



Many Hands Make Work Light

Presented by:
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Great Plains Quality Innovation Network

Thank you! The Great Plains QIN is the quality innovation network-quality improvement organization for North and South Dakota. As Enid said, my name is Stacie Fredenburg and my role includes supporting quality improvement and healthcare access through coalition work with a focus on rural and health disparity populations.



Being accident prone and living on a farm in North Dakota gave me first-hand experience with limited access to healthcare. Mom relied on mercurochrome and band aids. My scars taught lessons as did the stories I heard and the advice I received. Allow me to share some with you today.



My husband's Grandma Rose lived to be 101. She stayed in her own house until she was 92 and was always active in her community. Rose loved to tell stories and give advice. Her favorite piece of advice was **"many hands make work light."** Rose lived her best life following her own advice.



Rose and Fred raised ten daughters and one son. Every child had a job. The older kids worked outside; the younger ones cooked and cleaned. Every family member had responsibilities and pitched in to help when there was a need. The farm was their life, and the family was the farm.



Like these kids trying to move this truck, the Mitzel clan pulled together to create momentum. We need to do the same. Despite the extra weight of the COVID-19 pandemic, keeping the wheels of chronic disease management moving forward helps those at risk for or living with a chronic disease.

In Need of Traction



It's hard but fulfilling work. At times we may feel like we are spinning our wheels, exerting energy and not getting anywhere. That's why the Great Plains Quality Care Coalition was established: to provide traction and to work to harness the power of the wheel without reinventing it.

Great Plains Quality Care Coalition



Bring People Together

Share Best Practices

Provide Education and Tools

Improve Health Outcomes and Quality of Life

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Great Plains QIN aspires to make healthcare in our region the best in the nation and developed the Great Plains Quality Care Coalition to equip people with the resources and the power to make change. By sharing best practices and providing education and resources, we can improve health outcomes and quality of life.

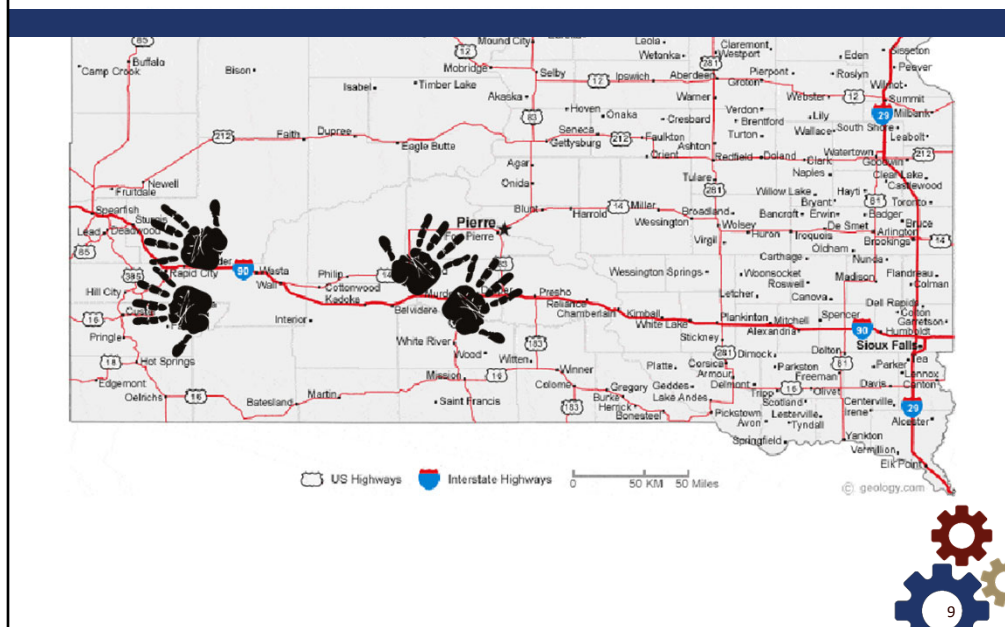
Time and Money

- Chronic disease is the leading cause of death and disability in the United States.
- Chronic and mental health conditions account for 90% of the nation's \$3.3 trillion in annual healthcare costs.



We recognize an opportunity to regain time and money for both the healthcare professionals and the individuals receiving care. As the leading cause of death and disability, chronic disease steals valuable time and accounts for 90% of the nation's 3.3 **trillion** dollars in annual healthcare costs.

Limited Reach



When considering the challenge of providing every at-risk or diagnosed individual across the state with the education and support to manage their health, we have to admit, our reach is limited. But, **many hands make work light** and even Fred and Rose started with four hands.

Stakeholder Groups



1. Community
2. Hospital
3. Long Term Care
4. Pharmacy
5. Practice/Clinic



We have the benefit of starting with a diverse group of community and healthcare leaders: community, hospital, long term care facility, pharmacy, practice/clinic and more. Our impact will come from aligning efforts around the five goals identified by the Centers for Medicare & Medicaid Services.

Five Goal Areas

1. Behavioral Health Outcomes
2. Patient Safety
3. **Chronic Disease Self-Management**
4. Care Transitions
5. Nursing Home Quality



While chronic disease self-management is an obvious connection for this group, behavioral health outcomes and patient safety, including adverse drug events, are also major concerns. Disease complications may lead to transitions in care from hospital to home or placement in long-term care.

Create Connections



It takes effort from the individual, healthcare team and support community to address these needs and meet these challenges. But in combining forces, we create connections and increase our capacity. By enabling each other to achieve our goals, everyone involved reaps the benefits.

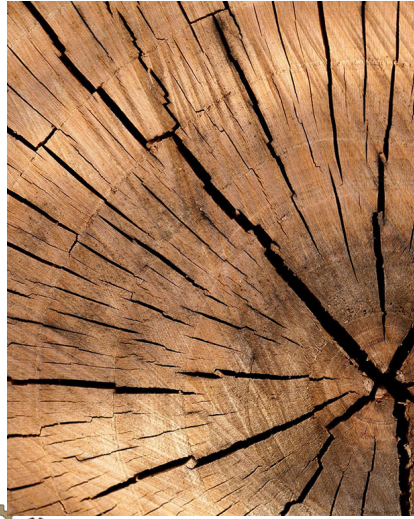


Collective strength keeps everyone out of the mud. That sounds good, but what does it really mean? Instead of the coalition throwing out a new rope, we will grab on to existing efforts that align with the five goals. As we join in pulling we gain ground and we tell others. Good news spreads fast.



We love to promote the great work of our members. But we also want to hear the bad news. Rural and health disparities populations face many challenges. Bad news helps us recognize and address problem areas. Limited access to healthcare, social determinants of health, poor internet connection...

Gaining Perspective



The list goes on...Where do we start? Sometimes we can't see the forest for the trees. We get caught up in the details and miss the bigger picture. By asking the five whys we gain perspective to identify the root cause. From there we can ask: Who else has faced this issue? What did they do?



Once we identify the problem and explore existing best practices, we can develop a plan and take inventory. Do we have the right tools? Do we know how to use them? Is there a need for education or training? Is the right person performing the task? How can the coalition help?

Lending a Hand



- Data Analysis
- Education
- Evidence-based interventions
- Patient materials
- Referral programs
- Workflows



The Great Plains QIN has a whole team of content experts to lend a hand with data analysis, education, evidence-based interventions, patient materials, referral programs and workflows. Support extends to include expertise of coalition members from across the state and region.

Join Today

<https://greatplainsqin.org/initiatives/quality-care-coalition/>



Enrollment Ends: October 30, 2020



The Great Plains Quality Care Coalition combines the forces of patients, providers, pharmacists, social workers, activity directors and more. Join before the October 30th deadline to create connections and increase capacity. By enabling each other to achieve our goals, everyone involved reaps the benefits.



Rose's two hands multiplied. Her legacy lives on in her children and grandchildren who took her advice to heart. Imagine the momentum we can create when we grab on and pull. Who else can we tell? Who else needs a hand? Are you willing to lend yours? **Many hands make work light.**



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This material was prepared by the Great Plains Quality Innovation Network, the Medicare Quality Improvement Organization for North Dakota and South Dakota, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 12SOW-GPQIN-36/1020

Healthcare is hard but fulfilling work, just like the farm. Grandma Rose lived her best life by knowing “many hands make work light.” Lend a hand. Share your story and your good advice. Reach out to me at the phone number or email address provided to get connected. Thank you!