



Non-Emergency Medicaid Transportation for Health Home Clients and Comprehensive Care Transitions







May 14, 2015

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Today's Presenters

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Washington State Health Care Authority **Program Managers** Non-Emergency Medical Transportation Program

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Office of Service Integration - DSHS Training and Quality Assurance Program Manager Health Home Program





3



Training Objectives

- To learn about the New Non-Emergency Medical Transportation Program designed especially for your Health Home clients
- Review Comprehensive Care Transitions one of the six health home services
 - Expectations of Care Coordinators
 - Strategies for effective Care Transitions

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A feel series



Non-Emergency Medical Transportation (NEMT)



A new Medicaid benefit designed especially for Health Home clients





What is NEMT?

Beginning April 1, 2015, Care Coordinators may request non-emergency medical transportation for Health Home clients when:

- the client is homeless, or
- lives in an unhealthy or unsafe environment.

A Care Coordinator may request non-emergency medical transportation to alternate locations to deliver the Health Home services including but not limited to:

- developing the Health Action Plan (HAP),
- obtaining consent to participate, or
- administering health assessments.

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Why Would I Request NEMT?

The development of the HAP, as well as some on-going health home services, require face-to-face visits that usually take place in the client's home.

If a client is homeless or lives in an unsafe or unstable environment, the Care Coordinator may identify an alternate location for the faceto-face visit. In these instances, the client may need transportation to the alternate location.





Who Can Request NEMT?

Only a client's Care Coordinator can request NEMT services from a transportation broker for providing Health Home services.

Clients may not schedule this service.

The Care Coordinator must contact the NEMT broker available in the client's county of residence and submit a NEMT Health Home Services Request Form to the broker.

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Procedure for Using the Program

- Only the Care Coordinator can request NEMT for the Health Home client. The client must be behaviorally and medically stable and safe to transport.
- 2. The Care Coordinator must identify an alternate location where
- · A medical office or behavioral health setting
- · A community-based social or health services location such as senior center, community services office, area agency on aging, or local health department







Procedure for Using the Program cont.

- 4. NEMT for clients can only be used when providing a qualifying Health Home service and is limited to the following distance standards:
- Within 10 miles of the beneficiary's residence in urban/suburban areas
- Within 25 miles of the beneficiary's residence in rural areas
- · Exceptions may be made to the distances criteria on a case-by-case basis in remote areas of the state and be approved by HCA. To request an exception, the Health Home lead entity with whom the client is enrolled must request the approval by sending an email to: healthhomes@hca.wa.gov. Include the client name and ProviderOne ID, and the reason for the exception. HCA will notify the Health Home lead entity and the transportation broker of approved exceptions to the distance standards.

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Request **Form**

The form does not have a form number and is located on the Health **Care Authority's Health Home Website**

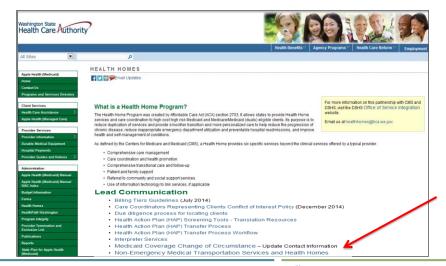
Washington State Health Care Authority					
Non-Emergency Medical Transportation (NEMT) for Health Home Services REQUEST FORM					
Date:					
	FAX#:				
·	wa.gov/medicaid/transportation/pages/phone.aspx				
· ·					
):				
Name of Care Coordinator:	Phone #				
Health Home Lead Agency: (Check one)					
Community Choice Healthcare	Northwest Regional Council ngton Optum Health				
Coordinated Care Corporation	SEWA Aging and Long Term Care				
Molina Healthcare	United Healthcare				
Section I - Client Information					
Last Name	First Name				
ProviderOne ID Number	DOB:				
Pick-up Address (exact address/entrance):_					
Drop-off Address (exact address/entrance)):				
Sparial Needs (a.e. ascort: nyvean whealch	hair/oversize wheelchair; etc.):				
openia recos (e.g. escort, oxygen, wheeler	many or a sace mine and many a sect.				
Section II – Certification:					
	ent is enrolled with the Health Home Lead selected above				
Client needs transportation to an al	Itemate location to receive health home services				
	/				







Where Can I Find Information and Forms?



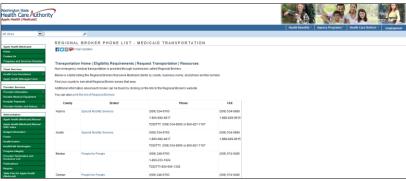
Health Care Authority feature discus



Where Can I Find the Contracted **Transportation Brokers?**

Website:

http://www.hca.wa.gov/medicaid/transportation/Pages/phone.aspx



13



NEMT Brokered Transportation

Overview

Purpose:

- Provide transportation access to necessary non-emergency medical services for all eligible clients who have no other available means of gaining access to these services
- Pre-authorized access to covered medical services is provided by the most cost-effective mode which meets the clients' mobility status and personal capabilities
- Lodging may be paid for if the client must go out of their area for specialty care. Payment need to be pre-approved by the broker
 - Brokers have established contracts with hotels and pay the hotel on the client's behalf.

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NEMT Brokered Transportation

Rules and Regulations related to NEMT:

> NEMT services are authorized under 42 CFR 440.170 for Title XIX Medicaid clients; WACs: 182-546-5000 through 5700







6 Transportation Brokers Serving 13 Regions Statewide

Transportation Broker's Responsibility:

- Authorize the type of transportation
- Select transportation service provider
- Select type of transportation mode that is:
 - √ appropriate to a client's medical condition and capabilities
 - √ lowest cost available
 - ✓ accessible

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Broker Responsibility

The Transportation Broker:

- Arranges for transportation to healthcare services within a client's local medical community;
- ➤ May arrange for transportation outside the local medical community if justification or medical necessity is provided
 - √ The client's primary care provider usually provides medical necessity documentation to the broker for client to access services outside the local medical community.

17







Eligibility for Transportation

- Clients call broker to request ride for:
 - √ Scheduled trip: request 2 business days in advance of trip (up to 14 days in advance)
 - ✓ Urgent Call & Hospital Discharges: requests accepted depending on available resources (drivers and vehicles)
- Clients must be Eligible:
 - √ Clients must be Medicaid-eligible (or Dual: Medicaid & Medicare)
 - √ Medical Services must be covered by client's benefit services package
 - √ Medical Services must be necessary
 - ✓ Medical Provider must be a HCA-enrolled provider or contracted with the managed care plan

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Modes of Transportation

- > Brokers ensure client resources & lowest cost transportation are used first, based on each client's mobility & personal capabilities.
- > Clients are screened for most appropriate & cost efficient mode:
 - ✓ Personal Vehicle (mileage reimbursement, gas vouchers, gas cards)
 - √ Volunteer Drivers (base rate, mileage reimbursement)
 - ✓ Public Transit (bus fare, tickets, passes, etc.)
 - √ Shared Rides/Multiple Passengers
 - √ Wheelchair Van
 - ✓ Taxi
 - √ Ferries, Water Taxi
 - √ Tickets for commercial bus, rail, air

19







NEMT Transportation Program Contact Information

√ Website: (broker list by county) http://www.hca.wa.gov/medicaid/transportation/pages/index.aspx

✓ E-mail Address:

HCA DL DHS OCS NEMT TRANSPORTATION HCANEMTTRANS@hca.wa.gov

✓ HCA Customer Service Center:

1-800-562-3022 (ask for Transportation Program)





Transportation Costs

- > Transportation Program is a \$65-\$75M program
- ➤ About 3 Million Trips / year; 12,000 Trips/day
- > Costs keep rising as a result of:
 - ✓increasing caseloads (Medicaid Expansion)
 - √fuel costs
 - √out-of-area costs
 - ✓ clients may have less resources







Who Do I Contact if I Have Questions?

RosaMaria Espinoza

NEMT Program Manager/HCA (360) 725-1721

Stephen Riehl

NEMT Program Manager/HCA (360) 725-1441







Comprehensive Care Transitions



One of the six Health Home Services

23





The Six Health Home Services

- Comprehensive care management
- Care coordination
- Health promotion
- Comprehensive transitional care
- Individual and family support
- Referral to community and social support services

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Hospital Readmissions

Research shows that 20% of Medicare patients in the U.S. are re-hospitalized within 30 days of discharge.

While some readmissions are necessary and appropriate, up to 76% of these readmissions are potentially avoidable for a variety of reasons.

Four out of five Medicare clients have no direct communication with the hospital or their PCP after they leave the hospital

25







What are the Reasons?

Social or resource issues and not for medical issues

Lack of strategies that incorporate both social and medical factors

Poorly executed transitions:

- Impact family and support systems
- Result in poor outcomes for the client

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Social and Resource Barriers

- · Limited or no income
- No financial resources
- · Lack of advanced care planning
- · Current living situation
- Unstable housing or lack of housing
- · Unsafe living environment
- Poor health literacy
- · Lack of employment
- · Lack of family support

- Mental health symptoms
- · Poor nutrition and/or food insecurity
- · Lack of an alternate decision maker
- Abuse, neglect, and/or exploitation
- · Beliefs and values
- · Lack of dependable transportation and/or escort







Adverse Outcomes

The lack of proper comprehensive care transitions can result in:

- Avoidable Emergency Department visits
- Avoidable hospital re-admission
- Medication errors
- New or increased symptoms
- Adverse events
- Misdiagnosis, delayed diagnosis, or wrong treatment
- Death

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Care Transitions Defined

Comprehensive Care Transitions are a set of Health Home activities and services provided by the Care Coordinator. The intent is to prevent avoidable readmissions to hospitals, nursing facilities, and other inpatient facilities. Properly executed care transitions result in better client outcomes, reduced risk, and reduced costs.







Six Strategies for Care Transitions

- Consistent plan of care with primary care provider and home health care (if applicable) upon arrival and discharge from the hospital, skilled nursing facility (SNF), or other institution
- Coordinated follow up call or visit at discharge
- Timely visit to primary care provider (PCP) or specialist
- 4 Reconciliation of medications soon after transition
- 5 Patient education coordinated between settings
- Support through increased care management for high- risk patients

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Preplanning

Successful care transitions begin with:

Advanced planning

Interdisciplinary Care Teams (ICT)

Inclusion of family members, caregivers, and other collaterals

Health promotion and education before admission (and continued as needed after discharge)







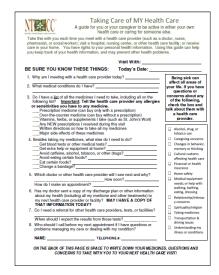
Online Resource

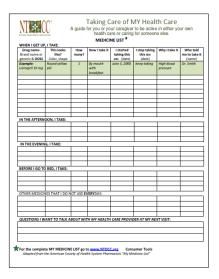
National Transitions of Care Coalition

http://www.ntocc.org/Portals/0/PDF/Resources/ Taking_Care_Of_My_Health_Care.pdf



Client Resource from the NTCC Website











Advanced Planning

- Work with the client to create a medication list to aid:
 - Client, family, and caregiver as they cross settings
 - PCP and ED physicians
 - · Aids with diagnosing issues
 - · May prevent avoidable re-admissions
 - · May prevent medication errors
 - Pharmacists or other professionals
 - · Reconcile medications

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How Will You Know if a Client has Been Hospitalized?

Review PRISM data: there is a lag in submission of billing claims PRISM can identify placements in nursing facilities

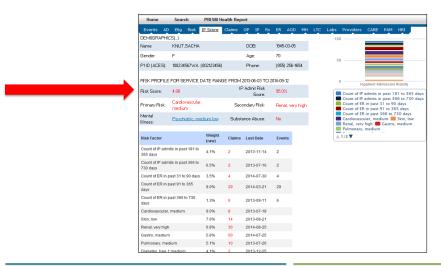
Emergency Department Information Exchange (EDIE) or PreManage: find out if your Lead or agency subscribe to this service







PRISM Inpatient Risk Score



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Interdisciplinary Care Teams (ICT): an approach to planning

- May be initiated by the Care Coordinator
- May be a part of interdisciplinary care teams at the nursing facility
- May be a part of the hospital discharge department
- May be coordinated by other medical and mental health providers







Who Should Be on the ICT

- Prior to or during admission determine who should be on the Interdisciplinary Care Team (ICT):
 - Care Coordinator
 - Allied or affiliated staff (e.g. peer support specialist)
 - Facility discharge staff: RNs, Rehab, Dietary, and Social Services
 - Family, legal representatives, caregiver/s, other collaterals
 - Primary Care Physician (PCP)
 - Other medical professionals (e.g. PT, home health)
 - LTSS case managers and nurses
 - Mental health and other social service providers





Preparing for Discharge

- Some things to consider:
 - Home evaluation
 - Follow-up and after hours care
 - Care needs:
 - Supervision: 24 hour care
 - Activities of daily living (ADLs) and Independent Activities of Daily Living (IADLs)
 - Care needs:
 - personal care for ADLs and IADLs
 - skilled nursing and other therapies







Preparing for Discharge cont.

- Some things to consider:
 - Financial assistance
 - Durable medical equipment and supplies
 - Special dietary needs
 - Paid and unpaid caregiving
 - Transportation and escort
 - Housing: rent and utilities paid? Risk for losing housing voucher?

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Does the Client or Caregiver Know Which Red Flags or Warning Signs May Require a Call to the Provider?

- Chest pain or palpitations
- Cough
- Infection
- Blurred vision
- Headache
- Fatigue,
- Insomnia or problems sleeping
- Discharge
- Warmth to an affected area.
- Fever

- Pain
- Nausea and/or vomiting
 - Poor appetite
 - Weight loss or weight gain
- Cough
- Bleeding
- Constipation
- Difficulty urinating or no urination
- Dizziness
- Falls







Triage Grid for Follow-up Care

Communication and Follow-Up Based on Patient Triage/Clinical Need					
Patient	Criteria	Appointment Needed w/in	Provider Handoff	Plan of Care Transfer	
High Risk	Admitted 2 or more times in the past year Unable to teach back Low likelihood to follow treatment plan High likelihood patient readmitted within 30 days	48 Hours	Doctor to Doctor	Phone <u>and</u> FAX	
Moderate Risk	Admitted once in the past year Moderate likelihood to follow treatment plan Moderate likelihood patient readmitted within 30 days	5 – 7 days	Hospital to PCP Team	EHR or FAX	
Low Risk	No other admission in the past year Able to teach back Low likelihood patient readmitted within 30 days	As Needed	Hospital to PCP Team	EHR or FAX	







Arrange for Follow-up Care

Questions to consider:

- What are the discharge orders?
- Who should the client see after discharge?
 - What special and/or routine care is needed?
- How soon should the client be seen?
- What questions does the client need to ask at the appointment/s?
- Are there test results that should be reviewed?

43



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Arrange for Follow-up Care cont.

Questions to consider:

- Was the client or collateral informed of the appointment/s?
 - · Who should attend?
 - Is transportation and/or escort arranged?
- How will the provider be informed about the hospitalization?
 - Do they have access to the Electronic Health Record (EHR)? Discharge orders?
- Does the client need new prescriptions for medications, durable medical equipment and supplies, and/or additional rehab sessions?

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Medication Reconciliation

The role of the Care Coordinator is to facilitate/coordinate the reconciliation

- This may start during the hospital stay
- Within 5 days following discharge
- Care Coordinator will ensure that it is completed by a qualified professional OR
- Care Coordinator may provide the service if it is within the scope of their practice

45







Medication Reconciliation cont.

Who can help reconcile medications?

- Primary care physicians (PCP) - The PCP's nurse or physician's assistant (PA)
- Family members
- Pharmacists
- Pharmacies that deliver bubble packed medications to adult family homes
- Home Health nurses
- Contracted nurse delegators for LTSS
- Nurses in nursing facilities, assisted living, adult family homes, and other institutions

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Checklist for Post Hospital Follow-up Visits

- ✓ Medication reconciliation
- ✓ Instruction in self-management; when to call and who to call
- ✓ Red flags or warning signs
- ✓ Follow up appointments made and confirmed
- ✓ Client knows what to do if he/she does not feel well
- ✓ Plan for paying for care or non-covered benefits, equipment, and environmental modifications

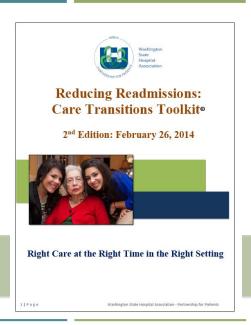






Valuable Resource

http://www.wsha.org/files/177/Car eTransitions_Toolkit_Version2_Fe b%2024%202014_Final.pdf









Interventions Following **Discharge**

Follow up call script by clinical staff

Please review the script

Follow up call by non-clinical staff

Please review the script



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Follow-up Script for Clinical Staff from "Reducing Readmissions: **Care Transitions** Toolkit"

HEALTH STATUS: WARNING SIGNS: • Do you have any questions about what to do it is problem arise?

FOLLOW-UP.

1. Can you please till me what appointments are checkelded? Who is it with? If it is a labbest, what is for 'Who is it! An you going to be able to make it to your appointment?

a. For -Continue.

b. No. -Haly with the itsness or get appointment rescheduled.

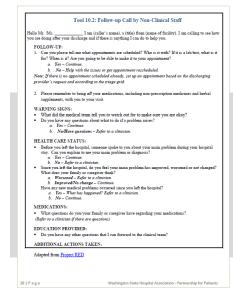
Noer: If here it is no appointment exheduled already, it sup on appointment based on the discharging provider a request and according to the tring grid.

2. Please remember to bring all your medications, including non-prescription medicines and herbol supplements, why one your value. MEDICATIONS: EDUCATION PROVIDED: ADDITIONAL ACTIONS TAKEN:





Follow-up **Script for Non-Clinical Staff** from "Reducing Readmissions: Care **Transitions** Toolkit"









Patient, Family, and Caregiver **Support**

- Care Transitions provide an opportunity to:
 - Assess and educate
 - Provide coaching and health promotion
 - Review and revise the HAP to support the client and others in meeting their client-centered goals
 - Improve health literacy and activation

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"Teach Back"

Literature shows "Teach Back" is one of the most effective methods for educating patients. Teach Back involves asking the patient, family, or caregiver to recall and restate in their own words what they thought they heard during education or other instructions.

Be aware of the client or caregiver activation level when teaching or using "teach back" techniques.

53







Teach Back Training Resource:

http://www.teachbacktraining.org/



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Other Care Coordination Services

- Patient and caregiver education and health promotion
 - Consider the PAM, PPAM, and CAM level
- Family and caregiver support
- Referral to social and other services
- Comprehensive care coordination
 - Administer screening tools
 - Review and revise the HAP

55







Summary

Consider the NEMT program when coordinating visits with your client for the purposes of Health Home services

Review the six strategies when working with your client on care transitions

Comprehensive Care Transitions provides the greatest opportunity for reducing costs and improving outcomes for our clients

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Join us





- -Thursday, June 11, 2015
- -9:00 AM 10:30 AM
- -Topic: Medicaid 101

Make your reservation now at:

https://attendee.gotowebinar.com/rt/2336104130912005121







Certificate of Completion

Non-Emergency Medical Transportation for Health Home Clients

presented by RosaMaria Espinoza and Stephen Riehl Program Managers for the Washington State Health Care Authority

Comprehensive Care Transitions

presented by Cathy McAvoy Health Homes Program Manager Integration Services - DSHS

Webinar aired on: May 14, 2015 in Lacey, Washington for Health Home Care Coordinators

Please sign and date this slide to attest that you reviewed this training PowerPoint

Your Signature Supervisor's Signature Date

Date







Post Webinar Discussion

- What experience have you had working with clients as they discharge from hospitals, nursing facilities, or other institutions?
- · What approaches have you used to work successfully with discharge planners? LTSS case managers? Behavioral health providers? Other medical and social service providers?
- · How have you enlisted the support of others in preparing and executing successful discharges? Do you participate in **Interdisciplinary Care Teams?**
- · Where to you go to research resources for your clients?





