

**Rural Hospital System Pilot**

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**Missouri Goal**

**Missouri Heart Disease and Stroke Program's (HDSP) long term goal: By 2017, reduce the number of Missouri heart attacks and strokes by 20,000. That goal links Missouri HDSP efforts with the national Million Hearts Goal.**

Each Missouri HDSP initiative is different but each, including RHS, focuses on collectively helping Missouri HDSP reach that long term goal.

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**Rural Hospital System (RHS) Pilot**  
*Just say "RHS" it rolls of the tongue easier!*

RHS works to increase the number of rural Missourians with controlled blood pressure and cholesterol - thus reducing their risk for stroke and heart attack, and potentially impacting hospital readmission rates.

RHS contracts with three rural hospitals (located in areas prone to provider shortages, higher unemployment, higher poverty rates) to assure post-discharge appointments are scheduled for patients identified with elevated blood pressure or cholesterol during their hospital stay.

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### RHS Hospital Discharge Planning

- Traditionally, discharge planners arrange important aftercare for the primary reason a patient was admitted.
- Traditionally, patients aren't in the hospital with high blood pressure or cholesterol being the primary reason they were admitted – but this is a wonderful opportunity for RHS to impact risk factors for a disparate population.
- **Now, regardless of the primary reason a patient was admitted, RHS plays a safety-net role. RHS hospitals are required to assess certain risk factors and arrange access to risk factor management upon discharge.**

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### RHS Process

- It took one year of project planning before the pilot RFP was released. Contracts were awarded to three critical access hospitals.
- Hospitals were allowed a 60-day project setup period.
- Every 4 months; hospitals submit RHS data and Process Improvement Report.
- First 18 months; developed RHS Team and RHS processes. Conduct bi-monthly team conference calls.
- Next 12 months; RHS Team is working to enhance the project before it's opened to new hospitals.

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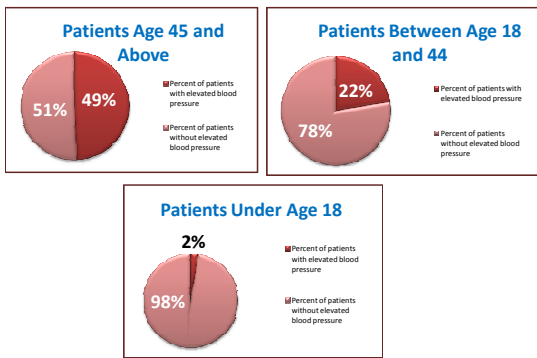
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### RHS Patients with Elevated Blood Pressure



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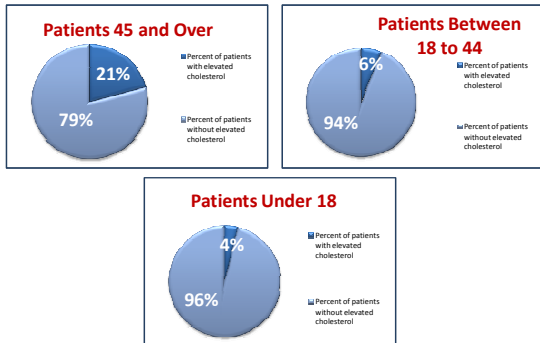
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### RHS Patients with Elevated Cholesterol



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### Return on Investment (ROI)

HDSP invested **\$135,000** during the first 18 months of this project:

**5,056** patients had their blood pressure and/or cholesterol assessed by a hospital clinician during that timeframe

**ROI = \$26.70 per assessed patient**

**3,831** patients received RHS required education about stroke and heart attack

**1,798** post discharge appointments were scheduled for elevated blood pressure and/or cholesterol. Tracking identified that approximately 70 percent of patients attended their post-discharge appointment.

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***Thank you from the RHS Team!***

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