

SURGICAL SPOTLIGHT

SPRING, 2018

Market News

► CMS ANNOUNCES NEW BUNDLED PAYMENT MODEL FOR 2018

Source: CMS.gov

The Innovation Center at the Centers for Medicare & Medicaid Services (CMS) has announced a new episode payment model for 2018: BCPI Advanced. Here are a few highlights of the model and how it may impact the Workers' Compensation market:

- 1 The model will begin on October 1, 2018 and run through December 31, 2023. The CMS application period was open from January 11, 2018 until March 12, 2018, and CMS will provide a second application opportunity in January 2020.
- 2 The program will include 32 clinical episodes of care, with 29 in the inpatient setting and three in the outpatient setting. Both the inpatient and outpatient setting will include back and neck specialties, with the exception of Spinal Fusion.
- 3 Under the program, provider payments will be based on quality performance during a 90-day episode of care. CMS has selected seven quality measures for the BPCI Advanced Model. These measures include: readmission measures, advanced care plan, complication rates, mortality rates, etc.
- 4 Physicians who participate in these progressive payment models are taking financial risk for their services; they are confident that they can treat patients efficiently and conservatively with superior outcomes. BPCI physicians who participate in models such as these treat all patients with this conservative care approach – it benefits all patients seen, including injured workers. In addition, with back and neck conditions included in the clinical episodes of care, a large portion of workers' compensation injuries will fall within this treatment approach.

► TOTAL JOINT REPLACEMENTS TO JUMP NEARLY 400% BY 2060

Source: Becker's Spine Review

According to a new report from the American Academy of Orthopaedic Surgeons, the number of total joint replacements is expected to jump between 2030 and 2060.

- 1 Primary total hip replacements are projected to grow 171% by 2030, and primary total knee replacements are expected to grow 189% during this same time.
 - » There are 1.23 million total hip replacement expected in 2060, a 330% increase over today, and...
 - » 2.6 million total knee replacements, a 382% increase over today.
- 2 The average age for primary total hip replacements dropped from 66.3 years old in 2000 to 64.9 years old in 2014.
- 3 The average age for primary total knee replacement dropped from 68 years old to 65.9 years old over the same time period.



Regulatory Updates

Virginia has implemented a new fee schedule with effective dates of service on January 1, 2018 and beyond. Implantable devices billed from the hospital outpatient and ambulatory surgical setting are reimbursed at a cost-plus percentage based on the facility's zip code. All bills should continue to be evaluated by ForeSight for utilization and appropriate billing practices.

Company News

Encompass is proud to announce the addition of the following leading Physician Groups to its Specialty Surgical Management Program:

- Brielle Orthopedics (NJ)
- Orthopedic Centers of Colorado (CO)
- Orthopedic Associates (MO)
- GIKK Ortho Specialists (NE)
- Peachtree Orthopedics (GA)
- Oak Orthopaedic (IL)
- OrthopedicAssociates USA (FL)

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Physician Group Spotlight

► ILLINOIS BONE & JOINT INSTITUTE: DEFINING POLICY TO NOT ALLOW PHYSICIAN DISPENSING MEDICATIONS AT ANY LOCATION

Sources: Illinois Bone & Joint Institute, LLC;
Workers Compensation Research Institute (WCRI)

The Illinois Bone & Joint Institute (IBJI) does not have in-house pharmacies at any of its physician offices. The practice has a group mandate that clearly defines a policy of not dispensing medications of any kind. The Institute feels that this policy is particularly important as one looks at the issue of opioid abuse.

The opioid epidemic has made national news for many years. The negative impact that opioid abuse can have on individuals and their families is undeniable and far reaching. Studies completed by the WCRI show that injured workers receive higher levels and an increased number of prescriptions of opioids when physicians are allowed to dispense these types of medications from their offices. The physicians at IBJI understand the importance of this issue and the responsibility that they have in combating the opioid crises. Below are excerpts from IBJI physicians on what role, if any, opioid use should play in patient care:

"Post-operative and fracture patients rarely require chronic narcotic use if managed appropriately. In fact, the vast majority of orthopedic patients can be managed without any long-term medication use..."
—Marc Breslow, M.D.

"I certainly recognize that patients who need surgery have pain, but there are other modalities to control the pain without a narcotic. These may include NSAIDs, ice, rest, therapy... We should also keep in mind that pain is expected and a normal feeling in the setting of injury and surgery. Thus, when prescribed, narcotics should be given to control the pain, rather than to completely eliminate the pain and it is the clinician's responsibility to be forthright about the potential for dependency."
—Richard Kang, M.D.

IBJI is one of the largest orthopedic practices in Illinois – home to more than 100 physicians representing upwards of 25 orthopedic specialties. IBJI's Workers' Compensation administration team is dedicated to meeting the needs of case managers, employers, claims adjusters and other involved parties.



Did You Know?

► FUN FACTS ABOUT THE BACK

Sources: *Georgia Spine and Neurosurgery Center; ACA; LumoBodyTech*



- 1** When we're born, our spines consist of 33 individual vertebrae. But as we age, some of these vertebrae fuse together. As we grow, 4 vertebrae fuse to develop the tailbone and 5 fuse to form the back of the pelvis, leaving us with only 26 vertebrae for the rest of our adult lives.
- 2** Both humans and long-necked giraffes have 7 cervical vertebrae.
- 3** More than 120 muscles are contained in the spine, and more than 100 joints allow for the spine's extreme flexibility and range of movement.
- 4** Over one fourth of the spine's total length is created from cartilage, the spong-like substance that separates one vertebral disc from the next.
- 5** Cartilage can expand and contract. Interestingly, if gravity is removed (in space travel, for example), a person can return to earth taller than when he or she left. Oppositely, gravity's pull on our bodies over the years shrinks cartilage, making us decrease in height as we age.
- 6** Back pain is among the most common reason for a physician visit – in fact, approximately 80% of Americans will suffer from this condition at some point during their lives.
- 7** Back pain is also a leading cause behind disability claims in the United States.
- 8** Americans spend at least \$50 billion dollars on back pain treatments per year.
- 9** Studies show that smoking increases your risk for back pain because nicotine decreases circulation and blood flow. Smokers also typically need to take more pain medication than non-smokers.
- 10** The spine has an excellent memory, and as such, it's recommended that you provide it with proper support from a young age. Controlling your posture, strengthening the back muscles, and stretching are all beneficial to the long-term health of your spine.



Research and Development

► **NUVASIVE ANNOUNCES EXPANSION OF INNOVATIVE SOLUTIONS FOR BACK SURGERY** | *Source: NuVasive, Inc.*

NuVasive, Inc., is an innovative technology company that continues to focus on new techniques and solutions for spine surgery. The company recently announced expansion to its lateral solutions for back surgery that enable surgeons to perform lateral single-position surgery. This approach to surgery is minimally disruptive to surrounding tissue and increases O.R. efficiency by reducing the number of times a patient needs to be repositioned. Benefits include: reduced surgical times, minimal blood loss, shorter recovery period and a quicker return to normal activities. More information can be found on NuVasive's website at www.nuvasive.com.

► **GROWTH IN THE IMPLANTABLE DEVICE INDUSTRY FOR WIRELESS TECHNOLOGY** | *Source: Global NewsWire*

The medical device industry continues to grow at record rates and wireless technology is becoming a larger part of this growth. The nature of health care delivery is ever changing in the increasingly digital world that we live in. These changes and technological advances are creating explosive growth for medical devices built with wireless technologies (including both implanted and wearable devices). These devices are being created to control bodily functions and to measure an array of physiological parameters. Implanted devices can control heart rhythms, monitor hypertension, provide functional electrical stimulation of nerves, operate as glaucoma sensors, and monitor bladder and cranial pressure. Based on these advances, patients no longer need to be sedentary and stationary to one place by cables. This creates more mobility, comfort and reduces the risk of infection. Wireless monitoring permits patients to expand outside of medical environments and reduce health care costs by obtaining vital information without the need for an office visit or hospital admission.

Data Security

► **WHAT IS PHISHING AND WHAT SHOULD YOU DO?**

Sources: National Institute of Standards and Technologies; idtheftcenter.org

Phishing is when a hacker sends an email with an attempt to obtain personal information from you. The National Institute of Standards and Technologies (NIST) defines phishing as: A digital form of social engineering that uses authentic-looking — but bogus — e-mails to request information from users or direct them to a fake Web site that requests information.

In 2016, hacking/skimming/phishing caused the greatest percentage of data breaches compared to other types of occurrences. So what can you do? How can you protect yourself?

- If you don't recognize the sender or if the email appears suspicious, do not click on any links in the email
- Use multi-factor authentication
- Keep anti-malware and system patches up to date
- Perform phishing campaigns within your workplace to generate awareness
- Provide training to increase knowledge and awareness to staff

ForeSight underscores the dangers of phishing to employees during new hire training, and also reinforces how to spot it during annual compliance and security exercises. Reminders are routinely provided throughout the year. The organization also initiated phishing campaigns in Q4 2017 to bring greater awareness to all employees.