

# Quality of Care Website

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# Quality of Care Website

- <http://www.ihs.gov/qualityofcare/>
- Site no longer reports EO measures
- Reports GPRA results
- Separated Improve Your Health site from Quality of Care site
- Home
  - Improve Your Health website:  
<http://www.ihs.gov/improveyourhealth/>
  - Briefly describes what the site contains

# Quality of Care Website (cont'd)

- Performance Measures
  - 21 GPRA measures
  - 3 Non-GPRA reported measures
  - Alphabetical order by topic
  - Reports results for all of IHS
  - Beginning with 2011, results reported to the first decimal

# Quality of Care Website (cont'd)

- Quality Reports
  - Individual Area results in comparison with All of IHS
  - Compare years
  - Does not report on facility level data at this time

# Home Page

U.S. Department of Health and Human Services  
**Indian Health Service**  
The Federal Health Program for American Indians and Alaska Natives

A - Z Index: [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#) #

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## QUALITY OF IHS HEALTH CARE

- Home
- Performance Measures
- Quality Reports
- FAQs

Questions or comments? Please contact the [Site Manager](#).

### Home

The Indian Health Service wants to provide you with the best health care and make sure you have the information you need to [improve your health](#). We also want to show you how IHS reports on the quality of care it provides to its patients.

IHS reports on the quality of care it provides patients for the Government Performance and Results Act (GPRA).

**What is GPRA?**  
Federal law says that IHS has to report to Congress each year on the quality of health care it provides to its patients. Other Federal health care programs such as the Department of Veterans Affairs and the Department of Defense have to do the same. This kind of report card is known as "Government Performance and Results Act" or GPRA report card. This means that all government health care programs are expected to improve the health of their patients with the money they get from Congress. Each year IHS includes its GPRA report card to Congress as part of the IHS budget.

The GPRA report card tells Congress about the quality of care IHS is providing to the American Indian and Alaska Native people. The report card includes certain performance measures developed by IHS for the AI/AN patient population. For example, quality of care is measured by how well we are treating diabetes and heart disease. It also measures how well we are doing in preventing diseases like cancer, obesity, and HIV.

In 2010 IHS reported on 21 GPRA and three other clinical [performance measures](#). The report went to the Office of Management and Budget (OMB) and Congress. See the [IHS definition of each GPRA measures](#). [PDF - 262KB]



# Performance Measures Page

QUALITY OF IHS HEALTH CARE



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Questions or comments? Please contact the [Site Manager](#).

## Performance Measures

Below you will find the 21 GPRA and three other clinical performance measures IHS reports on. Click any of the performance measures to learn about the measure and to see how IHS is doing on the measure.

### Behavioral Health

- [Depression Screening](#)
- [Domestic Violence/Intimate Partner Violence Screening](#)
- [Fetal Alcohol Syndrome Prevention](#)

### Cancer Screening

- [Breast \(Mammography\)](#)
- [Cervical \(Pap Smear\)](#)
- [Colorectal](#)
- [Tobacco Cessation](#)

### Cardiovascular Disease

- [Childhood Weight Control](#) (Starting in 2009, changed from an annual measure to long-term measure, but is still reported annually to OMB and Congress.)
- [Comprehensive CVD Assessment](#)

### Dental

- [General Access](#)
- [Sealants](#)
- [Topical Fluoride](#)

### Diabetes

- [Blood Sugar Assessed](#) (Not an official GPRA measure, but is reported annually to OMB and Congress.)
- [Diabetes Prevalence](#) (Not an official GPRA measure, but is reported annually to OMB and Congress.)
- [Ideal Blood Pressure Control](#)
- [Ideal Blood Sugar Control](#)
- [LDL Cholesterol Assessed](#)
- [Nephropathy Assessed](#)
- [Poor Blood Sugar Control](#)
- [Retinopathy](#)

### Immunizations

- [Childhood \(Ages 19-35 months\)](#)
- [Influenza \(Ages 65 and Older\)](#)
- [Pneumococcal \(Ages 65 and Older\)](#)

### Other Clinical

- [Prenatal HIV Screening](#)

# Performance Measures Page (con't)

## QUALITY OF IHS HEALTH CARE



### Performance Measures

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Questions or comments? Please contact the [Site Manager](#).

**Measure:** Behavioral Health - Depression Screening

**Health Topic: Depression**  
About 1 in 20 adults experience major depression in a given year. Depression and anxiety disorders may affect heart rhythms, elevate blood pressure, and alter blood clotting. Depression can also lead to elevated insulin and cholesterol levels. Depression or anxiety may result in chronically elevated levels of stress hormones such as cortisol and adrenaline. Depression also frequently increases the risk of suicidal behavior. The risk for suicide linked with depressive disorders is significantly increased compared to the general population. Screening for depression is the first step to identifying patients who need help and follow up.

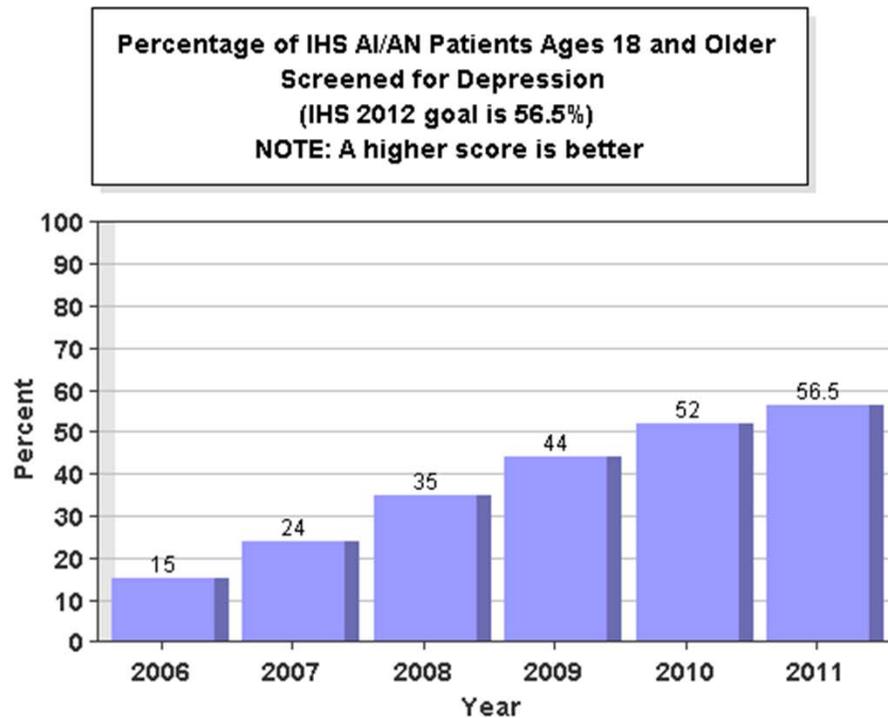
**Who should be screened?**  
Adults 18 and older.

**What is the GPRA measure?**  
The GPRA measure is the percentage of IHS AI/AN patients ages 18 and older who are screened for depression during the year.

**How is IHS doing?**  
IHS has not established a long-term goal for this measure. The IHS 2011 goal was to achieve the rate of 51.9% for the proportion of adults ages 18 and older who receive annual screening for depression. IHS exceeded the goal by reaching 56.5%. The bars on the graph below show that IHS has increased the rate from 15% in 2006 to 56.5% in 2011 in the six years it has reported this measure. However, beginning in 2010 refusals was removed from the rates. So, the 2006-2009 rates cannot be compared with the 2010-2011 rates.

**LEARN MORE ABOUT:**  
[Depression Resources](#)

# Performance Measures Page (con't)



[View a table of this chart's data.](#)

To see how IHS is doing on this measure at the Area (regional) levels, [click here](#).

# Quality Reports Page

## QUALITY OF IHS HEALTH CARE



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Performance Measures

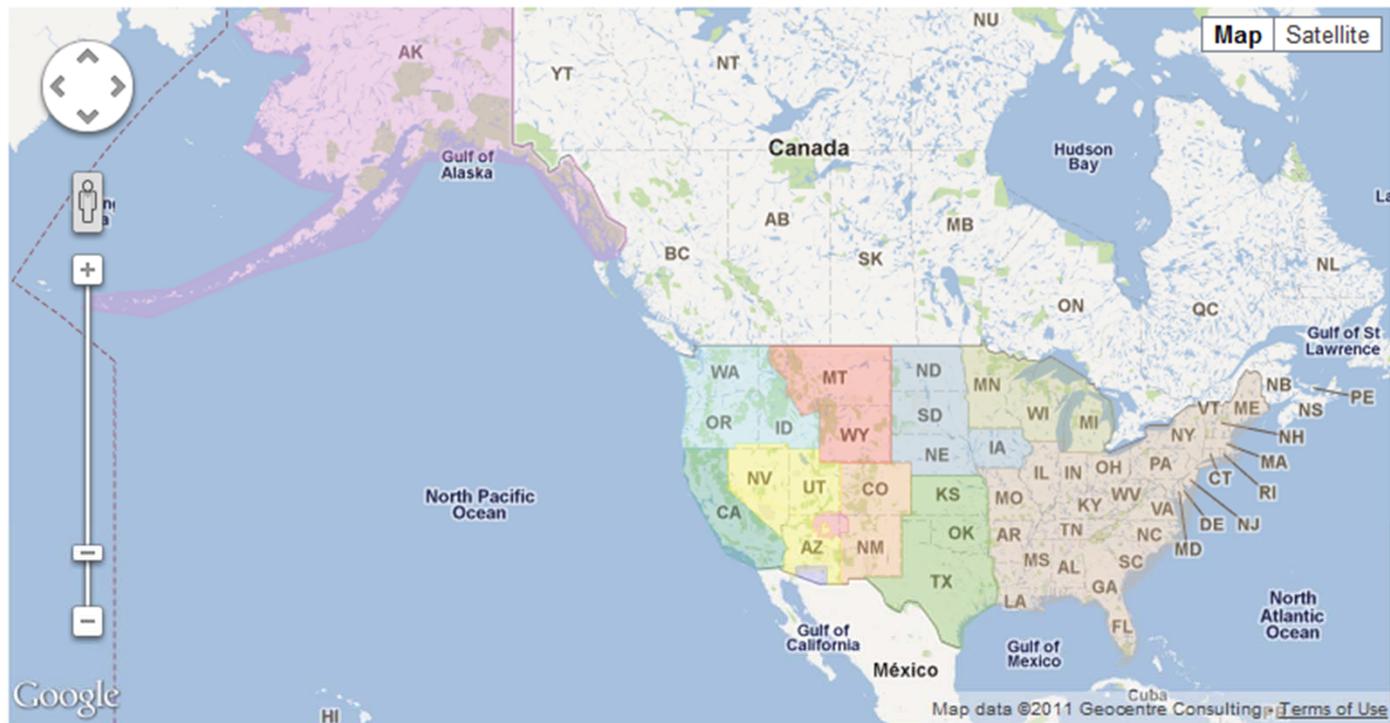
Quality Reports

FAQs

Questions or comments? Please contact the [Site Manager](#).

### Quality Reports

The IHS divides the United States into 12 physical Areas. Use the below map to select which Area you'd like to view a Quality report on or [view IHS's overall quality report](#).



[Aberdeen Area](#)

[Alaska Area](#)

[Albuquerque Area](#)

[Bemidji Area](#)

[Billings Area](#)

[California Area](#)

[Nashville Area](#)

[Navajo Area](#)

[Oklahoma City Area](#)

[Phoenix Area](#)

[Portland Area](#)

[Tucson Area](#)

# Quality Reports Page (con't)

**QUALITY OF IHS HEALTH CARE**

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Questions or comments? Please contact the [Site Manager](#).

## HOW DOES MY IHS AREA COMPARE AS OF 2011?

**Area:** Aberdeen

**Facility:** IHS is not displaying facility data at this time.

**Measure:** Behavioral Health - Depression Screening

[How Do I Read This Chart?](#)

### 2011 PERCENTAGES

Category	Percent
Aberdeen Area	66.5
All IHS	56.5

[View a table of the year's data.](#)

**LEARN MORE ABOUT:**  
[Depression Resources](#)

**COMPARE YEARS**  
Choose the years to compare:

2008  
 2009  
 2010  
 2011

# Quality Reports Page (con't)

**QUALITY OF IHS HEALTH CARE**

**HOW DOES MY IHS AREA COMPARE AS OF 2011?**

**Area:** Aberdeen

**Facility:** IHS is not displaying facility data at this time.

**Measure:** Behavioral Health - Depression Screening

[How Do I Read This Chart?](#)

**PERCENTAGES**

■ Aberdeen Area ■ All IHS

Year	Aberdeen Area	All IHS
2010	62	52
2011	66.5	56.5

[View a table of the comparison data.](#)

**LEARN MORE ABOUT:**  
[Depression Resources](#)

**COMPARE YEARS**  
Choose the years to compare:

2008  
 2009  
 2010  
 2011

# Quality Reports Page (con't)

## Brief Description of the Measure

[View a table of the year's data.](#)

### **Health Topic: Depression**

About 1 in 20 adults experience major depression in a given year. Depression and anxiety disorders may affect heart rhythms, elevate blood pressure, and alter blood clotting. Depression can also lead to elevated insulin and cholesterol levels. Depression or anxiety may result in chronically elevated levels of stress hormones such as cortisol and adrenaline. Depression also frequently increases the risk of suicidal behavior. The risk for suicide linked with depressive disorders is significantly increased compared to the general population. Screening for depression is the first step to identifying patients who need help and follow up.

### **Who should be screened?**

Adults 18 and older.

### **What is the GPRA measure?**

The GPRA measure is the percentage of IHS AI/AN patients ages 18 and older who are screened for depression during the year.

# FAQ Page

## QUALITY OF IHS HEALTH CARE



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Questions or comments? Please contact the [Site Manager](#).

## Frequently Asked Questions (FAQs)

### **What does this information mean to me? How can I use it?**

These reports offer you information about the quality of care that patients receive at IHS. This information focuses on important conditions that can be prevented or treated to reduce illness in American Indian and Alaska Native patients. These measures look at the number of patients at an IHS Area who get these tests or services to help them achieve better health. You can compare your Area scores on these health care measures with the national IHS scores and with non-IHS organizations.

Each of these measures provides you details about the quality of care IHS gives to patients. You might want to ask your IHS health care team about ways you can get the best possible care.

### **Where does this data come from?**

The information comes from reports, which collect the data required for reporting on the measures in the [Quality Reports](#). Later we will add other measures to look at the quality of care we provide.

### **Why is there no data for my facility?**

IHS is not displaying facility data at this time. To find out how your facility scored against these measures, ask your local GPRA coordinator or local RPMS manager for a copy of the report.

### **How can having this information help me?**

This information will help you to know how IHS is caring for patients for your Area, compared to other IHS Areas. It may help you identify questions to ask your health care team about your own care.

These measures do not apply to every patient. We encourage you to talk with your health care provider if you have questions concerning your health care and the information in these reports. Your provider can work with you on a treatment plan that will meet your needs and help you get the best care possible.

### **What should I do if I have questions?**

Links to additional information are provided for each measure. Reading about these measures may remind you to ask about a particular health issue. If you have questions about your health care, please talk with your health care provider.

### **Who do I contact for the references to statistical information cited on this site?**

For information on the statistical data included in this site, [please visit the IHS Program Statistics web page](#).

# Improve Your Health Website

- <http://www.ihs.gov/improvehealth/>
- Questions regarding health conditions
  - Diabetes, Uncontrolled Blood Sugar, High Blood Pressure, High Cholesterol, Kidney Failure, Tooth Decay, HPV, HIV, Heart Attack, Stroke, Asthma, and Pneumonia
- Common health questions
- Patient Wellness Handout
- Link to Quality of Care website

# Improve Your Health Website

IMPROVE YOUR HEALTH



## Help Your Provider - Help Yourself!

Knowing what to ask can help you stay healthier and the IHS wants you to be an active partner in your care. This works best when both you and your health care team work together to keep you healthy. Please use this information to talk to your provider and set up a plan of care with your health care team. Now, let's get started by answering the questions below.

Note: None of the information you enter on this website is saved by the Indian Health Service.

What is your gender?  Male  Female

Have you ever had? (Check all that apply)

- |   |  |
|---|--|
| <input type="checkbox"/> Diabetes                       | <input type="checkbox"/> HPV                     |
| <input type="checkbox"/> Uncontrolled Blood Sugar       | <input type="checkbox"/> HIV                     |
| <input checked="" type="checkbox"/> High Blood Pressure | <input checked="" type="checkbox"/> Heart Attack |
| <input checked="" type="checkbox"/> High Cholesterol    | <input type="checkbox"/> Stroke                  |
| <input type="checkbox"/> Kidney Failure                 | <input type="checkbox"/> Asthma                  |
| <input type="checkbox"/> Tooth Decay                    | <input type="checkbox"/> Pneumonia               |

None of the Above



Interested in learning about how well IHS is performing? Visit the [Quality of IHS Care](#) website.

# Improve Your Health Website (con't)

## IMPROVE YOUR HEALTH



### Help Your Provider - Help Yourself

This checklist contains a list of specific questions related to: **High Blood Pressure, High Cholesterol, A Heart Attack**. Take this checklist to your next health care appointment and ask your provider to help you:

- Discuss any health conditions you have had.
- Review all of the questions on the checklist.
- Ask for a copy of a Patient Wellness Handout and have your provider review it with you. The Patient Wellness Handout is a document available at your health care facility that provides useful information about your health.

To include a list of common health questions with your checklist click the "Next" button at the bottom of the page. To complete and print this page only, click the "Finish" button at the bottom of the page.

#### High Blood Pressure

I've had high blood pressure. How can I lower my blood pressure?

What should my blood pressure range be?

How frequently should I have my blood pressure checked? How should I check my blood pressure?

#### High Cholesterol

I've had some form of cardiovascular disease. How can I lower my LDL cholesterol?

How often should I have my levels checked? Where should my cholesterol levels be at?

How does exercise affect my cholesterol levels?

#### Heart Attack

I've had a heart attack. Do I need medicine to help prevent future heart attacks?

I've had some form of cardiovascular disease. How can I lower my LDL cholesterol?

What can I do to minimize my risk of having another heart attack?

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Finish

# Improve Your Health Website (con't)

## Cervical Cancer Screening (Pap Smear)

Women that are age 21-64 should have a Pap Smear at least every two years. Ask your provider what is best for you.

What is a Pap Test (Smear)? Will I always need to have regular pap tests?

I have had a hysterectomy. Do I still need to have a PAP?

What can affect my pap test? How long will it take to get my results?

How can I reduce my chances of getting cervical cancer?

## Colorectal Cancer Screening

Colorectal cancer screening is recommended for average-risk men and women beginning at age 50. The following test(s) are recommended by the United States Preventive Services Task Force: Colonoscopy (once every 10 years), take home Fecal Occult Blood Test or Fecal Immunochemical Test (once a year) and Flexible Sigmoidoscopy (once every 5 years).

What do these tests involve? Do I need to do anything to prepare for these tests?

Will any of these tests be uncomfortable or painful? How long will it take to get my results?

What screening tests do you recommend for me? Why?

My family has a history of colorectal cancer; do I have a higher risk for colorectal cancer?

What happens next if I have a positive colorectal cancer screening test? Will I need a colonoscopy?

If I choose to do the screening with FOBT or FIT, why does the test need to be done at home and not while at the clinic?

## Family History

My family has a history of (example: breast cancer, heart disease, colorectal cancer):

(250 max characters)

Could this affect my health? How often should I be screened for these?

## Tests or shots in other facilities

Since my last visit, I received the following treatments at another health care facility:

(250 max characters)

## Exercise

When it comes to exercise,  ▼

I exercise about  ▼ days a week.

Normally when I exercise, I exercise about  ▼ minutes. Is this enough?

# Improve Your Health Website (con't)

When I drink, I usually have about <input type="text" value="0"/>
What are the most number of drinks you have had at one time in the past month? <input type="text" value="0"/>
Is there something I can do to help me drink less?
I sometimes use drugs like marijuana, cocaine or others. <input type="text" value="No"/>
Is there someone I can talk to for help about my drug use?
<b>Smoking</b>
When it comes to smoking, I: <input type="text" value="Never smoked."/>
When it comes to chewing tobacco (snuff, dip, spit tobacco), I: <input type="text" value="Never chewed tobacco."/>
Does anyone smoke at your home? <input type="text" value="No"/>
Are you exposed to tobacco smoke at work? <input type="text" value="No"/>
<b>Depression</b>
During the past two weeks, have you felt down, depressed, or hopeless? <input type="text" value="No"/>
During the past two weeks, have you felt little interest or pleasure in doing things you used to like to do? <input type="text" value="No"/>
Is counseling available to help me with this? Do I need counseling?
<b>My Health Goals</b>
How sure are you that you can manage and control most of your health problems? <input type="text" value="Very sure"/>
My first health goal is: <input type="text"/> (250 max characters)
My second health goal is: <input type="text"/> (250 max characters)
My third health goal is: <input type="text"/> (250 max characters)

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Questions?

# CRS Contacts

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