

The Cuff Kit



Cuff Kit™ Connection

Monthly Technical Assistance and Peer Learning
February 15, 2023

Eleni Tsigas, CEO

Carrie MacMillan, Project Coordinator

Val Holloway, Managing Director



Agenda

1. Quick Project Overview

2. Data Collection & Reporting

- Patient-Reported Data via text-based survey
- Provider-Reported Data

3. Special Issues

- CPT Codes – who's doing this well?

4. Highlights & Lowlights – *peer to peer learning*

- Case Review

5. Resources

...plus time for Q&A

The Cuff Kit™ Project with Missouri Hospital Association

4,364 Cuff Kits are being distributed among 31 locations to serve high risk patients in Missouri.



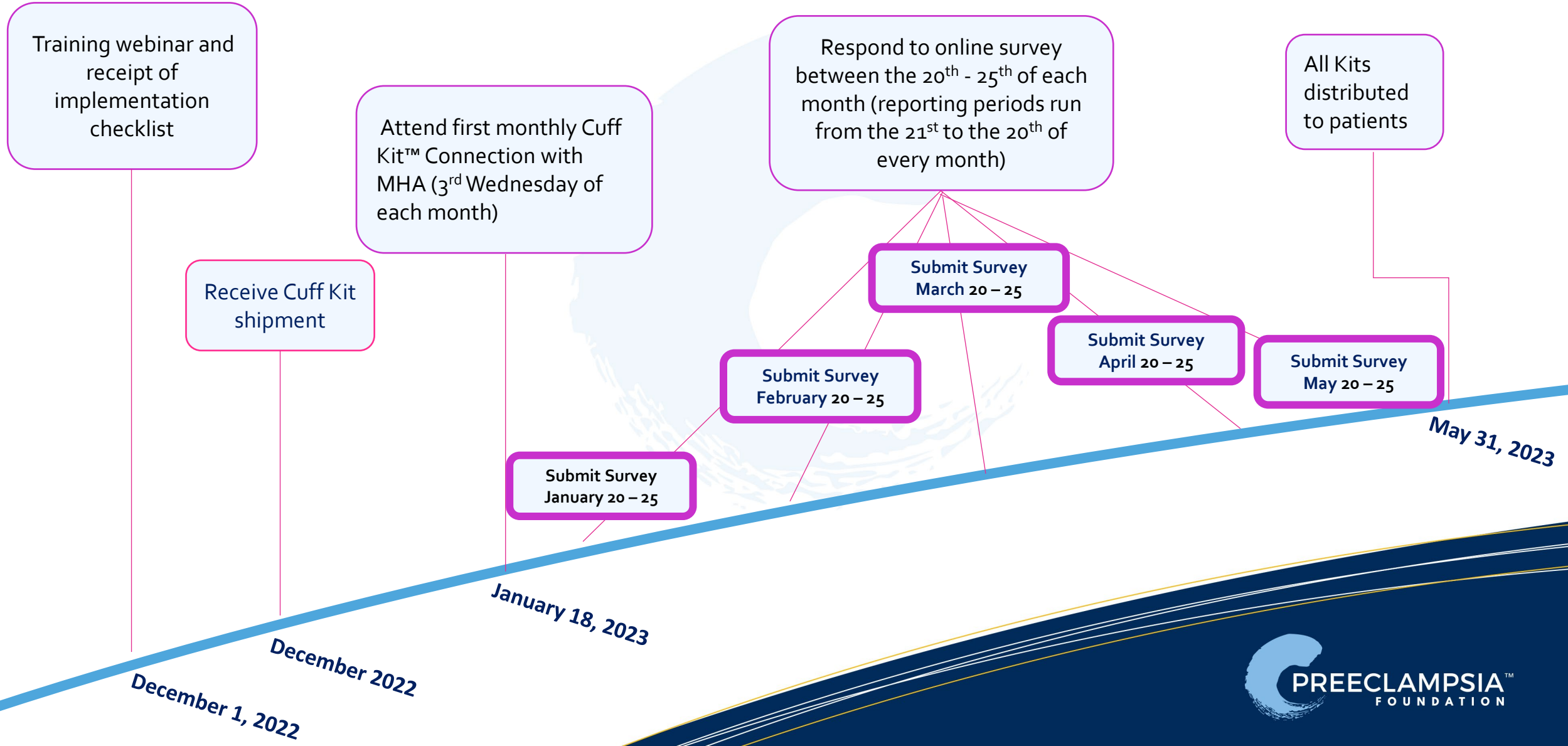
This project is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$35,569,951 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government. The project has received a portion of this funding from the Department of Health and Senior Services, Office of Rural Health and Primary Care to expand efforts to address health disparities caused by COVID-19.



Project Goals

- **Empower patients** to recognize and report signs and symptoms
- Educate patients and families on **accurate self-measured blood pressure (SMBP)**
- Support reduction of noted **disparities** and COVID-19 effects
- Support **outpatient monitoring and management** of blood pressure
- **Collect data** to demonstrate efficacy and cost effectiveness
 - Diagnosis and management processes
 - Prenatal and postpartum care
 - Payor coverage

Program Implementation Timeline



Distribution to Patients

- **WHO: At-risk and vulnerable pregnant and postpartum women**
 - Chronic hypertension
 - History of preeclampsia and/or eclampsia
 - Obesity
 - Advanced maternal age (35+)
 - Autoimmune disorders and other medical comorbidities
 - Racial/ethnicity (Black, Native American) and/or rural location
 - Potentially affected by Social Determinants/Drivers of Health (SDOH)
- **WHEN:** Any of three pregnancy trimesters (preferably 20+ weeks) or at discharge following birth of baby

Patient Education

- **Review Contents:** Welcome Letter, Signs and Symptoms, Participant postcard, Wristband, Logs, Monitor, and Cuff
- **Demonstrate** how to take proper blood pressure
- Review mechanisms for how to **record/log** patient BP*
- Have **patient demonstrate** proper use
- Use **“teach back”** to ensure understanding of all contents and their uses
- All materials in **English** and **Spanish**

* Take/send a picture of your log; bring paper copy with you to appointment

** Show results on app; email or text results

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Research Data Sources

- Patient reports via text-based surveys
- Provider reports with patient-specific (not identifiable) information
- Administrative data using CPT code

Researchers from Harvard University and University of Chicago Booth School of Business, along with Preeclampsia Foundation and Missouri Hospital Association will be analyzing this information to address economic issues, utility of SMBP and impact on outcomes, and patient preferences.

Your role is critical!

Postcard for Patient Participation Survey

SIGN UP

Receive a **\$25
electronic gift
card** for a 3 minute
survey

Eligible for **\$500
gift card** - every
month a new
winner



THE UNIVERSITY OF
CHICAGO



The Cuffkit™ Project Survey

Text **MAMA1** to **888-482-7986** to
register and consent for our
survey and Cuffkit™ reminders

Consent
Information



Msg frequency may vary. Reply STOP. to cancel, HELP for help. Msg&data rates may apply. Terms: slkt.io/WGqt

Patient Participation Survey

- Providers **encourage the patients** to enroll in a text-based survey; information on the site-specific postcard.
- Patients will **text a specific code** to receive a **reminder to take BP** and will **receive survey questions monthly**.
- **Incentives** include \$25 electronic gift card for the first 3-minute survey and a \$5 electronic gift card for the following monthly surveys. Patients will also be entered in a \$500 monthly drawing.

Survey Questions

- Did you receive a Cuff Kit™ from your healthcare provider?
- Are you currently receiving pre-natal care?
- What is your age?
- What is your race?
- How much control have you had regarding decisions about your pregnancy?
- To what extent do you agree or disagree with the following statement – “During my pregnancy, I have been treated well by my health care providers.”

Provider Reported Data via Online (REDCap) Monthly Survey

Thank you for your participation in Phase II of the Cuff Kit Program. Please record information about distribution of the cuff kits at your site.

If you have any questions, please contact the Preeclampsia Foundation by emailing carrie.macmillan@preeclampsia.org.

Site & Provider Information

Provider Identifier (NPI)

Test123

Name

New Tester

Contact Phone Number

(999) 999-9999

Distribution and Utilization

Please indicate the reporting period(s)

JAN 2023

Please select all that apply.

How many Cuff Kits did you distribute during this reporting period?

10

How many Cuff Kits do you still have to be distributed?

20

What challenges, if any, have you had implementing this program or any other feedback?

Expand

If none, please leave this field blank.

During this reporting period, how many patients were up to 4-6 weeks postpartum?

3

These are the patients you will report on in the next section.

Are you a research partner?

Yes No

reset

Submit

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
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Provider Reported Data via Online (REDCap) Monthly Survey

 PREECLAMPSIA FOUNDATION  

Individual Patient Reporting

Please complete the form below. Once you click 'submit' you will have the option to add additional patients if you are reporting on more than one patient. If you have any questions, please contact the Preeclampsia Foundation by emailing carrie.macmillan@preeclampsia.org.

Demographics

Patient Identifier
e.g. NPI-9999 8 characters remaining

Age at Delivery, years

Race / Ethnicity
 White Black Native Hawaiian or Pacific Islander Native American Asian Hispanic
Please select all that apply.

Individual Risk Assessment

Which of the following HDP risk factors did the patient have?

- None
- Chronic HTN
- Previous History of HDP
- Obesity (BMI \geq 30)
- Primigravida (First Pregnancy)
- Multiparous (Twins, Triplets, etc)
- Autoimmune Disorder(s)
- Postpartum Preeclampsia
- Other


Please select all that apply.

Which of the following Social Determinants of Health may be risk factors for this patient?

- None
- Socioeconomic Status
- Education
- Environmental Factors
- Housing Stability
- Employment/Work
- Social/Emotional Health
- Culture/Language
- Healthcare Access
- Transportation
- Personal Safety
- Rural


Please select all that apply.

Provider Reported Data via Online (REDCap) Monthly Survey

Pregnancy Information	
Date of Delivery	<input type="text"/>  Today M-D-Y
Blood Pressure at the Delivery Admission	<input type="text"/> SBP / <input type="text"/> DBP mmHg
What was this patient's pregnancy outcome?	<input type="checkbox"/> Live Birth <input type="checkbox"/> Stillbirth <input type="checkbox"/> Delivery < 37 weeks <input type="checkbox"/> Delivery < 34 weeks <input type="checkbox"/> Maternal Death <input type="checkbox"/> Diagnosis of HDP <input type="checkbox"/> Postpartum HTN <input type="checkbox"/> Severe Maternal Morbidity
Was the patient readmitted after delivery as a result of hypertension?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unknown reset
Was the patient taking aspirin during this pregnancy?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unknown reset
Was the patient on anti-hypertension medication before starting the Cuff Kit Program?	<input type="radio"/> Yes <input type="radio"/> No <input type="radio"/> Unknown reset

Provider Reported Data via Online (REDCap) Monthly Survey

Cuff Kit Utilization

Date of Cuff Kit delivery to this patient?  Today M-D-Y

Gestational Age (at time of Cuff Kit distribution)

Were the patient's BP values transmitted electronically via Bluetooth technology on the Cuff Kits? Yes No Unknown [reset](#)

Did the Cuff Kit improve your ability to assess the patient's BP? Yes No Unknown [reset](#)

Was the patient prescribed medication for hypertension at least in part due to SMBP readings from the Cuff Kit? Yes No Unknown [reset](#)

OPTIONAL: Were there any anecdotal stories or outcomes that you feel relates to the use of Cuff Kit for this individual patient?

[Expand](#)

Reporting Monthly Data via REDCap

2023

*Survey will be sent to the Project and Data Lead emails

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
Reporting reminder email					Survey link will be sent out	
22	23	24	25	26	27	28
		Final reminder email	Surveys will be turned in by providers			
29	30	31				

*Monthly submission of inventory/distribution data is required by all providers.

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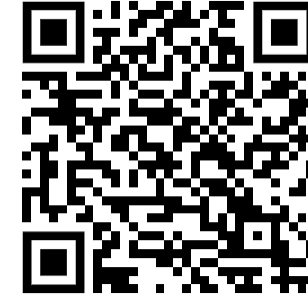
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Required Patient CPT Codes



More
info
here

All patients receiving a Cuff Kit™ must have the **99473 CPT code** entered in the EHR. Administrative data will be pulled for analysis based on the use of this CPT code.

CPT code 99474 can also be used.



CPT Code 99473

- Every time a CuffKit™ is distributed, the CPT code '99473' should be submitted as a claim. This claim is only to be entered **once per patient**
- No patient should be charged for receiving a CuffKit™. If you see a charge to the patient, please reach out to your billing department to resolve. For example, some facilities' billing departments have altered the claim to be one penny.
- MO HealthNet stated that the claim **should be reimbursed under Medicaid**
- If you continue to have difficulty with entering the CPT code, please contact silvernalej@uchicago.edu
- If your organization does not submit claims, please reach out to silvernalej@uchicago.edu and an alternative data tracking method can be arranged

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Case Study

Big thanks to Dr. Kristina Kaufmann, DO,
and her stellar patient care team

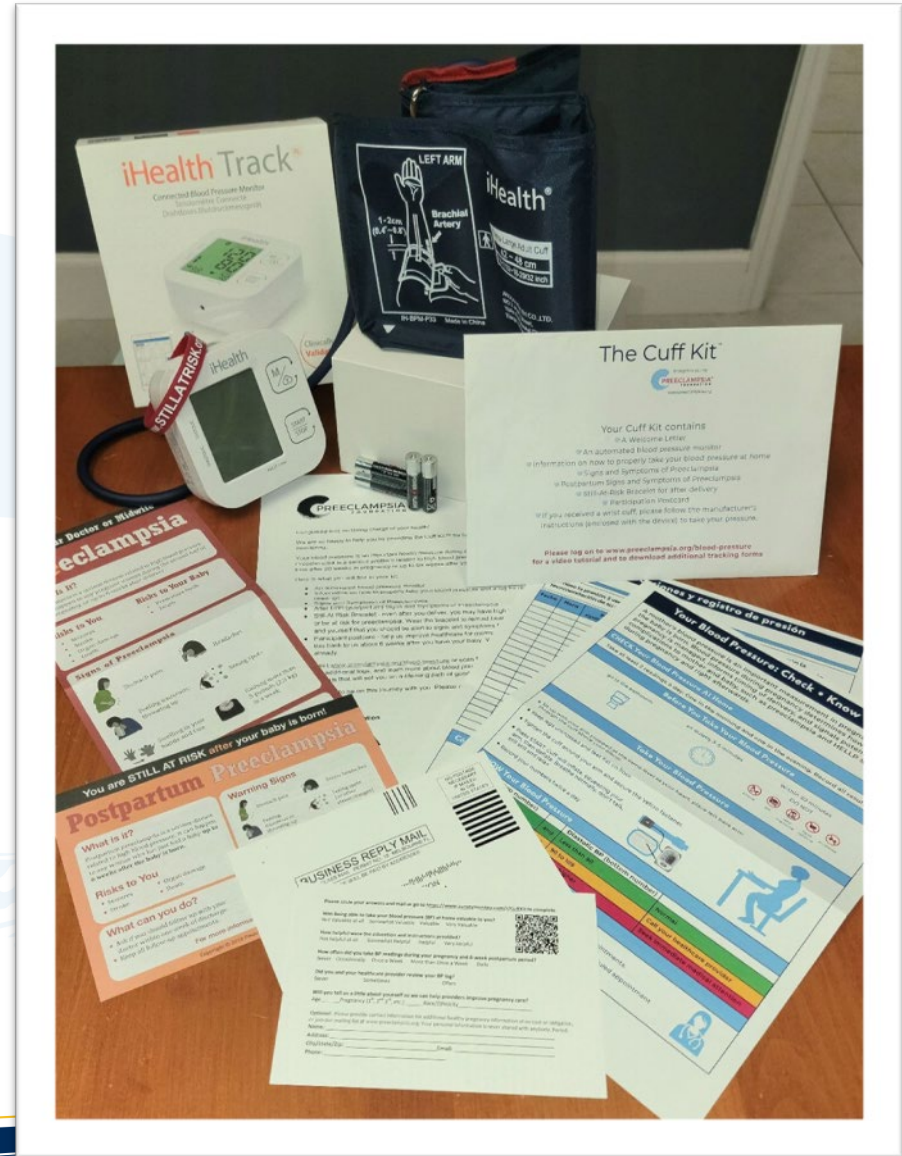


**Dallas County Family Medical Center,
Buffalo, MO**

Group Discussion

Q & A

Contact us at cuffkit@preeclampsia.org
or (321) 421-6957 for more information



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The Cuff Kit

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FOUNDATION
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Resources

FAQs



SCAN ME



The MHA and MC LAN Cuff Kit™ Project

Frequently Asked Questions

My organization is interested in participating in The Cuff Kit™ project through MHA and the MC LAN. How do we participate? How do we apply?

Organizations and individual providers will need to ensure they meet the following criteria to participate.

- utilize some form of telehealth capabilities to communicate with participating patients and closely monitor blood pressures (BP) through cuff kit usage (text messages, phone calls and video chats are examples, along with more sophisticated telehealth technologies)
- provide patients with the entire cuff kit package and educate on the contents and accurate BP monitoring
- prioritize distribution to those at highest risk, especially vulnerable birthing persons with a lower

<https://web.mhanet.com/wp-content/uploads/2022/06/Cuff-Kit-FAQ.pdf>



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Cuff Kit™ Connection with

Cuff Kit™ Connection meetings will be held on the **3rd Wednesday** of each month at **3 PM CT**.

All **Project and Data Leads** are **encouraged to attend** and invite anyone connected to the program from their location.

~~January 18, 2023~~

~~February 15, 2023~~

March 15, 2023

April 19, 2023

May 17, 2023

Literature and current studies

- **Not a lot of evidence on the causal impact of SMBPs in the US healthcare system**
- **However some studies have found:**
 - Women diagnosed with a gestational hypertension disorder were admitted to the prenatal ward less when given an at-home BP monitoring device (Lanssens, et al, 2018)
 - Nearly 92% of the women enrolled in a text-based monitoring reported BP cuff program reported a single blood pressure reading compared to only 44% who were not in the program (Hirshberg, 2018).
 - SMBPs helped boost feelings of empowerment, lower anxiety, and would lower health sector costs overall (Yeh et al, 2022)
- **A recent study in the U.K. measured the effect of at-home blood pressure monitoring during pregnancy and failed to find the benefit of SMBP for pregnancy outcomes among British pregnant women (Chappell et al. 2022, Tucker et al. 2022).**
 - However, there are vast differences between the U.K. and U.S. A ProPublica article points out that the two countries had similar rates of maternal mortality in 1950 – but the National Health Service (NHS) lowered its maternal mortality rate dramatically relative to the U.S. through standardization and outreach.

Patient Survey #1

Thanks for subscribing to THE CUFFKIT PROJECT SURVEY. By subscribing, you agree to receive a survey, reminders and a \$25 gift card for survey completion.

1. Choose your language
 - a. English
 - b. Español
2. Did you receive a CuffKit™ from your healthcare provider?
 - a. Yes
 - b. No
3. Are you currently receiving pre-natal care?
 - a. Yes
 - b. No
4. What is your age?
 - a. Under 19
 - b. 20-24
 - c. 25-29
 - d. 30-34
 - e. 35-39
5. What is your race?
 - a. White
 - b. Black or African American
 - c. American Indian or Native Alaskan
 - d. Asian
 - e. Native Hawaiian or Other Pacific Islander
6. How much control have you had regarding decisions about your pregnancy?
 - a. None at all
 - b. A little
 - c. A moderate amount
 - d. A lot
 - e. A great deal
7. To what extent do you agree or disagree with the following statement:
“During my pregnancy, I have been treated well by my health care providers.”
 - a. Strongly disagree
 - b. Disagree
 - c. Somewhat Disagree
 - d. Somewhat agree
 - e. Agree
 - f. Strongly agree