Nursing Home Patient Safety Series: Reducing Facility-Associated Infections and Hospitalizations Related to UTI, Sepsis, Pneumonia and COVID-19



Erica Umeakunne, MSN, MPH, APRN, CIC Infection Prevention Specialist

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Quality Innovation Network -Quality Improvement Organizations EINTER S FOR MEDICARE & MEDICAI D SERVICES QUALITY IMPRO VEMENT & INNOVATION GROUI

### Making Health Care Better Together

### About Alliant Health Solutions



# Erica Umeakunne, MSN, MPH, APRN, CIC

### **INFECTION PREVENTION SPECIALIST**

Erica Umeakunne is an adult-gerontology nurse practitioner and infection preventionist with experience in primary care, critical care, health care administration and public health.

She previously served as the interim hospital epidemiology director for a large health care system in Atlanta and as a nurse consultant in the Centers for Disease Control and Prevention's (CDC) Division of Healthcare Quality Promotion. While at CDC, she served as an infection prevention and control (IPC) subject matter expert for domestic and international IPC initiatives and emergency responses, including Ebola outbreaks and the COVID-19 pandemic.

Erica enjoys reading, traveling, family time and outdoor activities.

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# **Objectives**

- Discuss the burden of multi-drug resistant organisms (MDROs) in nursing home facilities
- Summarize infection prevention and control (IPC) interventions to reduce MDRO-related healthcare-associated infections that can lead to sepsis
- Introduce enhanced barrier precautions and how to integrate them into daily IPC practices
- Share Alliant Health Solutions quality improvement resources to support infection prevention and control (IPC) activities



# **Antimicrobial Resistance**

- Occurs when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them
  - Germs are not killed and continue to grow
  - Resistant infections difficult, and sometimes impossible, to treat
    - Lose the ability to treat infections
    - Require the use of second- and third-line treatments
      - Serious side effects
      - Prolong care and recovery
- An urgent global public health threat
  - Associated with nearly five million deaths in 2019
    - In the United States, more than 2.8 million antimicrobialresistant infections each year



# Factors Contributing to Antimicrobial Resistance



Inappropriate antibiotic prescribing (overuse)

Lack of adherence to antibiotic prescriptions

Evolution of the pathogen

Poor infection prevention & control practices in health care facilities

https://www.cdc.gov/drugresistance/about.html

Cassone, M., & Mody, L. (2015). Colonization with multi-drug resistant organisms in nursing homes: Scope, importance, and management. *Current geriatrics reports*, 4(1), 87–95. <u>https://doi.org/10.1007/s13670-015-0120-2</u>



Antibiotic Approved or Released	Year Released	Resistant Germ Identified	Year Identified
Penicillin	1941	Penicillin-resistant Staphylococcus aureus <sup>20, 21</sup>	1942
		Penicillin-resistant Streptococcus pneumoniae <sup>alo</sup>	1967
		Penicillinase-producing Neisseria gonorrhoeae"	1976
Vancomycin	1958	Plasmid-mediated vancomycin-resistant Enterococcus faecium <sup>12/3</sup>	1988
		Vancomycin-resistant Staphylococcus aureus14	2002
Amphotericin B	1959	Amphotericin B-resistant Candida auris <sup>is</sup>	2016
Methicillin	1960	Methicillin-resistant Staphylococcus aureus <sup>16</sup>	1960
Extended-spectrum cephalosporins	1980 (Cefotaxime)	Extended-spectrum beta-lactamase- producing Escherichia coli <sup>n</sup>	1983
Azithromycin	1980	Azithromycin-resistant Neisseria gonorrhoeae <sup>10</sup>	2011
mipenem	1985	Klebsiella pneumoniae carbapenemase (KPC)-producing Klebsiella pneumoniae <sup>sa</sup>	1996
Ciprofloxacin	1987	Ciprofloxacin-resistant Neisseria gonorrhoeae <sup>20</sup>	2007
Fluconazole	1990 (FDA approved)	Fluconazole-resistant Candida <sup>21</sup>	1988
Caspofungin	2001	Caspofungin-resistant Candida <sup>22</sup>	2004
Daptomycin	2003	Daptomycin-resistant methicillin-resistant Staphylococcus aureus <sup>22</sup>	2004
Ceftazidime-avibactam	2015	Ceftazidime-avibactam-resistant KPC-producing Klebsiella pneumoniae™	2015

# Germs Develop Antibiotic Resistance

Since the discovery of penicillin more than 90 years ago, germs have continued to develop new types of resistance against even our most powerful drugs. While antibiotic development has slowed, antibiotic resistance has not. This table demonstrates how rapidly important types of resistance developed after the approval and release of new antibiotics, including antifungals.

https://www.cdc.gov/drugresistance/pdf/threatsreport/Select-Germs-Develop-Resistance-Over-Time.pdf



# **COVID-19 CREATED A PERFECT STORM**

The U.S. lost progress combating antimicrobial resistance in 2020





**†15%** 

Antimicrobal-resistant infections and deaths increased in hospitals in 2020.

~80%

Patients hospitalized with COVID-19 who received an antibiotic March-October 2020.



Delayed or unavailable data, leading to resistant infections spreading undetected and untreated.

INVEST IN PREVENTION.

Setbacks to fighting antimicrobial resistance can and must be temporary.

Learn more: https://www.cdc.gov/drugresistance/covid19.html

https://www.cdc.gov/drugresistance/pdf/covid19-impact-report-508.pdf



	Resistant Pathogen	2017 Threat Estimate	2018 Threat Estimate	2019 Threat Estimate	2017-2019 Change	2020 Threat Estimate and 2019-2020 Change
	Carbapenem-resistant Acinetobacter	8,500 cases 700 deaths	6,300 cases 500 deaths	6,000 cases 500 deaths	Stable*	7,500 cases 700 deaths Overall: 35% increase* Hospital-onset: 78% increase*
ORGENI	Antifungal-resistant Candida auris	171 clinical cases <sup>†</sup>	329 clinical cases	466 clinical cases	Increase	754 cases Overall: 60% increase
	Clostridioides difficile	223,900 infections 12,800 deaths	221,200 infections 12,600 deaths	202,600 infections 11,500 deaths	Decrease	Data delayed due to COVID-19 pandemic
	Carbapenem-resistant Enterobacterales	13,100 cases 1,100 deaths	10,300 cases 900 deaths	11,900 cases 1,000 deaths	Decrease*	12,700 cases 1,100 deaths Overall: Stable* Hospital-onset: 35% increase*
	Drug-resistant Neisseria gonorrhoeae	550,000 infections	804,000 infections	942,000 infections	Increase	Data unavailable due to COVID-19 pandemic
SERIOUS	Drug-resistant Campylobacter	448,400 infections 70 deaths	630,810 infections	725,210 infections	Increase	Data delayed due to COVID-19 pandemic‡ 26% of infections were resistant, a 10% decrease
	Antifungal-resistant Candida	34,800 cases 1,700 deaths	27,000 cases 1,300 deaths	26,600 cases 1,300 deaths	Decrease*	28,100 cases 1,400 deaths Overall: 12% increase* Hospital-onset: 26% increase*
	ESBL-producing Enterobacterales	197,400 cases 9,100 deaths	174,100 cases 8,100 deaths	194,400 cases 9,000 deaths	Increase*	197,500 cases 9,300 deaths <b>Overall: 10% increase*</b> Hospital-onset: 32% increase*
	Vancomycin-resistant Enterococcus	54,500 cases 5,400 deaths	46,800 cases 4,700 deaths	47,000 cases 4,700 deaths	Stable*	50,300 cases 5,000 deaths Overall: 16% increase* Hospital-onset: 14% increase*



https://www.cdc.gov/drugresistance/pdf/covid19-impact-report-508.pdf

	Resistant Pathogen	2017 Threat Estimate	2018 Threat Estimate	2019 Threat Estimate	2017-2019 Change	2020 Threat Estimate and 2019-2020 Change	
	Multidrug-resistant Pseudomonas aeruginosa	32,600 cases 2,700 deaths	29,500 cases 2,500 deaths	28,200 cases 2,400 deaths	Decrease*	28,800 cases 2,500 deaths Overall: Stable* Hospital-onset: 32% increase*	
	Drug-resistant nontyphoidal Salmonella	212,500 infections 70 deaths	228,290 infections	254,810 infections	Increase	Data delayed due to COVID-19 pandemic‡ 14% of infections were resistant, a 3% decrease	
	Drug-resistant <i>Salmonella</i> serotype Typhi	4,100 infections <5 deaths	4,640 infections	6,130 infections	Increase	Data delayed due to COVID-19 pandemic‡ 85% of infections were resistant, a 10% increase	
RIOUS	Drug-resistant Shigella	77,000 infections <5 deaths	215,850 infections	242,020 infections	Increase	Data delayed due to COVID-19 pandemic‡ 46% of infections were resistant, a 2% increase	
SER	Methicillin-resistant Staphylococcus aureus	323,700 cases 10,600 deaths	298,700 cases 10,000 deaths	306,600 cases 10,200 deaths	Stable*	279,300 cases 9,800 deaths Overall: Stable* Hospital-onset: 13% increase*	
	Drug-resistant Streptococcus pneumoniae	12,100 invasive infections 1,500 deaths†	See pathogen page if comparing data over time	12,000 invasive infections 1,200 deaths	Stable	Data delayed due to COVID-19 pandemic	
	Drug-resistant Tuberculosis (TB)	888 cases 73 deaths†	962 cases 102 deaths	919 cases	Stable	661 cases Decrease‡	
CONCERNING	Erythromycin-resistant group A <i>Streptococcus</i>	5,400 infections 450 deaths <sup>†</sup>	See pathogen page if comparing data over time	6,200 infections 560 deaths	Increase	Data delayed due to COVID-19 pandemic	
	Clindamycin-resistant group B <i>Streptococcus</i>	13,000 infections 720 deaths†	See pathogen page if comparing data over time	15,300 cases 940 deaths	Increase	Data delayed due to COVID-19 pandemic	



# What Factors Contribute to Antimicrobial Resistance?

- A. Drug-bug mismatch
- B. Inappropriate antibiotic prescribing (overuse)
- C. Lack of adherence to antibiotic prescriptions
- D. Evolution of the pathogen
- E. Poor infection prevention and control practices in health care facilities
- F. All the above



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https://www.cdc.gov/drugresistance/about.html



# Multi-drug Resistant Organisms (MDROs) in Nursing Homes

- Higher prevalence of MDROs in NHs compared to hospitals
- Residents disproportionately affected by multidrug-resistant organism (MDRO) infections
  - Bacterial infections are more frequent than viral, fungal or protozoan infections in older adults and are often preceded by skin or mucosal colonization
  - Urinary tract infections, lower respiratory tract infections, gastroenteritis (including viral and bacterial etiologies), and skin and soft tissue infections are the most common infections affecting NH residents
- Estimated MDRO colonization prevalence among residents in skilled nursing facilities greater than 50%
  - Methicillin-resistant Staphylococcus aureus (MRSA)
  - Extended beta spectrum lactamase (ESBL) organisms
- Skilled nursing facilities implicated in regional outbreaks of MDROs that are classified as urgent threats
  - Carbapenem-resistant organisms
    - Carbapenem-resistant Enterobacteriaceae (CRE)
  - Candida auris







https://www.cdc.gov/hai/pdfs/containment/PPE-Nursing-Homes-H.pdf

Cassone, M., & Mody, L. (2015). Colonization with multi-drug resistant organisms in nursing homes: Scope, importance, and management. *Current geriatrics reports*, 4(1), 87–95. <u>https://doi.org/10.1007/s13670-015-0120-2</u>

# The Large Burden of MDROs in Nursing Homes

Facility Type	Documented MDRO	Actual MDRO
Nursing Homes (n = 14)	17% <b>İİİİİİİİİİİİİİİİ</b>	58%
Ventilator-Capable Nursing Homes (n = 4)		76% <b>İİİİİİİİİİİİİİ</b>

McKinnell JA et al, Clin Infect Dis. 2019; 69(9):1566-1573





# **Challenges with Detection of MDROs**

- Clinical cultures underestimate true prevalence of MDROs
- Most centers are not performing active surveillance to identify asymptomatic, colonized residents
  - Contribute to the reservoir for transmission
- Inadequate communication about individual MDRO history or risk factors between healthcare facilities during care transitions







## **Healthcare Networks Drive MDRO Spread**

- Patient movements amplify the regional burden of MDROs, especially in centers with:
  - Longer length of stay
  - Increasing acuity of care
  - Decreased staff: patient ratios
  - Gaps in infection prevention practices



### Won SY et al. Clin Infect Dis. 2011;53(6):532-540.



# **Characteristics of Novel/Targeted MDROs in Healthcare** Detection **Transmission** Resistance Spread Infections



# Asymptomatic

# colonization







https://emergency.cdc.gov/coca/ppt/Enhanced-Barrier-Precautions-for-MDRO-Final.pdf-

# Sepsis and MDROs

- Sepsis, or the infection causing sepsis, starts before a patient goes to the hospital in nearly **87%** of cases
- Risk factors:
  - Adults 65 or older
  - People with weakened immune systems
  - People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
  - People with recent severe illness or hospitalization, including due to severe COVID-19
- Urinary tract infections, lower respiratory tract infections, gastroenteritis (including viral and bacterial etiologies), and skin and soft tissue infections are the most common infections affecting NH residents

Cassone, M., & Mody, L. (2015). Colonization with multi-drug resistant organisms in nursing homes: Scope, importance, and management. *Current geriatrics reports*, 4(1), 87–95. <u>https://doi.org/10.1007/s13670-015-0120-2</u>



Novosad, S. A., Sapiano, M. R., Grigg, C., Lake, J., Robyn, M., Dumyati, G., ... & Epstein, L. (2016). Vital signs: epidemiology of sepsis: prevalence of health care factors and opportunities for prevention. *Morbidity and Mortality Weekly Report*, 65(33), 864-869. <u>https://www.cdc.gov/mmwr/volumes/65/wr/pdfs/mm6533e1.pdf</u>



# Sepsis and MDROs: Clinical Progression



Difficulty treating MDRO infection due to antimicrobial resistance



# What Are the Most Common Types of Infection That Lead to Sepsis?

- A. Lung infections (e.g., pneumonia)
- B. Urinary tract infections (e.g., kidney infection)
- C. Gastrointestinal (GI) infections
- D. Skin infections
- E. All the above



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### MRDO Infection-Related & Sepsis Risk Factors in NH Residents

Underlying MRDO Colonization

Delayed diagnosis & identification of infection

Limited or lack of timely diagnostic testing

Prolonged empirical antibiotic therapy

Intolerance and interactions involving specific classes of antibiotics

Healthcare personnel (HCP) transmission

Cassone, M., & Mody, L. (2015). Colonization with multi-drug resistant organisms in nursing homes: Scope, importance, and management. *Current geriatrics reports*, *4*(1), 87–95. <u>https://doi.org/10.1007/s13670-015-0120-2</u>



# **MDROs: Colonization vs. Infection**

- Colonization
  - Presence of germ on a body surface (like on the skin, mouth, intestines or airway) without causing disease in the person
  - Increased risk for infection
  - Unknowingly spread germs to others through person-to-person contact or contaminated surfaces in shared settings
- Infection
  - Replication of germs in the body or host's tissue that cause disease
  - Clinical signs and symptoms present
    - Fever, erythema, inflammation, malaise, pus, drainage, etc.
    - Leads to sepsis
  - Occurs when the microbiome is disrupted; pathogens can take over



https://www.sciencedirect.com/topics/immunology-and-microbiology/bacterial-colonization





https://emergency.cdc.gov/coca/ppt/Enhanced-Barrier-Precautions-for-MDRO-Final.pdf



# **Transmission-Based Precautions**







STOP

Clean their hands, including before entering and when leaving the room.

STOP

AIRBORNE

PRECAUTIONS

**EVERYONE MUST:** 

higher level respirator before

room entry. **Remove respirator after** exiting the room and closing the door.



Door to room must remain closed.

### **Transmission-Based Precautions**

(https://www.cdc.gov/infectioncontrol/basics/transmission-based-precautions.html)

**Remove face protection** 

before room exit.



# Enhanced Barrier Precautions (EBP): Guidance for Nursing Homes to Prevent MDRO Spread

Centers for Disease Control and Prevention CDC 24/7: Saving Lives. Protecting People™			Search	Q
ealthcare-associated	d Infect	ions		
C Healthcare-associated Infecti	ons (HAI)	Containment Strategy	0 0 0	00
Healthcare-associated Infe (HAI) HAI Data Types of Infections.	ctions +	Implementation of Personal Protect (PPE) in Nursing Homes to Prevent S Targeted Multidrug-resistant Organ	ive Equipment Spread of Nove isms (MDROs)	l or )
Diseases and Organisms Preventing HAIs Containment Strategy What Can Be Done		Note: This Interim Guidance was updated on 07/26/2019 to clarify its current intended use as part of a Containment Response'. Future updates are anticipated to address potential for application of this approach outside of a Containment Response.	On This Page Description of Existing Preca Description of New Precauti Summary of PPE Use and Ro Restriction	autions Ions Dom
Guidelines Case Studies		Print version: Implementation of PPE in Nursing Homes to Prevent Spread of MDROs.  [PDF - 6 pages]	Implementation References	
PPE in Nursing Homes State-based HAI Prevention Activities	14	Implementation of Contact Precautions, as described in the CDC <u>Guideline for is</u> create challenges for nursing homes trying to balance the use of PPE and room transmission with residents' quality of life. Thus, current practice in many nursin Precautions only when residents are infected with an MDRO and on treatment.	solation Precautions, is perceive restriction to prevent MDRO ig homes is to implement Conta	d to ct

Implementation of PPE in Nursing Homes to Prevent Spread of Novel or Targeted MDROs https://www.cdc.gov/hai/containment/PPE-Nursing-Homes.html



# **Enhanced Barrier Precautions**

- Enhanced Barrier Precautions (EBP) are an infection control intervention designed to reduce transmission of resistant organisms that employ targeted gown and glove use during high-contact resident care activities.
- EBP may be indicated (when contact precautions do not otherwise apply) for residents with any of the following:
  - Wounds or indwelling medical devices, regardless of MDRO colonization status
  - Infection or colonization with an MDRO
- Effective implementation of EBP requires staff training on the proper use of personal protective equipment (PPE) and the availability of PPE and hand hygiene supplies at the point of care.



Precautions	Applies to	PPE used for these situations	Required PPE	Room restriction
Standard Precautions	All residents	<ul> <li>Any potential exposure to:</li> <li>Blood</li> <li>Body fluids</li> <li>Mucous membranes</li> <li>Non-intact skin</li> <li>Potentially contaminated environmental surfaces or equipment</li> </ul>	Depending on anticipated exposure: gloves, gown, facemask or eye protection (Change PPE before caring for another resident)	None
Enhanced Barrier Precautions	<ul> <li>All residents with any of the following: <ul> <li>Infection or colonization with an MDRO when Contact Precautions do not otherwise apply</li> <li>Wounds and/or indwelling medical devices (e.g., central line, urinary catheter, feeding tube, tracheostomy/ventilator) regardless of MDRO colonization status</li> </ul></li></ul>	During high-contact resident care activities: Dressing Bathing/showering Transferring Providing hygiene Changing linens Changing briefs or assisting with toileting Device care or use: central line, urinary catheter, feeding tube, tracheostomy/ventilator Wound care: any skin opening requiring a dressing	Gloves and gown prior to the high- contact care activity (Change PPE before caring for another resident) (Face protection may also be needed if performing activity with risk of splash or spray)	None
Contact Precautions	<ul> <li>All residents infected or colonized with a MDRO in any of the following situations: <ul> <li>Presence of acute diarrhea, draining wounds or other sites of secretions or excretions that are unable to be covered or contained</li> <li>For a limited time period, as determined in consultation with public health authorities, on units or in facilities during the investigation of a suspected or confirmed MDRO outbreak</li> <li>When otherwise directed by public health authorities</li> </ul> All residents who have another infection (e.g., <i>C. difficile</i>, norovirus, scabies) or condition for which Contact Precautions is recommended in Appendix A (Type and Duration of Precautions Recommended for Selected Infections and Conditions) of the CDC Guideline for Isolation Precautions. </li> </ul>	Any room entry	Gloves and gown (Don before room entry, doff before room exit; change before caring for another resident) (Face protection may also be needed if performing activity with risk of splash or spray)	Yes, except for medically necessary care

Implementation of Personal Protective Equipment (PPE) Use in Nursing Homes to Prevent Spread of Multi-drug resistant Organisms (MDROs):

Summary of Personal Protective Equipment (PPE) Use and Room Restriction When Caring for Residents in Nursing Homes



# Which of the Following Is <u>NOT</u> a Strategy To Prevent MDRO Transmission in the Health Care Environment?

- A. Hand hygiene
- B. Cleaning/disinfection of shared equipment and environment
- C. Poor inter-facility communication
- D. Antibiotic stewardship
- E. Appropriate use of personal protective equipment (PPE) and enhanced barrier precautions



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# Save the Date

# IPC Program Considerations & Enhanced Barrier Precautions (EBP) Implementation



April 19, 2023 1 p.m. ET



### Infection Control Resources

#### Sepsis

HQIC Sepsis Gap Assessment and Action Steps HQIC Sepsis: Spot the Signs Magnet HQIC Sepsis Provider Engagement AQ Sepsis-ZoneTool Recognition and Management of Severe Sepsis and Septic Shock

#### Catheter Associated Urinary Tract Infection (CAUTI)

CAUTI Gap Assessment Tool Urinary Catheter Quick Observation Tool CDC-HICPAC Guideline for Prevention of CAUTI 2009 AHRQ Toolkit for Reducing CAUTI in Hospitals CDC TAP CAUTI Implementation Guide

### SHOW MORE

### NHSN

Joining the Alliant Health Solutions NHSN Group Instructions for Submitting C. difficile Data into NHSN 5-Step Enrollment for Long-term Care Facilities CDC's National Healthcare Safety Network (NHSN) NHSN Enrollment/ LAN Event Presentation

SHOW MORE

### **Clostridioides Difficile Infection (C. difficile)**

Session Two: Clostridioides difficile – Treatment Update and Antibiotic Stewardship Interventions C.difficile Training Nursing Home Training Sessions Introduction Nursing Home C.difficile Infection

### Antibiotic Stewardship

Handwash the FROG Way - Badges - English

Handwash the FROG Way - Badges - Spanish

Handwash the FROG Way - Poster - English

Handwash the FROG Way - Poster - Spanish

Frequently Asked Questions - Alcohol Based Hand Rub

**Hand Hyglene** 

Antibiotic Stewardship Basics A Field Guide to Antibiotic Stewardship in Outpatient Settings Physician Commitment Letter Be Antibiotics Aware Taking Your Antibiotics

#### SHOW MORE

#### Training

Options for Infection Control Training in Nursing Homes Flyer

#### COVID-19

Invest in Trust (AHRQ Resource for CNA COVID-19 Vaccines) Nursing Home Staff and Visitor Screening Toolkit – PDF Nursing Home Staff and Visitor Screening Toolkit – Excel COVID-19 Self Management Zone Tool COVID-19 Self Management Zone Tool – Spanish Personal Protective Equipment (PPE) Burn Rate Calulator Toolkit on State Actions to Mitigate COVID-19 Prevalence in Nursing Homes

#### **HAI Surveillance**

AHS HAI Surveillance & Dashboard Tool



https://quality.allianthealth.org/topic/infection-control/





### **Nursing Home and Partnership** for Community Health: CMS 12th SOW GOALS





### UTILIZATION AND MISUSE

Promote opioid best practices

OPIOID

**Reduce** opioid adverse drug events in all settings



**Reduce hospitalizations** due to c. diff

> Reduce adverse drug events

**Reduce facility** acquired infections



### CHRONIC DISEASE SELF-MANAGEMENT

Increase instances of adequately diagnosed and controlled hypertension

Increase use of cardiac rehabilitation programs

Reduce instances of uncontrolled diabetes

Identify patients at highrisk for kidney disease and improve outcomes

### CARE COORDINATION

Convene community coalitions

**Reduce** avoidable readmissions. admissions to hospitals and preventable emergency department visits

Identify and promote optimal care for super utilizers



### COVID-19

Support nursing homes by establishing a safe visitor policy and cohort plan

Provide virtual events to support infection control and prevention

Support nursing homes and community coalitions with emergency preparedness plans



IMMUNIZATION

Increase influenza,

pneumococcal,

and COVID-19

vaccination rates



### TRAINING

Encourage completion of infection control and prevention trainings by front line clinical and management staff



### Making Health Care Better Together



### Julie Kueker Julie.Kueker@AlliantHealth.org Alabama, Florida and Louisiana



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# Program Directors



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