



Patient Choice Care System Review Program Results

The table below compares quality measures of individual primary care clinics or clinic systems to quality measures for the Patient Choice primary care clinic care system network as a whole (Patient Choice network aggregate). Program reviewed clinic performance on colorectal cancer screening, depression, alcohol use, asthma and chlamydia screening.

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

	Care Management				
Plan Aggregate	74%	64%	82%	44%	58%
Clinic System	Colon Cancer Screening	Depression Assessment	Alcohol Use Assessment	Optimally Managed Asthma	Chlamydia Screen Done
Abbott Northwestern Org.	*	!	!	N/A	*
Access Quality Care System	*	!	!	-	*
Allina Medical Clinic Care System	*	!	*	-	!
Aspen Medical Group	*	-	*	*	*
Care North Health System	*	*	*	N/A	*
Children's Physician Network	N/A	N/A	N/A	!	!
Dakota Clinic	*	-	-	N/A	N/A
Duluth Clinic Health System	!	*	*	*	*
Fairview Physician Assoc.	*	!	!	!	*
Fairview Red Wing Services	!	*	!	N/A	*
Family Health Services MN	*	N/A	N/A	-	*
HealthEast Care System	*	!	*	*	!
HealthPartners Medical Group	-	-	-	-	*
Hennepin Faculty Associates	*	*	*	N/A	!
Meritcare Health System	*	!	!	-	*
Minnesota Healthcare Network	*	*	*	-	*
North Clinic	*	-	*	N/A	-
North Memorial Care System	*	!	!	N/A	*
Park Nicollet/Methodist Care System	*	*	!	-	*
Stillwater Medical Group	-	-	-	N/A	*
University of MN Physicians	*	*	!	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 can be 95% confident that the true population rate is represented on the table above. Data was collected in 2007 for reporting in 2008.

Explanation of Quality Measurements

Optimally Managed Asthma

How Medica measures quality: Medica refers to the four actions described in the **Optimally Managed** section (below) as the main indicators of the quality of asthma care for a primary care clinic or clinic system.

Definition & background: Childhood asthma is a disease of the bronchial tubes, or airways of the lungs. Asthma causes these airways to tighten, which makes breathing difficult. It is very important that children with asthma and their parents understand how to care for asthma and prevent asthma episodes, which are often called an “asthma attack.” Childhood asthma care for ages 5 to 19 is measured during each calendar year. One of the best opportunities for improvement in the treatment of asthma is a plan, written by a doctor, that is customized to fit each child’s asthma care needs. This plan is called an “asthma action plan.”

- **Optimally Managed:** Asthma care is considered to be optimally managed when a doctor completes all four of the following actions for each child: Confirm that the child is not exposed to tobacco smoke, has received an asthma action plan, documents the severity of asthma, and if a child has persistent asthma, the doctor recommends an anti-inflammatory medication.

Chlamydia Screening Done

How Medica measures quality: Medica uses the screening rates described in the **Chlamydia Screening** section (below) as the main indicator of the quality of chlamydia screening for a primary care clinic or clinic system.

Definition & background: Sexually active women 13-24 years of age are at greatest risk for complications as a result of undetected and untreated Chlamydia infection. Early detection has been found to be the most effective way to prevent the serious health problems in women and newborn babies that this often “silent disease” can cause.

- **Chlamydia Screening:** In support of this public health issue, Medica has established an ongoing goal to increase the rate at which clinics screen for Chlamydia, specifically for this age group. Medica focuses measurement and improvement efforts on the rate of chlamydia screenings that are actually done, with a goal of increasing that rate.

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 Screening

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 Screening

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.