Canadian Foundation for Healthcare Improvement

Boehringer Ingelheim

Spreading an INSPIRED Approach to COPD Care

An Ontario Case Study of 7 Teams Supported through a Public-Private Partnership

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Context

INSPIRED is a hospital-to-home model of care for patients with chronic obstructive pulmonary disease (COPD) affecting >800,000 Canadians. COPD is the fourth leading cause of death in Canada and the leading cause of adult emergency department (ED) visits and hospitalizations, also accounting for >$750 million/year in hospital-based costs (1,2).

In Ontario:

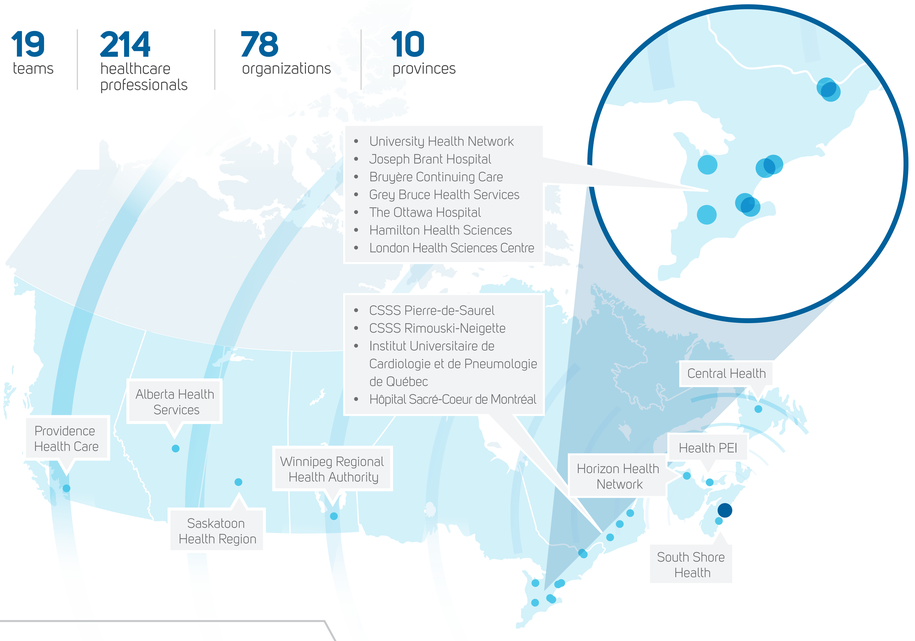
- > 290,000 people live with COPD (3)
- Number of patient hospitalizations has now reached >27,000 (2014-15) (4)
- Average length of stay for COPD is 6.4 bed days (4)
- 7 teams (of 19) participated in the INSPIRED Approaches to COPD quality improvement collaborative hosted by CFHI with support from BICL.

Aims

Based on the INSPIRED COPD Outreach Program™ at the Nova Scotia Health Authority (NSHA), this pan-Canadian collaborative aimed to spread improvements in:

- Patient and family caregiver education,self-management and self-efficacy, particularly for patients with advanced COPD
- Continuity of care across the hospital-to-home transition
- Appropriateness of care, e.g. enhanced homebased care and effective advance care planning
- Effective advance care planning (ACP)
- Reduced reliance on costly hospital-based care including ED visits, hospital admissions and lengths of stay

19 teams | **214** healthcare professionals | **78** organizations | **10** provinces



Collaborative Results

Shifting care from provider- to patient-driven, hospital to home, volume to value

- **Patients and families:** 1011 patients enrolled; patients reported greater self-confidence in symptom management, return to daily activities, and enhanced functional status
- **System:** Reduction in ED visits and hospitalizations with early reductions as high as 80% lowering to 40-50% in the six-month to 12-month periods
- **Participants:** Collaborative participation optimized patient care in developing action plans, self-management support, psychosocial support, ACP, coordinated community partnerships with allied health
- **Economic Implications:** Spread of INSPIRED programs across Canada over the next 5 years would provide better care to 14,000 Canadians with COPD and prevent $688 million in healthcare costs; every dollar invested in INSPIRED avoids $21 in hospital costs

In Ontario

Seven sites (6 that enrolled patients) supported adapting INSPIRED to local context:

- More patients obtaining Action Plans: 4/6 teams report 90-100% of enrolled patients received an action plan to promote COPD self-management.
- Economic Implications: Spread of INSPIRED across ON over the next 5 years would prevent 26,000 ED visits, 1,700 hospitalizations and 154,000 hospital bed days, equating to $ in contained cost (5).
- Over 5 years, adoption of INSPIRED would save:
  - $30 million in COPD-related ED costs
  - $246 million in COPD-related hospital costs (5)

Driving change through a Public-Private Partnership

A public-private partnership can:

- Facilitate adoption and spread of best practices across Canada
- Support health system leaders in achieving meaningful outcomes in patient-centred, cost-effective, timely and efficient care
- Support teams in developing ongoing commitment to quality improvement to deliver enhanced quality of care

The Ottawa Hospital

- 112 patients enrolled since November 2014
- 70% reduction in 30-day readmission rates for INSPIRED patients
- 62% reduction in ED visits for INSPIRED patients
- 45% reduction in hospital admissions for INSPIRED patients
- 18% reduction in avg. length of stay
- $325,000 total cost avoidance in 6-months

Joseph Brant Hospital

- 41 patients enrolled since March 2015
- No hospital admissions for INSPIRED patients (measured at 30 days, 60 days, 90 days and 6 months after enrollment)
- 7.5 to 5.7 days change in median length of stay for participating patients
- Care Transition Measure scores improved post-program, showing better transition from hospital-to-home

Grey Bruce Health Services

- 15 patients enrolled since November 2014

Compared to one-year pre- to post-enrollment:

- Admissions decreased by 77%
- ED visits decreased by 79%
- 30-day readmissions decreased by 66%

Hamilton Health Sciences

- 31 patients enrolled since February 2015
- 69% reduction in hospitalizations for INSPIRED patients
- 76% reduction in ED visits for INSPIRED patients
- 94% of enrolled patients received Medication Action Plan prior to discharge
- 46% increase in Lung Information Needs Questionnaire (LINQ)

London Health Sciences Centre

- 46 patients enrolled since November 2014
- 6% decrease in 90-day readmissions (from 53% to 47%)

University Health Network

- 19 patients enrolled since April 2015
- 30-day readmissions fell from 7 to 2 from pre- to post-enrollment; 90-day readmissions fell from 1 to 0 from pre- to post-enrollment

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