

Research and Education

2019 Highlights



Research, evaluation and education. Part of the fabric at HealthPartners, our core competencies generate and provide great value to patients, members, customers and our organization. As an Institute, we also build effective ways to connect across HealthPartners, convene with internal and external partners, and translate results into actionable guidance.

Our 2019 Highlights feature key work from the past year, including our initial response to the coronavirus pandemic. We have included examples of innovative work and breakthrough efforts from all parts of the Institute from the past year. Each of our team members plays a part in generating this progress—including our behind-the-scenes teams whose support is critical to each of the stories we share here.

We also implemented a Centers for Research and Education division in 2019. This is an important method of connection for the Institute, our care group and our organization. Through clinical research and education, our Centers serve as hubs for innovation and expertise in a particular area of health and well-being. They play an important role in building bridges between knowing, learning and doing.

We hope you enjoy this update. Stay safe, stay well.

Nico Pronk, PhD

President, HealthPartners Institute
Chief Science Officer, HealthPartners

Jen Augustson

Executive Director,
Operations

Education and research play important role during pandemic

When the reality of the COVID-19 pandemic became apparent, our research and education teams acted quickly. We created a rapid research response program to provide the infrastructure and support needed to launch COVID-19 research. And we partnered with the HealthPartners Care Group to develop educational resources for clinicians to support them in providing care in an unprecedented environment. Highlights include:

- Partnering with operational leaders and content experts to create resources for primary care ambulatory clinicians, medical specialty clinicians, surgeons and community senior care clinicians. These resources provide key updates to clinicians who may be redeployed to care for hospitalized, emergency department, and critical care patients.
- Hosting a weekly COVID-19 case conference with education and workflow discussion around our real-time clinical cases.
- Using clinical simulation to test intubation barrier prototypes to keep clinicians and patients safe during intubation procedures. Our clinical simulation resources are used for just-in-time testing of ideas as well as training.
- Testing an intravenous drug to protect the lungs from severe COVID-19 pneumonia. This phase II study evolved quickly to a phase III.

- Creating a COVID-19 patient registry to collect data such as demographics, smoking status, etiology, treatment outcomes, length of hospital stay and discharge disposition. The data repository will help answer crucial clinical and research questions related to COVID-19.
- Launching a smart phone app called SafeDistance to fight COVID-19 at the neighborhood level, letting users see data on the health of their neighborhood.
- Enrolling patients in a promising clinical trial that uses plasma from recovered COVID-19 patients to augment or jump-start the immune systems of those who are still critically ill.
- Publishing an analysis of data from the Vaccine for Children program and the Vaccine Safety Datalink to report on a steep decline in vaccinations for measles.



Testing intubation barrier prototypes for COVID-19.

More studies and educational initiatives are in development as we work with local and national partners to address COVID-19.



Supporting learners and teachers is key to health professional education

Through our Office of Health Professional Education, we annually provide training for 700 residents and fellows and 1,200 students. We manage nine sponsored Graduate Medical Education residency programs. This includes our new Dermatology Residency program, which welcomed its first two residents in 2019.

Teaching new doctors and students is a calling for many clinicians at HealthPartners. To support them in this critical work, we created the first-ever Simplifying Precepting Course. It focuses on key components of precepting, patient experience, role modeling, time management, and feedback.

Institute and Regions participate in national QI collaborative

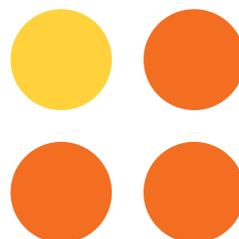
The Accreditation Council for Graduate Medical Education (ACGME) selected HealthPartners Institute/Regions Hospital as a Pathway Leader for Quality Improvement (QI) in Healthcare Disparities. The Institute was one of nine training institutions selected for this national QI collaborative. This is an 18-month initiative to develop a QI and health care disparities curriculum for trainees. The achievement is a recognition of the important health equity and quality improvement work happening at Regions Hospital and the strong partnerships between education and hospital leadership. Future plans include incorporating specific health care disparity tools into additional training programs within our clinical learning environment.

Studying off-patent drugs to curb price increases

As drug prices continue to rise, HealthPartners is looking for ways to help make prescriptions more affordable for patients and members. Accurate data that can effectively inform our decisions and those of policy makers is needed. That's why our researchers are analyzing off-patent drugs made by a single manufacturer – a subset of the market that is especially prone to price hikes. The study will identify the attributes of these drugs, examine drug prices over time, and look at HealthPartners patients to identify the demographic and clinical characteristics of those most vulnerable to large drug price increases. Researchers will study whether the price of drugs of high importance are hiked more often than others. This work could uncover important insights related to more cost-effective therapies for members and patients.

Control tobacco; save lives

Minnesota's tobacco-control programs have saved more than 4,000 lives and 43,000 hospitalizations for smoking-related diseases over the last 20 years, according to a study conducted by the Institute and ClearWay Minnesota. The programs also have saved \$5 billion in health care costs and productivity losses. These findings show the impact of two decades of tobacco prevention and cessation programs in local communities and statewide. Researchers used data on smoking from 1998 to 2017 and a microsimulation model that incorporated smoking prevalence rates to estimate the impacts and quantify savings. The study illustrates the value of keeping tobacco control efforts going beyond their scheduled end in 2022. [Read more](#)



In 2019, we conducted more than 400 studies and published 340 articles, books and book chapters.

Ambulatory Glucose Profile gains endorsement

The American Diabetes Association, along with seven other diabetes organizations around the world, recently endorsed the value of the Ambulatory Glucose Profile (AGP), which was developed by our International Diabetes Center. The AGP provides a standardized glucose report to help patients and clinicians better interpret continuous glucose monitoring (CGM) data. The AGP is currently used by 14 medical companies, providing patients and clinicians a single-page glucose report to review. While CGM has the potential to transform diabetes care, it can only happen if the data is organized and standardized in a way that allows patients and clinicians to make improvements in glucose management. [Read more](#)

Does cannabis use during pregnancy impact infants?

Researchers at HealthPartners Institute, University of Iowa and the University of Minnesota recently completed a study to find out how cannabis exposures during pregnancy could affect infants' growth and development. They analyzed data on 3,435 women receiving prenatal care in the HealthPartners care system over a 21-month period. Urine testing, a routine part of pregnancy care in the care system, showed 283 women had cannabis in their system while pregnant. According to the study, babies born to women who had cannabis in their system during pregnancy were more likely to be at or below the 10th percentile for weight, also known as small for gestational age. Additionally, 9.1 percent of the babies exposed to cannabis during pregnancy had an abnormal developmental screening at 12 months of age, compared to 3.6 percent of babies who were not exposed to cannabis during pregnancy. [Learn more](#)

National Cancer Institute awards \$19 million to support research efforts

Patients with cancer across Minnesota's metro area and surrounding communities will have access to clinical trials and study opportunities thanks to a \$19 million grant from the National Cancer Institute. These studies span new and emerging treatments, cancer prevention, symptom management and care delivery. The grant will be used over six years to fund the Metro-Minnesota Community Oncology Research Consortium, which is administered by HealthPartners Institute. Read the Cancer Research Center [annual highlights](#).



Partnering with research collaboratory offers insights on dementia care

We are actively involved in the National Institute of Aging's IMPACT Collaboratory, a nationwide infrastructure that conducts pragmatic clinical trials for people living with dementia and their caregivers. Unlike traditional clinical studies conducted in more controlled settings, pragmatic trials test interventions in real-world settings, such as clinics and hospitals, where people receiving care are more representative of general patient populations. We co-lead a group within the Collaboratory that focuses on health care systems, and delivering best practices at the point of care. This involvement keeps us in the loop of current research and puts us in a prime position for new funded trials. The Collaboratory is also important for network building and capacity building, bringing leaders from multiple health care systems together to improve care. [Learn more](#)

Suicide Risk Calculator predicts need for intervention

Researchers are studying how a Suicide Risk Calculator can affect the health and well-being of patients and members. Using complex algorithms, the calculator analyzes health records for indications of depression, self-harm, substance use disorder and other drug use. The risk score it provides has been more effective at predicting suicide attempts and deaths than previous methods. Institute Researcher Rebecca Rossom, MD, says, "Suicides are preventable deaths. Our goal is to figure out better interventions to prevent them."

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2019 AUDITED FINANCIALS

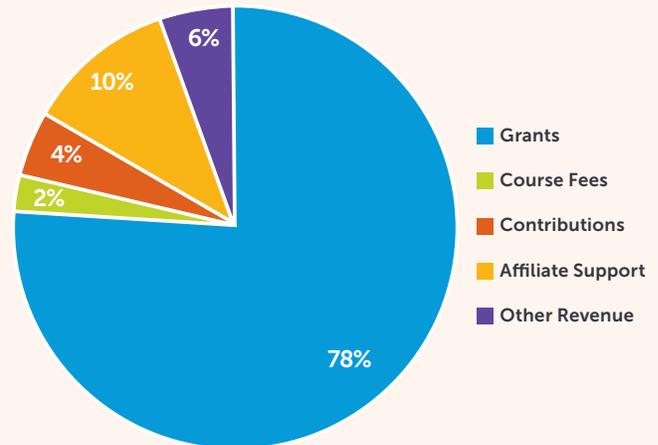
Operating Revenue

\$44.3M

Operating Expenses

\$45.4M

Operating Revenue Sources



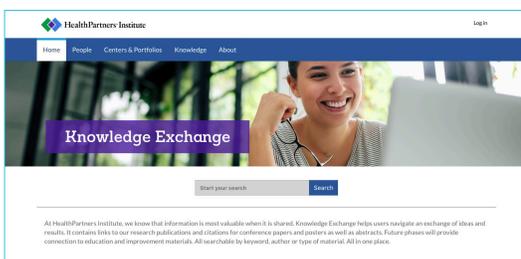
Total Net Assets

\$71.0M

98% 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.



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healthpartnersinstitute.org

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