

EXECUTIVE SUMMARY

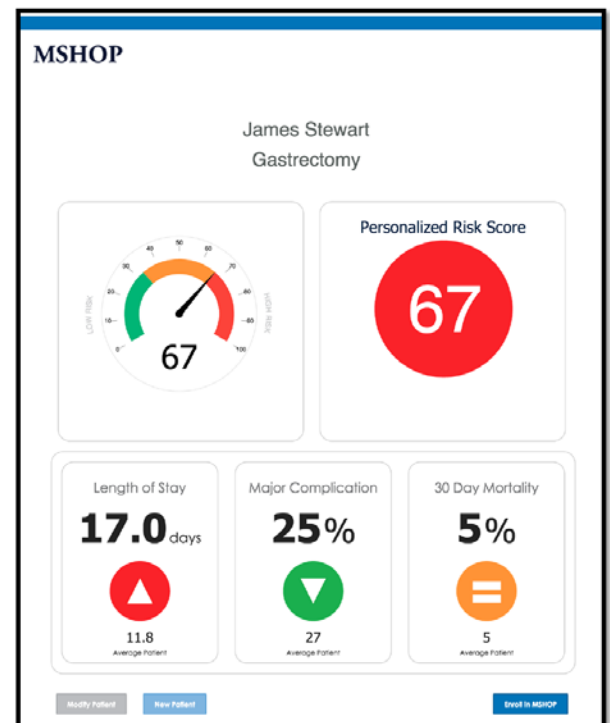
The Michigan Surgical & Health Optimization Program (MSHOP) targets surgical complications and aims to reduce healthcare expenditures, while improving the health and outcomes of patients. By using a novel **pre-operative** web-based Risk Assessment Tool, individuals deemed to have remediable risk will participate in an evidence-based optimization program that empowers patients to train for surgery by doing basic walking and breathing exercises.

In 2014, MSHOP received a \$6.4M grant from the Centers for Medicare and Medicaid Services (CMS) to conduct a demonstration project to establish if reductions in cost and length of stay achieved by the University of Michigan Health System (UMHS) can be realized when the program is implemented in other systems. Over three years, 12,500 patients will be enrolled; at 40 Michigan hospitals. At this project's conclusion, best practices for implementing prehabilitation, along with a field-tested and optimized program, will be available for rapid national adoption.

MSHOP is a collaborative project between the Michigan Surgical Quality Collaborative, Blue Cross and Blue Shield of Michigan, CMS, and UMHS.

Project Goals:

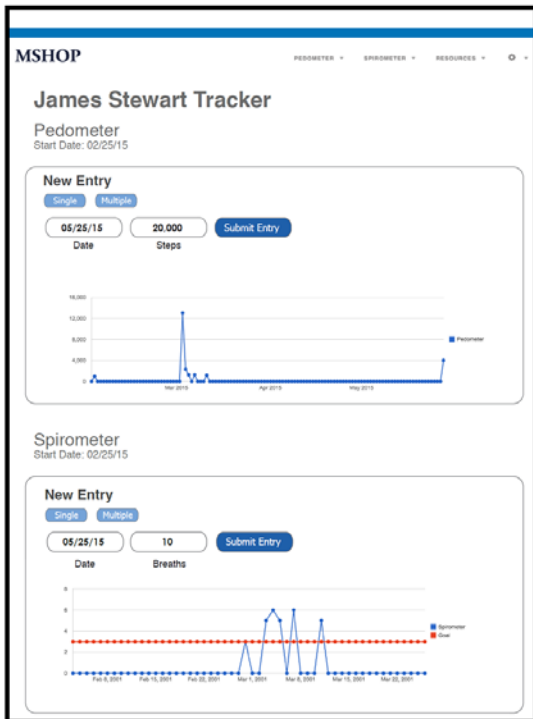
- **Improving health care delivery** by creating a technical solution to provide efficient, patient-centered surgical risk stratification to the bedside for surgeons and physicians, leading to improved clinical decisions. This will facilitate shared decision-making, encourage patients to affect their own surgical outcomes, and improve care of at-risk patients, especially the elderly and frail.
- **Improving health** by using major surgery as a motivating event to encourage patients in poor health to improve their surgical outcomes by participating in an innovative program of preventive care, peri-operative physical activity, and behavior modification. MSHOP leverages proven clinical engagement tools to support patients as well as their care providers.
- **Reducing costs** by improving the appropriateness of surgery, reducing surgical complications, and reducing length of inpatient stay.



For more information about MSHOP, please email mshop.contact@umich.edu, or visit <http://www.um-mshop.com>

MSHOP

Michigan Surgical & Health Optimization Program



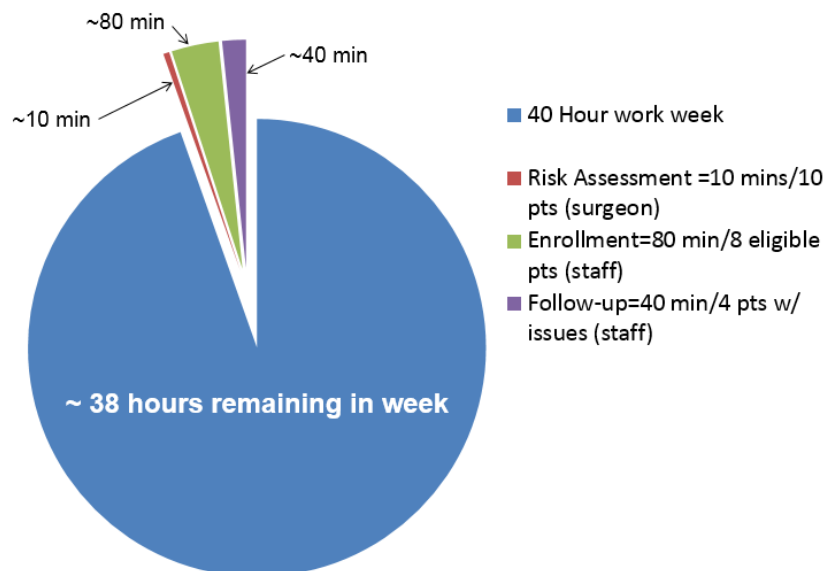
Project Elements:

1. Assess - the Risk Assessment Tool brings patient-specific risk stratification to the bedside:
 - Informed by over 300,000 operations in the MSQC database
 - Communication tool for shared decision-making
 - Web-based
 - Minimal time for data entry
 - Assists in identifying prehabilitation patients
2. Enroll - MSHOP will provide participating hospitals with MSHOP kits, which include a pedometer, an incentive spirometer, as well as patient education materials. Staff will distribute kits to patients and enroll the patient into the Patient Tracker.
3. Monitor - the Patient Tracker records activity and reminds patients to remain engaged in MSHOP by walking and using the incentive spirometer. Patients are able to respond to automated prompts using their choice of phone touchpad, text message, or receiving email, which reminds them to enter the data into a secure website.

Project Commitment:

- Designate a Physician Champion
- Identify participating surgeons who pledge to use the Risk Assessment Tool
- Enroll eligible patients & distribute MSHOP kits
- Monitor activity and follow-up with patients

TOTAL TIME COMMITMENT DIVIDED AMONGST MULTIPLE EMPLOYEES PER 40 HOUR WORK WEEK



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