GREETINGS FROM SHAPE

Dear Colleagues,

We are excited to bring you the Fall 2018 Stanford Medicine Quality Improvement Letter. For this issue, we update you on new best practice alerts based on the Choosing Wisely Campaign recommendations on benzodiazepine use and thrombophilia testing. We also bring you news from the VA on the use of mobility trackers to mobilize patients. Finally, we bring you updates on the Voalte roll out and information on the Physician Scholar in QI program at the VA.

-SHAPE

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Have contributions to our next newsletter?

Interested in joining the Stanford Hospitalist Advanced Practice & Education (SHAPE) group?

Email us at nchari@stanford.edu and swatiy1@stanford.edu
Development of Best Practice Alerts Embedded in the EMR

**Goal:** Promote Increased Provider Compliance with Choosing Wisely Recommendations

**Benzodiazepine use in Elderly Patients**

Based on the "Choosing Wisely" campaign, a best practice advisory (BPA) was implemented into the Stanford EMR advising clinicians "Don't use benzodiazepines or other sedative-hypnotics in older adults as first choice for insomnia, agitation or delirium." Clinicians complied with only 0.7%. 16.1% of BPAs were ignored and the majority were **overridden**. Overall, implementation of guideline-based alerts in the EMR did not significantly alter prescribing practices at the point of order entry, based on high override rates.

*Study Leads: Amrita Krishnamurty, Surbhi Singhal, Bo Wang, Yingjie Weng, Christopher Sharp, Neera Ahuja, Poonam Hosamani, VJ Periyakoil, Jason Hom*

**Thrombophilia Testing**

A best practice alert reminding clinicians of the "Choosing Wisely" campaign’s recommendation against thrombophilia testing for patients who have a VTE with known transient risk factors was implemented. They found that rates of thrombophilia testing after BPA implementation decreased in the outpatient setting (from 0.13 to 0.11 \( p = 0.01 \)), but not in the inpatient setting. Authors **estimated a charge savings of $290,430** associated with BPA implementation during the study period.

*Study Leads: Tomi Jun, Henry Kwang, Eric Mou, Caroline Berube, Jason Bentley, Lisa Shieh Jason Hom*
## Development of a Mobility Tracker

**Goal:** Mobilize patients as much as safely possible during each shift and record in the mobility tracker at the bedside:

<table>
<thead>
<tr>
<th>UNIT:</th>
<th>DATE</th>
<th>MONTH:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sun</td>
<td>Mon</td>
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<td>SHIFT</td>
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<tr>
<td>TIME</td>
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<tr>
<td>BMAT SCORE</td>
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### Observed Mobility Score
- 8: Walked ≥1 lap around unit
- 6: Walked in hallway
- 4: Walked within room only
- 0: MD Ordered Bed Rest

For mobility scores of 3 or less, please include a barrier and intervention.

### Mobility Barriers
- Pt off unit entire shift
- Pt refused to work with PT
- Pt refused
- Assistive device unavailable
- Pain
- OTHER

### Interventions
- Consult PT/OT
- New/Revised mobility order
- Re-educated importance
- Assistive device at bedside
- OTHER

### Additional Comments

### Staff Initials

### Patient Label

## Identify Patients’ Mobility

1. Observed Mobility
2. Barriers
3. Interventions

## Mobility Matters

1. Decreased Complications
2. Reduced Length of Stay
Stanford has transitioned to Voalte – a secure messaging app that is smartphone-based and HIPAA-compliant.

Some Voalte Tips and Tricks (courtesy of Bo Wang):

- If you are cross-covering patients, go on Epic to the team lists you are cross-covering, select all patients with the "Control + A" or "shift" function and assign yourself to the patients as “cross cover intern/resident.”
- To find the RN for your patient, select "Menu" on the bottom horizontal bar, then select "My Patients", and select the pertinent patient. Under Care Team, the assigned RN and other staff (like RT) should be listed.
- You can create "Quick Messages," which come in handy to reply with when you are busy (e.g., "Thanks for letting me know. Busy with patient right now, will contact back right after.") To create, click the 6-pane button to the left of the text message field, then on the lightning bolt sign.

Physician Scholar in QI/Patient Safety Program:
The VA is currently recruiting for the next Internal Medicine Physician Scholar in Quality and Patient Safety at the Palo Alto VA for academic year 2019-2020.

For more information, please contact program mentor Nazima Allaudeen (nazima.allaudeen@va.gov).