



**Healthcare Leadership Network**  
*of the Delaware Valley*



**Study Finds Population Health Strategies Can Improve Patient Experience & Reduce Hospital Stays**  
**by Dave Rubin**

Targeted population health interventions can deliver better patient experience, improved health outcomes and value to the Medicaid system, according to a recent study out of Children’s Hospital of Philadelphia (CHOP).

The study, which published in JAMA Network Open, showed that among more than 93,000 Medicaid-enrolled children, combining technology solutions with interdisciplinary integrated care teams led to 50 fewer hospital admissions each month and 3,600 fewer bed days for these youth in a year.

The CHOP intervention, implemented over two years, sought to identify high-risk, Medicaid-enrolled children with special health care needs and provide solutions to keep them out of the hospital or reduce their hospital stays. Reporting tools in patients’ electronic medical record notified clinicians and staff if their patients visited the emergency department or were admitted into the hospital. Then, an integrated care team would connect with these families to help them schedule and prepare for follow-up appointments, assist with locating needed services and answer questions they had about their care. These clinical teams also utilized technological tools to improve coordination and communication between them.

“Fundamentally, what we are talking about is identifying those patients who need the most proactive care, surrounding them with an expert team—from physicians, to nurses, to social workers, to navigators—and then equipping that team with supportive technology. In doing that, we saw that we can deliver the type of care our patients want while providing value and efficiency throughout the whole health care system,” said Dr. David Rubin, director of Population Health Innovation and PolicyLab at CHOP and lead author on the study.

If you’re interested in learning more about this study or its implications, reach out to Dr. David Rubin at [policylab@email.chop.edu](mailto:policylab@email.chop.edu).