Tri-County Health Care EMS

Rural, hospital-based ambulance provider takes referrals from physicians to reduce readmissions, improve access to care

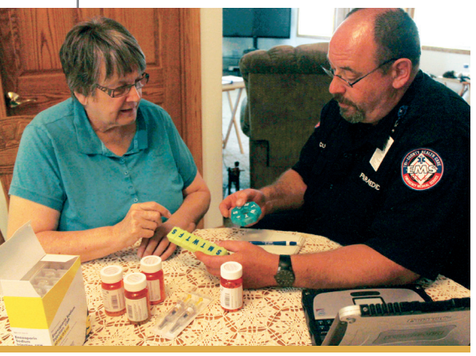
"We have to show that what we do is making an improvement in patients' health, their ability to have a good quality of life and that they are satisfied with the care received."

– Allen Smith, Emergency Response Manager, Tri-County Health Care EMS

In 2012, Minnesota became the first (and still only) state to pass legislation authorizing Medicaid reimbursement of EMS-based community paramedics.

The rate is 80 percent of a physician assistant's office visit charge, or $17.25 per 15-minutes of patient interaction. There is no payment for drive time, fuel or supplies.

To be seen by a community paramedic, a physician has to give an order, and it must be part of a care plan established by the physician. In December 2013, community paramedics at Tri-County Health Care EMS, based in rural Wadena, Minn., began receiving referrals from hospital physicians and primary care physicians at the hospital's five rural clinics.



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"We provide post-hospital discharge visits for patients at high-risk of readmission," says Allen Smith, Tri-County Health Care emergency response manager. "We also work with primary care physicians to help prevent unnecessary ambulance trips and emergency department visits and to ensure patients are accessing all of the health resources available to them in the community."

Tri-County community paramedics also work closely with the hospital's nurse care coordinator, and function as part of the hospital's "medical home" clinical team.

Help from grants

Funding for the program came from a Minnesota Department of Health grant, which sent five paramedics to the community paramedic course at Hennepin Technical College. A three-year, $300,000 grant from the South Country Health Alliance, a Medicaid managed care organization that serves a four-county area, covers the cost of data analysis and staffing a community paramedic 24 hours a week. The hospital also funds community paramedic staffing for 24 hours, while the remainder comes out of the EMS budget.

To achieve 24-7 community paramedicine coverage, five community paramedics also answer 911 calls during their shift.

Starting small to prove safety, effectiveness

Prior to launch, Tri-County sought input from community partners, including public health, mental health, home health and members of the public. Wanting to proceed cautiously and build confidence in their program among physicians who they rely on for referrals, they started with a limited number of patients, Smith says.

The Tri-County team also worked with the hospital's electronic medical records software experts to enable community paramedics to access and input information into patients' medical records.

"Without that connection to the electronic medical record, the information would not get back to the physician. At our rural hospital, we use almost no paper charts," says Dr. John Pate, EMS medical director and a family practice physician.

Community paramedics aim to see patients within 24 hours of referral. Enrolled patients receive a home visit and assessment; a review of their care plan and education about managing chronic diseases; medication reconciliation; and any tests or treatments ordered on the care plan, such as blood draws, wound care or injections.

Patients are seen as often as daily for two to four weeks. The first visit is typically 60 to 90 minutes; subsequent visits last 30 minutes. Every two weeks, a multidisciplinary team, which includes a community paramedic, social worker and nurse care coordinator, evaluates each patient's progress and determines if the patient is ready to graduate or needs additional help. "It's all individualized based on the patient's needs," Smith says. "There is a lot of gray to this."

In 2014, community paramedics saw 203 patients with diagnoses that include COPD, asthma, congestive heart failure and psychiatric issues. Most are elderly and need the extra support to continue to live independently, Pate says.

Other referrals come from an orthopedic surgeon, who sends community paramedics into the homes of knee and hip replacement patients to conduct falls risk assessments, and an area nursing home, which brings in community paramedics to do blood draws, tracheostomy care and feeding tube care to prevent their patients from needing to travel to a clinic or hospital.

While EMS agencies in other states have reported conflicts with home health, this is not an issue in Minnesota, he says. "We are not home health. For patients to receive home health, they must have a payer source that covers it, and they must be homebound," Smith says. "We see patients who don't qualify for home health. We are also affiliated with a licensed home health agency, and we also refer patients there."

Getting on a path to financial sustainability

Even though the only available reimbursement is for the 15 percent of patients who have Medicaid, Tri-County's community paramedics see patients regardless of their insurance status. In 2014, reimbursements from Medicaid totaled about $10,000 – not enough to cover costs. They hope to eventually have data to share with commercial insurers so that they can negotiate shared savings arrangements.

One challenge, however, has been deciding what data to collect and what outcomes to measure. Unlike urban areas, frequent users are not a big problem for the Wadena area. They do have a few though, and estimate that their community paramedic program saved $100,000 in ambulance transport and emergency department charges in 2014.

"A lot of the activities our community paramedics do involve checking up on patients. They might go out and see if an oxygen generator is working properly, or if they know how to use a nebulizer machine, or whether the medicine they have is what they were supposed to get," Pate says. "In one case a gentleman was sitting there trying to use a nebulizer but he hadn't turned on the machine. He would have ended up back in the ER. But how do you measure the impact of that? What is the true benefit?"

One strategy they plan to try is having patients fill out a quality of life questionnaire before and after enrollment. They will have their first results in the next six months.

"Part of our hospital's mission statement is to achieve the Triple Aim, which is improving patient health, improving the patient experience of care, and reducing costs," Smith says. "So how do I make sure my EMS agency is of value to my hospital? How do I ensure my people have jobs in the future? It's no longer, 'You call, and we haul.' We have to show that what we do is making an improvement in patients' health, their ability to have a good quality of life and that they are satisfied with the care received."

Tri-County's tips for success

1. **Start small** and gradually build acceptance of your program among physicians and other healthcare providers who you will need to provide your program with referrals.
2. **Think local.** "My program wouldn't work in Ft. Worth, or in New York City, and their program wouldn't work here. Your program needs to fit local needs," Smith says.