



Who we are...

The Innovative Health Alliance of New York, LLC (IHANY) is a collaboration among doctors, health systems, and health care providers in New York's Capital Region aimed at improving the health of the communities we serve by working together in new, more coordinated ways. In today's evolving health care landscape, clinical integration is essential to achieving better health for the community, better care for individuals, and lower costs of health care.

Population Health Structure/CIN Changes

Please read this communication sent on August 29 by Kristen Mucitelli-Heath, Senior Vice President, Population Health, Advocacy, St. Joseph's Health and St. Peter's Health Partners, regarding our population health structure.

We are glad to share several evolutions of our population health structure across both St. Peter's Health Partners and St. Joseph's Health and our associated clinically integrated networks (IHANY-SPHP and CNYAIM-SJH). Our excitement is based on the potential we see in leveraging the great talent we have in both systems, so that the whole is greater than the sum of its parts.

We are excited to extend the influence of the talent we have across New York by integrating two passionate leaders and teams and expanding the work to be regional in scope. **Brian Pinga**, currently the **Director of Quality Improvement for IHANY**, will assume the role of **Regional Director, Population Health Quality and Performance**. **Adriana Quiroga-Garcia**, currently the **System Population Health Performance Manager, Ambulatory for St. Joseph's Health and CNYAIM**, will assume the role of **Regional Manager, Population Health Quality and Performance**. Both Adriana and Brian have been standouts in their passion and dedication to advancing the performance of our employed and affiliated physician partners and are recognized for the tremendous advancements their efforts have effected. The teams of Brian and Adriana will be combined in one reporting structure and both clinically integrated networks will benefit from their combined focus.

Janelle Shults, currently the Director of Capital Region Health Connections, the Medicaid Health Home of St. Peter's Health Partners, will assume the role of Regional Director, New York Health Homes. Under her leadership, she will bring together both New York ministry health homes under one integrated Trinity health home for New York state. It is anticipated the new integrated health home will serve nine counties and support more than 5,000 Medicaid and dual eligible patients. Janelle has been a well-known health home leader in New York state with great talent for operations of a highly regulated and complex program and we are particularly excited about the potential an integrated health home under the leadership of Janelle and the efforts of her teams, brings to our patients and our communities.

In addition, **Michael Endries**, **Executive Director of CNYAIM** (St. Joseph's Clinically Integrated Network) has announced his intended retirement from health care at the end of December 2022, and **Jason Decker** will be assuming his role as **Executive Director**,

CNYAIM, as of January 1, 2023. Mike and Jason are working together to ensure a seamless transition for CNYAIM. Mike has been an important and well respected member of our team, leading the startup of the ACO and clinically integrated network and developing it to its current state of high performance and operations. His extensive knowledge and commitment are well known assets to our organization. We will miss his critical insights and incredible skills and will celebrate his talents more deeply as we get closer to December. We are excited about Jason's continued development with St. Joseph's Health and CNYAIM as a talented leader dedicated to the mission of population health, and are grateful to Mike in assisting the transition.

Jackie George, COO of IHANY (St. Peter's Health Partners Clinically Integrated Network), has announced her intended departure from IHANY at the end of December 2022 and similarly, has been with the organization since the beginning as a critical member of the team lending her experience and insight to bring IHANY to its current state. We will be launching a search for a **CIN Executive Director for IHANY** and are also so thankful to Jackie for her support in transition, ensuring IHANY is well situated for continued success, building upon a great year of performance and achievement of gainshare in its value based contracts.

As announced earlier we are grateful as well to team member Eileen Jones for her work to establish and support IHANY's clinical condition documentation programs and progress and want to recognize her for that work. Eileen's last day with the organization will be October 13.

I hope you join me in thanking our team members for their extensive contributions as well as congratulating those of our team taking on new regional roles.

Please contact me with any questions, thank you.

Kristen Mucitelli-Heath
Senior Vice President, Population Health, Advocacy
St. Joseph's Health and St. Peter's Health Partners

This Month's Priorities

Addressing Patient Needs

As an ACO, it is important we bring focus to addressing the needs of our patients with the highest disease burden. In April, the IHANY team began sharing reports centered on managing these members and addressing their risk and quality gaps. We shared how we will be managing this data with our primary care physician (PCP) practice leads through feedback and bimonthly meetings. If you have any questions around this process, please reach out to [Brian Pinga](#).

Annual Wellness Visit (AWV) Guide

The national health care landscape in the last several years has shifted to putting more focus on the Annual Wellness Visit (AWV) for Medicare beneficiaries in the push for preventive care. The AWV is an appointment scheduled specifically to discuss and document a patient's clinical conditions/diagnoses and the possible next steps in care, including preventive screenings the patient needs to complete during the current year.

Though the AWV is primarily a focus for primary care providers, **specialist providers can significantly assist with this process by encouraging patients to visit a primary care provider (PCP) and complete the AWV.**

The AWV is such an important part of a Medicare beneficiary's care that Trinity Health has set a 2022 goal for ministries to ensure that at least 50% of their beneficiaries have a

completed AWW. IHANY's target is set at 65% of all Medicare beneficiaries having a completed AWW.

Understanding the exact components of the AWW and the workflow process is challenging for some providers with time constraints and staffing issues. To relieve this burden, IPRO (a Quality Innovation Network-Quality Improvement Organization), recently created the [Annual Wellness Visit \(AWV\) Guide](#) – a comprehensive, step-by-step guide to integrating the AWW into a medical practice. It discusses the components of AWWs, rationale, suggested workflows, and billing/reimbursement information, and includes online tools and resources.

For primary care providers, members of the IHANY Quality Team ([Brian Pinga](#) and [Laura Graham](#)) are available to walk through this guide with you and support you in any way possible to help integrate the AWW into your practice. IHANY also has educational materials for your exam rooms and patients.

For specialty care providers, if you have a Medicare beneficiary patient who does not have a PCP, please direct them to any of these practices within the IHANY network to set up a primary care appointment and **ask specifically for an Annual Wellness Visit:**

[Amsterdam Internal Medicine & Pediatrics](#)
[Ellis Medicine](#)
[Hometown Health Centers](#)
[St. Mary's Healthcare](#)
[St. Peter's Health Partners Medical Associates](#)
[Wynantskill Family Medicine](#) 518-283-1974

The IHANY team has developed a Medicare AWW Patient Education document you can utilize for outreach and education. Click [here](#) to access.

If you would like copies, posters, pamphlets, or have any other questions, please reach out to [Brian Pinga](#).



Welcome to the HCC Coding Catch-Up

Documentation, coding, and submission of each patient's diagnoses or Hierarchical Condition Category (HCCs) **is required at least once per calendar year, restarting every January 1.**

Coding topic for this month:

Substance Abuse [\[Link\]](#) and **Psychiatric Disorders** [\[Link\]](#)

Risk adjustment applies to many substance abuse and dependence codes. When documenting drug-related disorders, please consider the following:

- Is it **use, abuse, or dependence**? Code to the highest known severity.
- What is the **name of the drug** being used?
- Are there any associated **complications or mood/psychotic symptoms**?
- What is the **current presentation** – e.g., intoxication, drunkenness, or withdrawal?

Coding Major Depressive Disorder (MDD) accurately requires the following documentation:

- Is it a **single episode or recurrent**?
- What is the **severity** [mild, moderate, or severe with(out) psychotic features]?
- Is it in **partial or full remission**?

Depression should always be documented and coded accurately with the highest level of specificity known. Depression should not be bundled with anxiety. Unspecified depression should only be documented and coded when specificity is unclear.

The most effective way to document is MEAT. This acronym represents **M**onitor, **E**valuate, **A**ssess, or **T**reat the condition.

For more information on these topics, visit our website <https://www.ihany.org/for-providers/hcc-provider-education/>.

Important Reminder for Patients: Crowded Emergency Departments

Our local emergency rooms are still experiencing overcrowding and longer wait times as a combined result of national nursing shortages and recent resurgences of COVID cases.

Officials with Albany Medical Center, St. Peter's Health Partners (including Albany Memorial Campus, Samaritan Hospital, and St. Peter's Hospital), and Ellis Medicine are warning the public of these longer wait times and asking that people only use emergency departments in true emergency situations.

We are asking you to please take this opportunity to remind your patients that non-emergency care can be provided more quickly at urgent care centers and primary care offices, some of which have after-hours appointments and virtual care appointments. Also, emergency rooms are -not- to be used as COVID testing sites.

Patients experiencing serious symptoms like a high fever, trouble breathing, or chest pain should still call 9-1-1 or immediately go to the emergency department for care.

Specialty Spotlight

IHANY Network Specialty Practices:



As a Clinically Integrated Network, continuing to promote in-network referrals will allow for IHANY to provide better health to the populations we serve. With that in mind, we will have feature spotlights on IHANY partners and affiliates within this newsletter to ensure we keep you informed of our diverse resources.

September is Women's Health Month, so we would like to highlight various health issues women face at all ages. Part of staying healthy is getting regular physician checkups and important screenings at different stages of life. Please encourage your patients to stay current on these suggested screenings and vaccines.

20s and 30s*

- Blood pressure check
- Cholesterol level check
- Type 2 diabetes
- Cervical cancer screening

- STD/STI (sexually transmitted disease/sexually transmitted infection)
- Flu shot (annually)
- Tetanus booster (every 10 years)
- COVID-19 vaccine (talk with your doctor)
- Whooping cough vaccine
- Human papillomavirus vaccine (HPV)

40s and 50s*

- Blood pressure check
- Cholesterol level check
- Type 2 diabetes
- Cervical cancer screening
- Breast cancer screening
- Colon cancer screening
- Menstrual cycle changes (increasingly painful, heavy, or unpredictable periods can happen as you approach menopause)
- STD/STI (sexually transmitted disease/sexually transmitted infection)
- Flu vaccine (annually)
- Tetanus booster (every 10 years)
- COVID-19 vaccine (talk with your doctor)
- Shingrix vaccine for shingles (at age 50)

60s and older*

- Blood pressure check
- Cholesterol level check
- Type 2 diabetes
- Cervical cancer screening
- Breast cancer screening
- Colon cancer screening
- Osteoporosis screening
- STD/STI (sexually transmitted disease/sexually transmitted infection)
- Flu vaccine (annually)
- Tetanus booster (every 10 years)
- Shingles vaccine (if you did not get it in your 50s)
- Two pneumonia vaccines (starting at 65)

*This is -not- a comprehensive list, but it does provide general information about common screenings and vaccines. Please encourage your patients to talk to their provider to best determine which screenings and vaccines are right for them.

If your patients need a primary care provider, please direct them to:

[Ellis Medicine](#)

[Emily T. Etzkorn, MD](#) (Other providers in the practice are accepting new patients.)

[Five Corners Family Practice](#)

[Hometown Health Centers](#)

[St. Mary's Healthcare](#)

[St. Peter's Health Partners Medical Associates](#)

[Whitney M Young Health Center](#)

[Wynantskill Family Medicine](#) 518-283-1974

*If you are an IHANY Network Specialty practice and would like your location featured in a future IHANY Monthly, please email [**Brian Pinga**](#).*

Quit Tobacco with the "Butt Stops Here" Program

Cigarette smoking is the No. 1 risk factor for lung cancer, linked to 80-90% of lung cancer deaths, according to the Centers for Disease Control. Other tobacco products also increase the risk for lung cancer. Quitting smoking at any age can lower the risk.

The Butt Stops Here program is a tobacco-cessation program that can help you quit smoking, or help you quit other tobacco products. It is an award-winning program that has helped THOUSANDS to QUIT! It is offered through the following IHANY participating providers, and registration is open for programs beginning in September.

Ellis Medicine

Sept. 14 - Oct. 19, 5-6 p.m. (Six-week program)

Ellis McClellan St. Health Center

600 McClellan St., Schenectady

First Floor Conference Center

Facilitator: John J. White, BS, RRT, Tobacco Treatment Specialist

PRE-REGISTRATION REQUIRED: ellismedicine.org/smoking OR call 518-831-6957

Cost:

- FREE for Ellis Medicine employees, those with CDPHP or MVP insurance.
- \$45 for the public (Participants should check to see if this program is covered with their plan.)
- \$20 for Medicaid patients

St. Peter's Health Partners

(Seven-week VIRTUAL program using smartphone, tablet, or computer)

Tuesdays, Sept. 13 - Oct. 25 at 7 p.m.

Wednesdays, Sept. 14 - Oct. 26 at 7 p.m.

Wednesdays, Sept. 21 - Nov. 2 at Noon

Thursdays, Sept. 22 - Nov. 3 at 7 p.m.

Cost: The virtual program is free for all.

PRE-REGISTRATION REQUIRED: sphp.com/quitsmoking

(Registration remains open for up to three weeks after the first session.)

Additional Resources:

[NYS Smokers' Quitline](#)

Smokefree.Gov

Camp Erin – Supporting Families Grieving a COVID-19 Loss

The Community Hospice is partnering with Eluna to offer a special one-day family camp for youth and families grieving the death of someone significant in their lives due to COVID-19. The camp is being held Sunday, Oct. 2, from 10 a.m. to 3 p.m., at Thacher State Park in Voorheesville.

Frontline health care workers and their families are encouraged to apply to attend this unique Camp Erin Albany experience. It is a FREE family camp that combines grief education and emotional support with fun, traditional camp activities, led by bereavement professionals and caring volunteers.

Families are provided a safe environment to:

- explore their grief
- learn essential coping skills
- make connections with other families with shared grief experiences

For more information, call 518-724-0200 or visit:

<https://hospicegriefservices.com/camp-erin-covid-19>



**SUPPORTING FAMILIES
GRIEVING A
COVID-19 LOSS**

Sunday, October 2nd, 2022

The Community Hospice is partnering with Eluna to offer a FREE Camp Erin® Family Camp for families grieving the death of someone from COVID-19.

Led by bereavement professionals and caring volunteers, Camp Erin combines grief education, emotional support and fun, traditional camp activities. At Camp Erin, families:

- Explore their grief
- Learn essential coping skills
- Make connections with other families with shared grief experiences

Frontline healthcare workers and their families are encouraged to apply to attend.



eluna 

For More Information, Call 518-724-0200
Or Visit: hospicegriefservices.com/camp-erin-covid-19

C. difficile Educational Event

A C. difficile Learning Action Network (LAN) event is scheduled for Wednesday, Sept. 7, from 1-2 p.m. It is an update on the diagnosis and treatment in acute and post-acute care settings. The presentation will feature a C. difficile survivor and an infection disease physician. See details below, including how to register in advance.

Please share with appropriate team members, including nurses, physicians, infection preventionists, pharmacists, quality and patient safety professionals, and clinical and hospital leaders. Click [here](#) to print or download the flyer.

Clostridioides difficile

Update on diagnosis and treatment in acute and post-acute care settings



Learning Objectives

1. List the most recent treatment guidelines for *C.difficile* infection.
2. Identify the role of diagnostic stewardship in optimizing *C.difficile* testing.
3. Describe the importance of communication across care transitions in improving the management of patients with *C.difficile* infection.

Who Should Attend

Nurses, Physicians, Infection Preventionists, Pharmacists, Quality and Patient Safety Professionals, Clinical and Hospital Leaders

Time

September 7, 2022 1–2 PM EST

Featured Speakers

Ghinwa Khalid Dumyati, MD
Infectious Disease Physician and
Professor of Medicine at the
University of Rochester Medical Center

Mary E. Curtin Pierce, BSN, RN
Infection Preventionist
Reflections from a
C.difficile Survivor

Register in advance for this meeting: bit.ly/3QX67TR

After registering, you will receive a confirmation email containing information about joining the meeting.

Watch the survival story video

Mary Pierce is a registered nurse who nearly lost her life to *C. difficile*. Watch this video, where she shares her dramatic survival story and describes her yearlong hospitalization, the impact of antibiotic therapy, prevention of *C. difficile* and the long-term effects of this devastating adverse antibiotic event.

<https://www.youtube.com/watch?v=XwFlv4UJF8g>



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Clinician Wellness & Resilience

Looking for a quick and easy way to reduce stress? Try "box breathing."

Box breathing, also known as square breathing, is a quick and easy stress reduction technique involving slow, deep breaths. Box breathing is famous for being used by Navy SEALs as a method to keep calm under pressure because it can heighten performance and concentration, while also being a powerful stress reliever. Studies show regulating the breath can lower levels of the stress hormone cortisol, and calm and regulate the autonomic nervous system.

Box breathing is easy:

- Gently inhale to the count of four.
- Hold your breath to the count of four.
- Gently exhale to the count of four.
- Hold your breath to the count of four.
- Repeat.

For more information, including a short video guide, please visit:

[Box Breathing Benefits and Techniques – Cleveland Clinic](#)

[Box Breathing: Techniques, Benefits, GIF, and More – healthline.com](#)

[Effectiveness of diaphragmatic breathing for reducing physiological and psychological stress in adults: a quantitative systematic review – PubMed/nih.gov](#)

World Suicide Prevention Day



Sept. 10, 2022, is World Suicide Prevention Day. Suicide is a leading cause of death in the U.S. The Centers for Disease Control and Prevention states in 2020, an estimated 12.2 million adults seriously thought about suicide, 3.2 million made a suicide plan, 1.2 million attempted suicide, and 46,000 lives were lost.

The 988 Suicide & Crisis Lifeline is now active across the United States. This new, shorter phone number will make it easier for people to remember and access mental health crisis services. [Please note, the previous 1-800-273-TALK (8255) number will continue to function indefinitely.]

Contact the 988 Suicide & Crisis Lifeline if you are experiencing mental health-related distress, including substance use crisis or thoughts of suicide, or are worried about a loved one who may need crisis support. Services are free, confidential, and available 24/7/365. Dial 9-8-8 from any phone, or visit 988lifeline.org. You may also view the Substance Abuse and Mental Health Administration [988 Partner Toolkit](#) for information and resources.

Connecting our CIN: EpicCare Link

If you are a provider -not- currently on St. Peter's Epic/TogetherCare electronic medical record system (EMR), you can use **EpicCare Link** to connect to that EMR. This is a free, web-based portal that provides real-time, read-only access to your patients' clinical data to provide quality patient care. You'll receive automatic notifications when there is an update on your patient, giving you the information you need to plan your patient's follow-up and continuing care plans. You can also use EpicCare Link to quickly refer patients to the

SPHPMA organization. You can access EpicCare Link by clicking [here](#).

NEW to EpicCare Link?

To find out if your practice is already set up in EpicCare Link, or if it needs to be added, please email the SPHP EpicCare Link Coordinator [Missy Belotti](#).

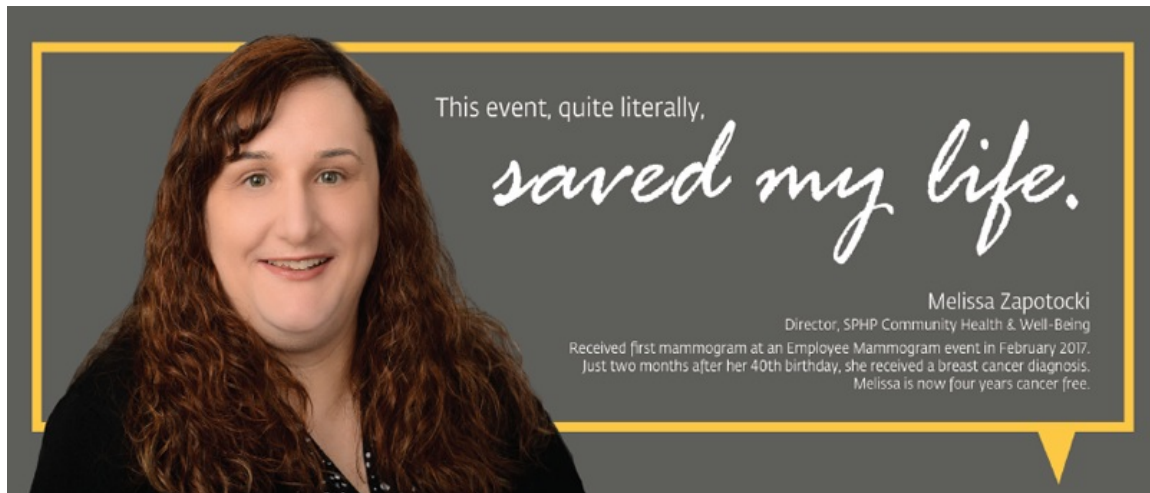
Once it is validated the practice exists in EpicCare, a practice "site administrator" needs to be identified to coordinate and manage access for providers and appropriate practice staff. Practices are able to designate more than one site administrator if needed. Only new account requests submitted to Missy Belotti *by the practice site administrator(s)* will be processed.

You should also contact Missy Belotti if your practice is already set up, but you do not know who your site administrator is or you need assistance reactivating an EpicCare Link account.

We will continue to highlight the option of using the EpicCare Link for program registrations and referrals when appropriate to streamline the process for our providers and patients.

Breast Cancer Awareness

As we approach Breast Cancer Awareness month (October), it is a good time to make sure you/your patients have scheduled annual breast health checks. If you need encouragement, watch the story of our brave SPHP colleague, Melissa Zapotocki, who is a breast cancer survivor, thanks to early detection. Watch her story [here](#).



Thank you, also, to our brave colleagues who have reached out to share their similar stories about how colon cancer screenings have changed their lives. We will be sharing those stories in the coming months.

NEW Cancer Screening Location Flyer

Please take note of this NEW flyer that has been created, expanding IHANY cancer screening locations to include colon cancer screenings. Please share with your patients and colleagues. Click [here](#) to print.

The Innovative Health Alliance of New York (IHANY) is a collaboration among doctors, health systems, and providers to improve health in our communities.

Breast Cancer Screening/Mammography



**ST PETER'S HEALTH
PARTNERS**

A Member of Trinity Health

St. Peter's Breast Center

St. Peter's Hospital

317 S. Manning Blvd., Suite 305, Albany, NY 12208
(518) 525-7536

**St. Peter's Breast Center -
Washington Ave.**

1365 Washington Ave., Albany, NY 12206
(518) 525-5287



Bellevue Woman's Center

2210 Troy-Schenectady Rd., Niskayuna, NY 12309
(518) 346-9400

Ellis Hospital

1101 Nott St., Schenectady, NY 12308
(518) 243-3333

St. Peter's Breast Center

Samaritan Hospital - St. Mary's Campus
1300 Massachusetts Ave., Troy, NY 12180
(518) 268-5353

**St. Peter's Medical Imaging -
Clifton Park**

1 Tallow Wood, Clifton Park, NY 12065
(518) 373-4448

**St. Peter's Medical Imaging -
East Greenbush**

Walmart Plaza, Rte. 4, 279 Troy Rd.
Rensselaer, NY 12144
(518) 880-6300



Rao Outpatient Pavilion

4950 State Hwy 30, Amsterdam, NY 12010
(518) 841-7224

Colon Cancer Screening



**Albany
Gastroenterology
Consultants**

Albany Gastroenterology Consultants

1375 Washington Ave. Suite 101, Albany, NY 12206
518-533-5000



**ST PETER'S HEALTH
PARTNERS**

A Member of Trinity Health

Capital District Colon & Rectal Surgery Associates

St. Peter's Hospital Campus
319 S. Manning Blvd., Suite 310, Albany, NY 12208
518-438-2776



St. Mary's Gastroenterology Health Center

Medical Office Building, Floor 2/Suite 201
425 Guy Park Ave., Amsterdam, NY 12010
518-843-1240

We recommend all patients check the details of their insurance to understand their coverage and cost responsibility.

Education: Medical Grand Rounds are Back!

CME credits are available for the live events, and recordings will be posted 30 days after the event. **These sessions are open to all IHANY providers.**

Details available on the website:

<https://www.sphp.com/colleagues/continuing-medical-education>

Meetings are held noon to 1 p.m. on Wednesdays.

Upcoming Presentations:

Virtual and LIVE - TWO date options!

Wednesday, Sept. 7 &

Wednesday, Sept. 21

Contrast Associated Acute Kidney Injury



Presented by:

Jorge Cerda, MD, MS, FACP, FASN Chief, Department of Medicine

**St. Peter's Hospital Clinical Professor of Medicine,
Albany Medical College**

Join us in-person in Mercy Conference Room 1, St. Peter's Hospital, Albany.

To attend virtually, visit sphp.com/colleagues/continuing-education

Microsoft Teams Meeting Links are displayed at the bottom of the page the morning of the event.

For questions, email:

[Kathy Kindness](#), Medical Librarian

IHANY Website

There are now easily accessible resources for Hierarchical Condition Categories (HCC) Provider Education and Quality on ***[IHANY.org](#)***. Go to the "For Providers" section and choose which topic you would like to explore.

We are here to support you.

Your IHANY Practice Support Team

Ashley Zapp, Manager, Care Coordination

Brian M. Pinga, Director, Quality Improvement & Practice Operations

Eileen M. Jones, Director, Clinical Condition Documentation

Emily Smith, Risk Adjustment Coding Specialist

Julie R. Eisen, Risk Adjustment Coding Specialist

Laura Wise, Healthcare Data Analyst

Laura Graham, Quality Improvement Specialist

Lisa Kelly-Armstrong, Director, Network Management & Operations

Lyndsey House, Post-Acute Coordinator

You can find all of our past newsletters on our website. Click [here](#).

[Learn more about IHANY](#)
