

KHC Hospital Improvement Innovation Network

October 24, 2018
10 to 11 a.m. CT

HIIN Goals:

By September 2018, hospitals in the KHC HIIN will achieve 20% reduction in all-cause harm and 12% reduction in readmissions.



623 SW 10th Ave. • Topeka, KS 66612 • (785) 235-0763 • www.khconline.org



Agenda

- Welcome and Announcements
- HIIN Data Update
- Introduction to New KHC HIIN Falls Prevention Sprint
- Resources
- Upcoming Events



Introductions



Special Guest

Jackie Conrad, BSN, MBA
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Kansas Healthcare Collaborative



Michele Clark
Program Director
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Eric Cook-Wiens
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3

#UseAntibioticsWisely Week — Nov. 12-18

KDHE and KHC have developed a statewide campaign for this awareness Week.

Resources are available to engage others through social media, display of posters, outreach to media and others.

Download them all for free at:
→ KHConline.org/antibiotics



DO YOUR PART TO REDUCE ANTIBIOTIC RESISTANCE

Antibiotic resistance is a major threat to public health—and it is only getting worse. It is caused by overuse and misuse of antibiotics. We are all part of the problem. We must all be part of the solution.

Know the facts.

- Before antibiotics, most bacterial infections could die.
- Problems was discovered just 10 years ago but antibiotic effectiveness is slowly being lost from misuse.
- Antibiotics don't work for all infections. They only work for bacteria. "If it ain't broke, don't fix it."
- More and more don't mean you need antibiotics.
- Overuse and misuse of antibiotics leads to antibiotic resistance.
- Antibiotic-resistant bacteria can develop in animals after a course of antibiotics. They can then be passed to humans through food.
- Sharing antibiotics and using someone else's antibiotics can increase antibiotic resistance.
- Don't use antibiotics in your body. Antibiotic-resistant bacteria can be transferred to humans, including from pets to humans.
- Developing new antibiotics is not enough. We need to use antibiotics wisely.
- Antibiotic resistance is already spreading. For every 100 million people, 10 million people miss the entire year from untreatable infections.
- If we don't fight antibiotic resistance, 10 million people will die by 2050 from untreatable infections.
- Reducing antibiotic resistance is everyone's responsibility—doctors and patients.

WHAT YOU CAN DO

1. Don't use antibiotics for colds and flu. Use them only when prescribed.
2. Understand that antibiotics will not help the common cold or a viral infection.
3. Don't take antibiotics if they are not prescribed for you.
4. Understand that it is important to take all antibiotics as prescribed.
5. Don't share your antibiotics with others.
6. Don't demand antibiotics for the common cold or flu. Use them only when prescribed.



More info and resources at:
UseAntibioticsWisely.org

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Hospital Antimicrobial Stewardship Program

How are your action plans coming along?

Check-in Calls available soon --
Watch your email for an invitation to visit
briefly on the phone with KDHE and KHC.



#FightFlu

CDC recommends everyone*
6 months and older be vaccinated
by the end of October.

Encourage others to get their
shots by posting pics of your
team getting theirs.

Connect with KHC:
→ facebook.com/KHCqi
→ twitter.com/KHCqi

**with rare exception*

Kansas Healthcare Collaborative is at Shawnee County
Health Department - SCHD.
Published by Phil Cauthon (7) · 3 hrs · Topeka ·

We did our part to #FightFlu and got immunizations today—have you yet? Thanks to all the Kansas Medical Society and Kansas Healthcare Collaborative team members who took part, and to the Shawnee County Health Department - SCHD for making it so easy!

Flu is far more serious than you might think. Here are 5 reasons why getting immunized is the right thing to do for you and your community:
<https://n.pr/2R33mlF> @CDCFlu #boo2flu

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Health Research & Educational Trust HIIN Extension!



Through March 27, 2019 (with an optional
additional year through March 2020)

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7

KHC HIIN PFA/PFAC Collaborative

Yes! Cohort 4 is Continuing! Through March 2019

New focus in tracks during the 6-month extension:

Track 1: Back-to-Basics or “Reboot”

For staff leaders needing back-to-basics instruction for working with patient and family advisors

Track 2: Mini-fellowship

For hospital teams already working with PFAs

Hospitals from earlier cohorts are welcome to rejoin us. Individuals/hospitals that have not been in the collaborative before may be interested in Track 1.

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8

Preliminary Schedule

- ✓ **Oct. 22** – Virtual Session (1 to 2 pm CT)
Intro to Collaborative extension, next-step assignments
- **Nov. 12** – “Back to Basics” Session for Track 1
1 to 2:30 pm CT [REGISTER HERE](#)
- **Dec. 4** – Virtual Session (1 to 2 pm CT)
- **Jan. 8** – Virtual Session (1 to 2 pm CT)
- **Feb. 5** – Virtual Session (1 to 2 pm CT)
- **March 5** – Virtual Session (1 to 2 pm CT)

Resources

- Action Plan
- Coaching Calls with Faculty
- Online Instructional Videos
- Virtual learning/sharing sessions
- Kansas PFAC List-serv
- PFA/PFAC Collaborative Living Toolkit
- Private KHC HIIN Web Page

KHC HIIN PFA/PFAC Collaborative

Next Steps

ALL:

- ❑ Consider which track is best for you and sign up today!
<https://www.surveymonkey.com/r/KHC-HIIN-PFAC-C4-Ext-Signup>

Track 1:

- ❑ Sign up for Nov. 12 webinar [REGISTER HERE](#)
- ❑ Sign up for coaching call
- ❑ Submit action plan. (Faculty is available to work on it with you during coaching call.)

Track 2:

- ❑ Sign up for Dec. 14 webinar
(Link will be sent via PFAC list-serv)
- ❑ Develop action plan with your team
- ❑ Submit action plan by Nov. 21.

KHC HIIN ● October 22, 201811

KHC HIIN Data Update

- Extension Period Changes
- Reports Poll
- Data submission schedule

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Kansas Healthcare CollaborativeKHC HIIN – August 22, 201812

Extension Period (10/2018 – 03/2019)

- Encyclopedia of measures update: pending
- New Measure: PVAP
https://www.cdc.gov/nhsn/PDFs/pscManual/10-VAE_FINAL.pdf
- Changes to Baselines
 - Falls w/ injury
old: CY 2014, new: Oct 2015 – Sep 2016
 - *C. difficile* rate
 - SSI (colo, hyst, kpro, hpro)
 - VAE rate
old: CY2014, new: CY2015

Quarterly Activities Survey

Watch for link in early November!

- Patient and Family Engagement (PFE)
 - No changes in the metrics.
CMS and HRET aim for all HIIN hospitals to have implemented at least 4 of 5 metrics by March 2019
- Governance
 - Dropping from survey
- Health Disparities
 - Modified, shortened

Health Disparities Metrics (Y/N)

Hospital uses a self-reporting methodology to collect demographic data from the patient and/or caregiver.

Hospital provides workforce training regarding the collection of self-reported patient demographic data.

Hospital verifies the accuracy and completeness of patient self-reported demographic data.

Hospital stratifies patient safety, quality and/or outcome measures using patient demographic data.

Hospital uses a reporting mechanism (e.g., equity dashboard) to communicate outcomes for various patient populations.

Hospital implements interventions to resolve differences in patient outcomes.

Hospital has organizational culture and infrastructure to support the delivery of care that is equitable for all patient populations.

* Subject to change (10/2018)

Data Reports

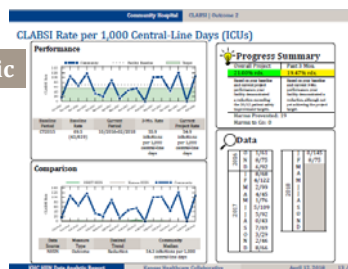
Data Analytic

Monitoring

KHC HIIN Progress Summary Monitoring Data

The following table displays the KHC HIIN Progress Summary Monitoring Data for the period of 10/1/2018 to 10/1/2018. The data is organized by Facility, Metric, and Value.

Facility	Metric	Value
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Side-by-Side

KHC HIIN Side-by-Side Progress toward 20/12 Goals

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KHC HIIN Data Update

Polling Question #1

Which HIIN data reports do you find useful?
(check all that apply)

- ☐ **Data analytic report**
(detailed data report with run charts)
- ☐ **Side-by-Side Report**
(peer comparison)
- ☐ **Monitoring report**
(tracking data submission)
- ☐ All are useful
- ☐ None are useful

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KHC HIIN Data Update

Polling Question #2

Which HIIN reports are used by leadership?

- ☐ **Data analytic report**
(detailed data report with run charts)
- ☐ **Side-by-Side Report**
(peer comparison)
- ☐ **Monitoring report**
(tracking data submission)
- ☐ All are useful
- ☐ None are useful
- ☐ N/A

Kansas Healthcare Collaborative 18

KHC HIIN Data Update

Polling Question #3

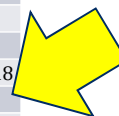
Is it important to send a preliminary AND final version of the report package each month?

- ☐ One per month is fine
- ☐ Having a preliminary before final is useful
- ☐ Do not use
- ☐ N/A

KHC HIIN Data Schedule

Kansas HIIN Data Submission Schedule

Outcome & Process Measures for HACs occurring in:	Readmissions for index discharges in, and SSI for procedures performed in:	Submission Due
March, 2018	February, 2018	30-Apr-18
April, 2018	March, 2018	31-May-18
May, 2018	April, 2018	30-Jun-18
June, 2018	May, 2018	31-Jul-18
July, 2018	June, 2018	31-Aug-18
August, 2018	July, 2018	September 30, 2018
September, 2018	August, 2018	October, 2018
October, 2018	September, 2018	November, 2018
November, 2018	October, 2018	December, 2018
December, 2018	November, 2018	January, 2019
January, 2019	December, 2018	February, 2019
February, 2019	January, 2019	March, 2019





**KHC HIIN
Falls Sprint**

*A targeted focus among Kansas hospitals
on preventing Falls with Injury*

October 2018 - March 2019

**UP↑
CAMPAIGN**

WAKE UP • GET UP • SOAP UP • SCRIPT UP

SEDATION AND OPIOID SAFETY PLANS PROGRESSIVE MOBILITY FOR ALL PATIENTS HAND HYGIENE OPTIMIZE INPATIENT MEDICATIONS



**Welcome to the
KHC HIIN Falls Sprint**

- Our Goals
 - Create a learning community
 - Support ACTION!
 - Testing
 - Innovation
 - Sharing

Mobility PFE Post Fall Huddles

Ideas for Action

- Mobility practices
 - Heels for meals
 - Mobility assessment
 - Mobilization communication tools and practices
- Strengthen PFE
 - Teach-back for Falls tools
 - Bedside Handoffs
 - Post-fall huddle at the bedside

KHC HIIN Falls Sprint

Timeline

October 1 - 31	Enrollment
October 24	Introduction and kick-off webinar Introduction to Falls Discovery Tool, Creating a Culture of Mobility
November 30	Learnings from using Falls Discovery Tool, Develop AIM, Plan PDSA
December 13	PDSA Learnings and intro to Teach-back
January 24	PDSA Learnings and intro to post-fall huddles
February 28	PDSA Learnings and next steps
March 22	Wrap up and celebration!

KHC HIIN Falls Sprint

Measuring Success

Outcome:

- HIIN Falls with Injury Measure

Processes:

- Completion of monthly PDSA cycles
(Brief feedback via SurveyMonkey and/or KHC check-in calls)
- Development of a SMART aim statement for preventing falls with injury
- Share a summary of your experience and learnings
(Completion of brief summary template)

KHC HIIN Falls Sprint

Falls Process Improvement Discovery Tool

- ▶ 2 Methods - Chart Audit and Observations
 - ▶ Chart Audit / RCA
 - ▶ Tracer Observations
 - ▶ Observe a post fall huddle
 - ▶ Observe a bedside handoff
 - ▶ Ask staff about toileting practices, observe call light
 - ▶ Bedside Observations
 - ▶ Are delirium prevention strategies in place?
 - ▶ Are tripping hazards observed
 - ▶ Is toilet room safe?

X = process failure

KHC HIIN Falls Process Improvement Discovery Tool					
Instructions: Review 5 - 10 charts over the past 12 months. Note: Do NOT spend more than 20-30 minutes per chart! Focus on Falls with injury as priority; use falls without injury if 5 injuries are not available in past 12 months					
	Example - only fill in defects or opportunities	Chart #:	Chart #:	Chart #:	Chart #:
Information about the fall with injury:		Instructions: Enter brief characteristics for each chart.			
Nature and severity of injury	MINOR skin tear left arm				
Was the fall unassisted?	No				
Documented reason for the fall	R removed back brace, leaned over in chair. Balance/impulsiveness.				
Additional remarks	Fall measures were not in place as should have been.				
Was it determined the patient and family caused the fall - non-compliant with plan?	No				
Age / Gender	64 yo male				
# days(s) of fall since admit / time of day	day 2 / 1634 (4:34pm)				
Process to evaluate in chart audit		Instructions: Mark an X in the box where the response would be "no." (X = Opportunity. A process failure may have occurred.)			
1. Was the patient screened for falls accurately and recently?		X Not re-evaluated after post-op meds admin.			
2. Were the following risk factors addressed with a plan or intervention? See below		Individualized Care Planning Processes			
a. If applicable, was confusion, disorientation, impulsiveness addressed?					
b. Was an IV, indwelling urinary catheter or another "tether" that would limit mobility ABSENT?		X (SCD, IV)			
c. If applicable, was impaired urinary elimination plan addressed?					
d. If applicable, was impaired balance, gait or mobility problem addressed?					
e. If applicable, was risk for injury addressed - Age > 85, Bone Disease, Coagulation, surgery? (Examples: floor mats, toileting supervision)					
3. Factors contributing to the Fall		Factors that may have contributed to the fall and delirium			
a. Patient had pdd received medications that could contribute to delirium? Sedatives, hypnotics, benzos, anticholinergics. (See Tab 3.)		X - valium given 1 hr prior to fall			
b. Patient did not have uninterrupted sleep?		X - V.S. taken at 12a and 4a			

**Post Fall Huddle
Bedside and Unit
Observation**

Falls Process Improvement Discovery Tool: Elements to be observed 3-5 times. Different staff, time of day, day of week					
Instructions: Mark an X in the box where a process failure occurred. You may check more than one box per					
Observation #:	Observation #:	Observation #:	Observation #:	Observation #:	Observation #:
Process Observations					
Observe a Post fall huddle:					
Do staff engage the patient in determining "what was different this time?"					
Do staff determine cause and establish a plan?					
Observe bedside handoff:					
Do staff engage the patient in their safe mobility plan for the day?					
Do staff validate the patient understands fall and injury risks, consequences of a fall and the safe mobility plan by using teach-back?					
Toileting and call lights:					
Ask staff the practice used for patient supervision in the toilet					
Observe call light responsiveness. Is "no pass zone" honored? Do staff walk past a call light? If so, this is a process failure.					
Bedside Observations					
Call light, phone, glasses within reach					
If the patient uses a hearing aid or wears glasses, are they in place?					
During wakeful time, are shades up?					
Is the patient involved in a mentally stimulating activity?					
If not confused, can the patient teach back their fall risk factors, what could happen if they fall and how to prevent an injury? If a family member is present for a confused patient, ask the family.					

Creating a Culture of Mobility

Progressive Mobility as a Cross Cutting Strategy

Time for Change

“One crucial organizational action is to recognize that zero falls can only be achieved by unacceptable restrictions of the patient’s privacy, dignity and autonomy.” Oliver, Healey and Haines 2010:683

[The Frances Healey Reader: Key ideas and references](#)



Cumulative impact of immobility on quality of life

- ▶ “New Walking Dependence” occurs in 16-59% in older hospitalized patients (Hirsh 1990, Lazarus 1991, Mahoney 1998)
- ▶ 65% of patients had a significant functional mobility decline by day 2 (Hirsh 1990)
- ▶ 27% still dependent in walking 3 months post discharge (Mahoney 1998)
- ▶ Immobility contributes to delirium. The presence of delirium increase risk for LTC placement by 300%



31

Where are you?

Where is your unit / organization on the mobility continuum?

0 5 10



Patient
s stay
in bed

Some
mobility
Inconsistent

Patients
walk
3xD in
halls



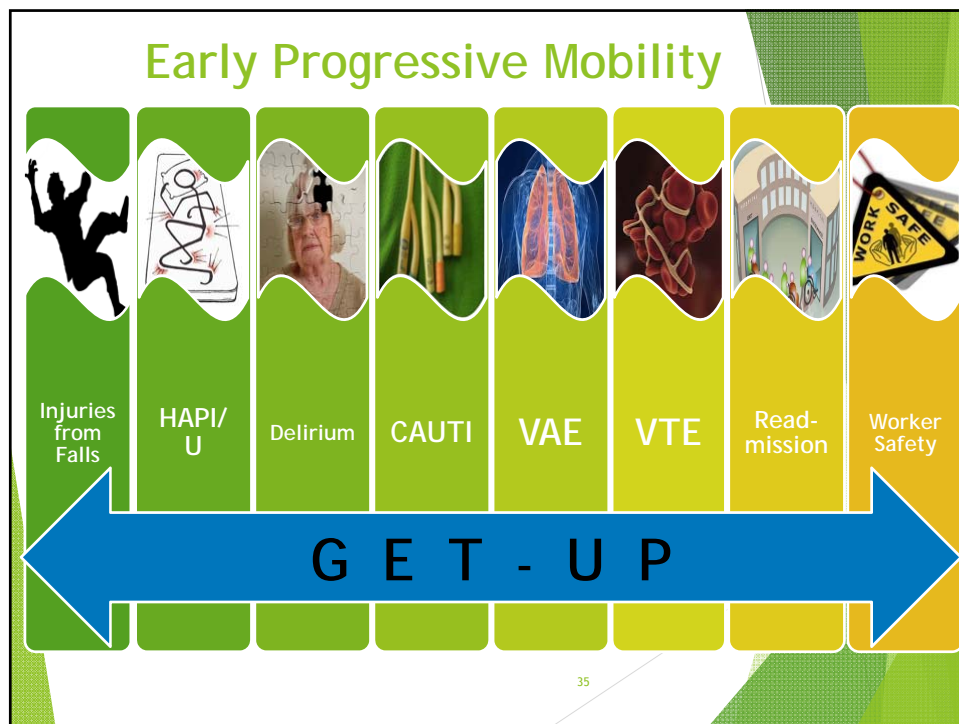
Non-pharmacological Delirium Interventions

- ▶ Meta-analysis of 14 studies showed a 62% reduction in falls when multicomponent non-pharmacological delirium interventions were in place.
- ▶ Most interventions were centered around:
 - ▶ Early mobilization (OOB for meals and ambulation);
 - ▶ Vision and hearing interventions;
 - ▶ Orientation protocol (such as white boards);
 - ▶ Therapeutic activities (mentally stimulating ≠ entertainment!);
 - ▶ Sleep enhancement protocol (in place when delirium order sets are activated).

Sample delirium prevention activities

- ▶ Lights on
- ▶ Shades up
- ▶ Aids in - glasses, hearing aid
- ▶ Walk three times a day
- ▶ Stimulating activities
- ▶ AM:
 - ▶ Teeth brushed
 - ▶ Face washed
 - ▶ Up for breakfast
- ▶ Evening
 - ▶ Teeth brushed
 - ▶ Face Washed

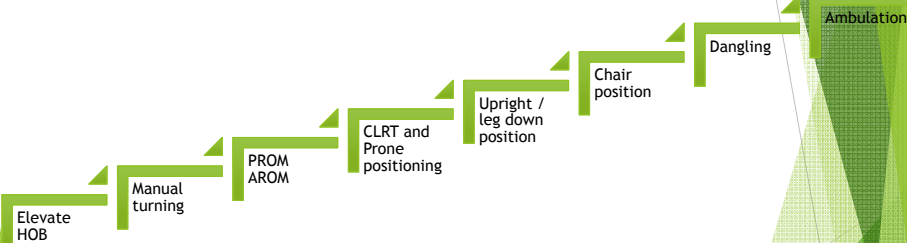




What is progressive mobility?

- ▶ Progressive mobility is defined as a series of planned movements in a sequential matter beginning at a patient's current mobility status with goal of returning to his/her baseline

(Vollman 2010)



Vollman, KM. Introduction to Progressive Mobility. Crit Care Nurs. 2010;30(2):53-55.

37

Teaming Up to Mobilize

Med Surg

- ▶ Sitters
- ▶ Family members
- ▶ PT assistant / mobility tech
- ▶ Transporters
- ▶ Rehab

ICU

- ▶ Intensivist
- ▶ Respiratory
- ▶ Rehab
- ▶ Pharmacy

Unusual Suspects

- ▶ Materials management and Environmental Services - clutter rounds, equipment maintenance
- ▶ Facilities - for environmental factors

38

MUST DO's



39

GET-UP MUST DO'S!

1. Walk in, walk during, walk out!
2. Grab and go mobility devices
3. Three laps a day keeps the nursing home away!

40

MUST DO #1
Walk In, Walk During, Walk Out!



MUST DO #1
Walk In, Walk During, Walk Out!



- Determine pre-admission ambulation status
- Don't assume a frail appearance means weakness
- Use Get Up and Go or BMAT test to assess ambulation skills

42

Get Up and Go Test

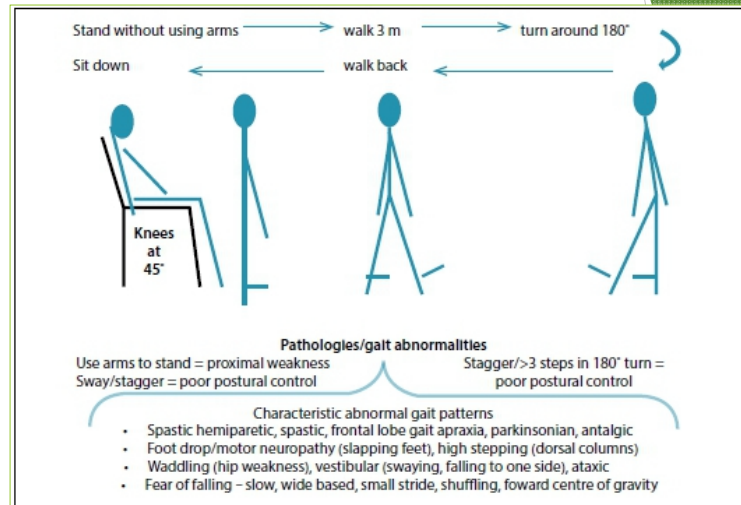


Fig. 4. The Get Up and Go test.

B.M.A.T. - Banner Mobility Assessment Tool for Nurses

Test	Task	Response	Fail = Choose Most Appropriate Equipment/Device(s)	Pass
Assessment Level 1 Assessment of: -Cognition -Trunk strength -Seated balance	Sit and Shake: From a semi-reclined position, ask patient to sit upright and rotate* to a seated position at the side of the bed, may use the bedrail. Note patient's ability to maintain bedside position. Ask patient to reach out and grab your hand and shake making sure patient reaches across his/her midline. Note: Consider your patient's cognitive ability, including orientation and CAM assessment if applicable.	Sit: Patient is able to follow commands, has some trunk strength; caregivers may be able to try weight-bearing if patient is able to maintain seated balance greater than two minutes (without caregiver assistance). Shake: Patient has significant upper body strength, awareness of body in space, and grasp strength.	MOBILITY LEVEL 1 - Use total lift with sling and/or repositioning sheet and/or straps. - Use lateral transfer devices such as roll board, friction reducing (slide sheets/tube), or air assisted device. NOTE: If patient has 'strict bed rest' or 'bilateral 'non-weight bearing' restrictions, do not proceed with the assessment; patient is MOBILITY LEVEL 1 .	Passed Assessment Level 1 = Proceed with Assessment Level 2.
Assessment Level 2 Assessment of: -Lower extremity strength -Stability	Stretch and Point: With patient in seated position at the side of the bed, have patient place both feet on the floor (or stool) with knees no higher than hips. Ask patient to stretch one leg and straighten the knee, then bend the ankle/heel and point the toes, if appropriate, repeat with the other leg.	Patent exhibits lower extremity stability, strength and control. May test only one leg and proceed accordingly (e.g., stroke patient, patient with ankle in cast).	MOBILITY LEVEL 2 - Use total lift for patient unable to weight-bear on at least one leg. - Use sit-to-stand lift for patient who can weight-bear on at least one leg.	Passed Assessment Level 2 = Proceed with Assessment Level 3.
Assessment Level 3 Assessment of: -Lower extremity strength for standing	Stand: Ask patient to elevate off the bed or chair (seated to standing) using an assistive device (cane, bedrail). Patient should be able to raise buttocks off bed and hold for a count of five. May repeat once. Note: Consider your patient's cognitive ability, including orientation and CAM assessment if applicable.	Patent exhibits upper and lower extremity stability and strength. May test with weight-bearing on only one leg and proceed accordingly (e.g., stroke patient, patient with ankle in cast). If any assistive device (cane, walker, crutches) is needed, patient is Mobility Level 3 .	MOBILITY LEVEL 3 - Use non-powered raising stand aid; default to powered sit-to-stand lift if no stand aid available. - Use total lift with ambulation accessories. - Use assistive device (cane, walker, crutches). NOTE: Patient passes Assessment Level 3 but requires assistive device to ambulate or cognitive assessment indicates poor safety awareness; patient is MOBILITY LEVEL 3 .	Passed Assessment Level 3 AND no assistive device needed = Proceed with Assessment Level 4. Consult with Physical Therapist when needed and appropriate.
Assessment Level 4 Assessment of: -Standing balance -Gait	Walk: Ask patient to march in place at bedside. Then ask patient to advance step and return each foot. Patient should display stability while performing tasks. Assess for stability and safety awareness.	Patent exhibits steady gait and good balance while marching, and when stepping forwards and backwards. Patient can maneuver necessary turns for in-room mobility. Patient exhibits safety awareness.	MOBILITY LEVEL 3 If patient shows signs of unsteady gait or fails Assessment Level 4, refer back to MOBILITY LEVEL 3 ; patient is MOBILITY LEVEL 3 .	MODIFIED INDEPENDENCE Passed = No assistance needed to ambulate; use your best clinical judgment to determine need for supervision during ambulation.

Always default to the safest lifting/transfer method (e.g., total lift) if there is any doubt in the patient's ability to perform the task.

Originated: 2011; revised: 2/27/12, 3/02/12, 3/07/12, 3/19/12, 4/19/12, 5/01/12, 5/03/12, 05/20/2013

Banner Mobility Assessment Tool for Nurses (BMAT) video and tool

Mobility begins on admission

Tier Level	Defining Characteristics	Intervention ^a
Tier 1: Nonambulatory	Patients who <ul style="list-style-type: none"> • require more than a one-person assist for ambulation/transfers • are unable to maintain weight on their lower extremities • require any form of lift equipment 	Active range-of-motion exercises: <ul style="list-style-type: none"> • ankle pumps • heel slides • hip abduction • quad sets • shoulder flexion Passive range-of-motion exercises: <ul style="list-style-type: none"> • ankle dorsiflexion • hip flexion • hip abduction • shoulder flexion Sit on side of bed Get out of bed and into a chair with appropriate equipment
Tier 2: Ambulatory	Patients who <ul style="list-style-type: none"> • are able to ambulate independently • require a one-person assist with ambulation 	Ambulate with or without assistance in the hallway as tolerated Get out of bed and into a chair for all meals

^a To be performed three times a day (in accordance with a patient's ability).

Wood W, et al. (2014) A Mobility Program for an Inpatient Acute Care Medical Unit. http://www.nursingcenter.com/pdfjournal?AID=2591440&an=00000446-20141000000023&Journal_ID=54030&Issue_ID=2591321

45

MUST DO #2 Grab and Go Mobility Devices!

- ▶ Gait belts in every room*
- ▶ Patients and staff have access to mobility devices
- ▶ Safe mobilization and patient handling training for staff

Gait belts are used to help control the patient's center of balance.



*with the exception of rooms for behavioral health patients

46

Safe Patient Handling & Mobility Training

Safe Patient Handling

- ▶ Use of equipment - lifts, lateral devices
- ▶ Assisting bed activities
- ▶ Lifting limits - not > 35 lbs
- ▶ Use SPH coaches when lifts used
- ▶ How to avoid friction / shear

Mobility Training

- ▶ Assessing ambulation skills
- ▶ Use of gait belts
- ▶ Control of a fall
- ▶ Assisting with ambulation
- ▶ Screening for correct fit of mobility aid
- ▶ Special populations:
 - ▶ Hip precautions
 - ▶ Hemiplegia
 - ▶ Parkinson's

47

MUST DO #3

3 Laps a Day, Keeps the Nursing Home Away!



48

Make it visible

- Get the Docs involved!
- Engage patients and families

Bedside Sign

Get Up...Get Moving....Get Better!

Day: _____

GOAL: 3 Walks

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------

Goal: Up to Chair 3x

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--------------------------	--------------------------	--------------------------



5A Walk of Fame Board

Facing the Facts about Mobility

Mobility interventions are regularly missed

- ▶ Nursing perceptions
 - ▶ Lack of time
 - ▶ Ease of omission
 - ▶ Belief it is PTs responsibility
- ▶ Survey results
 - ▶ Concern for patients level of weakness, pain and fatigue
 - ▶ Presence of devices - IVs and Urinary Catheters
 - ▶ Lack of staff to assist
- ▶ What Helps?
 - ▶ Rehab and Nursing face-to-face bedside handoffs or safety huddles

Doherty-King, B Bowers, B. How nurses decide to ambulate hospitalized older adults: development of a conceptual model. Gerontologist. 2011 Dec;51(6): 786-97

Tips for Promoting Mobility

- ▶ Order Modifications
 - ▶ Delete orders for
 - ▶ Bedrest
 - ▶ Ad lib
 - ▶ Replace with specific orders
 - ▶ Times, activities, distance
 - ▶ Mobility orders to flow to task list
- ▶ Build Documentation Fields - centralize
- ▶ Collect data - examples
 - ▶ Total # of feet ambulated a day documented by RNs
 - ▶ Total % of eligible pts ambulated twice by 3pm
 - ▶ Total % of eligible patients up in chair for lunch



More Tips - Building a Culture of Mobility

- ▶ Integrate mobility status and goal into clinical rounds
- ▶ Engage a Physician Champion
- ▶ Rename the Falls Team a Safe Mobility Team

Mobilizers

► Repurpose current roles

- Replace sitters with a mobility aide
- Train sitters to ambulate patients
- Create mobility tech role - reallocate transporters, safe patient handling coaches, nursing assistants



Memorial Hospital, FL
Mobility / SPH Team



Franciscan Michigan City, IN
Mobility Techs

Progressive mobility can reduce patient harm, employee injuries and LOS

Case Study: Franciscan Michigan City, IN

- 3 mobility trained nursing assistants
 - 70% reduction in HAPI
 - 40% reduction in worker back injuries
 - -45% reduction in RN turnover
 - 43% reduction in readmission
 - 39% reduction in d/c to SNF

Case Study: John Hopkins MICU

- ICU rehab program
 - 10% reduction in mortality
 - 30% (2.1 day) reduction in MICU LOS
 - 18% (3.1 day) reduction in hospital LOS

Fresh Ideas: Falls: What to STOP doing to START improving

FACING THE FACTS ABOUT FALLS IN HOSPITALS

- 1. SURVIVAL ALONE DOES NOT INFLUENCE CARE.** No evidence exists that care is differentiated based on the presence of high risk signs, wrist bands or colored socks. (Opitoshvili et al 2012)
- 2. SCORE BASED INTERVENTION BUNDLES ARE NOT EFFECTIVE IN PREVENTING FALLS.** (O'Connor et al 2012) Are you treating a score or a patient with individual risk factors?
- 3. ALL FALLS ARE NOT EQUAL** – unintended falls are associated with injury. Assisted falls usually do not result in harm and should not be treated as a failure. (Staggs et al 2014)
- 4. FORCED IMMOBILITY IS CAUSING HARM** and contributes to delirium, functional decline and new walking dependence in elders. 18-50% of elders are impacted for new walking dependence post hospitalization (Berg 1990, Leasure 1998, Mahoney 1998)
- 5. DELIRIUM IS THE LEADING CONTRIBUTOR OF FALLS.** Delirium occurs in 26-40% of hospitalized elders and is the leading contributor to hospital falls (O'Connor et al 2014). Delirium increases risk of falling 4.53 times. (O'Donnell et al 2013) Interventions targeting delirium prevention can reduce falls by 60%. (O'Connor et al 2013)
- 6. BED ALARMS CAUSE MORE HARM THAN GOOD** including alarm fatigue, forced immobility and patient dissatisfaction. There is no evidence that they reduce falls. (O'Connor et al 2013)
- 7. THE TERRY NICHOLSON COMPLAINT IS OVER USED.** In ethical patients do not believe they are at risk for a fall in the hospital. (O'Connor et al 2013). Sumner et al 2014's Evidence suggests that structured education about risk and consequences can reduce falls and injuries by 45-100% with cognitively intact patients. (O'Connor 2013, Sumner et al 2013)
- 8. USING ALONE CANNOT REDUCE FALL RELATED INJURIES** and support safe mobility. Organizations that take a whole house approach accelerate improvement. (Pfeifer-Lee et al 2013)
- 9. INDICATIONS ARE THE BIGGEST RISK FACTOR TO REDUCE.** Other risk factors: advanced age, previous falls, muscle weakness, gait and balance issues, postural hypotension and chronic conditions are much more difficult to modify.

HRET
HOSPITAL RISK EVALUATION TOOL

HRET HIIN FALLS MYTH BUSTING WHAT TO STOP DOING TO START IMPROVING

STOP	START	INTERVENTIONS STRATEGIES
Rating on a Fall Risk Score for Action ➤ Focusing on identifying risk factors for falls and injury and activating interventions for each risk factor	Rating on a Fall Risk Score for Action ➤ Identify high risk or vulnerable populations that will receive a multifactorial assessment. For example: • Admitted for a fall • History of a fall • Risk for injury • Age based to capture elders ➤ Develop triggers for more in-depth assessment • Assess mobility on admission, select criteria for referral to rehab • Develop criteria for medication review • Screen for delirium ➤ Screen for Injury Risk using ABCS ➤ Encourage application of critical thinking and clinical judgement in determining fall risk factors ➤ Implement interventions for each modifiable risk factor ➤ Communicate the tailored interventions via bedside signage or wristband	
Use of bed alarms and others to restrict mobility ➤ Support the patient's highest level of mobility at least 3 times a day ➤ Integrate education, prevention, management and planning for elders	Protect patient safety • Use Accelerometers or step tracking device to record patient mobility • Place distance markers on walls around units • Document mobility • Clearly identify staff to assist with scheduled ambulation: care attendants, volunteers, mobility staff • Train nursing staff on safe patient handling and have mobility equipment accessible • Detect, Prevent and Manage Delirium • Assess for delirium • Discontinue others • Holders 3+ day • Minimize CNS affecting meds and anticholinergics • Support hydration	
Rating only on walking ➤ Optimize functional mobility by walking in hall and chair and, provide progressive mobility and exercises	Positive and active RCH • Functional Mobility: bed mobility, sitting on side of bed, all-to-hand, standing, marching in place • In bed cycle - UE and LE • Beach chair positioning	

2

Falls STOP to START

Resources

Tools to Test:

- [HRET HIIN Falls Discovery Tool](#)
- [Progressive Mobility Tools](#)
- [Banner Mobility Assessment Tool for Nurses \(BMAT\) video and Tool](#)
- [Timed Get up and Go Test](#)
- [Get Up and Go Test](#)
- [Project HELP Mobility Change Package - multiple tools included](#)
- [Med Surg Mobility Protocol](#)
- [ICU Mobility Protocol](#)

KHC HIIN Falls Sprint

Resources - future topics

Tools to Test:

- Patient Family Engagement Focused Tools
 - [Teach Back Tool for Fall Prevention](#)
 - [Fall Tips for Patient and Families Handout](#)
- Post-fall huddle
- [CAPTURE Falls mobility training videos, mobility tools](#) - includes Post Fall Huddle training videos and documentation tools

KHC HIIN Falls Sprint

Resources

Collaborative Tools:

- Monthly Virtual Learning Sessions
- List-serv
- Subject Matter Expert - Coach Jackie



Jackie Conrad, BSN, MBA
Improvement Advisor
Cynosure Health, Inc.
jconrad@cynosurehealth.org

KHC HIIN Falls Sprint

We hope you will join us.

Easy, online sign-up:

<https://www.surveymonkey.com/r/KHC-HIIN-Falls-Sprint>

Sprint Session #2 will take place
Nov. 30.

KHC HIIN Falls Sprint

Your Assignments

1. Sign up for the Falls Sprint.
2. Pre-register for Session #2.
3. Briefly review 5-10 charts using the Discovery tool. (20 minutes ea.)
4. Email a copy of your completed tool to KHC by Nov. 15:
info@khconline.org

KHC HIIN Falls Sprint

Session #2 – November 30 10 to 11 am CT

Hospital Learnings

from Falls Process Improvement Discovery Tool

- Hospitals share insights from using the Discovery Tool.
- Review of developing a SMART aim statement and conducting PDSA cycles.
- Review Top 10 Checklist for fall prevention.
- Select one strategy to implement using PDSA.

Sprint Session #2 follow-up assignments:

- o Conduct up to five bedside observations.
- o Write a SMART aim statement.

KHC HIIN Falls Sprint



KHC HIIN Falls Sprint

Resources and Upcoming Events

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Kansas Healthcare Collaborative





63

Resources

KHC HIIN Hand Hygiene Collaborative

Qualaris  Analyze  Audit

Best Practices Checklist

Hand hygiene performed?	<input type="button" value="Yes"/>	<input type="button" value="No"/>	<input type="button" value="Keep"/>
Correct hygiene method used in the situation observed?	<input type="button" value="Yes"/>	<input type="button" value="No"/>	<input type="button" value="Keep"/>
			
If sanitizer, full quantity dispensed?	<input type="button" value="Yes"/>	<input type="button" value="No"/>	<input type="button" value="N/A"/>
			
If soap, adequate scrubbing time performed?	<input type="button" value="Yes"/>	<input type="button" value="No"/>	<input type="button" value="N/A"/>
			
Gloves used properly?	<input type="button" value="Yes"/>	<input type="button" value="No"/>	<input type="button" value="N/A"/>
			
Nails 1/4 inch or shorter?	<input type="button" value="Yes"/>	<input type="button" value="No"/>	<input type="button" value="Keep"/>

Enrollment is still open!

The KHC's Hand Hygiene Collaborative is offered to help hospitals track and improve hand hygiene within their facilities. Participation includes easy-to-use, mobile software provided at no cost to each hospital for observation-based measurement.

Next collaborative learning session will be held
Friday, November 9, at 11 a.m. CT.

For more information, visit:
www.khconline.org/initiatives/hiin-initiatives/hand-hygiene-collaborative



QualarisAudit
Software for improving best practices

Kansas Healthcare Collaborative

64

HRET HIIN Falls Resources



- [2018 Change Package](#)
- [Top Ten Checklist](#)
- [Teach-Back Tool](#)
- [STOP to START Improving Fall Injuries](#)

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65

Resources

Use Antibiotics Wisely Week

- When: November 12 - 18, 2018
- Resources and posts to share at: UseAntibioticsWisely.org
Or contact KHC for more info.

A graphic for 'Use Antibiotics Wisely Week'. It features a blue background with a large orange circle on the left. Inside the circle is a stylized illustration of a person lying in a hospital bed, connected to an IV drip. To the right of the circle, the text reads: 'Taking antibiotics when they are not needed can actually hurt your health. It increases risk of later getting an infection that resists antibiotic treatment.' Below this text is the hashtag '#UseAntibioticsWisely'. At the bottom of the graphic are three logos: the Kansas Department of Health and Environment logo, the Healthcare-Associated Infections & Antimicrobial Resistance Program logo, and the Kansas Healthcare Collaborative logo.

Upcoming Events

Upcoming Webinars

See more HRET HIIN events at
www.hret-hiin.org/events/index.dhtml

HRET and CMS: **Mapping Medicare Disparities**
October 25 ● 12:00 - 1:00pm
Register here:
<http://hret.adobeconnect.com/health-disparities-20181025/event/registration.html>

HRET HIIN: **MDRO Discovery and Direction Series:
Organizational Risk Assessment**
November 1 ● 1:00 - 2:00pm
Register here:
<http://hret.adobeconnect.com/mdro-20181101/event/registration.html>

HRET HIIN: **Readmissions MVP Webinar #2**
November 9 ● 11:00am to 12:00pm
Register here:
<http://hret.adobeconnect.com/readmissions-20181109/event/registration.html>

All times listed are Central Time.

Kansas Healthcare Collaborative 67

Upcoming Events

Upcoming Webinars

See more HRET HIIN events at
www.hret-hiin.org/events/index.dhtml

HRET HIIN: **Culture of Safety – Workplace Violence: Up Close**
November 14 ● 11:00am - 12:00pm
Register here:
<http://hret.adobeconnect.com/culture-of-safety-20181114/event/registration.html>

HRET HIIN: **Falls Delirium Fishbowl – Session #2**
November 15 ● 11:00am - 12:00pm
Register here:
<http://hret.adobeconnect.com/falls-20181115/event/registration.html>

All times listed are Central Time.

Kansas Healthcare Collaborative 68

Upcoming Events

Upcoming KHC Webinars

KHC HIIN: **Hand Hygiene Collaborative**
November 9 • 11:00am to 12:00pm
Contact Chuck Duffield (cduffield@khconline.org) for webinar registration info.

KHC HIIN: **Kansas PFAC Collaborative – Back to Basics Session**
November 12 • 1:00 - 2:30pm
Track 1 Register here:
<https://khconline.adobeconnect.com/pfac-track1-11-12-2018/event/registration.html>

KHC HIIN: **Monthly Virtual Meeting**
November 28 • 10:00 - 11:00am
<https://khconline.adobeconnect.com/khc-hiin-11-28-18/event/registration.html>

KHC HIIN: **Falls Prevention Sprint – Session #2**
November 30 • 10:00 - 11:00am
<https://khconline.adobeconnect.com/falls-sprint2-11-30-2018/event/registration.html>


See more Kansas events at
<https://www.khconline.org/events/full-events-list>

Kansas Healthcare Collaborative 69

Feedback

Please provide feedback to this webinar Let us know your next steps.

<https://www.surveymonkey.com/r/KHC-HIIN-102418>



Kansas Healthcare Collaborative 70

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COLLABORATIVE

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72