

Provider Newsletter October 2017

Clinical Corner



MRI Imaging

One of the most common prior authorizations Umpqua Health Alliance denies is for MRI imaging of the spine and head.

The guideline notes that describe the indications for this imaging are readily available. The Oregon Health Plan (OHP) Prioritized List is now in a searchable format that aids query, which you can find [here](#). It allows for ICD-10 diagnosis and CPT/HCPC search as well.

- Diagnostic Guideline D4 describes indications for MRI for low back pain.
- Diagnostic Guideline D5 describes indications for MRI for headache.
- Diagnostic Guideline D11 describes indications for MRI of the cervical and thoracic spine.

What we commonly see is an HPI of symptoms described by the patient, but the physical examination shows no correlating neurologic findings. Too often there is no neurologic exam. The most common scenario is a patient with chronic pain and a provider who is ordering imaging to provide an explanation. All of the experts in the field of chronic pain warn us that unwarranted imaging can make the management of the patient more difficult as it has a fair likelihood of finding an abnormality that should not be treated, but becomes the focus of attention. In the case of low back pain, the importance of cognitive restructuring and physical mobility in managing pain is lost when the focus is on a structural cure.

OHP is not unique among payers; most commercial insurers also recognize the effect unnecessary imaging has on our collective ability to pay for needed medical treatment. Our specialty societies have also provided the same criteria through the Choosing Wisely® initiative, which you can view [here](#). The site also offers a phone app and perhaps most importantly, printable sheets for patients that are developed with Consumer Reports™ that explain why a test or procedure is not advised.

Prioritized List Revision

Effective October 1, the Health Evidence Review Commission has revised the Prioritized List. Nearly all of the changes represent additions to coverage, so it may affect your practice positively. For a full description of the revised changes, [please read HERC's September 1 letter](#).



Umpqua Health New Day Helps Pregnant Women Battling Addiction

The Umpqua Health New Day Program is accepting patient referrals for pregnant UHA members struggling with addiction issues. New Day offers extra support in treatment options, MAT services and help navigating additional community resources to promote healthy births in Douglas County.

Mandy Rigsby manages New Day, and she believes the program is vital to reducing substance use in families, promoting healthy baby outcomes, and providing education for families.

"My hope for the program is to reduce the amount of NAS and NAS symptomology in births for Douglas County, thus promoting healthy births and families here in Douglas County," says Rigsby.

Mandy has worked in the addiction field for years and is excited to focus on increasing efforts to promote healthy births. New Day services focus on helping UHA members with addiction, as well as any other co-occurring issues.

Rigsby's office is located at the Oregon Surgery Center, but she can come to any provider office to meet with a patient at any time. Providers can make referrals to the New Day Program for their patients several ways:

- Send a flag to the EMR Desktop of Mandy Rigsby
- Fax the referral form for New Day Program to (541) 459-5741
- Call Mandy's office line: (541) 229-7049
- Call Mandy's cell phone: (541) 537-0402
- Email a completed referral form to [Mandy](#).

The Home Stretch for CCO Metrics

As we head into the final few months of 2017, we wanted to thank you for the great care you and your staff provide to our members. While the year winds down, we also close in on our final months for the CCO metrics. During this time, please continue the deeper dive look into patients. That includes making sure their diagnosis codes and problem lists still apply. This helps ensure patients are correctly identified in the numerator and denominator for the measures.



Community Advisory Council Accepting Applications for Community Projects

UHA's Community Advisory Council is now accepting applications for 2018 Community Health Improvement Plan (CHIP) projects. CHIP projects aim to address five aspects of health care: access, addictions, mental health, parents and children and healthy lifestyles.

In the past three years, Umpqua Health Alliance's Community Advisory Council has allocated more than \$775,000 to projects that aim to help our community thrive.

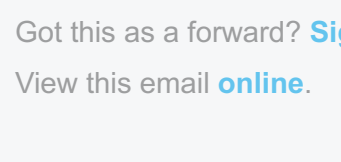
Community Advisory Council members began accepting applications October 1, and applications will be accepted through December 15 of this year. For more information or to get an application, contact [Kat Cooper](#).

Provider Newsletter Available on Umpqua Health Website

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