

Session 2:

Using VA data and information systems to support the ORH TeleSleep Enterprise-Wide Initiative (a QUERI/operational partnership)

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Objectives

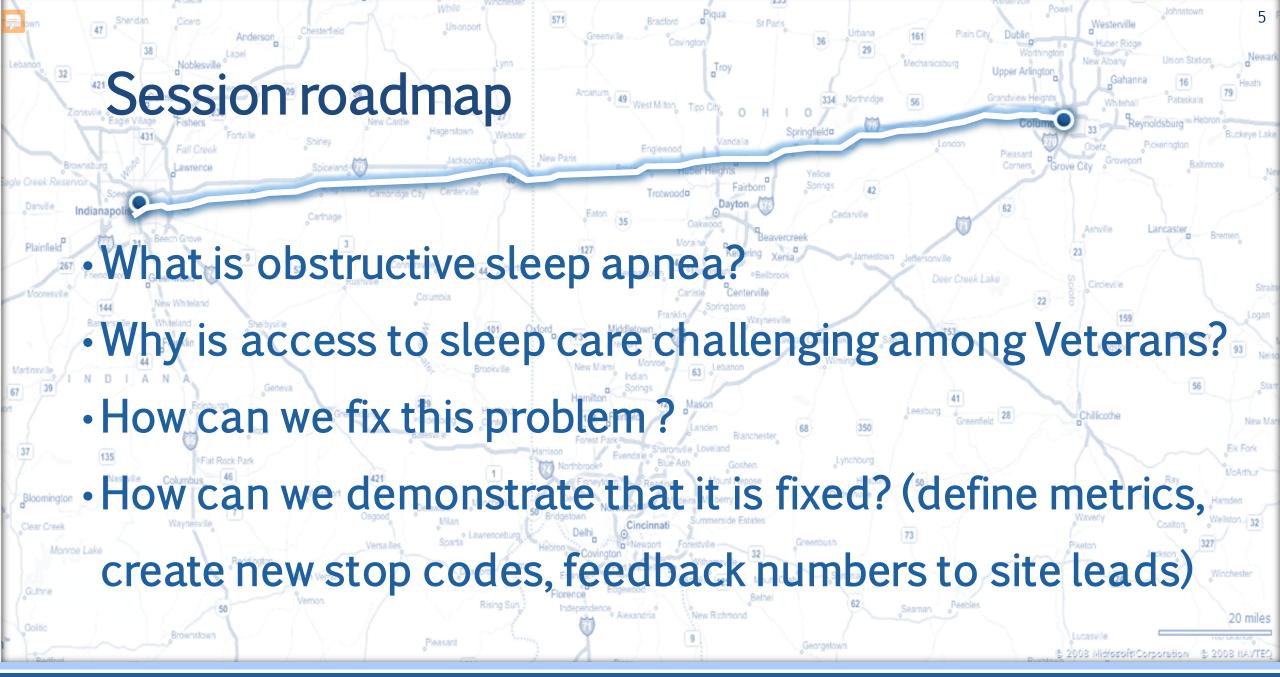
Understand how a research-operational partnership can contribute to the use of data in a Learning Health System, including

- Identify data sources to evaluate various aspects of a clinical initiative
- Describe a standardized process for validating electronic health record data in the context of a Learning Healthcare System

Understand the synergy of research-operational partnerships: how each side becomes better by understanding perspectives and methods of the other

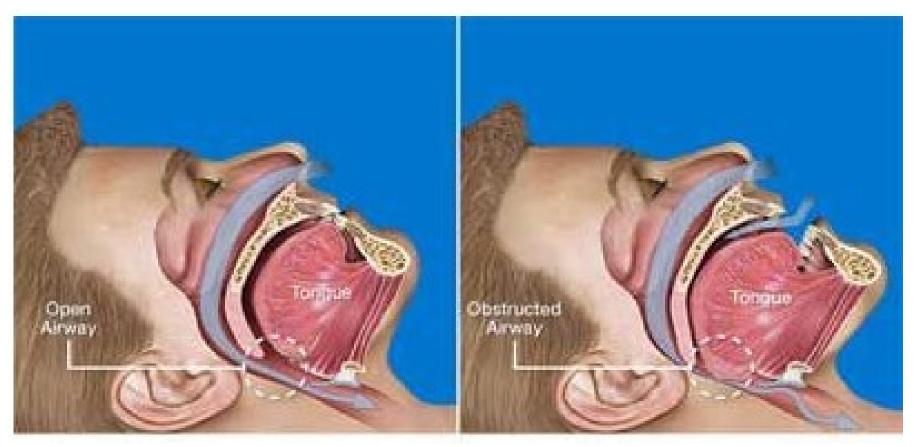
 Understand how an evaluation partner can enhance the strength of a clinical operational project







Obstructive Sleep Apnea: Intermittent Pharyngeal Airway Closure



Non-Obstructed Airway

Obstructed Airway



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Sleep Apnea Risk Factors

- Age >50 years
- Male
- Hypertension
- Overweight, Obesity
- Anatomic narrowing of the upper airway
 - Sinuses (deviated septum, nasal polyps, enlarged turbinates)
 - Retrognathia (overbite)
 - Big tongue
 - High arched palate
- Symptoms of Snoring or being Tired
- Witnessed pauses in breathing
- Alcohol consumption



Clinical Consequences of Untreated OSA

Blood vessels:

- Atherosclerosis
- Arterial Hypertension
- Peripheral vascular disease
- Erectile dysfunction
- Ocular changes



Heart:

- Myocardial infarction
- Congestive heart failure
- Atrial fibrillation
- Other arrhythmias
- Pulmonary hypertension



Brain:

Kidney:

- Excessive sleepiness
- Cognitive impairment
- Mood disturbances
- Stroke/TIA





Altered perfusion

Impaired renal function

- Motor vehicle collisions
- Reduced Quality of Life
- Bedpartner Discord
- Work impairment/ decreased productivity



Liver/Pancreas:

- Impaired diabetic control
- Hyperlipidemia
- Steatohepatitis



Malignancy:

- Tumorigenensis
- Increased invasiveness



Polysomnography





Home Sleep Apnea Testing







Peripheral Arterial Tonometry Device



Treatments for OSA

- Positive Airway Pressure
- Oral Appliances
- Weight loss
- Medical treatments of nasal congestion and rhinitis
- Positional Therapies: non-supine and HOB elevation
- Surgical Interventions
 - Septoplasty, Turbinate reduction, Uvulopalatopharyngoplasty
 - Hypoglossal Nerve Stimulation
 - Maxillomandibular advancement, Distraction osteogenesis maxillary expansion
- Nasal Expiratory Valves
- Oxygen, Medications



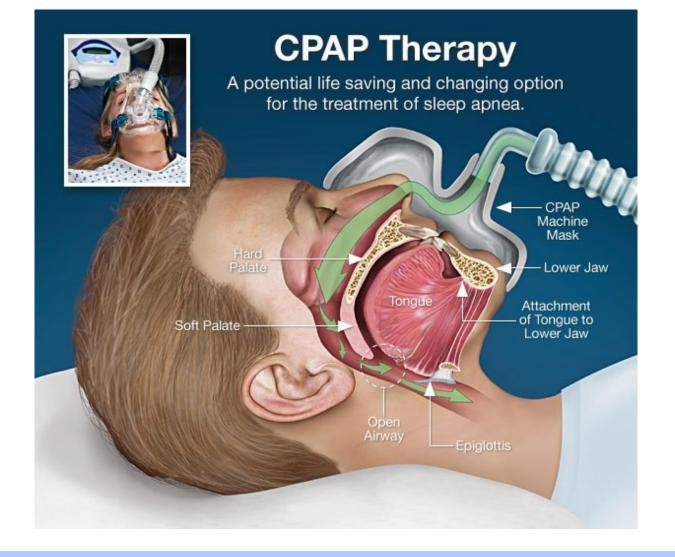






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Continuous Positive Airway Pressure (CPAP)





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Current Generation of CPAP Devices





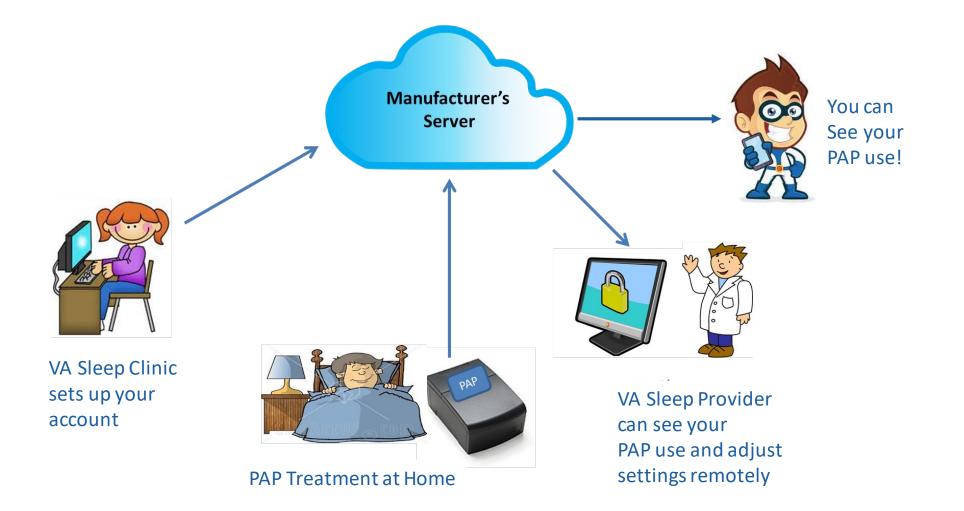






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Wireless Monitoring via CPAP Modems



VIReC

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Why is Access to Sleep Care Challenging?



Limited Human Resources

1,243,280 unique Veterans with OSA (excludes other sleep disorders)

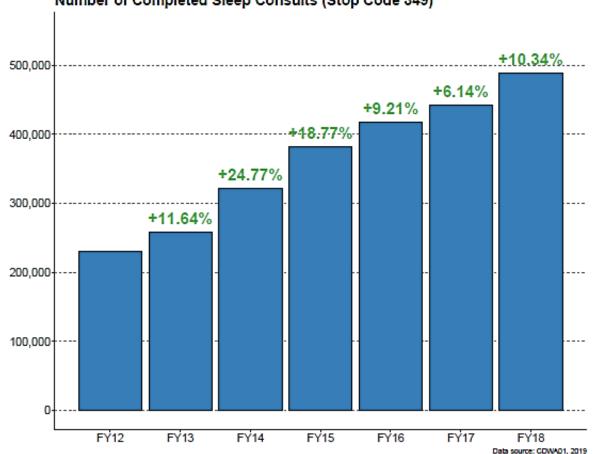
- 1:5,095 Veterans with OSA, 1:36,885 Veterans enrolled in VHA
 - 163 sleep physicians
 - 1:7,627 Veterans with OSA; 1:55,214 Veterans enrolled in VHA
 - 81 advanced practice providers
 - 1:15,349 Veterans with OSA; 1:111,111 enrolled in VHA
- 1:2,579 Veterans with OSA; 1:18,672 Veterans enrolled in VHA
 - 261 respiratory therapists (supporting PAP use and HSAT programs)
 - 221 daytime sleep technologists (supporting PAP use and HSAT programs)

2019 HAIG Inventory



Growth of Sleep Medicine in VA

- Sleep Medicine inclusive of all sleep disorder, not limited to OSA
- 1.2 million Veterans with OSA enrolled in the Veterans Health Administration (VHA) in FY18
- Many are undiagnosed and therefore untreated
- Greater annual growth in Sleep than in primary care or other specialty care services (Office of Enrollment and Forecasting 10P1A)



Number of Completed Sleep Consults (Stop Code 349)



Sleep Testing

- In-lab Polysomnography
 - Available at 88/150 VAMCs
 - Limited by number of beds and technologists
 - Higher Community Care Cost
 - 2020 \$621-648
 - Also diagnoses non-breathing disorders
 - Measures sleep using EEG
- Home testing
 - Available at 110/150 VAMCs
 - Limited by number of devices
 - Lower Cost
 - 2020 \$141-173
 - Intended for use in patients with a mod-high pretest probability of OSA
 - More likely to underestimate OSA severity





CDW 2018 CPTS: PSG 95810, 95811; HSAT 95800, 95801, 95806





VA Sleep Medicine

- Misconception Sleep Medicine= Sleep Testing
 - Single data point in a patient's journey to better sleep health
- 20% of VAMCs offer no or limited sleep service
- Long wait times at VAMCs with a sleep laboratory
 - Increased outsourcing of sleep testing to the community

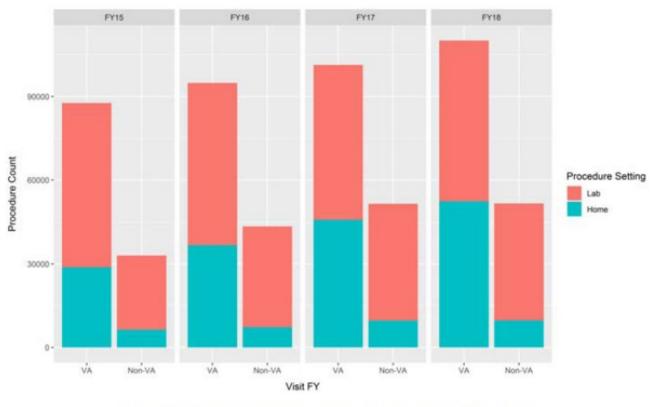


Figure 2 Sleep tests by VA and community FY2015–2018.



Data has been inconsistent and unreliable

Understanding data for sleep has been challenging

- Lack of use of Sleep Stop Codes (sleep buried under Pulmonary, Neurology, IM)
- Inconsistent coding of ICD-9/10s
- Different numbers for each office pulling data (and every person doing data pull-no "github" for VA data pulls)
- No validation of data with "boots on the ground"
- No way to identify resourcing of programs, local processes used
- Unclear volume and cost of outsourced sleep care in the community



Summary

- Limited Human Resources
- Rising volume each year of new patient referrals
- Sleep as a model of chronic disease management
 Unlike other consultative specialty care services
- Understanding data for sleep has been challenging



How can we fix this problem?



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Office of Rural Health

Office of Rural Health

More Health Care

QUICK LINKS

8	Health Programs
γ.	Protect Your Health
m	A-Z Health Topics

ENTERPRISE-WIDE INITIATIVES

ORH HIGHLIGHTS See The Award Winning Office Of Rural Health Video.

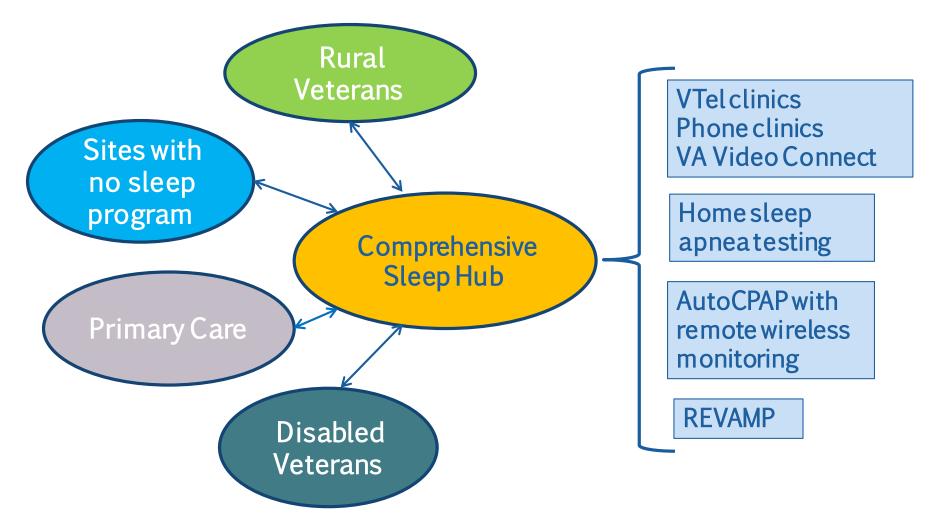
Enterprise-Wide Initiatives

The Office of Rural Health (ORH) implements programs that deliver increased care and support to rural Veterans nationwide in a more uniform manner. ORH's programs are in two categories: Rural Promising Practices and Enterprise-Wide Initiatives (EWI). EWIs expand national U.S. Department of Veterans Affairs' (VA) program offices' health care efforts to sites that serve rural Veterans. Initial funding support is available by ORH to support implementation in VA facilities across the country.

https://www.ruralhealth.va.gov/providers/Enterprise_Wide_Initiatives.asp

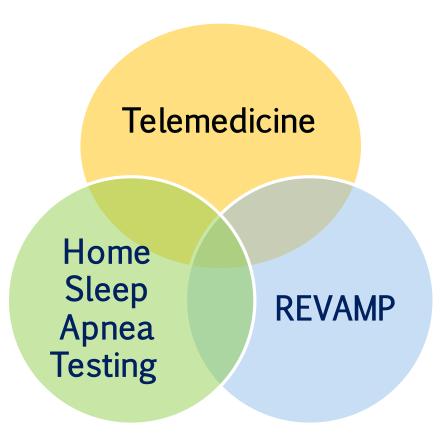


TeleSleep: A Hub-Spoke Model to Deliver Care to Rural Veterans with Sleep Disorders





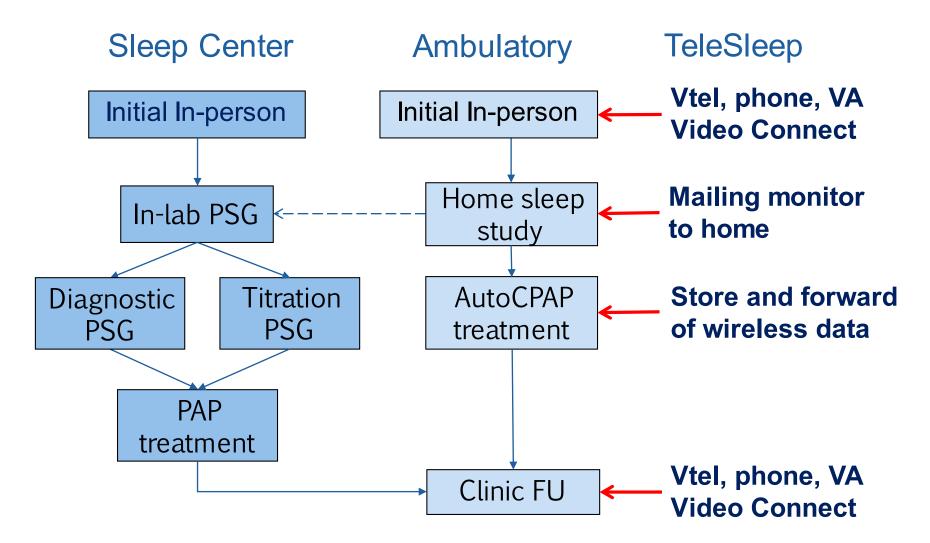
TeleSleep Components



- Telemedicine: provide care for OSA using virtual (versus in person) encounters
- Home Sleep Apnea Testing: diagnose OSA using home (versus facility-based) testing
- REVAMP: develop and implement a web application for Veterans and their providers to monitor symptoms, sleep quality, and use of positive airway pressure.



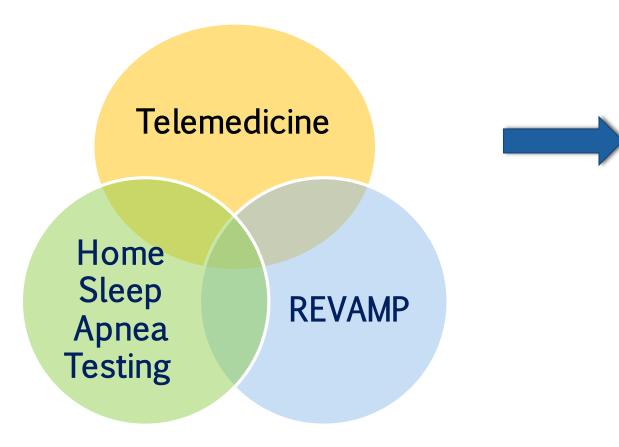
Clinical Pathways to Diagnose & Manage OSA





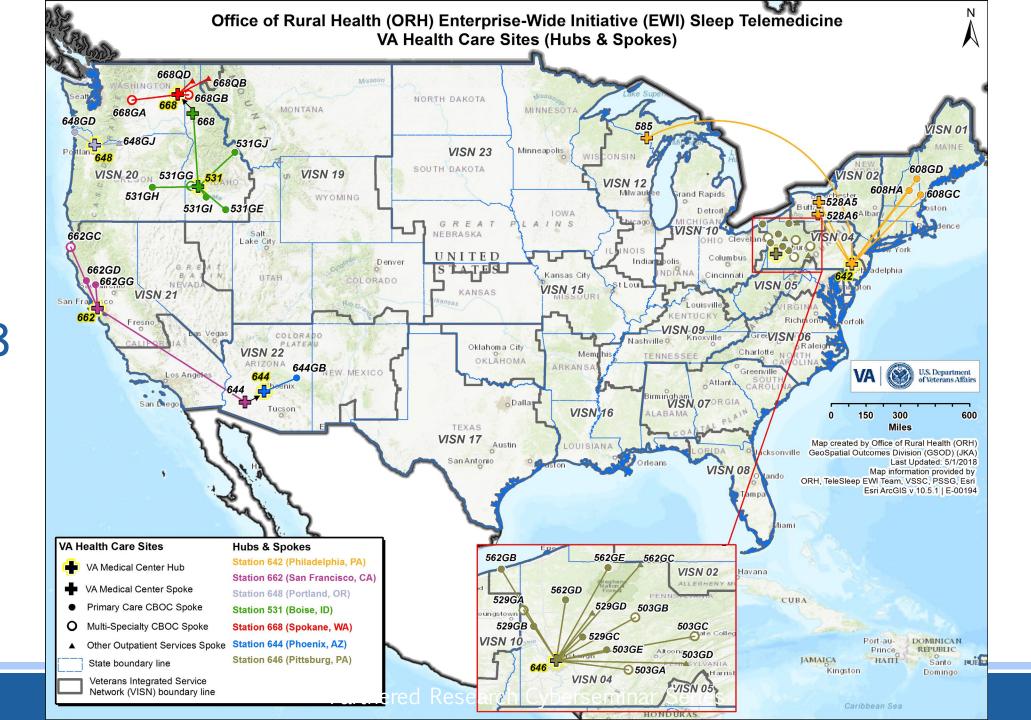
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Goals of TeleSleep



- Improve diagnosis and treatment of OSA
- Enhance patient experience
- Reduce wait times (Improve Access)
- Improve staff satisfaction and efficiency





FY18

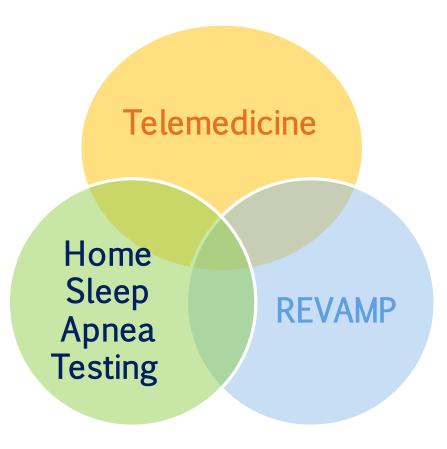
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TeleMedicine Hubs & Spokes			Home Testi	ng	REVAMP			
Boise	Pittsburgh	Ann Arbor	Indianapolis	Portland	Wave 1	Wave 2	Wave 3	
Twin Falls	Johnstown	Augusta	Iron Mountain	Prescott	Atlanta	Ann Arbor	Buffalo	
Caldwell	DuBois	Bath	Jackson	Providence	Boston	Augusta	Chicago	
Burns	State College	Beckley	Las Vegas	San Antonio	Cleveland	Baltimore	Chillicothe	
Mountain Home	Huntingdon	Boise	Leavenworth	San Francisco	Gainesville	Bath	Louisville	
Salmon	Indiana Co	Bronx	Long Beach	San Juan	Omaha	Boise	Cincinnati	
Spokane	Lawrence Co	Buffalo	Los Angeles	Seattle	Philadelphia	Canandaigua		
Philadelphia	Hermitage	Canandaigua	Louisville	Spokane	Portland	Detroit	Clarksburg	
Bath	Armstrong Co	Chillicothe	Manchester	St. Cloud	San Diego	Iron Mountain	Memphis	
Canandaigua	Clarion Co	Cincinnati	Miami	Syracuse	San Francisco	Manchester	Dayton	
Iron Mountain	Ashtabula	Clarksburg	Minneapolis	Tampa	Seattle	Orlando	Miami	
Tilton	McKean Co	Coatesville	Mountain Home	Topeka		Phoenix	Fresno	
Conway	Venango Co	Denver	Northport	Tucson		Pittsburgh	St. Cloud	
Somersworth	Warren Co	Des Moines	Oklahoma City	Washington DC		-	Wichita	
Phoenix -	Portland	Detroit	Omaha	West Haven		Rochester	Houston	
Show Low	The Dalles	Fort Harrison	Phoenix	White River Junction		San Antonio	Milwaukee	
San Francisco	North Coast	Grand Junction	Pittsburgh	Wilkes Barre		San Juan	Indianapolis	
Eureka	Spokane Spokane	Honolulu		Wilmington		Spokane	Leavenworth	
Ukiah	Wenatchee	Houston				Tucson	Los Angeles	
Clearlake	Sandpoint					Washington	New Orleans	
Phoenix	Libby					White River Junction		



Home Sleep Apnea Testing



- Telemedicine: provide care for OSA using virtual (versus in person) encounters
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- REVAMP: develop and implement a web application for Veterans and their providers to monitor symptoms, sleep quality, and use of positive airway pressure.

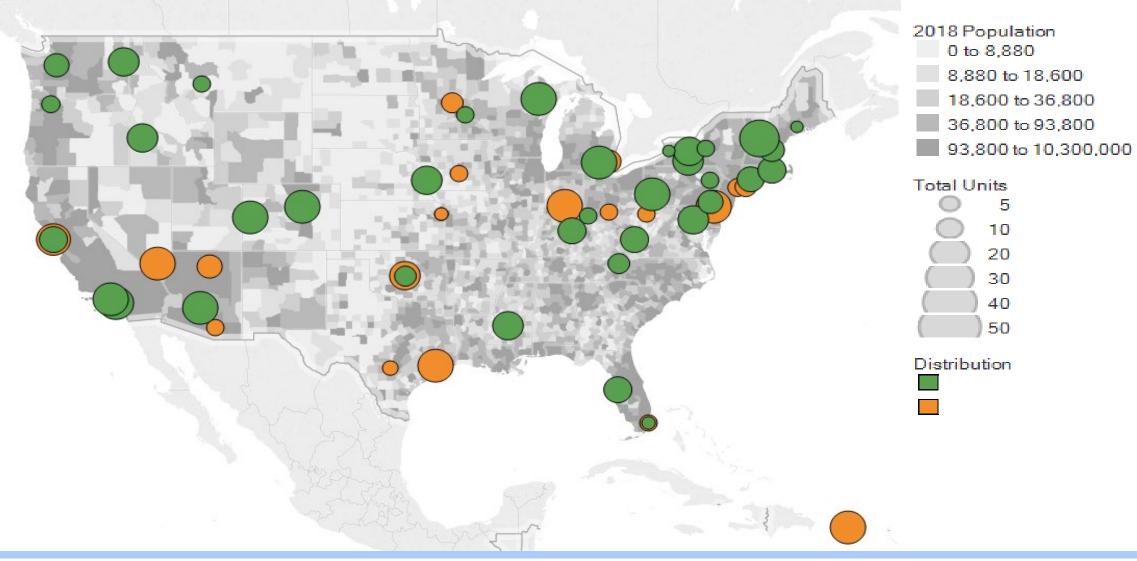


Strategies used to Increase HSAT

- Device Distribution funded by ORH (\$6m)
 - Year end funds, partnered with SAC, coordinated distribution to 54 facilities
- Developed Toolkits to support implementation of new or expanding programs
 - Stop codes, process maps, SOPs
- Strengthened partnerships with stakeholder offices (TH, MCAO) to ensure correct processes and standardization
 - Business rules ensured and sleep aligned with the rest of SFT TH
 - Instituted monitoring of compliance with changes in stop codes and SFT visits and support to make changes when problems arose
- Established a single email for sites to seek assistance from
 - 1:1 meetings when needed to offer more in-depth support
- Disseminated information via Webinars, newsletters



Device Distribution FY18



How can we demonstrate that it's fixed?



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Understand how a research-operational partnership can contribute to the use of data in a Learning Health System, including

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- Describe a standardized process for validating electronic health record data in the context of a Learning Healthcare System

Understand the synergy of research-operational partnerships: how each side becomes better by understanding perspectives and methods of the other

 Understand how an evaluation partner can enhance the strength of a clinical operational project



VA Quality Enhancement Research Initiative Programs

National Network of QUERI Programs



https://www.queri.research.va.gov/programs/default.cfm

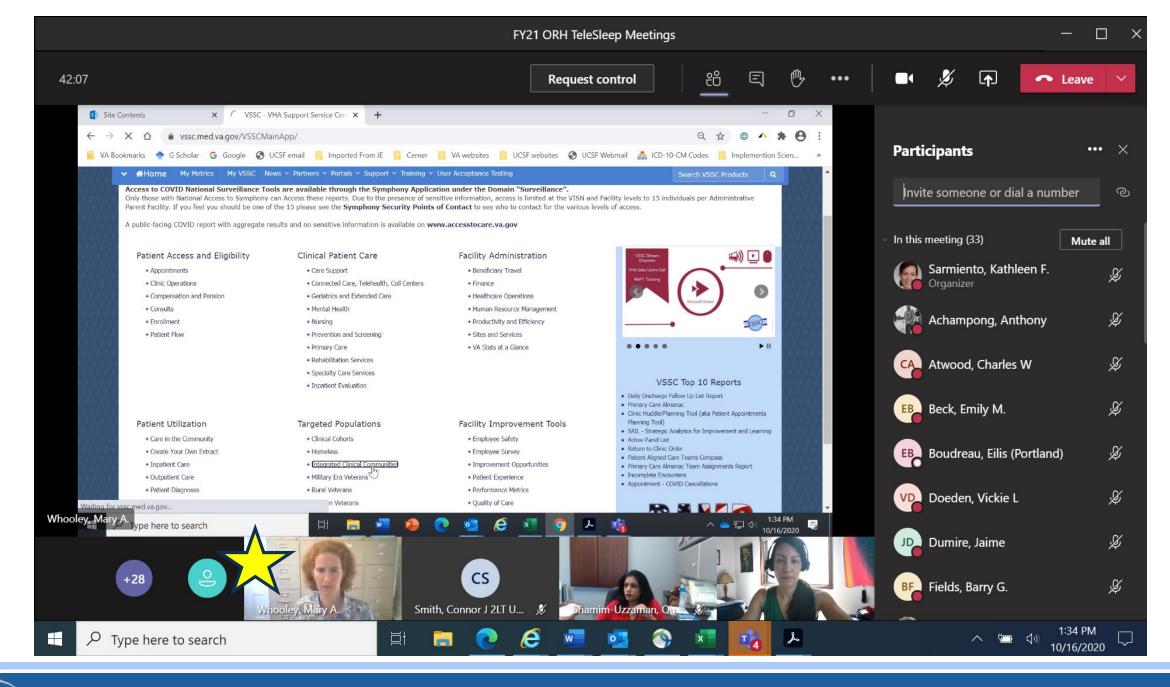


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Where to obtain metrics?	Data source	Work with local stakeholders to adjust front end coding and clinic builds with back-end data					
Prevalence of sleep disorders	CDW outpatient and inpatient diagnoses	Verify face validity of data based on local experience and patient logs					
Demand for services (volume of consults)	CDW <u>consults</u>	Work with clinical applications coordinators to attach correct stop codes to consults					
Use of HSAT vs. PSG	CDW outpatient and inpatient procedures	Educate providers on use of correct Current Procedural Terminology codes					
Use of virtual care vs. face-to-face encounters	CDW outpatient stop codes	Ensure Managerial Cost Accounting/DSS office attaches correct stop codes to note titles					
Community care services	CDW - <u>PIT</u> domain CDW - <u>FEE</u> domain CDW - <u>FBCS</u> domain	Contact Office of Community Care to verify number of referrals and cost					
Durable medical equipment	CDW - prosthetics	Engage logistics and prosthetics to understand how equipment data get captured in VistA					
Cerner data from Spokane	[CDWWork2]. [BillingMill]. [General Ledger]	Verify face validity of data based on local experience and patient logs					





Example: Quarterly data on number of Veterans receiving virtual care at each site

Synchrono			ous Clinical	Video Tele	Asynchror	ous (Store/F	orward)		TOTAL			
Number of Veterans who received virtual care for sleep during FY20 quarter 4		CVT provider (same station)	CVT provider (different station)	Total CVT	S/F provider (same station) interprets study	S/F provider (different station) interprets study	Total Store and Forward	VA Video Connect (to home)	Telephone visit	Chart ("E") consult	Secure messaging	Any virtual visit
	Primary stop code	349	349	349	143	143	143	349	181, 324, 325, 338, 424, or 527	349	349	at least one
Station	Secondary stop code	692	693	692 or 693	<mark>6</mark> 95	696	695 or 696	179	349	697	719	of these virtual visits
506	Ann Arbor	14	0	14	0	0	0	231	711	22	3	1177
508	Atlanta	1	0	1	1	0	0	579	3617	122	25	4085
531	Boise	7	2	9	146	137	243	71	1145	306	0	1831
562	Erie	0	0	0	0	0	0	0	0	0	0	94
589	Kansas City	62	0	62	96	0	96	122	1283	0	1	1904
642	Philadelphia	0	2	2	214	76	290	335	2041	164	0	2501
644	Phoenix	0	0	0	223	0	223	194	852	396	27	1457
646	Pittsburgh	0	29	29	0	41	41	69	1021	4	0	1151
648	Portland	4	0	4	0	0	0	51	1384	359	37	1710
649	Prescott VA	0	0	0	0	0	0	0	160	0	0	162
662	San Francisco	9	0	9	56	0	56	208	326	315	6	865
668	Spokane	15	0	15	0	0	0	58	676	0	0	1708
691	West LA	0	0	0	240	0	240	261	921	673	56	2412
589A7	Wichita	0	0	0	128	0	113	7	173	0	0	307





Monitor number of

sleep studies

performed quarterly

using home sleep

testing versus

polysomnography

Sleep procedures during FY20 quarter 4		Number of HSAT procedures	# unique Veterans tested with HSAT	Number of PSG procedures	# unique Veterans tested with PSG
		CPT:		CPT:	
Station	Site name	95800, 95801, 95806,		95807, 95808, 95810,	
JULION		G0398, G0399, G0400		95811	
506	Ann Arbor	0	0	66	66
508	Atlanta	239	192	0	0
531	Boise	366	281	34	34
562	Erie	7	6	0	0
589	Kansas City	200	160	112	106
642	Philadelphia	978	463	6	5
644	Phoenix	222	221	38	36
646	Pittsburgh	613	432	146	138
648	Portland	25	24	129	128
649	Prescott VA	3	2	0	0
662	San Francisco	77	64	0	0
668	Spokane	126	99	0	0
691	West LA	768	634	5 8 6	561
589A7	Wichita	143	138	58	54



HSAT Evaluation

- What worked?
- What didn't?
- Why didn't it work?
- What did you do to try to make it work?

Feedback from sites used in toolkit development and addressed by starting an implementation team (TH, TeleSleep SMEs, Stop Code team)

Partnered Reso

an online survey of 36 sites who received HSAT recorders, site visits, and program calls. Key Theme Description or Examples Facilitators Leadership and Staff -Helpful program leadership and useful set up packet -In-person site visit to get buy-in from staff and help with integration into workflows Support -Regular conference calls and updates provided support Dedicated Resources Staff hires in progress to expand to all PACT teams Extra recorders have expanded services Interest in cross training staff -Expansion of REVAMP from CPAP to HST will require additional personnel and resources -Tablet on-site for enrollment Telemedicine clinical technician on-site Perception of value for -Learning curve for set up has been fairly simple -Extra recorders for CBOCs and ability to return by UPS help Veterans who live more clinicians/positive feedback from Veteran than 2 hours from clinic -Veterans value being in new program Provided important clinical data in a standardized format Better Data -Veterans more knowledgeable about their care Barriers Insufficient staff or staff -HSAT deferred until additional technician is hired -Struggling to hire staff time -Have not started due to lack of staff; not enough staff to get scheduling done -Slow hiring process; lack of one member can have a huge impact on program. VA system issues Privacy and IT guidance not clear -DS logon to REVAMP is problematic -Competing priorities for leadership Local VA issues -Programs not installed in time for training Local IT not set up for recorder -Set up should not take 6 months -IT and Biomed processes are difficult Program does not fit local model of care delivery Technology: Program -Understanding of technology set up for remote sleep study reading not complete Specific -Need for functionality for clinicians such as changing patient email, easier data entry -Delays in receiving data from vendors so data is missing in REVAMP Lack of perceived -Medical Center RT leadership resistant to new procedures usejulness Veterans perceive that too many questionnaires must be completed to register

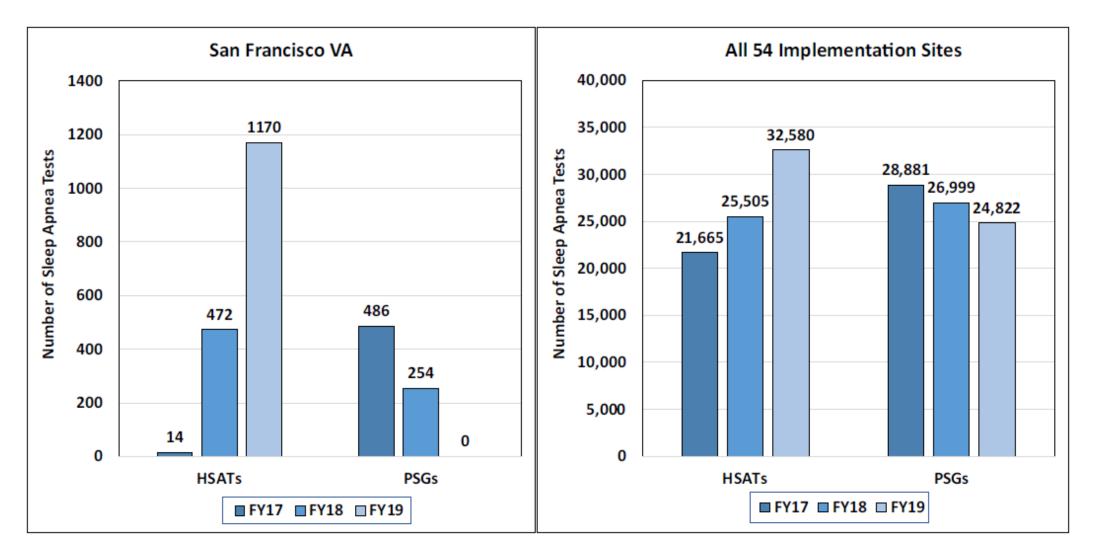
Table 11: Home Sleep Apnea Testing IMPLEMENTATION: Barriers and Facilitators were identified from

Survey of sites receiving HSAT devices

Self-reported measures of access:	Baseline	3 month	6 month
Number of respondents	36	34 (95%)	27 (75%)
Existing HSAT program (# programs)	31		
Recorders per site (avg.)	32	38	37
Home sleep studies in past 4 weeks (avg.)	18	43	61
Sleep Study Wait Time (days, avg.)	26	12	14
Polysomnograms per week (avg.)	22	21	20
In-lab Wait Time (days, avg.)	44	37	28



Number of overnight sleep tests completed using home sleep apnea testing (HSAT) or polysomnography (PSG) during fiscal years 17, 18, and 19.

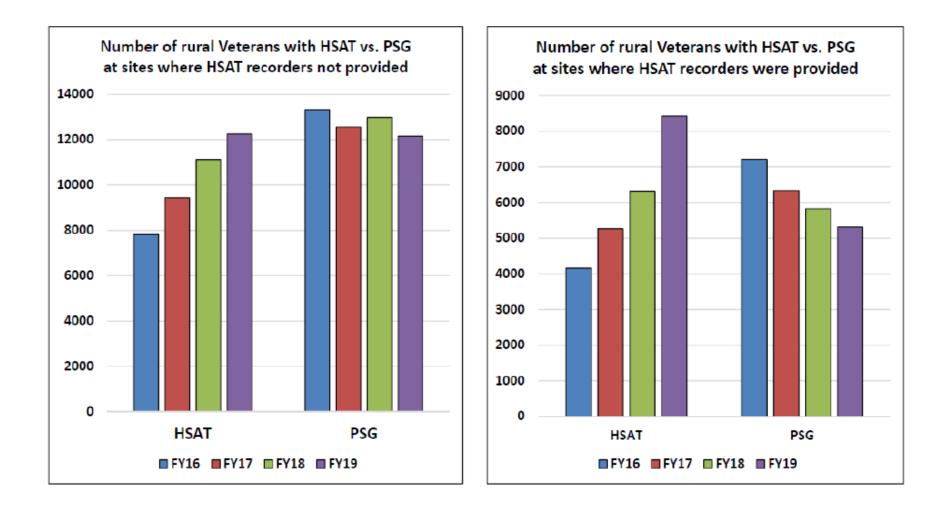




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Number of overnight sleep tests completed using home sleep apnea testing (HSAT) or polysomnography (PSG) during fiscal years 16, 17, 18, and 19 in RURAL Veterans

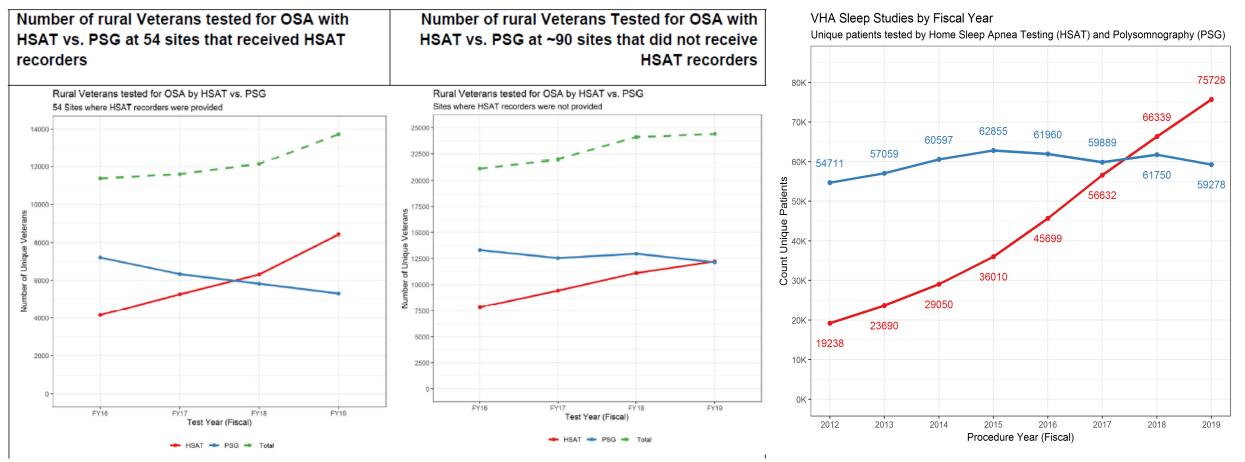




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National use of HSAT and PSG: Rural and Overall



🛑 HSAT 🔷 PSG

Data source: CDWRB03, 2019



Research and Operations: A Complementary Partnership

Operational teams function on different principles

- Is what we want to do going to avoid harm? Cost less?
- Can it be measured in some way/shape/form?
- If yes, then implement/scale the intervention.
- Research teams may spend years on the lifecycle of a project
 - Highly rigorous methodology
 - Non-inferiority or significant benefit must be shown
 - Disconnect with findings at a single or handful of sites and actual implementation nationally



Research and Operations: A Complementary Partnership

When Operations and Research are required to work together we get:

- Enhanced communication on operational priorities and how to measure effectiveness of an intervention or clinical program
- Immediate feedback/data is available to facilitate decision making about continuing, modifying, or shifting the direction of the intervention/program
- Development of data dashboards that are usable by clinical sites and created by professionals! (we are all then looking at the same data for decision making and evaluation of local effectiveness of our programs)
- Synergy in asking new questions relevant to learning healthcare systems
- Improved dissemination of work performed (other than memos, talks, internal communication) that promotes VHA



CLINICAL REVIEW

Prevalence and management of sleep disorders in the Veterans Health Administration

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Sleep Medicine Reviews 2020, https://doi.org/10.1016/j.smrv.2020.101358



Effects of Computer-Based Documentation Procedures on Health Care Workload Assessment and Resource Allocation: An Example From VA Sleep Medicine Programs

Kathleen F. Sarmiento, MD, MPH; Eilis A. Boudreau, MD, PhD; Connor J. Smith, MS; Bhavika Kaul, MD; Nancy Johnson, RN, MSA, BSN; and Robert L. Folmer, PhD

Fed Pract 2020, <u>https://doi.org/10.12788/fp.0023</u>



Partnered Research Cyberseminar Series

Implementation Strategies for Frontline Healthcare Professionals: People, Process Mapping, and Problem Solving



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J Gen Intern Med 2020, https://doi.org/10.1007/s11606-020-06169-3



Partnered Research Cyberseminar Series

Comparing VA and Community-Based Care: Trends in Sleep Studies Following the Veterans Choice Act



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J Gen Intern Med 2020, https://doi.org/10.1007/s11606-020-05802-5



TeleSleep: A successful program because of this partnership

- Renewed funding by ORH for FY21-23
- Annual budget in TH/OCC to support Sleep equipment for all programs
- Established the model for a research/operational partnership in new specialty care clinical resource hubs
 - V21 Sleep Clinical Resource Hub
 - Primary goal is to reduce utilization and cost of community care
 - Expansion of HSAT
 - Share staff and equipment across $\ensuremath{\mathsf{VISN}}$
 - Centralize services within a VISN





ORH Hubs/Spokes

Fiscal Year	Hubs	Spokes
17/18	7	35
19	7	43
20	11	61
21	16	68

