Collaborative Participants



Washington State COLLABORATIVE

Benton County

KGH Northwest Practice Management, Kennewick Leslie Canyon Family Medicine, Richland

Chelan County

Central Washington Hospital Internal Medical Clinic Central Washington Hospital Family Physicians Columbia Valley Community Health Centers Wenatchee Valley Clinic

Clallam County

Lower Elwha Klallam Tribe

Clark County

Family Medicine of SW Washington Family Wellness Center The Vancouver Clinic

Columbia County

Columbia Family Clinic, Dayton

Garfield County

Pomeroy Medical Clinic, Garfield County Public Hospital District

Grant County

Columbia Basin Family Medicine Moses Lake Community Health Center

Grays Harbor County

Roger Saux Health Center The Clinic at Elma Peninsula Community Health Center

Island County

Tricare Region 11: Oak Harbor Naval Hospital

King County

Auburn Family Medical Center Bellevue Family Practice/ Associated Healthcare Consultants Community Health Centers-King County: Auburn, Federal Way, Renton, Eastside, Bothell Evergreen Healthcare/ **Evergreen Medical Group** Harborview Medical Center/ University of Washington Lakeshore Clinic Multicare Covington Clinic Northwest Physician Network Pacific Medical Center: Renton, Lynnwood, Northgate Public Health Seattle & King County North Highline Medical Group: Roxbury

ily Medicine of SW Family Healthcare,

Vashon Health Center SeaMar Community Health Centers, Seattle Snogualmie Tribe

North Bend Family Clinic Swedish Physicians:

Queen Anne, Ballard, Factoria, Main, Providence, West Seattle The PolyClinic

The PolyClinic
VA Puget Sound Health Care
System, Seattle Division
Valley Medical Center: Covington
Seattle Physicians:

Wallingford Family Medicine, Jefferson Park Family Medicine

Kitsap County

Peninsula Community Health Services, Bremerton Tricare Region 11, Bremerton Naval Hospital

Kittitas County

CleElum Family Medicine Kittitas Valley Primary Care Associates Valley Clinic

Klickitat County

Klickitat Valley Health Services

Mason County

Olympic Physicians/ Mason General Hospital North Mason Medical Clinic Shelton Family Medicine

Okanogan County

Family Health Centers

Pacific County

Ocean Beach Hospital and Medical Clinic

Pierce County

Franciscan Medical Group,
Gig Harbor Medical Clinic
Northwest Physician Network
Puyallup Tribal Health Authority
SeaMar Community Health
Centers, Tacoma
Tricare Region 11:
Madigan Army Medical Center
VA Puget Sound Health Care
System, American Lake

Community Health Centers, Tacoma

Skagit County

Samish Nation Health Service SeaMar Community Health Centers, Mt. Vernon

Snohomish County

Cascade Family Medical Group Providence Physicians Group SeaMar Community Health Centers, Marysville The Everett Clinic

Spokane County

Associated Family Physicians Columbia Primary Care Family Health Center Physician Clinic of Spokane Rockwood Clinic: all sites

Stevens County

NE Washington Health Programs NE Washington Medical Group

Thurston County

Physicians of SW Washington:
Dr. Gary Goin
Reinke Medical Group
Providence Health and
Education Center
Providence Rochester
Family Medical Practice
SeaMar Community Health Centers,
Olympia
St. Peter Family Practice

Walla Walla County

Yakima Valley Farmworkers, Walla Walla

Whatcom County

Family Care Network

Yakima County

Central WA Family Medicine Cornerstone Medical Clinic Yakima Valley Farmworkers Clinics: Grandview, Yakima

Washington Tribes

Lower Elwha Klallam Tribe Puyallup Tribal Authority Quinault Indian Nation Samish Indian Nation Snoqualmie Tribal Health Services

Chronic diseases cost health care industry billions each year - needlessly

Chronic conditions are now the leading cause of illness, disability, and death in the United States and account for 75 percent of total health care costs, according to the U.S. Centers for Disease Control and Prevention.

In Washington state:

- The percentage of adults with diabetes rose from 4 percent in 1994 to 6.6 percent in 2004
- Cardiovascular disease was responsible for nearly 4 out of 10 hospitalizations and more than one-third of all deaths in 2002. It is the leading cause of death in Washington.
- In 2003, nearly 1.4 million are at-risk for, or already have, diabetes. People with diabetes are at higher risk for heart disease, blindness, kidney failure, and amputations.
- Hospitalization charges for cardiovascular care amounted to more than \$4.1 billion in 2002.
- Diabetes-related hospitalizations cost \$1.1 billion in 2002.

Yet few medical practices manage their chronic disease patients to reduce the risk of complications and hospitalization.

Improving outcomes of chronic disease WITH PROVEN RESULTS

Proactive Collaborative improves care

The **Washington State Collaborative** is a proactive approach to managing chronic diseases. Clinical teams participating in the Collaborative get tools to make it easier to manage care for people with chronic diseases. At the same time, their patients become active participants in their own treatment plans, lowering risk factors and reducing complications.

More than 100 healthcare facilities across Washington have participated in one or more of the past four Washington State Collaboratives between 1999 and 2005. All have experienced improved care, healthier patients, and increased provider satisfaction.

Working together, improving lives

The Collaborative takes a **team approach** to quality improvement, rather than focusing only on the doctor-patient relationship.

Clinical teams consist of an average of three clinical staff, including senior management. The team commits to improving diabetes management or cardiovascular disease prevention.

Teams participate in three intensive two-day learning sessions held once each quarter, ending

with an Outcomes Congress, where overall results of the year-long program are shared with the community.

About 30 clinical teams from throughout the state participate in each Collaborative.

Quality tools

- Free software program for electronic chronic disease management to track, manage, and coordinate patient care
- Access to experts in quality improvement, with a focus on cardiovascular disease and diabetes
- Access to financial assistance to jumpstart participation
- An established forum for sharing experiences and ideas with peers

To learn more -

Kathleen Clark, MS, RD, CDE Collaborative Co-Director Washington State Department of Health 360-236-3608 • kathleen.clark@doh.wa.gov

To enroll in the Collaborative:

www.qualishealth.org/wsc

The Washington State Collaborative is sponsored by the Washington State Department of Health and Qualis Health. The Collaborative is based on a nationally recognized model for healthcare system change, designed by Improving Chronic Illness Care, a program of the Robert Wood Johnson Foundation.







Washington State COLLABORATIVE Diabetes and Cardiovascular Disease

Redesigning healthcare practices to help people lead healthier lives

Collaboratives 1, 2, and 3 focused on diabetes care. Treatment of diabetes-related complications – such as blindness, kidney disease, and amputations – consumes one out of seven healthcare dollars.

Collaborative 4 introduced a new track to address cardiovascular disease. Cardiovascular disease is the leading cause of disability and death in Washington and is a common complication among people with diabetes.

Today healthcare organizations in Washington are redesigning their practices and have reported these results in their patients with chronic diseases.

Improved blood sugar levels

- · Lower blood pressures
- · Reduced cholesterol levels
- More tobacco users receiving tobacco cessation counseling
- · More foot exams for people with diabetes
- People with chronic diseases empowered to manage their own health care
- · Improved clinical staff and patient relationships

Collaborative Results for 1999-2005

The chart at right shows results from Collaborative 4 which is representative of all Collaboratives. Earlier Collaboratives focused on diabetes care.

Range of results -**4 Collaboratives**

Foot exams

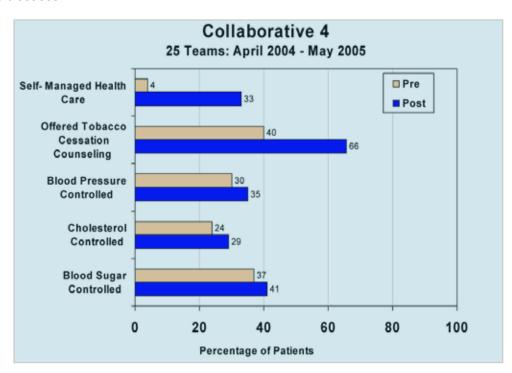
The number of foot exams increased 21 to 50 percent

Blood sugar

Blood sugar levels improved 2 to 12 percent

Blood pressure

Blood pressure levels improved 2 to 9 percent



Prescription for Success for All Collaboratives -

A dramatic increase in the number of people with chronic illnesses now empowered to manage their own health care.