

The Menges Group

Strategic Health Policy & Care Coordination Consulting

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Subject: Distribution of Admissions of Frequently Hospitalized Medicaid Beneficiaries by Major Disease Category
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In follow-up to a request from the Senate Finance Committee, we have tabulated information on the clinical distribution of inpatient admissions for Alaska Medicaid beneficiaries with frequent hospitalizations during the timeframe 2012-2015 (with 2015 being a mostly complete - but not fully complete -- data year). The data source used in our tabulations is a report on each Alaska Medicaid inpatient hospitalization provided to us by Alaska's Department of Health and Social Services (DHSS). Our analysis excludes persons who are dually eligible for Medicare coverage, and also excludes admissions that are pregnancy/newborn related.

Exhibit 1 conveys the distribution of admissions for the roughly 650 persons with 5+ hospitalizations during this four-year timeframe. This information shows that the frequently hospitalized persons' admissions were widely dispersed across clinical areas. Behavioral health was the most common disease category, but accounted for only 18% of all these individuals' admissions.

The key takeaway is that the concerted coordinated care effort we are recommending to support frequently hospitalized persons and help prevent continued clinical crises going forward, will require an *individually tailored* case management effort.

Exhibit 2 presents the more detailed distribution of admissions within the behavioral health admissions. Exhibit 3 presents similar information for the second most common diagnostic category (respiratory conditions). Exhibit 4 presents similar information for the next most common category (gastro-intestinal conditions).

Exhibit 1. Admission Distribution of Frequently Hospitalized Persons, 2012-2015

| Distribution of Admission Type for Individuals with 5+ Admissions (Excluding Pregnancy and Newborn Admissions) | | |
|---|-----------------------------|----------------|
| Admission Type | Number of Admissions | % Total |
| Behavioral | 814 | 17.8% |
| Respiratory System | 608 | 13.3% |
| Digestive System | 503 | 11.0% |
| Endocrine | 405 | 8.9% |
| Injury and Poisoning | 354 | 7.7% |
| Circulatory System | 309 | 6.8% |
| Infectious Disease | 285 | 6.2% |
| External Causes | 224 | 4.9% |
| Ill-Defined Conditions | 196 | 4.3% |
| Musculoskeletal | 156 | 3.4% |
| Neoplasms | 153 | 3.3% |
| Genitourinary System | 151 | 3.3% |
| Nervous System | 141 | 3.1% |
| Blood Diseases | 122 | 2.7% |
| Skin Diseases | 103 | 2.3% |
| Congenital Anomalies | 36 | 0.8% |
| Sense Organs | 7 | 0.2% |
| Perinatal | 6 | 0.1% |
| Total | 4,573 | 100.0% |

Exhibit 2. Admission Distribution of Frequently Hospitalized Persons Within Behavioral Health Admissions

| Primary Diagnosis for Admission | Number of Admissions | % of Total |
|--|----------------------|---------------|
| Depressive Disorder | 128 | 15.7% |
| Schizophrenia | 106 | 13.0% |
| Attention-Deficit/Hyperactivity Disorder | 93 | 11.4% |
| Post-Traumatic Stress Disorder | 89 | 10.9% |
| Bipolar Disorder | 60 | 7.4% |
| Alcohol-Induced Disorder/Withdrawal | 57 | 7.0% |
| Intermittent Explosive Disorder | 52 | 6.4% |
| Psychotic Disorder NOS | 50 | 6.1% |
| Mood Disorder NOS | 21 | 2.6% |
| Borderline Personality Disorder | 15 | 1.8% |
| Adjustment Disorder | 13 | 1.6% |
| Autistic Disorder | 12 | 1.5% |
| Reactive Attachment Disorder of Infancy or Early Childhood | 10 | 1.2% |
| Cognitive Disorder NOS | 8 | 1.0% |
| Unspecified Mental Disorder (nonpsychotic) | 8 | 1.0% |
| Anxiety Disorder | 6 | 0.7% |
| Dysthymic Disorder | 5 | 0.6% |
| Cyclothymic Disorder | 5 | 0.6% |
| Impulse-Control Disorder NOS | 4 | 0.5% |
| Substance Withdrawal/Delirium | 3 | 0.4% |
| Affective Psychoses | 3 | 0.4% |
| Drug Dependence/Abuse | 3 | 0.4% |
| Acute Stress Disorder | 2 | 0.2% |
| Conversion Disorder | 2 | 0.2% |
| Disruptive Behavior Disorder NOS | 2 | 0.2% |
| Oppositional Defiant Disorder | 2 | 0.2% |
| Substance-Induced Sleep Disorder | 1 | 0.1% |
| Delusional Disorder | 1 | 0.1% |
| Pervasive Developmental Disorder | 1 | 0.1% |
| Child Psychos NOS-Active | 1 | 0.1% |
| Obsessive-Compulsive Disorder | 1 | 0.1% |
| Psychogenic Respir Dis | 1 | 0.1% |
| Feeding Disorder of Infancy or Early Childhood | 1 | 0.1% |
| Communication Disorder NOS | 1 | 0.1% |
| Conduct Disorder, Childhood-Onset Type | 1 | 0.1% |
| Mild mental retardation | 1 | 0.1% |
| Unknown | 11 | 1.4% |
| Total | 814 | 100.0% |

Exhibit 3. Admission Distribution of Frequently Hospitalized Persons Within Respiratory Admissions

| Primary Diagnosis Code for Admission | Number of Admissions | % of Total |
|--|-----------------------------|-------------------|
| Pneumonia | 225 | 37.0% |
| Bronchitis | 104 | 17.1% |
| Respiratory failure | 76 | 12.5% |
| Asthma | 71 | 11.7% |
| Bronchiolitis | 49 | 8.1% |
| Upper respiratory infection | 16 | 2.6% |
| Influenza | 16 | 2.6% |
| Other diseases of respiratory system | 15 | 2.5% |
| Bronchiectasis | 7 | 1.2% |
| Bronchopneumonia | 4 | 0.7% |
| Pleural effusion | 3 | 0.5% |
| Other pneumothorax | 3 | 0.5% |
| Chronic obstructive pulmonary disease | 3 | 0.5% |
| Croup | 2 | 0.3% |
| Hypertrophy of tonsil with adenoids | 2 | 0.3% |
| Pulmonary congestion and hypostasis | 2 | 0.3% |
| Acute edema of lung | 2 | 0.3% |
| Respiratory complications following trauma/surgery | 2 | 0.3% |
| Deviated nasal septum | 1 | 0.2% |
| Sinusitis | 1 | 0.2% |
| Emphysema | 1 | 0.2% |
| Pneumonitis | 1 | 0.2% |
| Pleurisy | 1 | 0.2% |
| Pulmonary fibrosis | 1 | 0.2% |
| Atelectasis | 1 | 0.2% |
| Total | 608 | 100.0% |

Exhibit 4. Admission Distribution of Frequently Hospitalized Persons Within Gastrointestinal Admissions

| Primary Diagnosis for Admission | Number of Admissions | % of Total |
|--|----------------------|---------------|
| Intestinal obstruction | 44 | 8.7% |
| Hepatic coma | 36 | 7.2% |
| Pancreatitis | 34 | 6.8% |
| Gastritis | 32 | 6.4% |
| Hemorrhage of gastrointestinal tract | 27 | 5.4% |
| Hematemesis | 25 | 5.0% |
| Ulcer | 24 | 4.8% |
| Hernia | 21 | 4.2% |
| Cirrhosis | 19 | 3.8% |
| Diverticulitis of colon | 16 | 3.2% |
| Persistent vomiting | 13 | 2.6% |
| Hepatitis | 12 | 2.4% |
| Crohn's disease | 11 | 2.2% |
| Intestinal or peritoneal adhesions | 10 | 2.0% |
| Gastroesophageal laceration | 9 | 1.8% |
| Postsurgical nonabsorption | 9 | 1.8% |
| Colostomy and enterostomy complication | 9 | 1.8% |
| Esophageal stricture/stenosis | 8 | 1.6% |
| Blood in stool, melena | 8 | 1.6% |
| Constipation | 8 | 1.6% |
| Gastroesophageal reflux | 7 | 1.4% |
| Spontaneous bacterial peritonitis | 7 | 1.4% |
| Gastroenteritis | 7 | 1.4% |
| Cholecystitis | 7 | 1.4% |
| Appendicitis | 7 | 1.4% |
| Abscess | 7 | 1.4% |
| Portal hypertension | 6 | 1.2% |
| Gastroparesis | 5 | 1.0% |
| Ileus | 5 | 1.0% |
| Hepatic failure | 5 | 1.0% |
| Pancreatic cyst, pseudocyst | 4 | 0.8% |
| Fistula of intestine | 4 | 0.8% |
| Complication of gastrostomy | 4 | 0.8% |
| Ulcerative colitis | 4 | 0.8% |
| Ulcerative proctitis | 3 | 0.6% |
| Obstruction of bile duct | 3 | 0.6% |
| Calculus of gallbladder | 3 | 0.6% |
| Esophagitis | 3 | 0.6% |
| Stomatitis and mucositis | 2 | 0.4% |
| Ischemic bowel disease | 2 | 0.4% |
| Other sequelae of chronic liver disease | 2 | 0.4% |
| Cholangitis | 2 | 0.4% |
| Diseases of lips | 1 | 0.2% |
| Duodenitis | 1 | 0.2% |
| Acquired hypertrophic pyloric stenosis | 1 | 0.2% |
| Dieulafoy lesion of stomach and duodenum | 1 | 0.2% |
| Vascular insufficiency, intestine | 1 | 0.2% |
| Rectal prolapse | 1 | 0.2% |
| Bleeding, rectal | 1 | 0.2% |
| Angiodysplasia, intestine | 1 | 0.2% |
| Hepatorenal syndrome | 1 | 0.2% |
| Cholelithiasis | 1 | 0.2% |
| Other specified disorders of biliary tract | 1 | 0.2% |
| Other specified diseases of pancreas | 1 | 0.2% |
| Unknown | 17 | 3.4% |
| Total | 503 | 100.0% |