

Resource Stewardship Initiative (RSI)

What is it, and how does it affect my practice?

RSI is a quality and utilization-focused BCBSM Physician Group Incentive Program initiative with a goal of reducing the use of medical services, procedures or tests that could be overused or of questionable value. A total of 16 measures have been selected by the Health Care Resource Stewardship Council Core group for 2019. These measures are based on Choosing Wisely and Medical Services Overuse literature.

The Beaumont ACO Quality and Utilization Committee selected the following four measures of focus for 2019:

1. **Annual testing - vitamin D:** The proportion of annual vitamin D lab tests in members 18-64 years of age.
 - a. **Goal:** Limit the unnecessary annual testing of vitamin D. False-positive tests may lead to harm through unnecessary invasive procedures, over-treatment and misdiagnosis. Potential harms of this routine annual screening exceed the potential benefit.
 - b. **2018 Ranking:** 20 out of 41 PGIP physician organizations
2. **Antibiotics for adult acute bronchitis:** The rate of members 18-64 years of age with a diagnosis of acute bronchitis who were dispensed an antibiotic prescription.
 - a. **Goal:** Lower the rate of antibiotic dispensing for patients who present with viral respiratory illnesses. Unnecessary medication use for viral respiratory illnesses can lead to antibiotic resistance and contribute to higher health care costs and the risk of adverse events.
 - b. **2018 Ranking:** 22 out of 41 PGIP physician organizations
3. **Pap smears for women younger than 21:** The proportion of Pap smears performed on female members 13-21 years of age.
 - a. **Goal:** Not performing Pap smears on women younger than 21. Cervical cancer is rare in women younger than 21, even if they are sexually active. Abnormal cells in younger women usually return to normal without treatment. The test may show something that does not look normal but would go away on its own. Abnormal results cause anxiety, and they can lead to repeat Pap tests and unnecessary follow-up treatment.
 - b. **2018 Ranking:** 37 out of 41 PGIP physician organizations
4. **Use of imaging studies for low back pain:** The rate of members 18-50 years of age with a primary diagnosis of low back pain who had an imaging study, including plain X-ray, magnetic resonance imaging or computed tomography within 28 days of the diagnosis.
 - a. **Goal:** Lower the rate of imaging for low back pain within the first six weeks of diagnosis with the absence of red flags.
 - b. **2018 Ranking:** 36 out of 41 PGIP physician organizations

Our ACO is rewarded based on our ability to show improvement in 2019 on our BCBSM commercial population. The ACO will monitor and review our performance throughout 2019 via the QAUC meetings. Outreach will occur to those physicians whose data shows over utilization. Further discussion and education material is available for RSI via the Beaumont ACO website.