



**WISCONSIN HEALTH
INFORMATION ORGANIZATION**
BETTER INFORMATION. BETTER DECISIONS.

**A County Level Comparison of Quality and
Effective Use of Resources
for
Primary Care Practices in Wisconsin**



The Wisconsin Health Information Organization (WHIO) is a voluntary non-profit organization dedicated to improving the quality, affordability, safety and efficiency of health care in Wisconsin. The WHIO has been designated a Qualified Entity (QE) by the Centers for Medicare and Medicaid Services (CMS). As a Qualified Entity, WHIO is permitted to receive Medicare claims data from CMS and combine it with other claims data received from our voluntarily participating commercial and Wisconsin Medicaid insurers for the purpose of producing public reports to evaluate the performance of Wisconsin's health care delivery system.

This report was created from data provided by CMS through the QE Certification Program, and claims data from 16 commercial health plans and Wisconsin's Medicaid program. The information represents health care information on over 4.8 million people. The measurement period of this report is October 1, 2013 through September 30, 2014.

The WHIO's vision is to be an indispensable asset to those who work to improve the healthcare value of Wisconsin. We strive to:

-  Aggregate health care data to create comprehensive, reliable information to decrease unwarranted variations in care and cost;
-  Improve the quality, cost, safety and efficiency of health care in Wisconsin by partnering with providers, purchasers and payers; and
-  Support consumer decision making by publishing usable information.

The report that follows has been developed to help Wisconsin and the CMS improve the quality and reduce the cost of Medicare services.

Provides the Recommended Care for your Healthcare Issue at the Right Time

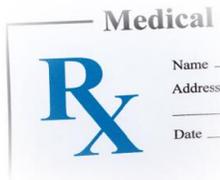
About the Ratings



Why are Ratings Important?

- 1) Not all healthcare is the same; some healthcare is better than others.
- 2) You have a central role to play in your health and healthcare.

1. Ratings in this report focus on healthcare at the county level in Wisconsin.



2. Ratings are for Family Medicine, Internal Medicine, and Pediatrics, using nationally-endorsed standards of care that are widely accepted by the health care community.

3. Data used to determine the ratings in this report are based on commercial, pharmacy, WI Medicaid, Medicare Advantage, and Medicare FFS Parts A, B and D claims for services that providers received payment for.

4. Ratings are displayed for counties with two or more practice groups and with four or more physicians in a specialty with enough information to be rated in the report time period.

Provides the Recommended Care for your Healthcare Issue at the Right Time

This is a rating of how the providers in a Wisconsin county compare to an expected result based on their statewide peer group in delivering evidence-based care to their patients. The ratings in this report are displayed as green, yellow, and red arrows that represent Better than Average, Average, or Worse than Average performance. To learn more about the quality measures in this rating, see Quality Measures at the end of this report.

Makes Good Use of Your Healthcare Dollars

This is an efficiency rating of how the providers in a Wisconsin county compare to an expected result based on the statewide peer group in the efficient use of health care dollars when treating their patients. The ratings in this report are displayed as green, yellow, and red arrows that represent Better than Average, Average, or Worse than Average performance.

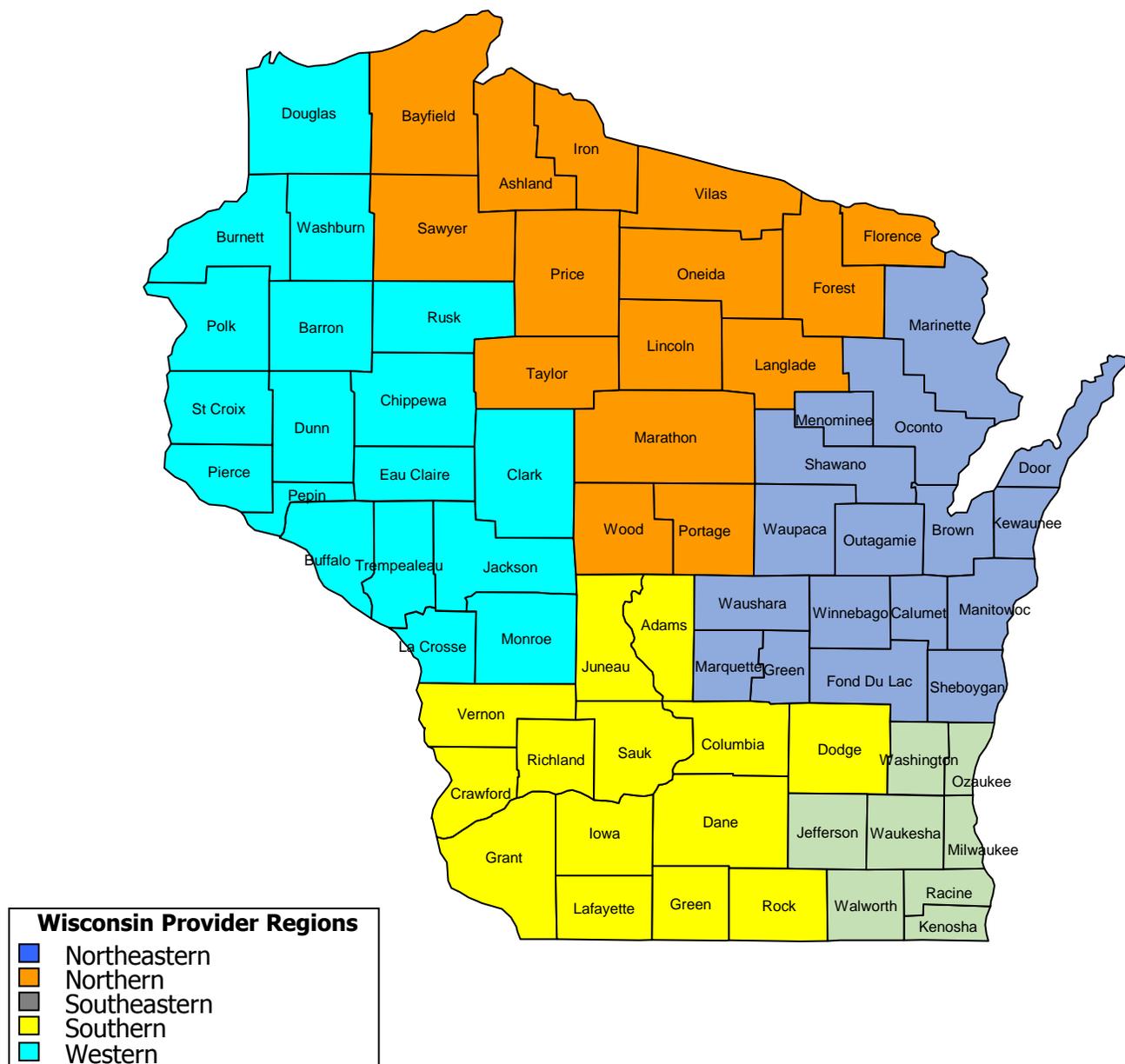
Explanation of the Ratings:



If a county's providers had better performance compared to their statewide peers AND the result was statistically significant, then the county's provider rating will display a green arrow, indicating Better than Average performance. If a county's providers had lower performance compared to their statewide peers AND the result was statistically significant, then the county's provider rating will display a red arrow, indicating Worse than Average performance. If the performance result was not statistically different from the average, then the county's provider rating will display a yellow arrow, indicating Average performance. If there was not enough information to be rated, the county's provider rating will display a gray circle.

This report provides ratings of primary care practices aggregated at the county level for Wisconsin's Family Medicine, Internal Medicine and Pediatric physicians. The state of Wisconsin has been divided into healthcare regions that include the counties below.

The ratings include a measure for overall quality labeled "Provides the Recommended Care for Your Healthcare Issue at the Right Time" and a measure for efficiency labeled "Makes Good Use of Your Healthcare Dollars." In counties where there was not enough information, the county result indicates "Not Rated."



Family Medicine Physicians grouped by Location County

	Provides the Recommended Care for Your Healthcare Issue at the Right Time				Makes Good Use of Your Healthcare Dollars			
	Above	Average	Below	Not Rated	Above	Average	Below	Not Rated
Northeastern WI Counties								
BROWN	↑				↑↑			
CALUMET			↓		↑↑			
DOOR			↓			→		
FOND DU LAC	↑				↑			
GREEN LAKE			↓				↓	
KEWAUNEE	↑↑				↑			
MANITOWOC	↑					→		
MARINETTE			↓			→		
MARQUETTE			↓			→		
MENOMINEE				●				●
OCONTO			↓				↓	
OUTAGAMIE	↑				↑			
SHAWANO	↑					→		
SHEBOYGAN			↓		↑↑			
WAUPACA	↑				↑↑			
WAUSHARA			↓			→		
WINNEBAGO	↑				↑			
Northern WI Counties								
ASHLAND			↓				↓	
BAYFIELD			↓				↓	
FLORENCE				●				●
FOREST		→			↑			
IRON				●				●
LANGLADE		→				→		
LINCOLN	↑↑					→		
MARATHON	↑↑				↑↑			
ONEIDA	↑↑				↑↑			
PORTAGE	↑				↑			
PRICE				●				●
SAWYER			↓				↓	
TAYLOR		→				→		
VILAS			↓			→		
WOOD	↑				↑			
Southeastern WI Counties								
JEFFERSON		→				→		
KENOSHA			↓				↓	
MILWAUKEE			↓				↓	
OZAUKEE	↑						↓	
RACINE	↑						↓	
WALWORTH			↓				↓	
WASHINGTON			↓		↑		↓	
WAUKESHA	↑						↓	
Southern WI Counties								
ADAMS			↓			→		
COLUMBIA			↓			→		
CRAWFORD		→				→		
DANE	↑				↑↑			
DODGE		→			↑			
GRANT			↓				↓	
GREEN	↑					→		
IOWA			↓				↓	
JUNEAU			↓				↓	
LAFAYETTE			↓			→		
RICHLAND			↓				↓	
ROCK			↓				↓	
SAUK			↓				↓	
VERNON			↓				↓	

Western WI Counties	
BARRON	↑
BUFFALO	→ ●
BURNETT	↓
CHIPPEWA	↑
CLARK	→
DOUGLAS	↓
DUNN	→
EAU CLAIRE	→
JACKSON	↓
LA CROSSE	↓
MONROE	↑
PEPIN	→ ●
PIERCE	↓
POLK	↓
RUSK	↑
SAINT CROIX	↓
TREMPEALEAU	↓
WASHBURN	↓

Internal Medicine Physicians grouped by Location County

Provides the Recommended Care for Your
Healthcare Issue at the Right Time

Makes Good Use of Your Healthcare Dollars

	Above	Average	Below	Not Rated	Above	Average	Below	Not Rated
Northeastern WI Counties								
BROWN		→			↑			
CALUMET				●				●
DOOR			↓				↓	
FOND DU LAC	↑					→		
GREEN LAKE		→					↓	
KEWAUNEE				●				●
MANITOWOC	↑					→		
MARINETTE		→					↓	
MARQUETTE				●				●
MENOMINEE				●				●
OCONTO				●				●
OUTAGAMIE	↑				↑			
SHAWANO				●				●
SHEBOYGAN	↑					→		
WAUPACA	↑				↑			
WAUSHARA				●				●
WINNEBAGO	↑				↑			
Northern WI Counties								
ASHLAND			↓			→		
BAYFIELD				●				●
FLORENCE				●				●
FOREST				●				●
IRON				●				●
LANGLADE	↑					→		
LINCOLN	↑					→		
MARATHON	↑				↑			
ONEIDA	↑				↑			
PORTAGE	↑				↑			
PRICE	↑						↓	
SAWYER				●				●
TAYLOR				●				●
VILAS				●				●
WOOD	↑				↑			
Southeastern WI Counties								
JEFFERSON			↓				↓	
KENOSHA		→					↓	
MILWAUKEE			↓				↓	
OZAUKEE			↓			→		
RACINE	↑						↓	
WALWORTH			↓				↓	
WASHINGTON	↑						↓	
WAUKESHA	↑					→		
Southern WI Counties								
ADAMS				●				●
COLUMBIA			↓				↓	
CRAWFORD				●				●
DANE	↑				↑			
DODGE		→				→		
GRANT				●				●
GREEN	↑					→		
IOWA				●				●
JUNEAU				●				●
LAFAYETTE				●				●
RICHLAND				●				●
ROCK			↓				↓	
SAUK			↓			→		
VERNON				●				●

Western WI Counties			
BARRON	↑		↑
BUFFALO		●	●
BURNETT		●	●
CHIPPEWA	↑		↑
CLARK	↑		↑
DOUGLAS		↓	↑
DUNN		↓	↓
EAU CLAIRE	↑		↓
JACKSON		●	●
LA CROSSE		↓	↑
MONROE		↓	↑
PEPIN		●	●
PIERCE	↑		→
POLK		●	●
RUSK		●	●
SAINT CROIX	→		→
TREMPEALEAU		●	●
WASHBURN		●	●

Pediatrics Physicians grouped by Location County

Provides the Recommended Care for Your Healthcare Issue at the Right Time

Makes Good Use of Your Healthcare Dollars

	Provides the Recommended Care for Your Healthcare Issue at the Right Time				Makes Good Use of Your Healthcare Dollars			
	Above	Average	Below	Not Rated	Above	Average	Below	Not Rated
Northeastern WI Counties								
BROWN	↑					→		
CALUMET				●				●
DOOR				●				●
FOND DU LAC			↓				↓	
GREEN LAKE				●				●
KEWAUNEE				●				●
MANITOWOC			↓			→		
MARINETTE			↓				↓	
MARQUETTE				●				●
MENOMINEE				●				●
OCONTO				●				●
OUTAGAMIE	↑				↑			
SHAWANO				●				●
SHEBOYGAN		→					↓	
WAUPACA				●				●
WAUSHARA				●				●
WINNEBAGO	↑					→		
Northern WI Counties								
ASHLAND				●				●
BAYFIELD				●				●
FLORENCE				●				●
FOREST				●				●
IRON				●				●
LANGLADE				●				●
LINCOLN				●				●
MARATHON	↑						↓	
ONEIDA			↓				↓	
PORTAGE		→					↓	
PRICE				●				●
SAWYER				●				●
TAYLOR				●				●
VILAS				●				●
WOOD	↑						↓	
Southeastern WI Counties								
JEFFERSON				●				●
KENOSHA			↓				↓	
MILWAUKEE			↓		↑			
OZAUKEE		→			↑			
RACINE			↓				↓	
WALWORTH			↓			→		
WASHINGTON			↓			→		
WAUKESHA			↓		↑			
Southern WI Counties								
ADAMS				●				●
COLUMBIA				●				●
CRAWFORD				●				●
DANE	↑				↑			
DODGE	↑				↑			
GRANT				●				●
GREEN				●				●
IOWA				●				●
JUNEAU				●				●
LAFAYETTE				●				●
RICHLAND				●				●
ROCK			↓		↑			
SAUK			↓			→		
VERNON				●				●

Western WI Counties		
BARRON	●	●
BUFFALO	●	●
BURNETT	●	●
CHIPPEWA	↑	→
CLARK	●	●
DOUGLAS	●	●
DUNN	●	●
EAU CLAIRE	↑	↓
JACKSON	●	●
LA CROSSE	↑	→
MONROE	●	●
PEPIN	●	●
PIERCE	●	●
POLK	●	●
RUSK	●	●
SAINT CROIX	↓	↓
TREMPEALEAU	●	●
WASHBURN	●	●



Frequently Asked Questions

Q *Why are MyHealth ratings important?*

A Ratings are important because they may help you compare and evaluate health care providers' performance, identify best practices, and find the doctors who are right for you and your family. The MyHealthWI ratings are valuable because they measure whether doctors and their care teams provide the recommended care and how effectively they make good use of your health care dollars.

Q *How are the MyHealthWI ratings determined?*

A The ratings are created by the Wisconsin Health Information Organization (WHIO) using national measures of quality and efficiency. The measures are based on standards of care that are widely accepted by the medical community.

Q *What is the Wisconsin Health Information Organization (WHIO)?*

A The Wisconsin Health Information Organization (WHIO) is a non-profit organization that was formed by leaders in Wisconsin's health care industry committed to improving the safety, quality, efficiency and affordability of health care to Wisconsin residents. The WHIO includes representatives from health care providers, health plans, employers and public agencies.

Q *Where does the information that goes into generating the ratings come from?*

A When you receive a health care service, your provider submits a claim for payment. The information from these claims is used to learn about the quality and resources used to provide health care services. NO patient names or other information that would identify a patient are reported to the public.

Q *What is the minimal amount of data required for a rating in this report?*

A The rating for each county in this report requires that each county has at least 2 clinics and four or more physicians and at least 150 episodes of care attributed to the group. An episode of care is a series of treatments and follow-up care related to a medical condition such as a broken leg or heart surgery, or the year-long treatment of a person with diabetes.

Q *What does "Not Rated" tell me?*

A "Not Rated" is not a negative rating. In some counties there are not enough physicians or patient visits to meet the minimal amount of data required for a rating.

Q *How do I know I can trust this information?*

A The information comes directly from organizations in Wisconsin that pay the claims that come from providers when they deliver care.

Q *How can I help improve the quality of health care I am receiving?*

A Prepare for your visit by bringing a list of the medications you are taking and questions you have with you to your visit. When your physician prescribes a treatment or medication, ask the reasons for that particular treatment or medication, what other options might be available, and what the costs will be. Make sure that you complete regular screening tests for cancer, heart disease and diabetes that your physician recommends for you.



Conditions of the Heart (Cardiology)

Atrial Fibrillation

Atrial Fibrillation (also called AFib or AF) is a quivering or irregular heartbeat (arrhythmia) that can lead to stroke and other heart-related complications. If you have been diagnosed with Atrial Fibrillation, your doctor should be following a series of best practices to treat you including:

- ◆ Assessment of your blood clot (thromboembolic) risk factors,
- ◆ Assessment of whether you should take anti-clotting medication like aspirin, or FDA approved medications, and
- ◆ Monthly tests to determine how fast your blood clots.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.

Beta-Blocker Treatment

Beta blockers are a type of medicine that is used to lower blood pressure, treat chest pain (angina) and heart failure, and to help prevent a heart attack. If you have been hospitalized with a heart attack (acute myocardial infarction, or AMI), your doctor should have prescribed a beta-blocker treatment plan for a six-month period of time after you left the hospital. If your doctor did not prescribe a beta-blocker, or you have not been persistently taking them for a six-month period of time, you should talk to your doctor about your treatment.

Congestive Heart Failure, or CHF

Congestive Heart Failure is a condition in which the heart cannot pump enough oxygenated blood to meet the needs of the body's other organs. The heart keeps pumping, but not as efficiently as a healthy heart. If you have Congestive Heart Failure, your doctor should be following a series of best practices that include:

- ◆ Prescribing a beta blocker for you,
- ◆ Prescribing an ACE inhibitor (angiotensin-converting-enzyme inhibitor) for you, and
- ◆ Prescribing warfarin for you if you have congestive heart failure and atrial fibrillation.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.

Coronary Artery Disease

Coronary Artery Disease is the most common type of heart disease and cause of heart attacks. The disease is caused by plaque building up along the inner walls of the arteries of the heart, which narrows the arteries and reduces blood flow to the heart. If you have been diagnosed with Coronary Artery Disease, your doctor should be following a series of best practices to treat you including:

- ◆ Prescribing medication to lower your cholesterol,
- ◆ Prescribing medication to control your blood pressure,
- ◆ Prescribing a beta-blocker for you if you suffered a heart attack,



- ◆ If you are a tobacco user, encouraging you to try to stop smoking, and
- ◆ Requiring an office visit for cardiac care.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.

High Blood Pressure

High Blood Pressure, or hypertension, is a chronic medical condition in which the blood pressure in your arteries is elevated. This requires your heart to work harder than normal to circulate blood through your blood vessels. If you have been diagnosed with High Blood Pressure, your doctor should encourage you to make lifestyle changes that could include diet and exercise. If you believe your doctor is not actively working to manage your High Blood Pressure, please take time to have a discussion with your doctor about your treatment.

Conditions of Major Glands & Study of Hormones (Endocrinology)

Diabetes

Diabetes is a metabolic disease in which you have high blood sugar because your body is not producing enough insulin (a hormone that is central to regulating carbohydrate and fat metabolism in your body), or your body does not respond to the insulin you are producing. If you have been diagnosed with Diabetes, your doctor should be following a series of best practices to treat you including:

- ◆ Conducting an annual test to check your High-density lipoprotein (HDL) cholesterol level,
- ◆ Conducting an annual test to check your triglyceride levels,
- ◆ Conducting an annual screening test to check you for diabetic retinopathy - acute damage to the retina of your eye (If you are between 18 and 75 years of age),
- ◆ Conducting an annual test to check your kidneys (if you are between 18 and 75 years of age),
- ◆ Conducting an annual test to check your Low-density lipoprotein (LDL) cholesterol level (if you are between 18 and 75 years of age),
- ◆ Conducting an annual test to check your blood sugar (if you are between 5 and 17 years of age),
- ◆ Testing your blood sugar level at least two (2) times every year,
- ◆ Requesting an office visit for you every six (6) months, and
- ◆ Referring you to a specialist if you have specific diabetic complications.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.

High Cholesterol, or Hyperlipidemia

Cholesterol is a waxy substance that's found in the fats (lipids) in your blood. While your body needs cholesterol to continue building healthy cells, having high cholesterol can increase your risk of heart disease. If you have been diagnosed with High Cholesterol, your doctor should be following a series of best practices to treat you including:



- ◆ Conducting an annual test to check your High-density lipoprotein (HDL) cholesterol level,
- ◆ Conducting an annual test to check your triglyceride levels,
- ◆ Conducting an annual test to check your Low-density lipoprotein (LDL) cholesterol level,
- ◆ Prescribing FDA approved medications for you if necessary, and
- ◆ Discussing lifestyle changes including diet and exercise.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.

Obesity

If you are overweight or obese, you are at higher risk for developing hypertension, cardiovascular disease, type 2 diabetes, stroke, congestive heart failure, respiratory problems, cancer, gallbladder disease and osteoarthritis. If your doctor has checked your body mass index (BMI), which is simply weight adjusted for height, and diagnosed you as obese, your doctor should be following a series of best practices to treat you.

Conditions of the Stomach and Digestive System (Gastroenterology)

Inflammatory Bowel Disease

Inflammatory Bowel Diseases occur when your own immune system attacks elements of your digestive system. The major types of Inflammatory Bowel Diseases are Crohn's disease and ulcerative colitis. If you have been diagnosed with Inflammatory Bowel Disease, your doctor should be following a series of best practices to treat you including:

- ◆ Prescribing Nonsteroidal anti-inflammatory drugs (NSAID medication) for you, and
- ◆ Referring you to a specialist in gastroenterology for a consultation, especially if you have had complications.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.

Conditions of the Liver (Hepatology)

Hepatitis C

Hepatitis C is a disease that primarily affects your liver. The hepatitis C virus, which causes Hepatitis C, is spread primarily by blood-to-blood contact associated with drug use involving needles, poorly sterilized medical equipment and blood transfusions. If you have been diagnosed with Hepatitis C, your doctor should be following a series of best practices to treat you including:

- ◆ Conducting tests to determine the type of Hepatitis C you have (there are 6 different types),
- ◆ Prescribing antiviral treatment based on your type of Hepatitis C, and
- ◆ Providing an infectious disease consultation for you.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.



Conditions Related to Injuries and Poisoning (Trauma & Poisoning)

Drug-Disease Interactions

Elderly people are more likely to experience an adverse drug event than younger adults, and are seven times more likely to be hospitalized due to an adverse drug event. The most common drug-disease interactions occur in:

- ◆ Elderly people who had an accidental fall or hip fracture who took an antidepressant or sleep agent after the incident.
- ◆ Elderly people with dementia who took an antidepressant or anticholinergic agent after the earliest record of dementia.

Conditions of the Kidneys (Nephrology)

Chronic Kidney Disease

Chronic Kidney Disease is a disease which causes progressive loss of kidney function over a period of months or years. If you have high blood pressure, diabetes, or have a family history of Chronic Kidney Disease, your physician may screen you for chronic kidney disease. If you have been diagnosed with Chronic Kidney Disease, your doctor should be following a series of best practices to treat you including:

- ◆ Conducting an annual office visit.

If you believe your doctor is not following this best practice, please take time to have a discussion with your doctor about your treatment.

Conditions of the Brain and Nervous System (Neurology)

Epilepsy

Epilepsy is a nervous system disorder that would cause you to have seizures (thrashing movements.) These seizures are short spells which vary from being nearly undetectable to vigorous shaking. If you have been diagnosed with Epilepsy, your doctor should be following a series of best practices to treat you including:

- ◆ Referring you to a specialist in neurology if you have been to the emergency room or have been hospitalized in the last three months because of a seizure.

If you believe your doctor is not following this best practice, please take time to have a discussion with your doctor about your treatment.

Migraine

A Migraine is a condition where you frequently get severe headaches. Migraines often also result in nausea and vomiting. If you have migraine headaches, your doctor should be following a series of best practices to treat you including:



- ◆ Conducting a computerized axial tomography (CT) scan or magnetic resonance imaging (MRI) scan of your head,
- ◆ Conducting an electroencephalography (EEG) scan – essentially a recording of the electrical activity of your head,
- ◆ Prescribing FDA approved migraine medications,
- ◆ Conducting an office visit with you if you have frequent emergency room visits, or are taking medication frequently for migraines in the last six months, and
- ◆ Referring you to a specialist in neurology or anesthesiology if you have been hospitalized because of migraines in the last six months.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.

Multiple Sclerosis

Multiple Sclerosis is a disease where you have patches of hardened tissue in your brain or your spinal cord resulting in symptoms such as weakness or paralysis in the arms or legs, or loss of balance and muscle coordination that usually come and go. If you have been diagnosed with Multiple Sclerosis, your doctor should refer you to a neurology specialist.

Stroke

A Stroke is a serious illness where you lose brain function due to a lack of blood supply to your brain. This lack of blood supply may be caused by a blockage in your brain, or a break in a blood vessel in your brain. If you have had a stroke, your doctor should be following a series of best practices to treat you including:

- ◆ Conducting a test to measure your blood flow to the blood vessels that supply blood to your head and neck. This test is called a carotid Doppler exam. OR,
- ◆ Taking an x-ray of your head and neck to check your blood vessels, and
- ◆ Conducting a computerized axial tomography (CT) scan or magnetic resonance imaging (MRI) scan of your head soon after your stroke.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.

Conditions of the Bones and Joints (Orthopedics and Rheumatology)

Low Back Pain

If you are experiencing low back pain there may be treatments that your physician can recommend. Take the time to speak with your physician about your lower back pain to determine if there may be a medical treatment for your pain.

Osteoporosis

Osteoporosis is a condition where your bones become weak and fragile because you have lost tissue.



Osteoporosis most often occurs in elderly women. If you believe you have Osteoporosis, talk to your physician about prescribing a treatment.

Rheumatoid Arthritis (RA)

Rheumatoid Arthritis (RA) is serious disease that causes your joints to become very painful, stiff, and swollen. Rheumatoid Arthritis (RA) becomes worse over time. There is no cure for Rheumatoid Arthritis (RA), but treatments can improve symptoms and slow the progress of the disease. If you have been diagnosed with Rheumatoid Arthritis (RA), your doctor should be following a series of best practices to treat you including:

- ◆ Encouraging an office visit for Rheumatoid Arthritis care every twelve months, and
- ◆ Referring you to specialist in rheumatology if you have had complications in the last six months, or if you are on a complex treatment plan.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.

Conditions of the Ears, Nose and Throat (Otolaryngology)

Ear Infection

If you have an ear infection, topical preparations are recommended for initial therapy of uncomplicated acute otitis externa. Antibiotic may be necessary in some situations. Amoxicillin, a first line antibiotic, is recommended for treatment of acute otitis media.

Sinusitis

Sinusitis is an inflammation of your sinuses, which can be caused by an infection, or allergies. If you have severe symptoms, empiric antibiotic treatment is reasonable. Amoxicillin, a first line antibiotic, is recommended for treatment of acute sinusitis.

Sore Throat

A sore throat (pharyngitis) is a symptom of infection, usually viral, or of an irritation of the pharynx - the back portion of the mouth behind the tongue. Patients treated with an antibiotic for acute sore throat should have a positive diagnostic test for Group A Streptococcus.

Preventive Care

Chlamydia Screening

Chlamydia is a common sexually transmitted disease that affects your genitals and eyes. If you are sexually active and under the age of 25, or if you are pregnant, it is recommended that your physician screen you for Chlamydia.



Mental Disorders and Behavioral Health (Psychiatry)

Alcohol Treatment

If you have been diagnosed with alcohol, or other drug dependence, your physician may prescribe a treatment. If your physician has prescribed a treatment for alcohol, or other drug dependence, it is recommended that you have two or more follow-up visits with your physician within 30 days.

Attention Deficit Hyperactive Disorder (ADHD)

Attention Deficit Hyperactive Disorder (ADHD) is a mental disorder where you have significant problems paying attention and/or you are hyperactive (abnormally active) and acting impulsively. If your child is between the ages of six and twelve and is having significant problems paying attention, is abnormally active, or is acting impulsively, you may want to talk to your doctor about performing a Attention Deficit Hyperactive Disorder (ADHD) diagnosis on your child. If your child has been diagnosed with Attention Deficit Hyperactive Disorder (ADHD), your physician may prescribe FDA approved medication and counseling.

Depression

Depression involves you having a low mood and not wanting to be active. Depression can affect your thoughts, your behavior, your feelings and your overall sense of well-being. Depression may not require any professional treatment, but if your depression is severe your physician may prescribe an antidepressant medication and may refer you to a psychiatrist.

Mental Illness

Mental Illness is a disorder that causes distress or disability. If you believe you, or a member of your family, is suffering from Mental Illness you should speak with your physician. If you have been hospitalized for mental illness, your physician should refer you to a mental health professional within 30 days after you have left the hospital.

Conditions of the Lungs (Pulmonology)

Asthma

Asthma is a chronic lung disorder that involves obstruction of your airways. Asthma may cause wheezing, coughing and a sense of pressure on your chest. If you have asthma, your doctor should be following a series of best practices to treat you including:

- ◆ Prescribing an FDA approved medication,
- ◆ Conducting an annual test to check your blood theophylline level
- ◆ Conducting an annual office visit for asthma care if you are between the age of 5 and 40,
- ◆ Conducting an office visit for asthma care within 3 months if you have visited the emergency room for your asthma, or are frequently using a short-acting inhaler, and
- ◆ Referring you to a pulmonary or allergy specialist if you are having problems controlling your



asthma.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.

Bronchitis

Bronchitis involves an inflammation of your larger and medium sized airways. There are two types of Bronchitis – acute and chronic. Acute Bronchitis is an illness that lasts less than three weeks with coughing as your main symptom. If you have been diagnosed with acute bronchitis and no competing diagnoses or comorbidities should not have a prescription for an antibiotic on or within three days of the initiating visit.

COPD, or Chronic Obstructive Pulmonary Disease

Chronic Obstructive Pulmonary Disease (COPD) involves seriously poor airflow that causes you to have shortness of breath and a persistent cough. There is no known cure for Chronic Obstructive Pulmonary Disease (COPD), but the symptoms are treatable. If you have been diagnosed with Chronic Obstructive Pulmonary Disease (COPD), your doctor should be following a series of best practices to treat you including:

- ◆ Conducting an annual physician visit for your COPD
- ◆ Prescribing a bronchodilator for you within 30 days if you are 40 years old or older and visited a hospital or emergency room with worsening COPD,
- ◆ Prescribing an FDA approved drug for you within 14 days if you are 40 years old or older and visited a hospital or emergency room with worsening COPD,
- ◆ If you are taking theophylline (an FDA approved drug for COPD), conducting an annual test to check your blood theophylline level, and
- ◆ Referring you to a pulmonary specialist if you are having problems controlling your COPD.

If you believe your doctor is not following these best practices, please take time to have a discussion with your doctor about your treatment.

Conditions of the Bladder (Urology)

Prostate Cancer

Prostate Cancer is a type of cancer that forms in the prostate, a gland in the male reproductive system. If you are a male age 50 or older, an African American age 45 or older, or are age 45 or older and have a brother or father who suffered from Prostate Cancer before age 65, you should talk to your physician about testing for Prostate Cancer.



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