

“Through the ICSI work, we moved from opioid prescribing generic practices influenced more by tradition than science to a data-informed approach in partnership with our patients to meet their individual needs.”

— TODD STANHOPE, MD
North Memorial Health Hospital

A YEAR LIKE NO OTHER

AS WE REFLECT ON 2020, we feel a deep gratitude for you, each of our members of ICSI. The vital importance of your work and of our healthcare systems has never been more evident than in 2020 – and the critical need to take action together has never been so clear.

ICSI has always been known as an epicenter for evidence-based improvement and collaboration in healthcare – where healthcare leaders of all disciplines, care delivery, plans, and others come together to drive improvement and innovation.

And ICSI is you. Thank you for sharing your time, expertise, financial support – and in this trying year, for helping to pivot ICSI to tackle the toughest health problems of our times.

— CLAIRE NEELY, MD, FAAP
President & CEO



Mental Health Support for the Healthcare Workforce

ICSI’s network of mental health leaders came together immediately at the start of COVID-19 to help their organizations provide emotional and mental health support to their workforce. In less than two days, more than 100 people came together to begin sharing their knowledge. This rapid response helped prepare many of your organizations in supporting your workforce during not only this current surge, but in the long-term. A Mental Health Playbook with practical examples from the field was created as well.

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WELCOME DR. NATHAN CHOMILO

This summer we were excited to welcome DHS Medicaid Director, Dr. Nathan Chomilo, to ICSI’s Board of Directors. A pediatrician and internist, Dr. Chomilo is also a well-known equity advocate working to reduce racial disparities in healthcare and education. His contributions will be vital to helping us eliminate systemic racism within our industry.

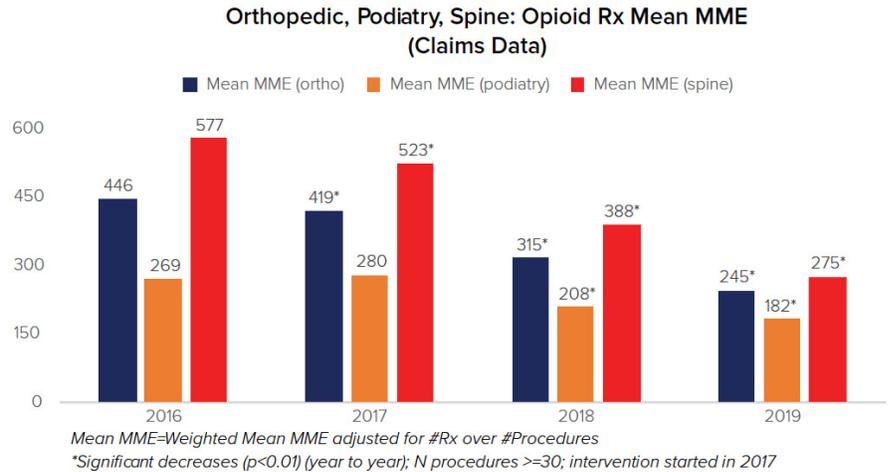
New Recommendations for Postoperative Opioid Prescribing

ICSI's Postoperative Opioid Prescribing initiative has resulted in significant risk reduction for patients requiring pain management after specific surgical procedures. Healthcare claims indicate a **state-wide 43% decrease in the average postoperative discharge opioid dose between 2016 and 2019.**

This initiative includes a work group of surgeons who gather monthly to create new recommendations regarding the dosage and amount of opioids prescribed after surgical procedures. Recommendations were made based on the procedure, patient history, current evidence-based research, and other proven practices. Changes were suggested and subsequently implemented with

a specific focus on improving patient care while reaching new, lower benchmarks for opioid prescription. Results reported include an intensive four-month

effort in 2020 that reduced amounts prescribed substantially for specific procedures including orthopedics (-45%), podiatry (-33%), and spinal surgeries (-52%).



Looking to 2021

We look to 2021 with determination and hope. It will take radical collaboration and increased partnership as we shift and redesign healthcare in a post-pandemic world.

We're honored to continue to be part of the solution to some of healthcare's biggest challenges:

- **The ICSI Immunizations Work Group is planning how to best mobilize and create community infrastructure for COVID-19 vaccine distribution.**
- **We are partnering with others in the community to evaluate quality and access issues for people around virtual visits/telehealth.**
- **Our work groups and cross-sector networks are strong in the areas of mental health and substance use disorder, where our friends, family, and neighbors need help now more than ever.**

ICSI is a powerful mechanism for change, because it's powered by you. Together, we will lead the way into a new era for healthcare.

— The ICSI Team



MEMBER DUES ARE DUE!

Some have asked if they can pay their 2021 dues in December 2020 and the answer is YES. Contact Lisa Carlson at lcarlson@icsi.org



ICSI AND MDH PARTNER ON SUICIDE PREVENTION

Beginning in October 2020, ICSI is partnering with MDH to bring training resources, implementation support, practical tips and networking with other suicide prevention and intervention champions across the state. In this monthly learning collaborative, teams are developing goals and objectives, and creating action plans to better help people in crisis.