

Research and Education

2018 HIGHLIGHTS

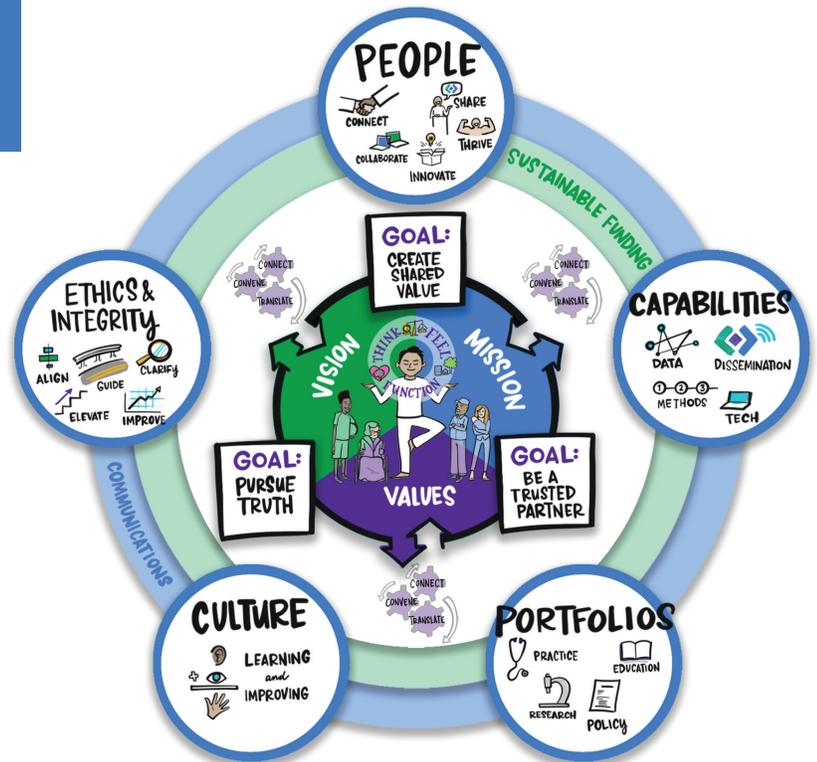
Improve health and well-being. That goal, part of HealthPartners' mission, provided inspiration for Institute strategic planning this past year. What could the Institute learn and do to shift the focus of health care from treatment to a balanced approach of health and well-being?

Guided by insights from employees, care and health plan leaders, board members and environmental and marketplace scans, our strategic plan brings research and education innovation together to connect with HealthPartners and the community. We contribute most to health and well-being by being a trusted partner, creating shared value and pursuing truth. We are excited to deliver.

We are pleased to share highlights of some of our work already underway. This work reflects collaboration between engaged employees and supportive partners. Thank you all for supporting these goals.

Nico Pronk, PhD
 President, HealthPartners Institute
 Chief Science Officer, HealthPartners

Jen Augustson
 Executive Director, Operations



Maintaining healthy blood pressure at home

Routinely logging blood pressure measurements at home and speaking with a pharmacist every two to four weeks significantly reduced patients' blood pressure over a span of 24 months, according to a [study](#) led by Institute researchers. Telemonitoring has been shown to reduce patients' blood pressure. This study suggests blood pressure improvement lasts for about a year after a telemonitoring program ends, which extends the impact on health and costs. The degree of blood pressure lowering as a result of this study reduced the number of cardiovascular events by about half. In addition, telemonitoring can reduce clinic visits, making care more affordable and convenient.

[Read more](#)

Meeting the demand for specialized training

Did you know there is a growing physician shortage? To fill the gap, health systems rely on nurse practitioners, physician assistants and other highly trained care providers. But the steep and stressful learning curve for these new clinicians can delay a care system's return on investment and potentially lead to burnout, which comes with additional costs. We're among a relatively few organizations that have created an Advanced Practice Clinician Fellowship. The program gives recent graduates more supervised training in a clinical setting, easing the transition into their profession. It also builds a crucial skillset that makes them more effective and efficient, which improves care and affordability. [Learn more about the program.](#)

Blood pressure treatment not linked to falls in elderly women

Upending a long-held belief of many geriatricians, [an Institute-led study](#) published in the *Journal of the American Geriatrics Society* showed that treating blood pressure in older women does not increase the risk of falls. The study of nearly 6,000 women over the span of a year asked them to report monthly on whether they had any falls. The women with treated, controlled high blood pressure had a 15 to 20% lower risk of a fall in the year of analysis. The women with treated, uncontrolled blood pressure also had a significantly lower risk of falling.



HealthPartners neuroscience researchers have developed treatments such as intranasal insulin to slow the progression of Alzheimer's disease. Now, our International Diabetes Center is studying to see if intranasal insulin can help patients with type 1 diabetes.

Insulin dose guidance system improves control

An automated insulin dose guidance system is helping improve glucose control for people with diabetes. In [this study](#), published in *The Lancet*, our researchers divided participants into two groups. One group used the device to help determine optimal insulin doses and received routine support from health professionals. The other group adjusted insulin doses based solely on the advice of health professionals at regularly scheduled contacts over the six-month study. After six months, the number of patients who controlled their diabetes (A1C <7%) using the guidance system along with health professional support was five times higher than the number of patients who received health professionals support alone.



Daily aspirin is good for some, not all

Just how beneficial daily low-dose aspirin is for adults has been a topic of study for our researchers. Now, new research from the [ASPREE study](#) has shown that for people who have heart disease or already had a heart attack, daily low-dose aspirin reduces the risk of a second heart-related event. But, for people 70 years of age or older, aspirin should not be used to prevent a first heart-related event because little benefit has been shown, and there is an elevated risk of bleeding in the brain or digestive tract. Daily aspirin use has benefits for people who are 50 to 59 years old, have an increased risk of heart attack or stroke, and are not at increased risk for bleeding.

In 2018, the Institute conducted more than 400 studies and published 335 articles, books and book chapters.

Clinical simulation improves trach care

Tracheostomy complications, if not handled quickly, can lead to rapidly deteriorating patient conditions. In 2018, HealthPartners [Clinical Simulation](#) and Regions Hospital partnered on a project to improve safety and quality of care for tracheostomy emergencies. The two departments designed a course to introduce charge nurses and respiratory therapists to a new workflow for managing tracheostomy emergency care. The course included lectures, skills stations and three immersive simulation experiences, providing hands-on opportunities to use the new workflow and improve teamwork. Through simulation, nurses and therapists learned how to work quickly in urgent situations. They also developed reliable processes to use in future tracheostomy emergency care.



Clinicians simulate responding to a tracheostomy emergency. More than 12,000 health professionals participated in clinical simulation programs in 2018.

Residency programs launched for rural medicine and dermatology



HealthPartners' new Western Wisconsin Rural [Family Medicine Residency](#) program recruited its first class of residents. Two residents per year will train at Amery and Westfields Hospitals, after completing their first year at Methodist Hospital. Also, a new Park Nicollet [Dermatology Residency](#) program was granted initial accreditation by the Accreditation Council for Graduate Medical Education. The program will recruit two residents in 2019.

The Institute provided training for more than 1,200 medical and advanced practice students as well as 700 medical residents and fellows.



26,000 health care professionals participated in more than 300 CME activities.

97% of participants indicated they will change their practice due to attending a CME activity.



The Cancer Research Center was created in 2018 to increase access and efficiencies to better serve patients. The Center brings together research teams from HealthPartners Cancer Care Center and Frauenthuh Cancer Center.

Institute accredits theater learning

A unique partnership involving our Continuing Medical Education (CME) team, Mixed Blood Theatre, a HealthPartners psychiatrist and the community, is raising awareness about autism, health equity and inclusion. A few years ago, we began offering credits to clinicians for viewing the Mixed Blood Theatre production, "Orange: A Theatre Experience Exploring Autism." We did the same with "The Curious Incident of the Dog at the Night-Time," which also featured a panel of people with autism. Recently, we accredited two performances of "[Narrative Medicine](#)," exploring stories about immigrant health to foster a meaningful patient-physician relationship and improve care. Performances and discussions have been powerful, realistic and touching, and have raised awareness about important issues.

HPV vaccine safe for pregnant women

The human papillomavirus (HPV) vaccine does not increase the chances of miscarriage, according to a [study](#) by Institute researchers. The vaccine is recommended for girls and women, ages nine to 26. It is not recommended for pregnant women, but sometimes women receive the vaccine before they know they are pregnant. The study assessed data from 2,800 pregnant women from seven health systems that participate in the Vaccine Safety Datalink. Results showed the HPV vaccine is safe and effective, and if it is given around the time of pregnancy, patients need not worry.

Can medical cannabis reduce cancer symptoms?

According to a [study](#) involving our researchers, yes. Medical cannabis can reduce severity of symptoms for some patients with cancer. Researchers collected data from 1,120 patients with cancer enrolled in the Minnesota Medical Cannabis Program. Using a numerical scale, patients reported severity of eight symptoms before each medical cannabis purchase. Symptoms included anxiety, loss of appetite, depression, disturbed sleep, fatigue, nausea, pain and vomiting. Many patients achieved a reduction in the severity of symptoms and maintained that benefit for at least four months. More research is needed to understand the potential benefits and risks of using the drug in cancer treatment.

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2018 AUDITED FINANCIALS

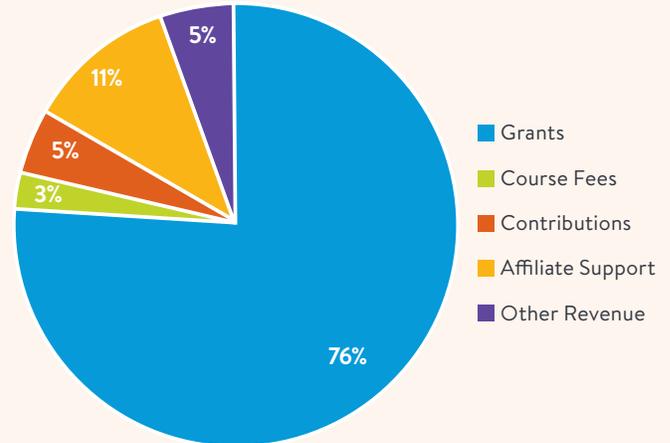
Operating Revenue

\$41.8M

Operating Expenses

\$44.5M

Operating Revenue Sources



Total Net Assets

\$62.7M

95% of our net assets are unrestricted

Mission

To improve health and well-being in partnership with our members, patients and community.

Vision

Health as it could be, affordability as it must be, through relationships built on trust.



healthpartnersinstitute.org

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