



February 2018



Opioid Prescribing for Acute Pain

"As a joint replacement surgeon working with the [MN Health Collaborative](#), it has become clear that together we can balance the reductions in the amount of opioid pain medication prescribed while also maintaining a patient-centered approach to pain management," states Tad Mabry, M.D., of Mayo Clinic.

The Collaborative is testing a nuanced approach to initial postoperative prescriptions that divides procedures into five levels, from no routine opioids up to prescribing 400 MME total for specific procedures. MN Health Collaborative organizations are currently testing 33 procedures and will use the outcomes to assure that procedures are at the right level and to expand the list of procedures over the summer. The goal is to create a process that is repeatable and can be sustained by organizations while reducing the volume of unused opioids in the community.

Mabry further states, "The magnitude and immediacy of our country's opioid crisis demands that all of us who prescribe these medications re-evaluate how to do so most effectively. When one considers the potential effect of even small reductions in postoperative opioid prescriptions applied across our state, the number of opioid pills taken out of circulation will run into the millions.

"While much of this could be done at the individual institution level, we will be able to take the right action more quickly when we can share and learn from both our partners' successes and setbacks.

"I look forward to the many positive changes that will come out of our work, and can honestly say that serving as a member of the Opioid Acute Pain Prescribing Work Group has been the most meaningful endeavor of my professional career."



For the Next Generation of Leaders

Today's health care leaders need to be more agile and flexible than ever before. These high-energy, interactive FREE workshops help prepare you and your team. [Register and learn more here.](#)

The Catalyst's Field Guide - Practical Tools to Inspire Transformation

March 8 | Redwood Falls

March 15 | Brooklyn Park

Gain inspiration and skills, using practical and fun tools as we explore the psychology of leading change, an often-ignored part of Deming's system of profound knowledge. You'll be inspired to dream about what could be and be reminded why you love your job as a change-maker.



"What if we don't change at all ...
and something magical just happens?"

The Complete System - Leading High Value Care

May 3 | Brooklyn Park

May 10 | Redwood Falls

Both attitudinal and operational infrastructure are needed to thrive in the new health care environment focused on value. We'll focus on topics like coalition building, capacity and resource management, aligning incentives, storytelling with data, and joy and flourishing.



Motivational Interviewing and Improv Workshops

Motivational Interviewing Foundations

March 21 and March 29 | Bloomington

This popular two-session, half-day workshop fills up quickly! In this practice-intensive workshop we will help you adopt and apply motivational interviewing (MI) skills to improve your ability to engage with patients and support them in making health behavior changes. Great workshop for beginners or those who want to refresh their MI skills. [Register and learn more here.](#)

NEW!

Improv for Health Care Leaders

April 13th | Bloomington

This hands-on, small group session offers a fresh approach, uniquely focusing on improv for healthcare and the 7 rules of Collaborative Communication.

This workshop is limited to 16 people for maximum learning and interactivity.

[Register and learn more here.](#)





Tobacco Health Systems Change

Tackling Tobacco through Re-engineered Primary Care **Tuesday, February 27, 2018 | 12-12:45 pm CT**

This webinar brings you a New York state Federally-Qualified Healthcare Clinic (FQHC) physician, Daren Wu, M.D., who will discuss how team-based care and other innovative systemic changes have successfully translated into improving Tobacco Screening and Cessation strategies. [Register and learn more here.](#)



Forum for Advancing Tobacco Health Systems Change: Practical Strategies for Diverse Populations **Tuesday, April 24, 2017 | Wilder Center, St Paul**

Learn and gain tips from clinics working with varied populations disproportionately affected by smoking including American Indian, low income, and rural and urban. Keynoter Melissa Nystrom from Chas Health Community Health Centers in Washington will speak to their work successfully scaling and embedding addressing tobacco at all patient visits at all nine of their primary clinics. [Register and learn more here.](#)



Healthcare Affordability: Untangling Cost Drivers

Regional differences in total cost of healthcare in five states, including Minnesota, are explained in a report released by the Network for Regional Healthcare Improvement (NRHI), a national non-profit representing regional health improvement collaboratives, and of which ICSI is a founding member.

[Healthcare Affordability: Untangling Cost Drivers](#) is NRHI's second annual report comparing the total cost of care for those with private insurance in various U.S. regions. [Click here](#) for additional resources related to the report, including the 2-page summary.



ICSI President Receives ACHE Book Award

David Abelson, MD, president of Institute for Clinical Systems Improvement, and Mary Koloroutis, RN, CEO of Creative Health Care Management are the winners of the American College of

Healthcare Executives [2018 James A. Hamilton Book of the Year Award](#) for *Advancing Relationship-Based Cultures* (Creative Health Care Management, 2017).



In this book, Koloroutis and Abelson explain and expand on a fundamental and often overlooked truth in healthcare: It is the confluence of relational and clinical competence that advances relationship-based healing cultures.

Abelson states, "Anyone who is a leader in a health care organization will find tremendous value in the tools and principles in this book. By combining systems thinking with relational knowledge and skills, this book provides health care leaders with an approach to improving all critical aspects of their organizations."

The book includes a chapter that summarizes the evidence that relationship-based cultures improve outcomes.



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