



Outpatient and Physician Care

Highlights from the 2018 St. Louis Health Care Industry Overview, Volume 3

The U.S. is the world's biggest spender on health care yet falls short on many measures of health outcomes. The **Triple Aim** is a broadly-endorsed, patient-centered framework to redesign U.S. health care to improve population health, patient experience and reduce cost.¹ A decade after the framework's launch, nationally and in St. Louis, progress toward these aims is mixed.

¹ Institute for Healthcare Improvement, 2008.

Steep increase in ED use

St. Louisans use the emergency department (ED) far more than patients nationally, and local data shows visits are often avoidable.

Having a primary care provider can help patients manage health, avoid care in the ED and save money.

ED visits can cost **3 to 5** times more than the same care at a doctor's office.



I have a cold. Do I need an antibiotic?

Antibiotics work on bacteria, not viruses. Inappropriate use leads to antibiotic resistance, an urgent public health threat.

In St. Louis, nearly **40%** of privately-insured people with viral infections (like colds) received unneeded antibiotics.



Population Health



St. Louis ACOs improve value, few take risk

Accountable Care Organizations (ACO) saved **\$313 million** and improved quality in the Medicare Shared Savings Program.

Few ACOs nationally put payments at risk. In St. Louis, only BJC chose downside risk.

In 2017, BJC, SLPA and MissouriHealth+ saved money and earned **\$16 million** in shared savings, while the remaining local ACOs lost money.



Affordability

Imaging drives outpatient costs higher

In St. Louis, prices were lower compared to an average of six U.S. regions, yet patients received more tests and treatments overall.



Local doctors ordered **9%** more MRIs and CT scans than physicians in the six other communities.

Patient Experience



Informing decisions, better results

Not long ago, there was no information on outcomes for individual surgeons. Now, this data is available to the public.

Consumers' Checkbook Surgeon Ratings are a starting point for patients to select a surgeon for 12 procedures.

In St. Louis, **three surgeons** earned **5-star ratings** for the best outcomes for patients undergoing gallbladder surgery.

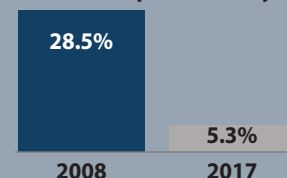


Safer imaging

For years, double CT scans of the abdomen exposed patients to high doses of radiation unnecessarily.

In 2010, Medicare began denying payment for the second scan, resulting in dramatic decreases in rates of these scans.

% Double CT of the Abdomen St. Louis Hospital Industry



Full report may be accessed at www.stlbhc.org/page/HCIO