

Research and Education

2022 Institute Highlights



Connecting to community

The HealthPartners mission directs our attention to the health and well-being of patients and members and guides our work in connecting to community. Once again, our Institute teams in research, evaluation and education have generated impressive results in moving us toward mission achievement. This year's report provides an overview of studies and training programs that support this work.

We learned this past year that health, well-being and healing are business imperatives. Care of our own workforce is paramount if we are to improve the health and well-being of those we care for. Participation in research, scholarly work, teaching and lifelong learning represents a generative force that builds resilience, energy and prevents burnout. The Institute provides opportunities for care teams and clinicians to participate in such activities and we are looking to expand in the coming years.

Furthermore, long-term implications of the COVID-19 pandemic indicate the loss of social trust across the community. In our own

small way, we commit to rebuilding this trust by connecting more closely with our community. This past year our teams partnered with our organization's health plan to design, develop and implement a Community Advisory Council that allows us to interact with many diverse voices in a respectful and humble manner.

Finally, we made great strides in providing options for our own colleagues to access knowledge. Our Knowledge Exchange, available on our website, is fast becoming the go-to resource for new learnings as well as connecting with the experts across HealthPartners.

We hope you enjoy this 2022 highlights report.

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

Jen Augustson
Vice President

COVID-19 vaccine research builds on a legacy of vaccine surveillance

Better data drives better research. That is the philosophy behind the Vaccine Safety Datalink (VSD), a network of 13 large health systems that monitors vaccine safety in partnership with the Centers for Disease Control and Prevention (CDC). The Institute has been part of the network for 22 years. Along with other participating health systems, we share and analyze large sets of data to help ensure vaccines currently used in the U.S. are safe. The CDC last year awarded the Institute nearly \$4 million for our VSD work.

We participate in several additional research networks evaluating COVID-19 vaccination, including the Minnesota EHR Consortium, VISION, and the National Institutes of Health (NIH)-funded CALM study. Highlights from the past year:



- Research from the VSD published in the New England Journal of Medicine found COVID-19 mRNA vaccinations during pregnancy were not associated with increased risk of serious acute adverse events, such as blood clots, low platelets, or other serious conditions, and affirmed the vaccines' safety.
- New data published in Health Affairs from the Minnesota EHR Consortium showed COVID-19 vaccination rates among homeless people and those in jail are significantly lower than vaccination rates in the general population. The analysis will help inform future vaccination efforts and public health initiatives.
- With funding from NIH, the Maternal COVID-19 Vaccination and Lactation Outcomes (CALM) project is studying whether COVID-19 vaccination during pregnancy or following delivery affects breastfeeding or infant health. This will guide decision-making among new and expecting parents who may be considering COVID-19 vaccination.

Regions Hospital to expand, enhance clinical simulation services with \$2.5M from Otto Bremer Trust

Slipping on a virtual reality headset, a nurse steps into an emergency department. They're preparing for a massive blood transfusion ahead of an imaginary trauma patient's arrival.

This high-tech form of training will be one of many features available to care teams as part of the relocation and expansion of our Clinical Simulation Center at Regions Hospital. This new space will improve the learning experience for the thousands of clinicians trained each year through our simulation programs. Ultimately, this investment will contribute to a more prepared and effective workforce to care for our communities.

This project is made possible, in part, by a \$2.5 million donation from the Otto Bremer Trust which will cover about half of the project's estimated costs. Regions Hospital Foundation is actively seeking additional contributions to help cover the remaining costs.

Clinical simulation has a real-world impact on patient care and safety

When a care team at Hudson Hospital & Clinic participated in a life-like training session, they didn't realize how soon they'd put that practice to use. A patient there noticed her husband looking ill after he returned from the parking lot, so she alerted the care team – moments before his heart stopped beating. An emergency nurse immediately recalled her simulation training on the critical first five minutes following a cardiac or respiratory arrest. The team shocked the patient twice, he regained his pulse, and they got him ready to go to Regions Hospital. He was discharged the next day, thanks to the team's quick recall of emergency techniques learned in simulation training.



Federal grant funds Care Ecosystem, a coordinated model of dementia care

Our Neuroscience Research Center received \$1.1 million from the National Institute on Aging for its part in a nationwide research project to assess the effectiveness of a promising model for dementia care. The telephone and web-based approach, called the Care Ecosystem, uses care navigators to help patients with dementia and their caregivers navigate their care and connect with community resources. This includes food delivery services, financial assistance and more.

When a doctor sees a patient with dementia experiencing psychosocial issues, they quickly engage a care navigator. The care navigator will identify services and resources to supplement the patient's medical care. And routinely connect with the patient-caregiver pair via phone and medical messaging to discuss care regimen and other needs.

HealthPartners has offered the Care Ecosystem since 2018. Our research found that while dementia progressed among patients enrolled in the Care Ecosystem, caregivers' mood and well-being remained stable and did not deteriorate. With this grant, we will study whether this model of care reduces emergency department utilization, memory care utilization, and disease progression. It will also study how the model impacts caregiver burnout and mental health. The project will include three care navigators who will work with 225 patient-caregiver pairs over the next year.

9,500 health professionals participated in clinical simulation programs

Four new health professional training programs launched in 2022

Establishing a best-in-class clinical education environment involves innovation, growth and evaluation. To help achieve this goal, our Office of Health Professional Education launched four new training programs last year to prepare trainees for their next steps:

- Advanced Education in General Dentistry (AEGD) residency program with the HealthPartners dental group started with six dental residents.
- Two Advanced Practice Clinician Fellowships in Orthopedics and Cardiology. The fellowships offer structured and comprehensive post-graduate programs to physician assistants and nurse practitioners.
- Advanced Practice Educational eXperience (APEX) program. The immersive, year-long training program for advanced practice students replaces multiple shorter rotations. This eliminates the constant movement and onboarding issues common in other traditional, short-term learning experiences.

One of the many ways we measure success in our training programs is by how many residents, fellows and students choose to start their career at HealthPartners after graduation. Last year, across all physician residency programs, 24% were hired by HealthPartners and half are practicing in Minnesota. We've seen even higher percentages of retention in our new programs in Dermatology, Family Medicine and Advanced Practice Clinician Fellowships.



New Center aims to improve outcomes for pregnant people and children

We were excited to launch our Pregnancy and Child Health Research Center in 2022. The Center supports and partners on research that addresses the well-being and health of pregnant people, children and families – including adolescents and young adults. Our work focuses on equitable health for parents and children across the life course. And research aims to improve reproductive, perinatal and child health to reduce disparities in these areas.

Since the Center's launch, researchers have studied:

- COVID-19 and influenza vaccine safety during pregnancy
- Treatment of depression during pregnancy or postpartum
- Prescription opioid use during pregnancy
- High blood pressure during pregnancy
- Disparities in perinatal health, breastfeeding, and routine childhood vaccination

The Center has also engaged with partners and the community to address the health effects of racism. The team hosted a symposium with conversation on racism, colorism and preterm birth.

3,200 student clinical rotations across our care group in more than 60 health professional roles

Local academy has worldwide impact on diabetes care

The Institute's International Diabetes Center launched the 2023 Time in Range (TIR) Academy to improve the lives of people with diabetes. Primary care clinicians from around the world have joined the academy to learn about the use of continuous glucose monitoring (CGM) to improve type 2 diabetes management. By providing knowledge, skills and confidence, the academy helps clinicians integrate CGM into their practice. International Diabetes Center faculty use a combination of didactic sessions, case studies, and education resources to teach the use of time in range, Ambulatory Glucose Profile (AGP) Report and other CGM metrics to guide diabetes management. Through early 2023, 1,000 clinicians have registered. Our goal is to serve 3,000 total registrants before the academy closes.

TIR academy modules are translated into French, German, Mandarin, Russian, Spanish and Turkish and are also available with English subtitles.

Community Advisory Council offers new community engagement model for health equity

With the inequities that have long plagued our society more visible in recent years, colleagues across our organization asked themselves how their skillsets could be used to help undo the racist systems that are still part and parcel of the American experience. A result of that exploration is our Community Advisory Council for Research and Evaluation. This council is a group of people from all walks of life that will regularly provide feedback on our work to help ensure it's inclusive of the diverse communities we serve. It will be vital to strengthening ties between our research and community interests and needs.

The council meets every six weeks. It's made up of 13 members representing different ages, races, religions, sexual orientation, incomes, professions and other attributes that reflect our diverse state. The council has two co-chairs: community co-chair Antonia Apolinario-Wilcoxon, EdD, and HealthPartners physician/researcher Bjorn Westgard, MD, MA.

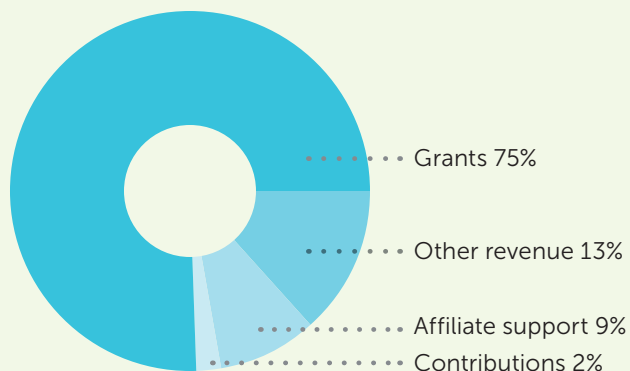
The National Committee for Quality Assurance recently awarded HealthPartners Medicaid plans its Health Equity Accreditation status. The accreditation recognizes organizations that have successfully implemented market-leading practice to provide culturally and linguistically sensitive services, and work to reduce health care disparities. The accreditation was also awarded because of a commitment to seeking community feedback. We are proud that our Community Advisory Council for Research and Evaluation is a key component of that commitment.

FINANCIALS 2022

Operating Revenue
\$43.7M

Operating Expenses
\$46.1M

Operating Revenue Sources



Total net assets \$79.7M
99% 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.

Visit our website to learn more about the Institute.

healthpartnersinstitute.org

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