

## Medica's 2010 Quality Improvement Program Results

### Adult – Health Promotion

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	Health Promotion Adult			Health Promotion Adult Medicare		
	21%	80%	76%	75%	41%	80%
Clinic System	Advance Directive	Depression Assessment	BMI	Depression Assessment	Advance Directive	Pneumococcal Immunization
Affiliated Community Medical Center (ACMC)	-	*	*	*	*	*
Alexandria Clinic	-	!	!	!	-	*
Allina Medical Clinic	*	*	!	*	*	*
Altru Clinics	-	-	*	N/A	N/A	N/A
Amery Regional Medical Center - Clinics	-	!	-	N/A	N/A	N/A
ANW General Medicine Clinic	*	*	*	*	*	!
Apple Valley Medical Center	-	!	*	N/A	N/A	N/A
Aspen Medical Group	-	-	-	-	-	*
Avera	-	-	-	N/A	N/A	N/A
Bloomington Lake Clinic	*	!	*	!	*	-
Buffalo Clinic	-	!	*	*	-	!
Catalyst Medical Clinic	-	!	!	N/A	N/A	N/A
CentraCare Clinic	*	*	!	*	!	*
Consultants – Internal Medicine	N/A	N/A	N/A	-	-	*
Edina Family Physicians	!	!	!	!	!	*
Essentia Health- Brainerd Lakes Health	-	-	-	-	-	-
Essentia Health Clinics – East Region	-	*	!	!	-	!
Essentia Health - Innovis	!	-	*	-	!	*
Fairview	*	*	!	*	*	*
Family Health Services Minnesota	!	!	!	!	!	*
France Avenue Family Physicians	-	!	!	N/A	N/A	N/A
Fremont Community Health	-	!	-	N/A	N/A	N/A
Gateway Family Health Clinic	-	!	!	N/A	N/A	N/A
Grand Itasca Clinic and Hospital	*	!	!	N/A	N/A	N/A
HealthEast Clinics	!	*	!	*	!	*
HealthPartners	-	*	!	*	-	*
HealthPartners Central Minnesota Clinics	-	*	!	N/A	N/A	N/A
Hennepin County Medical Center	*	-	!	-	*	*
Hennepin Faculty Associates	*	-	!	-	*	*
Hutchinson Medical Center	*	!	!	!	*	-
Immanual St. Josephs-Mayo Health System	*	*	!	N/A	N/A	N/A
Lake Region HealthCare Clinic-Fergus Falls	-	*	-	*	*	*
Lakeview Clinic	-	-	-	-	*	*
Lakewood Health System	-	*	!	N/A	N/A	N/A
Little Falls Medical Center	-	!	*	!	-	!
Mankato Clinic	-	!	!	N/A	N/A	N/A
MeritCare Clinic	!	*	*	*	*	*
Mesaba Clinic	-	-	!	-	*	*
Metropolitan Internists	-	-	!	-	*	*
Mille Lacs Family Physicians	-	!	-	N/A	N/A	N/A
Multicare Associates of the Twin Cities	-	*	-	*	-	*
North Clinic	*	-	*	-	*	!

	Health Promotion Adult			Health Promotion Adult Medicare		
Plan Aggregate	21%	80%	76%	75%	41%	80%
Clinic System	Advance Directive	Depression Assessment	BMI	Depression Assessment	Advance Directive	Pneumococcal Immunization
North Memorial Clinics	!	*	!	*	!	*
North Memorial – Silver Lake	*	*	*	*	!	*
North Point Health and Wellness	*	*	!	N/A	N/A	N/A
Northstar Physicians	-	!	-	!	-	-
Northwest Family Physicians	-	*	!	N/A	N/A	N/A
Open Cities	-	-	*	N/A	N/A	N/A
Park Nicollet Clinics	!	*	*	*	!	!
Quello Clinic	!	*	!	*	!	!
Richfield Medical Group	N/A	N/A	N/A	*	-	*
Ridgeview Clinics	*	!	!	!	*	*
Riverwood Aitken Clinic	!	*	!	N/A	N/A	N/A
Sanford Clinics	-	*	*	N/A	N/A	N/A
Sharpe, Cockson, Dillon & Associates	-	*	-	*	-	*
Southdale Internal Medicine	-	*	!	N/A	N/A	N/A
St. Cloud Medical Group	!	!	!	*	!	*
St. Croix Medical Center	*	!	!	N/A	N/A	N/A
St. Luke's Hospital Association	!	*	*	!	!	*
Stillwater Medical Group	-	*	!	*	-	*
SuperiorHealth Center	N/A	N/A	N/A	*	*	*
United Family Medicine	*	!	*	!	*	*
University of MN Physicians	-	!	*	*	-	*
Westside Community Health	*	!	*	N/A	N/A	N/A
Western Wisconsin Medical Associates	-	!	!	N/A	N/A	N/A

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 be 95% confident that the true population rate is represented on the table above.

## Explanation of Quality Measurements

### Depression Assessment – Adult and Adult Medicare

**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.

### BMI - Adult

**How Medica measures quality:** Medica measures how well clinics document that they have measured the height and weight of the patients during an annual physical exam.

**Definition and background:** Measuring height can show if the patient is losing height and at risk for osteoporosis. The patient's weight should be monitored to observe for changes that would indicate excess weight gain or loss.

### Advance Directive – Adult and Adult Medicare

**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.

## **Pneumococcal Immunization - Adult Medicare**

**How Medica measures quality:** Medica measures how well clinics provide pneumococcal immunizations to their Medicare patients.

**Definition and background:** Pneumococcal immunizations are recommended to all persons with chronic health conditions to help prevent pneumonia and to all patients 65 years of age and older.