

FALL 2021

# TEAM OPIOID STEWARDSHIP GAME DAY PROGRAM



PRESENTED BY: Cynosure HQIC



# TEAM OPIOID STEWARDSHIP

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PRESENTED BY:



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### CREDITS

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Cynosure Improvement Advisors

Cynosure HQIC Patient Family Partnership  
Council Members

**Athletes**  
Participants of Team Opioid Stewardship

**JOIN OUR TEAM  
ROSTER TODAY!**


FOLLOW US ON



# TEAM OPIOID STEWARDSHIP




Complete the Discovery Tool by reviewing 5-10 medical records for the topic session you would like to attend. If you have previously completed a Discovery Tool, now is a great time to test out any changes that were made since the last review.

Opioid Stewardship Process Improvement Discovery Tool										
<b>Medical Record #</b>										
<b>Care Setting</b>										
<b>Patient use opioid status</b>										
<p><b>Patient had at least one supervised session used to manage opioid pain for at least 14 consecutive days before the date of the patient's last opioid prescription.</b></p> <p><b>If patient was not supervised at discharge:</b></p> <p>_____          Reason patient could not have a supervised session indicated (reference to the patient's story)</p> <p>_____          Reason patient could not have a Supervised Discharge (reference to the patient's story)</p> <p>_____          Patient was discharged with a Duract from a physician (1, 5, 10, 15, 30, 60, 90, 180, 360, 720, 1080, 1440, 1800, 2160, 2520, 2880, 3240, 3600, 4320, 5040, 5760, 6480, 7200, 7920, 8640, 9360, 10080, 10800, 11520, 12240, 12960, 13680, 14400, 15120, 15840, 16560, 17280, 18000, 18720, 19440, 20160, 20880, 21600, 22320, 23040, 23760, 24480, 25200, 25920, 26640, 27360, 28080, 28800, 29520, 30240, 30960, 31680, 32400, 33120, 33840, 34560, 35280, 36000, 36720, 37440, 38160, 38880, 39600, 40320, 41040, 41760, 42480, 43200, 43920, 44640, 45360, 46080, 46800, 47520, 48240, 48960, 49680, 50400, 51120, 51840, 52560, 53280, 54000, 54720, 55440, 56160, 56880, 57600, 58320, 59040, 59760, 60480, 61200, 61920, 62640, 63360, 64080, 64800, 65520, 66240, 66960, 67680, 68400, 69120, 69840, 70560, 71280, 72000, 72720, 73440, 74160, 74880, 75600, 76320, 77040, 77760, 78480, 79200, 79920, 80640, 81360, 82080, 82800, 83520, 84240, 84960, 85680, 86400, 87120, 87840, 88560, 89280, 90000, 90720, 91440, 92160, 92880, 93600, 94320, 95040, 95760, 96480, 97200, 97920, 98640, 99360, 100080, 100800, 101520, 102240, 102960, 103680, 104400, 105120, 105840, 106560, 107280, 108000, 108720, 109440, 110160, 110880, 111600, 112320, 113040, 113760, 114480, 115200, 115920, 116640, 117360, 118080, 118800, 119520, 120240, 120960, 121680, 122400, 123120, 123840, 124560, 125280, 126000, 126720, 127440, 128160, 128880, 129600, 130320, 131040, 131760, 132480, 133200, 133920, 134640, 135360, 136080, 136800, 137520, 138240, 138960, 139680, 140400, 141120, 141840, 142560, 143280, 144000, 144720, 145440, 146160, 146880, 147600, 148320, 149040, 149760, 150480, 151200, 151920, 152640, 153360, 154080, 154800, 155520, 156240, 156960, 157680, 158400, 159120, 159840, 160560, 161280, 162000, 162720, 163440, 164160, 164880, 165600, 166320, 167040, 167760, 168480, 169200, 169920, 170640, 171360, 172080, 172800, 173520, 174240, 174960, 175680, 176400, 177120, 177840, 178560, 179280, 180000, 180720, 181440, 182160, 182880, 183600, 184320, 185040, 185760, 186480, 187200, 187920, 188640, 189360, 190080, 190800, 191520, 192240, 192960, 193680, 194400, 195120, 195840, 196560, 197280, 198000, 198720, 199440, 200160, 200880, 201600, 202320, 203040, 203760, 204480, 205200, 205920, 206640, 207360, 208080, 208800, 209520, 210240, 210960, 211680, 212400, 213120, 213840, 214560, 215280, 216000, 216720, 217440, 218160, 218880, 219600, 220320, 221040, 221760, 222480, 223200, 223920, 224640, 225360, 226080, 226800, 227520, 228240, 228960, 229680, 230400, 231120, 231840, 232560, 233280, 234000, 234720, 235440, 236160, 236880, 237600, 238320, 239040, 239760, 240480, 241200, 241920, 242640, 243360, 244080, 244800, 245520, 246240, 246960, 247680, 248400, 249120, 249840, 250560, 251280, 252000, 252720, 253440, 254160, 254880, 255600, 256320, 257040, 257760, 258480, 259200, 259920, 260640, 261360, 262080, 262800, 263520, 264240, 264960, 265680, 266400, 267120, 267840, 268560, 269280, 270000, 270720, 271440, 272160, 272880, 273600, 274320, 275040, 275760, 276480, 277200, 277920, 278640, 279360, 280080, 280800, 281520, 282240, 282960, 283680, 284400, 285120, 285840, 286560, 287280, 288000, 288720, 289440, 290160, 290880, 291600, 292320, 293040, 293760, 294480, 295200, 295920, 296640, 297360, 298080, 298800, 299520, 300240, 300960, 301680, 302400, 303120, 303840, 304560, 305280, 306000, 306720, 307440, 308160, 308880, 309600, 310320, 311040, 311760, 312480, 313200, 313920, 314640, 315360, 316080, 316800, 317520, 318240, 318960, 319680, 320400, 321120, 321840, 322560, 323280, 324000, 324720, 325440, 326160, 326880, 327600, 328320, 329040, 329760, 330480, 331200, 331920, 332640, 333360, 334080, 334800, 335520, 336240, 336960, 337680, 338400</p>										

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Take a 2 minute survey to report your findings. We will dive into the findings in more detail during our league games.



# Cynasure HQIC Discovery Tool Findings

Please respond to the following 9 multiple choice questions following completion of a Process Improvement Discovery Tool. If multiple Discovery Tools have been completed, please complete a new survey for each topic reviewed. For example, if your organization completed a Discovery Tool for Pressure Injuries and one for Readmissions, please complete the survey twice (once for each topic).

Completion of the survey helps to guide the educational planning and development for the Cynasure HQIC. Individualized coaching from our team of subject matter experts is available to any hospital upon completion of the Discovery Survey Tool. Simply check the box indicating a request for coaching and our subject matter Improvement Advisors will reach out.

Questions? Contact us for help at [CynasureHQ@cynasurehealth.org](mailto:CynasureHQ@cynasurehealth.org).

\* Required

1. Please enter your name \*



# CLIC

## WHAT IS CLIC?

The **Cynosure Learning and Improvement Connection**, or **CLIC**, is our virtual learning platform. CLIC is designed to be a low burden, resource-rich online environment for our hospitals to build knowledge and gain the skills necessary to effectively drive improvement.

We call CLIC “democratized education.” **EVERYONE** in your organization is invited to join CLIC. Everyone? Yes, everyone! Clinical, non-clinical, patient care, non-patient care – everyone. CLIC is where you will find information and resources for HQIC quality improvement.

Each video or written module is designed to be completed within 5 minutes on average, and each course contains several additional resources for your improvement teams.



- 1 Create an account in CLIC by navigating to <https://CLIC.Thinkific.com>, and following the instructions to register.
- 2 Once registered, click the links for available courses, and click “enroll” for the course you would like to view.
- 3 Once enrolled, you will find hundreds of educational modules in several courses designed to be experienced on demand in short timeframes.

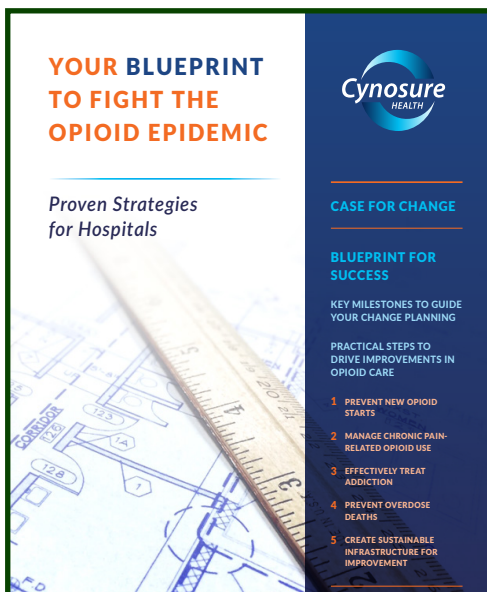
**YOU MUST BE REGISTERED FOR CLIC PRIOR TO LEAGUE GAMES**



## WHAT IS A DISCOVERY TOOL?

Within CLIC, you will find an entire course with helpful resources and tools dedicated to Opioid Stewardship Improvement within your hospital & organization.

For Opioid Stewardship, watch the short educational video modules, download the topic change package, and download the topic Discovery Tool. Discovery Tools are a quick, efficient method for identifying process gaps in which to focus improvement. You can learn more about Discovery Tools by watching the short introductory video below.



Opioid Stewardship Process Improvement Discovery Tool									
Medical Record #									
Care Setting									
Prevent new opioid starts									
Evidence that non-opioid approaches were used to manage acute pain for headache, radiculopathy, musculoskeletal pain, renal colic, and fracture/dislocation									
IF patient was prescribed an opioid at discharge:									
Standard opioid prescribing guidelines were followed relevant to the patient's diagnosis									
Provider checked your state's Prescription Drug Monitoring Program (PDMP)									
Patient was discharged with a short-term prescription (≤ 5 days) & ≤ 90 MME/day									
Patient was <b>NOT</b> concurrently prescribed benzodiazepines									
Discharge summary sent to patient's primary care provider and/or pain management specialist within 3 days									
Manage chronic pain related opioid use safely									

[Watch the Opioid Stewardship Discovery Tools Overview Video HERE!](#)





# MEET YOUR FANS!

# PFP HUB

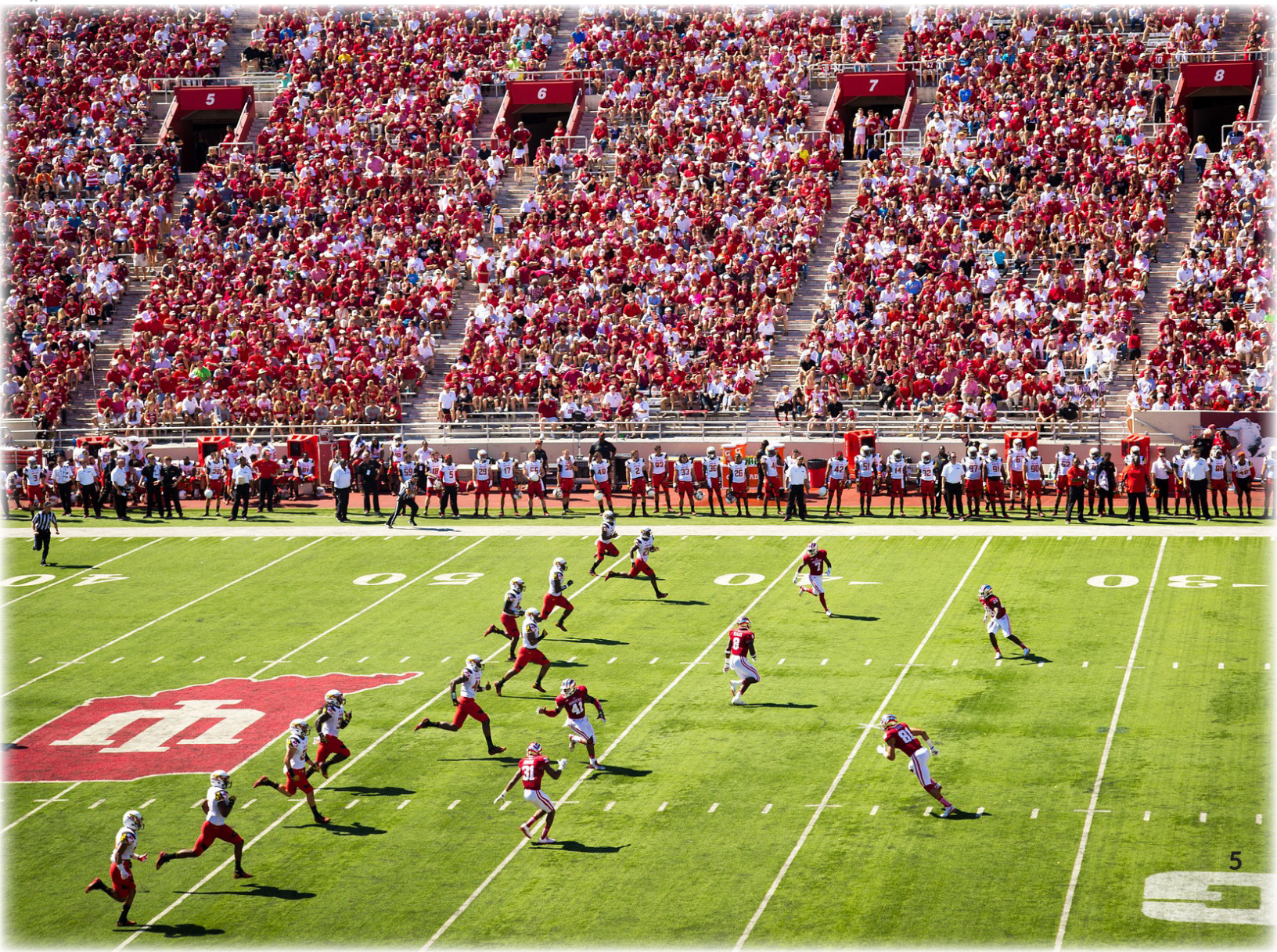
## THE CYNOSURE PATIENT FAMILY PARTNERSHIP HUB

a multi-state network of advisors with lived experiences

### WHAT IS THE CYNOSURE PATIENT FAMILY PARTNERSHIP (PFP) HUB?

It's a virtual community of people who have experience seeking and receiving healthcare. People who have "been there and done that" and who want to make the experience better for others in the future. The Cynosure PFP Hub includes patients and their family caregivers from hundreds of hospitals across the United States. Hub members get involved and share their lived experiences with healthcare leaders, quality improvement staff and other patients and family caregivers **to help improve health care quality**. The Hub supports Patient Family Partners by:

- Sharing effective ways to partner with hospitals
- Including people with all levels of experience in meetings and discussions
- Allowing for an open exchange of knowledge; and
- Providing support to new PFPs before they join a committee or workgroup.





# MEET YOUR COACH!



**ALEX STACK, MPH**  
Improvement Advisor  
Cynosure Health

Alex Stack is a health care strategy and innovation consultant with expertise in igniting teams to boldly innovate for bigger impact. Leveraging over 10 years of operational expertise in the primary care and acute care setting she partners with healthcare executives, stakeholder groups, and on-the-ground improvers to design, develop, and deploy transformational initiatives thru business process optimization, technical assistance design, and instruction/coaching on how to use quality improvement methods to accelerate innovation. Alex's approach is rooted in the principles of quality improvement, adult learning, and high reliability organizing. She is a Certified Six Sigma Black Belt. Alex is the owner and principal consultant for Stack Consulting L.L.C. Prior to this work she has held leadership roles in quality improvement and strategic planning at several non-profits and healthcare systems in California and Texas including California Quality Collaborative, Cynosure Health, Dignity Health, and Houston Methodist Hospital System.

## LEAGUE INFORMATION

### FIRST QUARTER: COACHING OFFICE HOURS

Successful athletic teams create an environment of continuous learning and development with practice, review of game film, and course correction. In the Cynosure HQIC, our version of "game film" is the completion of Discovery Tools. This quick, low burden process is designed to identify processes with opportunities for improvement, cutting down the time that teams spend testing, trying, and testing again.

### SECOND QUARTER: TEAM SPRINTS

Gather your improvement team to sprint together towards those field goals and touchdowns! Cynosure HQIC Sprints are a fun, engaging, and productive method to drive improvement further and faster. Over the course of 2-4 short sessions your team will take those Discovery Tool findings to the next level. Coach Stack is not only a national subject matter expert, but an expert at helping teams to share and implement practical strategies for improved outcomes.

Sprint participation is best when more than one member of your hospital's improvement team participates. Some examples of team members that are encouraged to participate include senior leaders, clinical leaders, ancillary leaders, quality improvement leaders, and frontline staff members. Everyone on your team is welcome on the field!

### THIRD QUARTER: SPECIAL TEAMS

For those team members looking to build expertise, the Cynosure HQIC team has some great activities planned like:

- The Quality Improvement Residency Program for those newer to roles in quality improvement and management/leadership roles
- Specialized training for those in newer Infection Prevention roles
- Harvesting of Bright Spots, Innovations, and Great Stories to share with hospital teams

### FOURTH QUARTER: COUNTDOWN TO A TOUCHDOWN

- Be on the lookout for information about opportunities to:
- Engage with other hospitals through the Cynosure HQIC Hospital Listserv
- Gain national recognition for the hard work of improvement on the ground
- Showcase local innovation



# FALL 2021 PRACTICE SCHEDULE

## TEAM PRACTICES: OFFICE HOURS

Successful athletic teams create an environment of continuous learning and development with practice, review of game film, and course correction. In the Cynosure HQIC, our version of “game film” is the completion of Discovery Tools. This quick, low burden process is designed to identify processes with opportunities for improvement, cutting down the time that teams spend testing, trying, and testing again.

## TEAM OPIOID STEWARDSHIP

### October 21st

10:00am-10:45am PT | 11:00-11:45am MT | 12:00-12:45pm CT | 1:00-1:45pm ET

[REGISTER](#)

### December 14th

11:00am-11:45am PT | 12:00-12:45pm MT | 1:00-1:45pm CT | 2:00-2:45pm ET

[REGISTER](#)

### DON'T FORGET!

#### 1 COMPLETE A DISCOVERY TOOL

[OPIOID STEWARDSHIP  
DISCOVERY TOOL LINK](#)

#### 2 SUBMIT YOUR DISCOVERY TOOL FINDINGS

[SUBMIT YOUR FINDINGS](#)



# FALL 2021 LEAGUE SCHEDULE

## LEAGUE SCHEDULE: SPRINTS

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## TEAM OPIOID STEWARDSHIP

### CRITICAL ACCESS HOSPITALS

#### January 13th

10am-10:45am PT | 11-11:45am MT |  
12-12:45pm CT | 1-1:45pm ET

REGISTER

#### February 3rd

10am-10:45am PT | 11-11:45am MT |  
12-12:45pm CT | 1-1:45pm ET

REGISTER

#### February 17th

10am-10:45am PT | 11-11:45am MT |  
12-12:45pm CT | 1-1:45pm ET

REGISTER



# OVERTIME

## Opioid Stewardship IMPROVEMENT HAS AN ENTIRE COURSE ON CLIC!

Enroll in the Opioid Stewardship Improvement Course to dive even further into improvement strategies, tools, and resources to apply within your hospital or organization! In this course, you will find the Opioid Stewardship Change Package, Discovery Tools, Podcasts from Subject Matter Experts, Online Resources & Tools from organizations across the nation, and much more.

**ENROLL TODAY!**

