

Medicare Quality Improvement Program Results

Advance Directive – Colorectal Cancer Screening

Alcohol Use Assessment – Depression Assessment - Breast Cancer Screening

The table below compares quality measures of individual primary care clinics or clinic systems to quality measures for Medica’s primary care clinic network as a whole (Medica aggregate).

!	Significantly above the Medica aggregate
*	No significant difference from the Medica aggregate
-	Significantly below the Medica aggregate
N/A	Not measured or sample size was too small

Plan Aggregate	Care Management & Preventive Screening				
	47%	82%	82%	68%	79%
Clinic System	Advance Directive	Colorectal Cancer Screening	Alcohol Use Assessment	Depression Assessment	Breast Cancer Screening Done
Affiliated Community Medical Center	-	!	*	*	*
Allina Clinic	*	*	*	!	*
Aspen Medical Group	*	*	-	-	N/A
Bloomington Lake Clinic	*	*	*	*	*
Brainerd Medical Center	-	!	*	*	*
Buffalo Clinic	-	*	*	*	*
Camden Physicians	!	*	!	!	*
CentraCare Clinics	!	*	!	*	*
Columbia Park Medical Group	!	!	*	*	*
Consultants Internal Medicine	-	*	-	-	*
Duluth Clinics	*	*	*	!	!
Fairview Clinics	*	!	!	*	!
Family Health Services Minnesota	-	!	*	!	*
Family Medical Center	-	*	-	-	*
HealthEast Clinics	!	*	*	*	!
HealthPartners	!	*	-	*	*
Hennepin Faculty Associates/HCMC	*	*	!	-	*
Innovis Health	-	*	*	-	*
Lakeview Clinic	!	*	!	!	*
MeritCare Clinic	*	*	!	!	*
Mesaba Clinic	N/A	N/A	N/A	N/A	*
Metropolitan Medical Associates	-	!	*	!	*
Multicare Associates of the Twin Cities	-	*	*	!	*
North Clinic	*	*	*	*	!
North Memorial Clinic	!	*	*	*	*
Northstar Physicians	*	*	*	*	-
Park Nicollet Clinics	!	*	*	*	*
Quello Clinic	!	*	!	*	*
Ridgeview Clinics	*	-	*	*	*
Silver Lake Clinic	-	*	*	!	*
St Cloud Medical Group	N/A	N/A	N/A	N/A	*
St Lukes Hospital Association	!	*	*	-	*
Stillwater Medical Group	-	*	*	*	*
University of MN Physicians	*	*	-	*	*

Comparisons are based on a 95% confidence interval calculated for both Medica health plan level results and individual clinic system results. The confidence interval tells you that you can be 95% confident that the true population rate is represented on the table above.



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Explanation of Quality Measurements

Advance Directive

How Medica measures quality: Medica measures how well clinics document your choices related to establishing an advance directive.

Definition & background: An advance directive tells your doctor what kind of care you would like to have if you become unable to make medical decisions (if you are in a coma, for example). A good advance directive describes the kind of treatment you would want depending on how sick you are. For example, the directives would describe what kind of care you want if you have an illness that you are unlikely to recover from, or if you are permanently unconscious. Advance directives usually tell your doctor that you don't want certain kinds of treatment. However, they can also say that you want a certain treatment no matter how ill you are.

Colorectal Cancer Screening

How Medica measures quality: Medica refers to the 3 screenings described in the **Screening Options** section (below) as the main indicators of the quality of colorectal screening for a primary care clinic or clinic system.

Definition & background: According to the American Cancer Society, colorectal cancer is the second leading cause of death from cancer in the United States. The risk of developing colorectal cancer rises after age 50 and is common in both men and women. Today there are more ways than ever to treat colorectal cancer. Often, pre-cancers can be detected and removed preventing any cancer from developing. As with almost all cancers, the earlier it is found the more likely that the treatment will be successful. If colon cancer is detected in its early stages, it is up to 90 percent curable.

- **Screening Options:** Beginning at age 50, men and women who are at average risk for developing colorectal cancer should have at least one of the three screening options below:
 1. Fecal Occult Blood Test (FOBT) every year, or
 2. Flexible Sigmoidoscopy every 5 years, or
 3. Total Colon Evaluation (colonoscopy or flexible sigmoidoscopy with double-contrast barium enema) in the past 10 years. Men and women with a higher risk for developing colorectal cancer should have a total colon evaluation every 5 years.

Alcohol Use Assessment

How Medica measures quality: Medica measures how well clinics follow recommendations to assess their patients for signs of alcohol abuse or dependence during an annual physical exam.

Definition & background: Alcohol dependence (alcoholism) is a chronic and often progressive illness. It may be characterized by a craving for alcohol, a physical dependence on alcohol or a continued need for alcohol despite alcohol-related psychological, interpersonal and physical problems.

Depression Assessment

How Medica measures quality: Medica measures how well clinics follow recommendations to assess their patients for signs of depression during an annual physical exam.

Definition & background: Experiencing “the blues” or temporary feelings of grief is a normal part of life. However, five or more of the following symptoms may indicate a problem with depression: feelings of sadness, tearfulness, irritability, changes in appetite and/or sleep patterns, decreased interest in hobbies, work, or school and decreased energy. Depression is a very common disorder; according to the National Institute of Mental Health, more than 19 million adults in the United States are affected by depression. Fortunately, depression can be successfully treated with professional counseling, antidepressant medication, or a combination of the two.

Breast Cancer Screening Done

How Medica measures quality: Medica refers to the screening recommendations described in the **Mammogram Screening** section (below) as the main indicators of the quality of breast cancer screening for a primary care clinic or clinic system.

Definition & background: According to the American Cancer Society, breast cancer is the most common cancer among women in the United States and is the second leading cause of death in women, after lung cancer.

- **Mammogram Screening:** The breast cancer screening test used most often is called a mammogram. This test is essentially a safe and highly accurate X-ray photograph of the breast. Although the mammogram has been around for about 30 years, the technique continues to be the most important tool doctors have to help them diagnose, evaluate, and treat breast cancer. Leading experts, the National Cancer Institute, the American Cancer Society, and the American College of Radiology now recommend annual mammograms for women over 40.