

## Objective

Utilize the ASPIRE + Method to promote hospital use of data and evidence-based structures to reduce readmissions using an equity lens

## Background

Readmissions continue to be an area of focus for HQIC hospitals. Standardization of best practice approaches varies by state and by hospital.

Reducing readmissions requires a multifocal approach with critical appraisal to recognize high utilization of populations in rural hospitals.

ASPIRE+ Method assists teams in how to identify a subpopulation(s) to take specific, practicable, action-oriented steps forward that demonstrate improvement through reducing readmissions.

## Actions Taken

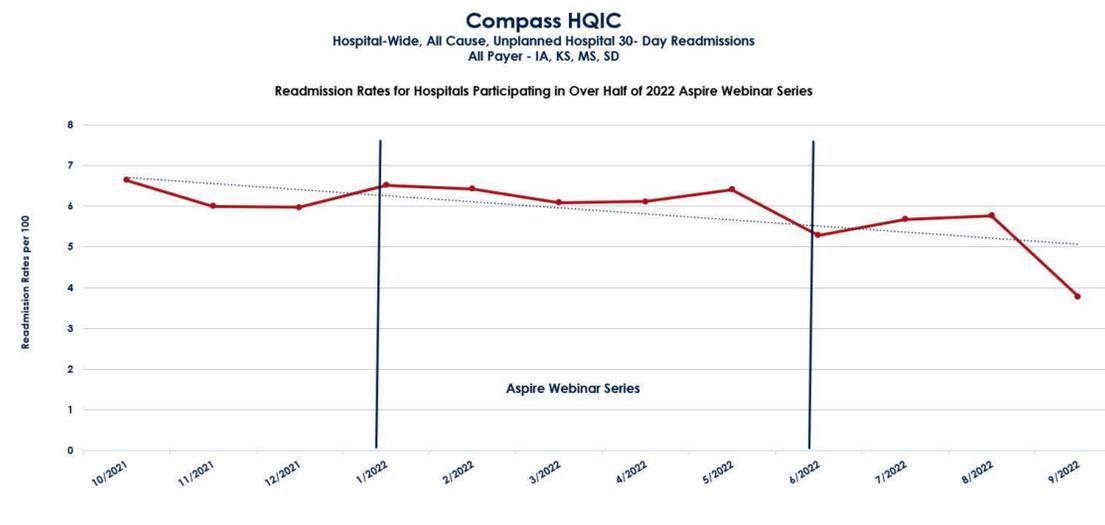
5 webinars and 5 coaching sessions with Dr. Amy Boutwell. The ASPIRE+ Method shared evidence-based, field-tested strategies to reduce readmissions and addressed disparities which enhances equity.

Hospital action steps included:

- Updated their readmission interview form and questions.
- Switched from past strategies for readmissions to the new strategies presented in the ASPIRE+ method.
- Added an equity lens by stratifying readmissions by socioeconomic categories.
- Established community partnerships to improve the continuity of care.
- Added patient and family interviews for readmissions.
- Added additional post discharge calls for high risk patients
- Developed targeted education for patients and families who are at high-risk for readmissions.

# Compass HQIC Reducing Readmissions Aspire+ Method January 2022 - May 2022

## Metrics



## Analysis

125 hospitals participated in the Aspire+ Method

- 4.9% aggregate improvement rate
- 17.0% aggregate improvement seen by 53 hospitals attending over half of sessions.

*This material was prepared by Compass HQIC Network a Hospital Quality Improvement Contractor under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 12SOW Compass HQIC Network/Hospital Quality Improvement Contractor – [0273] – 02/09/2023.*

## Next Steps

1. Clinical Consultant/Advisor will provide ongoing one-on-one technical assistance to facilities during quarterly site visits.
2. Utilize REAL (Race, Ethnicity, and Language) Readmission Reports to assist facilities with subpopulation identification.
3. Host Open Office Hours for facilities to share best practices, along with outcomes and barriers to implementation.
4. Promote practices and processes to develop and advance community partnerships to mitigate root causes of readmissions.
5. Promote use of Aspire+ Equity Readmission Series Guide developed in collaboration with Dr. Amy Boutwell ([Link here](#))

COMPASS

HOSPITAL QUALITY  
IMPROVEMENT CONTRACTOR

