

# **Customer Engagements using Human-Centered Design**

Office of Burden Reduction & Health Informatics
Customer-Focused Research Group

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# Visuals are Invaluable when you Get them Right

### The Nursing Home Journey

### Administration & Compliance

Bill for Services Submit bills and cost reports to Centers for Medicare & Medicaid Services (CMS). Submit claims to a Medicare Administrative Contractor (MAC), the State, or Medicare Advantage Piars monthly for payment. Bill Residents for care and treatment received outside of Medicare and Medicaid coverage

Audit
 Provide records for CMS, Office
 of inspector General, or the State
 to audit upon request.

Train Staff
 Provide continuous education, support, feedback, and interpretation of new regulations for staff.

Survey & Recertify Admit State Survey Agency (SA) to ensure requirements are met and retain certification.

E Correct Deficiencies
Develop and implement a Plan of Correction
If the SA cites deficiencies. SA verifies
Nursing Home is in compliance.

E Report Quality
Collect Resident care data through MDS
and staffing data through payroll-based
journals. Submit data to CMS and SA.
Receive a star rating on Nursing Home
Compare based on this data and surveys.

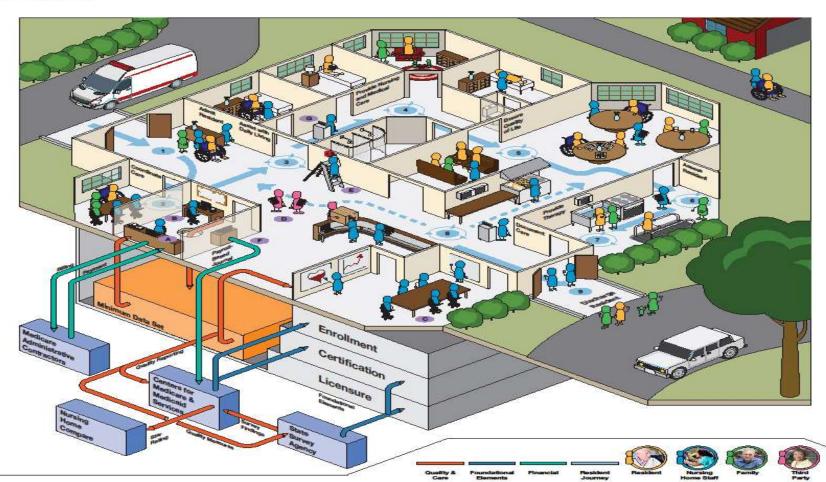
[6] Improve Quality of care, organizational improve the quality of care, organizational culture, ethics, processes, and technology with Quality Assurance 8 Performance improvement educational material and

### Program Participation

 Enrollment Apply for participation in CMS program. Receive tax ID number. Hire, credential, and enroll staff.

Certification
 Complete Initial survey and become certified through CMS, the State, and MAC.

Licensure
Apply for a license through the State.





### Resident

#### Care

Admit Resident
 Determine capacity to provide care,
 Determine capacity to provide care,
 Nursing Home, and create Minimum Data
 Set (MDS) within two weeks and baseline
 care plan within 48 hours.

2 Coordinate Care Coordinate Resident care with family and a variety of contracted specialists, internal staff, and other institutional providers.

3 Assist with Daily Living Help Resident bathe, groom, dress, undress, eat, and tollet. Assist with movement.

 Provide Medical and Nursing Care
 Provide person-centered medical and nursing services.

Ensure Quality of Life Provide quality of life services such as life enrichment programs.

6 Assess Resident Track progress by assessing Resident and entering data into MDS. Coordinate and wirth assessments.

Provide Therapy Improve or maintain Resident's abilities through physical, occupational, speech,

8 Document Care Track progress of each Resident Interaction, documenting a wide variety of measures.

Discharge Resident
 Coordinate, prepare, and discharge
 Resident to another setting. If Resident
 passes away, help family with end-of-life

### End Participation

 Withdraw Stop participating in Medicare and Medicald voluntarily.

Terminate
 Nursing Home is involuntarily excluded from participating in Medicare and Medicald for violating requirements.

v44



# The Details inform **Opportunities for Improvement...**

### DETAILED NURSING HOME JOURNEY

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### ...AND THE PAIN POINTS HELP SET PRIORITIES

### Resident Care

Admit Resident

Determine capacity to provide care, coordinate Resident transition to the Nursing Home, and create Minimum Data Set (MDS) within two weeks and baseline care plan within 48 hours.

Resident Care	ı
Admit Resident	1
Medical records, brochures	1
Resident, Family, Admissions, Billing, MDS Coordinator, Nursing, Other Institutional Providers, Payers, Providers, Social Services	A
Check resident payment eligibility	O
Perform Preadmission Screening and Resident Review	1
Determine if Nursing Home can provide required care	
Coordinate with hospital to received Resident health records	ı
Perform initial assessment	ı
Develop baseline care plan in first 48 hours and meet with Resident and family	L
Gaps in medical records when resident arrives from hospital, jeopardizing Resident health and causing excessive data entry	1
Overwhelming admissions paperwork	
Retroactive denial of payment due to the 3-day hospital stay requirement	ľ
Skewed incentive to admit based on likelihood of recovery	ı
"Simple things you need to know. For example, if patient's on an antibiotic, you always want to know when we should stop itThat kind of thing can be tougher to find."	
1. Improving Coordination During Transitions	(

PHASE

TOUCHPOINT

**ARTIFACTS** 

**ACTORS** 

GENERAL ACTIVITIES

PAIN POINTS WHAT CUSTOMERS ARE SAYING

OPPORTUNITY AREAS



### A Journey Map is Not Always the Visual we Need

### BENEFICIARY CARE ACTIVITIES & TRANSITIONS

Between March-May of 2018, 46 people with Medicare and their caregivers shared stories of care transitions. This graphic illustrates the activities and types of transitions that are the most challenging in the eyes of people with Medicare.



#### BURDENSOME ACTIVITIES

Five activities were reported as being particularly challenging to people with Medicare and their caregivers, and occur during all types of care transitions

CHOOSING CARE



#### PAYING BILLS

To help choose providers or care settings, people look at quality, convenience, location, coverage, recommendations and physician specialty and training, to name a few. To make the best decisions people with Medicare need access to consolidated,



Getting high cost medical care is even more stressful when people do not know how much a procedure will cost beforehand. People with Medicare want to know how much they will have to pay for a treatment or procedure before receiving the bill.



#### KEEPING HEALTH RECORDS

People use spreadsheets, notebooks, and memory to track their medical records completely and accurately in hopes of more thorough care. People want to be able to place more trust in providers to record, store, and read their medical history so as to provide the best care possible



#### MANAGING MEDICATION

Prior authorizations, changing costs, and the danger of drug interactions add difficulty to people's lives. People want prescriptions to be managed more completely, a Medicare Part D that is easier to understand, fewer sudden changes in coverage, and more affordable prescription drug prices.



#### IMPLEMENTING CARE PLAN

The best care plan is worthless if someone does not have the ability to put it into action. Issues such as a lack of in-home support, no access to transportation, and low health literacy are obstacles to following a care plan. People need more help planning and preparing for daily life beyond the appointment.



The care transitions listed here were revealed as being exceptionally burdensome for people with Medicare.



#### 1 Ambulance Transport

When faced with health emergencies, many people look to ambulances for access to care, not understanding that most ambulance trips are not covered. Consequently, many people end up paying large ambulance bills. To curb ambulance costs. some people now use ride-sharing services or taxis.

"I remember fighting with the insurance company. I used to take her to church but it got to be so hard to get her in and out of the car that I had to quit taking her to church. She went to the hospital after a fall and the insurance company didn't want to pay for the return ambulance trip." - Person with Medicare also acting as Caregiver



Returning home is challenging when discharge plans do not account for details of life beyond the hospital. Transitions can be particularly difficult when a person misunderstands his or her care plan, does not have at-home support, or lacks proper medical equipment. all of which are crucial to implementing care plans.

"Be sure the social worker sees the patient to plan for release back home or to a facility. [Ask] what is needed? Is there support at home? If not, does the patient need inpatient nursing care or will home nursing care be sufficient? Does the patient need to be trained to care for things like a feeding tube? Who provides that training. support, and follow-up?" Person with Medicare



Oftentimes moving between a hospital and a nursing home is cyclical and stressful in itself even without the added stresses of Medicare rules. People report confusion about the 3-day rule, feeling rushed to make decisions, and lacking usable, consolidated information to help them choose a nursing home.

"It's difficult to be hospitalized, we all know that But then you're thinking about going to a nursing home, and then we add upon that the difficulty of understanding payment, dealing with a difficult situation mentally, and then there's paperwork and you might not understand all of that, so it kind of compounds that burden. Subject Matter Expert



#### 4 Home Health

task. Caregivers are often either stuck with sub-par care, or are forced to pay out-of-pocket for better "I pay privately for aides. We tried 3 different home health agencies covered through CMS

Although many people want to receive care in their

own homes, finding reliable home health agencies,

who are also covered by Medicare, is not an easy

and it was awful, actually it scared me, so I said, 'I'm paying.' I went down to see who was coming to his apartment and they were someone new every day ...so that's a big part of burden is trying to set up home health care and then getting that right care.

Caregiver of a Person with Medicare

### 5 Provider ←→ Provider

For many people, going to a new provider feels like a long game of telephone. Incomplete medical records disconnected electronic health record (EHR) systems, privacy rules, and a lack of collaboration across providers make the continuous, comprehensive care that people with Medicare desire nearly impossible to achieve.

"I don't find that doctors transfer data anyways. I mean you even have a hard time getting information from your pulmonologist to your general practitioner and back. I mean with the general practitioner you're working with your blood pressure medicine, and then that's it. But the blood pressure medicine affects your breathing." - Person with Medicare



## Various Visuals explain the Customer Perspective

### COMMON CHALLENGES FOR BENEFICIARY CARE TRANSITIONS

Wanting to better understand the challenges that people face when undergoing care transitions, the Centers for Medicare & Medicaid Services listened to the stories of 46 people with Medicare and their caregivers. In recounting their experiences, people spoke of a broad range of obstacles they confront. Some of these obstacles were noted as not being unique to care transitions. This graphic depicts 11 insights, informed by this research, on the most commonly shared challenges.

"But even with Medicare, you never know what things are going to cost... You're never told and you never really find out... Like my husband says, 'You go to buy a car and you know what you're going to be charged, and on medical you don't have a clue."

Person with Medicare



Coverage options create multiple decision points for people with Medicare. Even with a growing number of resources meant to help people with Medicare navigate the system, confusion is common, particularly when dealing with complex costs and coverage rules.

When her mom needed a walker, she just went out and spent the \$500 because, "She didn't know how to navigate Medicare, and she didn't feel like dealing with the hessie"

- Caregiver of Person with Medicare



Not understanding their benefits, high cost, and a lack of convenience push people with Medicare to seek medication and durable medical equipment (DME) through informal and often unregulated channels.

"I went home and got on the internet and figured out what I was pretty sure I had...! made the mistake of telling a doctor....He totally dismissed me. He had no interest in what I knew about my body that could have helped accelerate the diagnosis process."

Person with Medicare



Doctors are no longer the single source of information that people with Medicare rely on to understand their medical conditions. Similarly, what the doctor suggests is just one of many opinions that people consider when making health decisions. "I had a hospital send me a bill for outpatient surgery [for my late husband] and I said, 'he's never been to this hospital and if he has I want to see a picture because he's been dead for 2 years.'" - Caregiver of Person with Medicare



Even when people with Medicare go to great lengths to track and document their health data, problems with Electronic Health Records (EHR) systems, privacy policies, provider collaboration, and human error make it difficult to maintain complete, accurate health records.

"I was a Medicare beneficiary due to disability. I found it rather unusual the way Medicare is administered and why if you are put on disability then you wait two years to qualify for Medicare. Generally, with an ovarian cancer patient, a two year wait is a long, long time."

- Person with Medicare



Medicare often uses a one size fits all approach, and leaves people with specific needs such as people with disabilities and chronic diseases, people who speak English as a second language, or dual-eligible individuals, jumping through additional hoops to get the care they need. "Intimately, care-giving has impacted us. Literally every nook and cranny of our lives. Our decisions about where to live, our professional lives, decision not to have children."

- Caregiver of Person with Medicare



Caregivers find themselves sacrificing career and personal aspirations to be readily available to provide care to the person they are supporting and to respond to the demands of insurance.

"You know I've seen situations where doctors stand outside a patient's room and they have their meeting...Patients [are thinking]. "What are they talking about?" if a patient is truly part of the team, the meeting should be at the bedside. Then we get engaged patients."

Person with Medicare



In contrast to the widely held belief that a shared understanding between providers and patients is about priorities, values, and goals as the basis of good care, people with Medicare largely feel like they are not being heard and are excluded from decision-making. "I'm both the patient and the caregiver which is very hard."

Person with Medicare



Surely You Have Someone

Many believe that Medicare is built on the assumption that people with Medicare have large support networks to lean on at all times. In actuality, more and more people today are acting as their own caregiver.

"Treat the whole patient! Treat the whole body and all its side effects. Keep the quality of life going. Don't just pay for the patient to be treated for the flymphedemaj. Buy the pump that will allow the patient to be proactive at home to keep the arm or lea usable." - Person with Medicare

"The snow scared me to death...The State doesn't have a plan for dealing with dialysis patients during the snow...So it's on, it's up to you and your family."

- Person with Madicare



People with Medicare feel like providers often under-value the realities of how they live their lives and how these realities affect their ability to follow their care plan.

"I'm on a large amount of opioids and when I was on morphine it numbed my brain, it was too hard to figure out Medicare and Medicaid"

- Person with Medicare



People with Medicare receive treatment based upon the symptoms they present in the moment, unless the patient or caregiver can advocate for inclusion of important information from the past or desired outcomes for the future.



During a care transition, the moments that require the most decisions often coincide with the times that people with Medicare have the lowest capacity due to stress, fear, or the side effects of medication.





# PERSONAS HIGHLIGHT THE VOICE OF THE CUSTOMER



#### **ROSE'S STORY**

Rose is a 76-year-old Medicare beneficiary

### INSIGHTS

#### No Clarity in Chaos

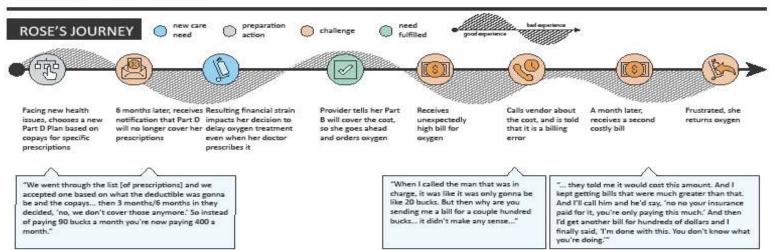
### ROSE'S ADVICE TO OTHERS

If you do not know how to use a computer, find someone who can help you. When choosing a new Part D Plan, Rose's daughter helped her by printing information about each choice out and sitting down with her to do the cross-comparisons. After Rose made her decisions, her daughter would go back to the computer and select what she had chosen.

Even though Rose carefully chose a Part D Plan specifically suited to her needs and finances, formulary changes have left her facing greater costs than she planned. Rose also has troubles with Part B. Rose recently was prescribed oxygen. Even though she was told Medicare would cover the cost, she kept receiving bills from the vendor. After several unsuccessful calls with 1-800-Medicare, her vendor, and her provider to solve the issue, she was so frustrated that she returned the oxygen.

Surely You Have Someone

Rose believes that, without the support of her daughter, she would not still be alive. Her daughter helps her with all aspects of coverage and care, from providing her a place to live, applying for coverage, to researching providers, and driving her to doctor's appointments.



## Our On-site Visits are Energizing CMS Staff

CMS Volunteer	From Thank You Notes
OFM (Home Health)	" I came away from the day feeling uplifted and exhilarated one of the best experiences I've had while at CMS so good to finally humanize the work we do here at CMS, to hear the impact it has first-hand, good and bad."
OC (Dialysis)	a powerful experienceoffered a unique chance to gain insights into both the processes and experiences of dialysis patients and providers As I sit here this afternoon working on creating partner training materialsI will never view this material or deliver the training in the same way againamazing how one day can completely change your perspective.
OIT (Hospice)	talked with the [hospice] patients and the families, and the volunteers volunteers are amazingcareful to explain why they volunteer yet have to be carefulsome of the comfort needed can only be given by a clinicianwelcomed documenting everythingso that there is a record. I will never forget this meeting with the beneficiaries gives me a completely new perspective on how and why I do my job.
CCSQ (Nursing Home/Hospital)	After reviewing the work from the Nursing Home team, I wasn't sure what this was about, but now I get it. This is very important work, and I want to be involved in more going forward. Now, each time I look at our policies and rules, I see things differently. Please keep including me.

### **Prior Authorization Infographic**

Improve transparency, efficiency, and standardization of the prior authorization process

People Reached:









Site

Synthesis: From Data to Opportunity Areas



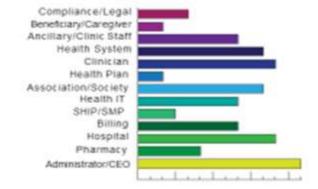
quotes

2,439 Data Points direct observations and



93 Themes patterns in human behavior

331 CUSTOMERS INTERVIEWED









18 Prioritized Themes selected based on instances

of occurrence



15 Insights learnings about patterns of behavior that are surprising or unexpected



6 Opportunity Areas
places to explore solution
areas

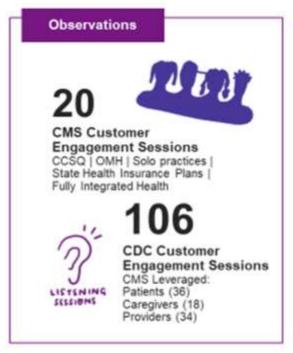
### **Chronic Pain Infographic**

Access to covered treatment and services for beneficiaries with chronic pain

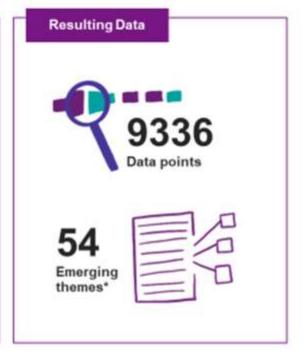
### Chronic Pain Engagement

Understand access to covered treatment and services for beneficiaries with chronic pain.

AT A GLANCE







<sup>\*</sup>The themes are evolving and will be prioritized throughout this process

RFI = Request for Information

2/1/2021



### **Duals Infographic**

Understanding the experience of eligibility determination and redetermination processes for the Medicare Savings Programs



Understanding the experience of eligibility determination and redetermination processes for the Medicare Savings Programs (MSP).





### Synthesis Overview



Data as of 99-21-2021



### Past Customer Engagements

Past Customer Engagements	Scope	Customers	Subject Matter Experts
Nursing Home (Executive Sponsor: CM)	Understand the fee-for-service (FFS) Medicare skilled nursing facility (SNF) customer experience and identify burdens the SNF customer faces	Conducted one-on-one interviews, 22 listening sessions, 3 observational visits, 1 RFI Total 64 including administrators, billing staff, family members, MDS staff, nurses, providers, residents, social services, other staff	Total 41 including CM, CCSQ, CPI, CMCS, OMH, OPOLE, ONC, MAC, consultants, associations
Beneficiary (Executive Sponsor: CCSQ & OC)	Understand the Beneficiary burden with transitions of care between all settings	Conducted one-on-one interviews, 2 listening sessions, 1 RFI Total 46 including beneficiaries, professional caregivers, personal caregivers	Total 22 including CCSQ, CM, CMCS, OC, OMH, OPOLE, FCHCO
Hospital (Executive Sponsor: CM)	Understand the Hospital burden relevant to reporting including: quality reporting, conditions of participation, certification and accreditation, billing and cost reporting, and clinician documentation and health records	Conducted one-on-one interviews, 21 listening sessions, 7 observational visits, 1 RFI Total 151 including clinical, case management, billing & coding, administration, registration, quality, informatics, emergency department, finance, and compliance staff	Total 26 including CM, CCSQ, CMCS, CPI, OMH, OFM, OPOLE, vendors, associations
Clinician (Executive Sponsor: CCSQ)	Create concepts to improve the Clinician experience within the documentation burden	Conducted one-on-one interviews, 28 listening sessions, 1 RFI Total 32 including physicians, nurse practitioners, pharmacists, nurses, billing staff, practice managers	Total 8 including CCSQ, CM, CPI, CMMI, OMH, OPOLE, associations

### Past Customer Engagements (continued)

Past Customer Engagements	Scope	Customers	Subject Matter Experts
Home Health (Executive Sponsor: FCHCO)	Understand the overall experience of Home Health care delivery from the perspective of home health agencies and beneficiaries	Conducted one-on-one interviews, 3 listening sessions, 5 observational visits, 1 RFI Total 70 including clients, client support network, billing, clinical, compliance, leadership, marketing, policy, quality, referral & intake, and field staff	Total 24 including FCHCO, CCSQ, CM, CMMI, CPI, OMH, OPOLE, associations
Hospice (Executive Sponsor: CCSQ)	Understand the unmet needs and intertwined journeys of all stakeholders who interact with or administer the Hospice benefit from the first discussion of advanced terminal illness through the provision of bereavement services	Conducted one-on-one interviews, 5 observational visits, 1 RFI Total 96 including beneficiaries, admissions, billing & financial, clinical care, clinical leadership, compliance, coordination & navigation, counseling & therapy, health information management, administration leadership, social & spiritual services, support network, volunteers	Total 18 including CCSQ, CM, CMMI, CPI, OMH, OPOLE, academic institutions, associations, contractors, palliative care programs at a private payer, Veterans Affairs
Dialysis Facilities (Executive Sponsor: CCSQ)	Understand the range of patient and provider experiences from early care for Chronic Kidney Disease (CKD); transition into dialysis, and continuous care including coordination between settings	Conducted one-on-one interviews, 4 observational visits, 1 RFI Total 66 including patients, care partners, social workers, dialysis patient care technicians, nurses, nurse care coordinators, nephrologists, medical directors, home dialysis nurses, biomedical technicians, dieticians, dialysis nurses, administrative assistants, facility administrators, dialysis facility leadership	Total 14 including CCSQ, CM, CMMI, OMH, HHS, NIH, foundations

### Past Internal CMS HCD Projects

Past Internal CMS HCD Projects	Scope	Customers
eXpedited Life Cycle (XLC) (Executive Sponsor: CIO)	Understand the CMS component and OIT experience with the system development life cycle (XLC)	(1) OIT: Conducted 10 one-on-one interviews and 5 observations, 37 participants including the CTO, COR, GTL, manager, contractor, developer, CIRT, project lead, CDA data architect, budget lead, CRA, privacy SME, Tech Advisor, infrastructure, Cloud & DevOps, TRB (2) CMS XLC customer: Conducted 9 one-on-one interviews and 2 observations, 30 participants from OPOLE, CM, OEDA, CMMI, OSSO, CCIIO, CCSQ, CISPS, OC
Employee Onboarding (Executive Sponsor: OHC)	Understand the experience of SES, manager, staff, and student interns new to CMS (application through first 6 months)	Conducted 16 interviews – 8 from pre-2018 and 8 from post-2018 (indicated due to hiring freeze midway in the engagement) 12 staff, 2 managers, 1 SES, 1 intern CMS components: OIT, CMMI, OA, CPI, OAGM, CCSQ, OHC
Hiring Process (Executive Sponsor: OA)	Understand the CMS hiring process with a view toward finding efficiencies and reducing the timeline (creating Position Description through making the offer)	Conducted 29 interviews - 3 classifiers, 10 staffers, 12 business operations staff, 4 hiring managers CMS components: OHC, OIT, OPOLE, CCSQ, CM, OFM
Information Security & Privacy Group (ISPG) (Executive Sponsor: CIO)	Understand the CMS customer experience with security and privacy and understand ISPG's view of CMS security and privacy	(1) CMS Privacy and Security customer: Conducted 26 interviews CMS components: CCIIO, CCSQ, CM, CMMI, CPI, OFM, OIT, OSSO (2) ISPG staff: Conducted 17 interviews; 3 managers and 14 staff



### Past Internal CMS HCD Consultations

Past Internal CMS HCD Consultations	Scope	Customers
Risk Adjustment Processing System (RAPS) (Executive Sponsors: OIT and CM)	Assist OIT and CM to apply HCD to "Improve the operational data sharing experience in the Part D reconciliation, risk adjustment, plan payments and premiums, enrollment and eligibility processes for Parts C and D plan sponsors and their functional designees"	Conducted 12 listening sessions with MAOs and third-party submitters
Retiree Drug Subsidy System Modernization (RDSS) (Executive Sponsor: CM)	Assist CM's RDSS contractor with applying HCD to learn the customer experience as they begin planning for major system upgrades	Conducted 6 listening sessions with Part C health plans and third-party contractors that utilize the RDSS
Infuse HCD throughout the Agency (Executive Sponsor: OA)	Create the CMS HCD Definition and Framework*	CMS senior leadership, managers, staff, contractors

<sup>\*</sup>Approved by the SPMC May 2018

### **Current Customer Engagements**

Current Customer Engagements	Scope	Customers	Subject Matter Experts
Prior Authorization (Executive Sponsor: OA)	Improve transparency, efficiency, and standardization of the prior authorization process	Conducted 35 listening sessions, 5 observational visits, 1 RFI Total 331 including compliance, legal, beneficiaries, caregivers, clinic staff, health systems, clinicians, health plans, associations, societies, health IT staff, SHIPs, billing staff, hospitals, pharmacies, administrators, CEOs	Total 17 including OA,CM, CMCS, CCIIO, CCSQ, CPI, OMH, FCHCO, OPOLE
Chronic Pain (Executive Sponsor: CCSQ)	Understand access to covered treatment and services for beneficiaries with chronic pain	Conducted one-on-one interviews, 2 observational visits, 3 RFIs* Total 120 including beneficiaries, caregivers, clinicians	Total 20 including CCSQ, CM, CMMI, OA, OMH, OC,FCHCO, OPOLE, CDC, State Health Insurance Plans, solo practices, health systems
Duals (Executive Sponsor: FCHCO)	Understand the experience of eligibility determination and redetermination processes for the Medicare Savings Program	Conducted one-on-one interviews, prompted diaries Total 46 including beneficiaries, caregivers, advocates, eligibility staff (from 4 States)	Total 9 including FCHCO, CM, CMCS, CCSQ, CPI, OMH, OHI, OC, OPOLE, ASFR, ASPE, ACL
Minority Health (Executive Sponsor: OMH)	TBD (Fall, 2021)	TBD	TBD
ACO (Executive Sponsor: CM & CCSQ)	TBD (Fall, 2021)	TBD	TBD

# Office of Burden Reduction & Health Informatics Customer-Focused Research Group



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