

Dr. Robert Bree Collaborative Meeting Minutes
September 27th, 2023 | 1:00-3:00
Held Hybrid

Members Present

Hugh Straley, MD, Bree Collaborative (Chair)
Susie Dade, MS, Patient Representative
June Alteras MN, RN, MultiCare
Sharon Eloranta, MD, Washington Health Alliance
Gary Franklin, MD, Washington State Department
of Labor and Industries
Colin Fields, MD, Kaiser Permanente
Darcy Jaffe, MN, ARNP, FACHE, Washington State
Hospital Association

Norifumi Kamo, MD, MPP, Virginia Mason
Franciscan Medical Center
Kimberly Moore, MD, Franciscan Health System
Mary Kay O'Neill, MD, MBA, Mercer
Susane Quistgaard, MD, Premera Blue Cross
Angie Sparks, MD, UnitedHealthcare
Nicole Saint Claire, MD, Regence BlueShield
Judy Zerzan-Thul, MD, MPH, Washington State
Health Care Authority

Members Absent

Colleen Daly, PhD, Microsoft
Patricia Egwuatu, DO
Mark Haugen, MD, Walla Walla Clinic
Greg Marchand, The Boeing Company

Carl Olden, MD, Pacific Crest Family Medicine
Kevin Pieper, MD, MHA, Kadlec Regional Medical

Staff, Members of the Public

Beth Bojkov, MPH, RN
Karie Nicholas, MA, GC, FHCQ
Emily Nudelman, DNP, RN, FHCQ
Ginny Weir, MPH, FHCQ
Amanda Blake
Chris Chen, MD, HCA
Kathy Davis, MultiCare
Billie Dickinson, WSMA
Summer Duman, Regence
Amy Dura
Amy Florence
Jason Fodeman
Charissa Fotinos

Lucinda Grande
Audrey J
Carissa Kemp, ADA
Ji Young Nam, L&I
Hillary Norris, WSMA
K Pestsas, UHC E&I
Rodica Pop
Jep Shepard
Jamie Teuteberg, HCA
Emily Transue
Shelby Wiedmann
Sarah Walker, UW CoLab
Morgan Young, L&I

WELCOME, INTRODUCTIONS

Hugh Straley, MD, welcomed everyone and opened the meeting. Dr. Straley invited Bree members to discuss what they are seeing with current COVID-19 trend and vaccine roll outs within their organization and patient populations. Dr. Straley reviewed the last meeting's minutes.

Motion: Approve July Meeting Minutes

Outcome: Passed with unanimous support

Bree 2024 Topic Voting Overview

Emily Nudelman, DNP, RN, Bree Collaborative gave an overview of the voting process to the Bree members. Dr. Nudelman revisited Bree's charge and the criteria of a Bree report topic. Previously, the group had discussed

choosing one new topic and revisiting two former topics. A member asked instead to vote on their top three topics. Dr. Nudelman explained this was originally decided on due to feedback from the community on the need to update former Bree Topics. Members agreed a mechanism to review, update or archive previous topics will need to be designed and decided on.

Motion: The members voted on the two voting styles.

Outcome: The results returned at an even vote. The group would revisit the vote at the end of the meeting.

Bree Proposed Topics for 2024 Presentations

Health care services related to managing climate-related illnesses presented by Chris Chen, MD, CHA

- Presentation Information:
 - Highlighted how impacts from climate change are becoming more felt each year.
 - Proposed scope: Strategies for response to illness due to climate change including wildfire smoke, heat related illnesses, and water related illnesses. This includes clinical decision making, system coordination across organizations and jurisdictions, and effective communication strategies with patients.
- Bree member Q&A and Discussion:
 - Colin Fields, MD informed the group that WSMA sent in a letter of support for this topic.
 - Discussion on narrowing the scope to be more implementable action.

Weight Health: Best practices at Every Size presented by Emily Nudelman, DNP, RN, Bree Collaborative

- Presentation Information:
 - Highlighted individuals with a higher weight often experience stigma from the health care system, Individuals with a higher weight often experience stigma from the health care system, and individuals with higher weight who experience weight bias engage in more frequent binge eating.
 - Proposed Scope: promotion of weight inclusivity, considerations when managing health of individuals with increased body fat, weight management (e.g., GLP 1), public health interventions.
- Bree member Q&A and Discussion:
 - WHA is working on the topic of weight stigma with their audience.
 - HCA Bariatric Surgery information is projected to be published spring 2024.
 - Members highlighted national importance for GLP1s, but the Bree might not have special knowledge.

Alzheimer's and Other Dementias presented by Jamie Teuteberg, HCA

- Presentation Information:
 - Highlighted: US Aging population is increasingly becoming larger, resulting in higher prevalence of Alzheimer's disease and dementia. Bree Report previously developed in 2017, new information released in 2023. Increased awareness and stronger evidence base has also emerged around social determinants
 - Proposed Scope: including biomarkers and new drug therapies, advances in lifestyle modifications to impact risk for dementia, and long-term supports and services, including caregiver support. Additionally, value-based payment methodology for dementia care managing within Medicare.
- Bree member Q&A and Discussion:
 - Bree members asked VBP questions about care managing w/in Medicare – how would it be incorporated? What would we add to the WA state plan?

- Need to adequately review fitness for driving

Hospital Readmissions presented by Darcy Jaffe, MSN, ARNP WSHA

- Presentation Information:
 - Highlighted: Hospital readmissions cost billions in Medicare spending, increase the risk for medical complications and infections, and are associated with lower patient and provider satisfaction. The current Bree report is out of date and has areas to revisit.
 - Proposed Scope: Hospital readmissions cost billions in Medicare spending, increase the risk for medical complications and infections, and are associated with lower patient and provider satisfaction.
- Bree member Q&A and Discussion:
 - Bree members expressed Washington state has a very low access to Primary Care Providers. They raised what we can do outside of the hospitals to address readmissions when there is a primary care access issue. Additionally, access to care coordination.
 - Members expressed that CMS may be dropping hospital readmission program because there is no financial incentive and evidence doesn't show interventions are effective.

Behavioral Health: Early Intervention for Youth presented by Emily Nudelman, DNP, RN, Bree Collaborative

- Presentation Information:
 - Highlighted: High rates of mental health concerns for youth at this time. Youth have a hard time accessing and affording the medical system to receive care. Youth need to receive high-quality interventions to promote their mental health and well-being.
 - Proposed Scope: This report would be a continuation of the 2016 Bree Pediatric Psychotropic report by expanding the topic to incorporate information on anxiety and depression with a greater focus on short-term interventions of care. Utilization of evidence-informed interventions to promote mental health wellbeing prior to a mental health crisis from occurring. Increased access to evidence-informed interventions, Community initiatives & engaging with vulnerable populations.
- Bree member Q&A and Discussion:
 - Sarah Walker, MD from UW CoLab and Charisa Fotinos, HCA helped answer Bree Member questions.
 - Darcy Jaffe, MSN raised this topic and feels like it may be a new topic rather than a continuation or expansion of the previous Bree member topic on Pediatric Psychotropic Use. Through discussion, members felt the topic aligns closer with Bree's former report on behavioral health integration but with a special focus on children and adolescents.
 - Dr. Fotinos highlighted the opportunity to support behavioral health needs for youth before they enter into a crisis.
 - Members expressed wanting to be mindful of the current ask of Primary Care and that the system already being asked to do many things.
 - A member felt this may be an example of a resource issue [ability to access a clinician.]

Treatment for Opioid Use Disorder presented by Chariss Fotinos, MD, HCA

- Presentation Information:
 - Highlighted: 35% increase in Opioid Use Disorder for both 2020 and 2021 over the prior year. Justification for Re-review-Language change: Medication assisted treatment → Medication for opioid use disorder. Regulatory change: Waiver requirement to prescribe buprenorphine no

- longer federally required (as of 2023). Emerging evidence on treating fentanyl addiction. Need for multiple strategies including safe consumption facilities and safe opioid agonist supply
- Proposed Scope: Need for guidance for providers to improve confidence and competence and for payors on successful and safe initiation, stabilization, and titration of individuals on medication for opioid use disorder in the age of fentanyl with a focus on populations that are underserved.
- Bree member Q&A and Discussion:
 - Colin Fields, MD informed the group that WSMA sent in a letter of support for this topic.
 - Members felt this is scoped appropriately for the Bree. Realistic and achievable, there is momentum on it.
 - Member raised if is post-acute in scope? Asking for an exemption for SNF and long-term care to treat but need a DEA exemption.

Bree Proposed Topics for 2024 Public Comment and Discussion

Member of the public Lucinda Grande, MD spoke on her experience working with patients with substance use disorder. They commented that Bree could have the opportunity to add information on residential treatment facilities providing MOUD and ensuring people have the proper medication when they leave the facilities. Additionally, using proper dosage of medication to manage withdrawals.

Member of the public Emily Transue, MD, Comagine Health brought forward to the Bree that some items may be able to update without needing a full Bree review and asked if it could be done without having it be a part of the formal three topics for the focus of 2024. Bree members expressed interest in developing a system to review former Bree reports.

Bree members discussed proposed topics. Dr. Gary Franklin requested Fentanyl test strips be included within the treatment for Opioid Use Disorder topic.

Susie Dade expressed the need to narrow the scope of Bree topics to ensure the information in the reports is implementable for the audiences listed in the reports.

Dr. Franklin raised narrowing the scope of the proposed topic on health care services related to managing climate-related illnesses which may include heat, smoke, water quality and infectious disease to focus on just heat-related illnesses. Bree members discussed with Dr. Chen and agreed to narrow the scope of the proposed topic for voting to health care services related to managing heat-related illnesses.

Dr. Kamo mentioned that the scope of the Behavioral Health topic could be focused on minimum standards for telehealth/virtual forms of care.

Bree Proposed Topics for 2024-member Voting

A Bree member vote came in to break the tie on how to prioritize voting. It was determined members will vote on their top three choice.

Motion: Bree members we asked to rank their top three choices.

Outcome: The final Bree topics for 2024 as voted on by the Bree members are:

- Treatment for Opioid Use Disorder
- Health care services related to managing heat-related illnesses.

- Behavioral Health: Early Intervention for Youth [Integration & Telemedicine] *
*Note: Bree will work on narrowing scope of topic, current proposal is on Behavioral health integration and telemedicine

NEXT STEPS AND CLOSING COMMENTS

Bree staff will work on identifying scope of the 2024 topics, identify workgroup chairs and recruit participation to engage in workgroups. Dr. Nudelman thanked those who attended and closed the meeting.

Next Bree Collaborative Meeting: November 15th, 2023