53	-27.25*
ER	6.45	1.45
Ambulatory	530.55	-32.67
Pharmacy	143.16	-15.30
Dental	38.50	-4.27

* = statistically significant at $p < .05$

** C-risk = savings estimate from county fixed-effect model with risk adjustment based on current beneficiary health status

Publications

Health Affairs article on Medicaid "Transformation"

July article cites CCNC's Pregnancy Medical Home program as a model. Read the article [here](#).

Preterm Birth Study

Maternal and Child Health Journal published a recent retrospective study on North Carolina's pregnancy home program. CCNC's **Kate Berrien, RN** contributed to the study, which sought to determine which combination of risk factors from CCNC's Pregnancy Medical Home risk screening form was most predictive of preterm birth by parity and race/ethnicity. The abstract for "Predicting Preterm Birth Among Women Screened by North Carolina's Pregnancy Medical Home Program" can be viewed [here](#).

Motivational Interviewing Key to Healthy Patients, Providers

Chip Watkins, MD, highlighted the benefits of motivational interviewing in a [recent article for the North Carolina Medical Journal](#).



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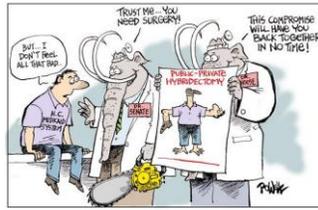
CCNC in the News

Recent State Auditor's report, CCNC's history of collaboration and innovation discussed

With state legislators debating the future direction of North Carolina's Medicaid program, CCNC's history of accomplishment and supportive infrastructure has been heavily discussed in the news media.

Recent observations include:

Hickory Daily Record: "CCNC [is] saving the state roughly \$300 per patient per year – which adds up to hundreds of millions of dollars – and helping reduce emergency



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room visits."

Fayetteville Observer: "The agency that administers the Medicaid program here is saving taxpayers a bundle - and providing improved

medical outcomes at the same time."

Raleigh News and Observer: "[CCNC] has realized impressive savings by encouraging preventative care and managing chronic illnesses to reduce the frequency of hospital admissions."

A complete summary of recent news coverage and editorials is [available on the CCNC website](#).

CCNC Staff at Work

In July, **Dr. Annette DuBard, MD, MPH** spoke at Complex Care Programs Police Academy, a National Governors Association event in Washington, DC. Dr. DuBard participated in a panel on "Building Blocks: Developing a Data Strategy that Drives your Program Forward."

Theodore Pikoulas, PharmD, BCPP, Associate Director of Behavioral Health Pharmacy Programs, presented at a national webinar, "Putting Naloxone into Action" sponsored by the College of Psychiatric and Neurologic Pharmacists.

CCNC dietitians Caitlin Romm RD, LDN, Marge Mickelson, RD, LDN and Sheri Vettel MPH, RD, LDN presented at the Academy of Nutrition and Dietetics Learning Collaborative in Chicago. The collaborative focused on the emerging role of Registered Dietitians in health care delivery models. CCNC was featured as a model emphasizing the effectiveness of the RDs' contribution to improving health care outcomes and reducing health-related expenditures. The team's presentation highlighted the mission, initiatives and cost savings of CCNC.



CCNC Dietitians team (from left) Emily James, Elizabeth Giannone, Marge Mickelson, Caitlin Romm, Sheri Vettel, Sheila White, and Meredith Fine.

Upcoming Events

NCHICA 21st Annual Conference & Exhibition

Sept. 13-16, 2015
Pinehurst, NC. More info is [here](#).

CCNC Central Office Care Management Team Orientation

Sept. 17 9:30-4:30 p.m.; Sept. 18 9-4 p.m.; Raleigh, NC. For newly hired clinical/professional care management team members; care management support team and quality improvement staff.

CPE Dental Event

Sept. 18, 2015; Clemmons, NC. Workshop will cover improving access, communication and quality of care. More info is [here](#).

NC Population Health Summit

Oct. 7, 2015; Raleigh, NC. Event will cover cardiovascular disease interventions and screening campaigns in NC; population health improvement tools, quality improvement initiatives, etc. Registration is [here](#).

NC Care Transitions Summit

Jan. 28-19, 2016; Durham, NC. Theme: "Engaging Patients, Professionals and Populations in Care Transitions," hosted by NC Alliance for Effective Care Transitions. Information about submitting abstracts is [here](#).

Awards and Honors

NCHICA Health Transformation Award Finalist

Kim Roberts, PharmD and Maher Abukaf will represent CCNC on Sept. 14 at the NCHICA Awards Luncheon at which more than 300 health IT industry leaders are expected to attend. CCNC's entry for PHARMACeHOME, a web-based platform that links the silos of care common in medication records, is a finalist in the Population Health Management category. PHARMACeHOME reduces health complications and unnecessary hospital admissions and readmissions that result from poor medication adherence and conflicts between medications.

Tilson Recognized with Service Award

The North Carolina Pediatric Society, a chapter of the American Academy of Pediatrics, presented the inaugural *Steve Shore Service Award* to **Betsey Tilson, MD** at the Society's Annual Meeting in August. Dr. Tilson was recognized for her efforts to improve child health through strengthened infrastructure, quality improvement, and strong communication, and for her passion for the health of North Carolina children and youth.



Steve Shore (right) presents award to Dr. Tilson (center).

Earls Nominated for Child Health Award

Marian Earls, MD has been nominated for a NC GlaxoSmithKline Foundation Child Health Recognition Award in the Lifetime Recognition category. Nominees and final winners will be recognized at a luncheon on Sept. 16 at the Embassy Suites in Winston-Salem, NC.



Patkar Appointed To Mental Health Task Force



Ashwin Patkar, MD, Northern Piedmont Community Care physician champion for Psychiatry and Behavioral Health, has been appointed to North Carolina Mental Health and Substance Use Task Force.

The task force will submit recommendations to Governor Pat McCrory by May 1, 2016 for improving the lives of North Carolina youth and adults with mental illness and substance use disorders and their families.

Dr. Patkar is the Medical Director of the Duke Addictions Program and Substance Abuse Consultation Services. For more details, see Northern Piedmont Community Care's [news release](#).

Board of Directors News

John Morrow, MD was elected Chair of the NCCCN Board. Congratulations and thanks to Dr. Morrow.

Tom Wroth, MD has been named acting NCCCN president and remains Chief Medical Officer.

Betsey Tilson, MD is leading the search committee for a permanent president. If you know of qualified candidates, the job posting is available [on the CCNC website](#).

Looking Ahead

The September issue of the *NC Medical Journal* will feature an article authored by a multiple CCNC experts highlighting best practices for patients with schizophrenia and medical comorbidities.

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