Catch the HEDIS Buzz!

Focus Area: Osteoporosis Management in Women Who Had a Fracture

Date: October 2014

HEDIS Performance Score

In 2013, Humana At Home associates did a great job of promoting Osteoporosis screening with our members to help them stay healthy. The overall rate increased by 1.9% from 2012 to 2013. In 2014, we are hoping to surpass our rate from 2013 and we need your help to achieve our goal!

<table>
<thead>
<tr>
<th>Reporting Year</th>
<th>Humana At Home Rate*</th>
<th>Humana*</th>
<th>Humana At Home STAR Rating~</th>
<th>NCQA National Benchmark 75th Percentile</th>
<th>2014 HEDIS Improvement Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>2012</td>
<td>27.7%</td>
<td>30.9%</td>
<td></td>
<td>26%</td>
<td>31.6%</td>
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<tr>
<td>2013</td>
<td>29.6%</td>
<td>33.6%</td>
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*Data Source: The Administrative rates are provided by CODA (CODA is a data analytics department that provides HEDIS reporting)

~Two STAR is an average CMS Rating for this measure.
HEDIS Measure

What is the HEDIS measure description for Osteoporosis Management in Women who had a Fracture?

The description is: The percentage of women 67–85 years of age who suffered a fracture and who had either a bone mineral density (BMD) test or prescription for a drug to treat osteoporosis in the six months after the fracture.

Note: Fractures of finger, toe, face, and skull are not included in this measure.

Importance

What is the bone mineral density test (BMD)?

A bone mineral density test is the most effective method for determining bone health, identifying osteoporosis, determining risk for fractures, and assessing the response to treatment.

- A BMD test uses a special machine to measure bone density.
- With most types of BMD tests, a person remains fully dressed and the test usually takes less than 15 minutes. BMD tests are non-invasive, meaning that no needles or instruments are placed through the skin or body.
- When you have a bone mineral density test, it compares your bone density to a “young normal” healthy 30-year-old adult with peak bone density (also called peak bone mass). Peak bone density is the point at which a person has the greatest amount of bone that she or he will ever have.
- The result of your BMD test is a special number called a T-score. It stands for “standard deviations” or “SD” and indicates how much your bone density is above or below normal.
- Osteoporosis is defined as having a bone density T score of -2.5 or below.
Clinical Considerations: What is osteoporosis?

Osteoporosis is a skeletal disorder characterized by a decrease in the density of bone, decreasing its strength and resulting in fragile bones. This thinning of the bones can result in tremendous pain with fractures.

- Osteoporosis literally leads to abnormally porous bone that is compressible, like a sponge. This disorder of the skeleton weakens the bone and results in frequent fractures (breaks) in the bones.
- Normal bone is composed of protein, collagen, and calcium all of which give bone its strength.
- Bones that are affected by osteoporosis can break (fracture) with relatively minor injury that normally would not cause a bone to fracture.
- The fracture can be either in the form of cracking (as in a hip fracture) or collapsing (as in a compression fracture of the vertebrae of the spine).
- The spine, hips, ribs, and wrists are common areas of bone fractures from osteoporosis, although osteoporosis-related fractures can occur in almost any skeletal bone.

What are the Risk Factors and causes of osteoporosis?

- Key risk factors for osteoporosis include aging, being female, genetics, Caucasian or Asian race, thin and small body frame, lack of exercise, lack of calcium and vitamin D, personal history of fracture as an adult, cigarette smoking, excessive alcohol consumption, history of rheumatoid arthritis, low body weight, and family history of osteoporosis.
- Women who suffer a fracture are at increased risk of suffering additional fractures.
- One in two women and one in four men age 50 and older will break a bone because of osteoporosis in their lifetime. This includes an estimated 300,000 hip fractures every year due to low bone mass.

What are signs of osteoporosis?

- There are no symptoms of osteoporosis until a bone is fractured.
What is treatment for osteoporosis?

- Treatments for osteoporosis, in addition to prescription osteoporosis medications, include stopping the use of alcohol and cigarettes, and assuring adequate exercise, calcium, and vitamin D.
- This HEDIS measure pertains to women only, but because men can develop osteoporosis, the Osteoporosis Treatment document also includes medications used to treat men with osteoporosis. Click the link to view Treatment for Osteoporosis.

Promotion

What are we doing to promote screening?

- Women identified as having a fracture may receive a call from a Humana Clinical STAR Outreach team or a letter reminding them of the importance of osteoporosis screening and treatment. Click the link to view the Post Fracture Letter and Post Fracture Flyer.
- Women over 65 may receive an email, letter, or VAT-call reminder about osteoporosis screening.
- Humana Active Outlook Medicare members will receive HAO Magazine and HAO digest focusing on Rheumatoid Arthritis (RA) and Osteoporosis in Fall 2014.

Why It's Important: This effort is part a larger organization strategy to impact Humana's STAR ratings for osteoporosis management and bone density screening. STAR ratings are a multimillion dollar opportunity for Humana due to Healthcare Reform legislation.

What is the process for the Humana At Home Care Manager to address this HEDIS measure?

Actionable Member Profile (AMP) in CGX and HEDIS tab in hCAT display member-specific HEDIS gaps in care. After the gap for this measure is identified, discuss targeted interventions with the member, provide information about osteoporosis and the risk for future fractures, and assist the member with understanding bone health and potential risks. Encourage the member to talk to his/her physician about bone density testing and/or a drug prescription (bisphosphonates, estrogens, hormones, sex hormone combinations).
Our Challenge!

What can you do?

Encourage your member to talk with his/her doctor about his or her osteoporosis risk. A bone mineral density test should be done for:

- All women age 67 years and older
- Women older than age 50 years who experienced a broken bone
- Women who have been on hormone therapy for a long time or stopped taking hormonal medicine
- Men or women with rheumatoid arthritis
- Men or women who are taking certain medicines (such as glucocorticoids or prednisone) for a long period

Resources

Where can you get information to share with members?

- Healthwise Library has a great deal of information on Osteoporosis management
- Humana.com (or myhumana.com)
- Adam Encyclopedia