

## Bree Collaborative Implementation Survey Results | Health Plans Low Back Pain

This report summarizes adoption of the Bree Collaborative’s Low Back Pain Recommendations, completed by Washington State health plans in 2016. We measured adoption of specific recommendations using 0-3 point scale, self-assessed by each health plan.

### **Results: 7 Health Plans Responding**

**0** -No action taken; **1** -Actively considering adoption; **2** -Some/similar adoption; **3** -Full adoption

	<b>AVERAGE SCORE</b>
Providers are required to use a screening tool (such as STarT Back or FRQ) as part of the management of patients for imaging, spinal injections, and/or spinal surgery	<i>0.50</i>
Complex cases (e.g., a patient who is getting opioid prescriptions from multiple doctors) are identified and referred to a provider or a case manager who can oversee their care	<i>1.83</i>
Benefit design increases access to multidisciplinary care for patients at risk of developing chronic back pain	<i>1.17</i>

### **Scale**

We measured adoption of specific recommendations using 0-3 point scale, self-assessed by each health plan.

0 - No action taken	<ul style="list-style-type: none"> <li>• No leadership awareness of Bree Collaborative Topics</li> <li>• No team formed</li> </ul>
1 - Actively considering adoption	<ul style="list-style-type: none"> <li>• Bree topics, aims and components have been discussed</li> <li>• Education, assessment, information gathering</li> <li>• Changes planned but not tested</li> <li>• Information gathering and baseline measurement begun</li> </ul>
2 - Some/similar adoption	<ul style="list-style-type: none"> <li>• Initial test cycles completed for more than one element</li> <li>• Quality metrics and data available demonstrating adoption/effectiveness</li> <li>• Other similar (Bree-like) changes adopted for this topic</li> </ul>
3 - Full adoption	<ul style="list-style-type: none"> <li>• Changes implemented in all areas</li> <li>• All components integrated into care process (i.e. orders, etc.)</li> <li>• Partial or complete closure of gap between baseline &amp; target outcomes</li> </ul>

### **Participating Health Plans**

Aetna

Amerigroup

Community Health Plan of Washington

First Choice Health Plan

Group Health Cooperative

Molina Healthcare of Washington

Premera Blue Cross