

TITLE: Novel Interventions in Children’s Healthcare: Fulfilling the Triple Aim by Supporting Kids with Medical Complexity and Social Vulnerability

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STUDENT SUBMISSION: Yes

TOPIC/TARGET AUDIENCE: Public Health Officials, Physicians, Healthcare System Administrators, and anyone interested in an evidence-based intervention that has shown success in significantly preventing unnecessary medical care for medically complex and socially vulnerable kids.

ABSTRACT: 48% of total healthcare expenditures can be attributed to just 4% of patients, a population characterized by a disproportionate amount of social risk factors. In 2011, Novel Interventions in Children’s Healthcare (NICH) was developed to fulfill the triple aim for this medically complex and socially vulnerable population.

For these children and families, the NICH interventions strives to decrease cost, while improving quality and experience in three key ways: (1) strategic family and systems interventions, (2) health systems integration and patient needs alignment, and (3) resource access. NICH services are available to youth and their families 24/7, recognizing the importance of continuity of care, especially outside of business hours.

Of the 22 youth participating in the NICH pilot, 43% evidenced a reduction in the number of ED visits, 43% demonstrated a reduction in the number of hospitalizations, and 57% evidenced a reduction in hospital length of stay during and after NICH. Data from this pilot suggest that NICH has the capability to significantly reduce costs by preventing unnecessary utilization. Since the initial pilot, NICH has served 300+ children and continues to expand in stride with Oregon’s heightened awareness of the need for a healthcare system that addresses social determinants of health.

OBJECTIVE(S): Describe a behavioral health intervention that has demonstrated success in decreasing unnecessary healthcare utilization.

Discuss social risk factors that contribute to health outcomes for kids with medical complexity.

Identify opportunities to translate NICH's success to other populations.
