

HRSA Cost Savings

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Overview

Review

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From Hypothesis to a Model

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Conducting a Literature Review

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Analyzing the Data



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-

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-

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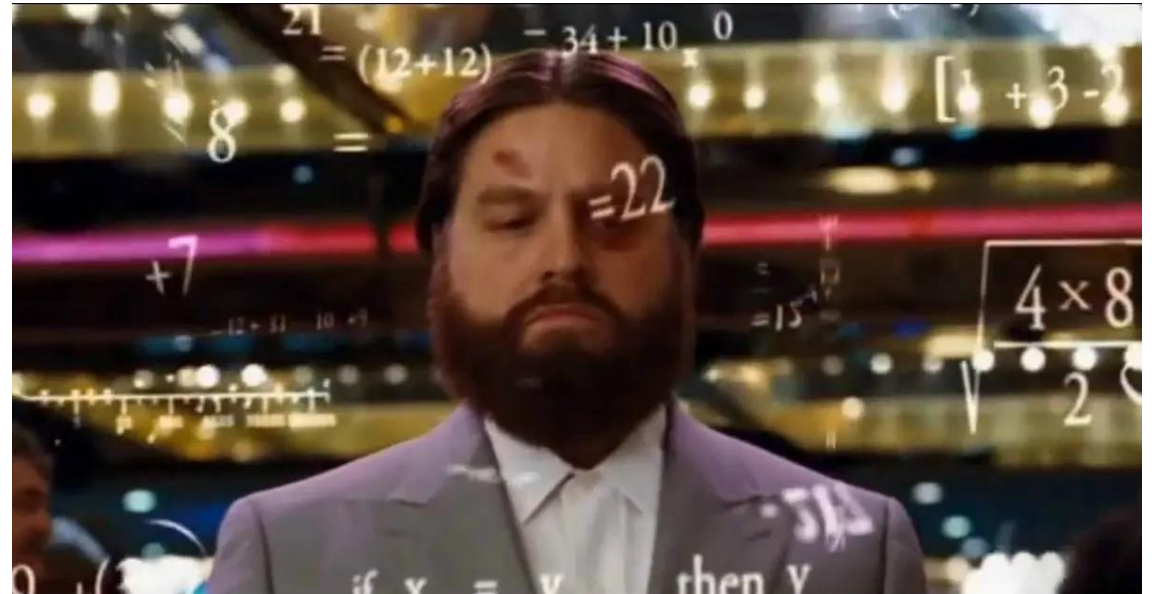
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Analyzing the Data

Analyzing Costs

From DPP website

- Return on Investment (ROI)
- Value on Investment (VOI)
- Cost-benefit analysis (CBA)
- Cost-effectiveness (CEA)
- **Cost savings**
- Cost avoidance





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-

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-

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Cost Savings Estimation One Pager

Hypothesis

Because our (intervention) _____ will (do what) _____, costs associated with _____ will be reduced. This will result in savings for (who/where in the system) _____ within (timeframe) _____.

Model (refer to pages 7-9 in toolkit)

Complete after January 2025 Webinar.

What type of cost savings estimation study can you provide? What evidence supports your model and demonstrates cost savings? What are your assumptions? How will you calculate your data? This is when literature review will be needed to inform your model to connect your cost savings and the data you are collecting. Include the literature you used to support your model (abstract would be sufficient).

Data

Complete after January 2025 Webinar.

List the measures you are already collecting that are relevant to demonstrating cost savings from your selected intervention.

Consider what additional measures you will need to collect to support your cost savings estimation hypothesis. Your CSE assumption should be related to your hypothesis and supported by the model you selected. *For example: "Because our diabetes prevention program will reduce the number of people who develop diabetes, costs associated with diabetes care will be reduced. This will result in savings to payors over the within 5 years. Based on x article/evidence/research, preventing the development of diabetes in pre-diabetic patients saves x amount of dollars per year. If we can calculate the number of patients who improved their A1C over the three years we can estimate the savings from the intervention"*

Complete the data collection planning table if you will need to collect additional measures.

CSE Assumption:					
Indicator	Data Source or Instrument	Methods	Target Population	Timeline	Individuals Responsible



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-

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-

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-

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Conducting a Literature Review

Is the study applicable?

- What year did the study come out?
- Where is the study based?
- Does it cover a similar:
 - population?
 - program type?
 - time frame?



Conducting a Literature Review

Does the study have useful resources?

- What other studies does the paper cite?
- Is the paper a meta-analysis or a systemic review?
- Does the paper discuss other perspectives you did not include?

Conducting a Literature Review

Best way to read through an academic paper

1. Read through the abstract and conclusion
 - Gives high level overview of motivation, methods, and results
2. Gloss over the methods
 - Were there any sample exclusions? Limitations?
3. Look for tables and figures of findings
 - Read through anything pertaining to the figures you may use from the paper.

Conducting a Literature Review

Examples

- Diabetes
 - [Cost Savings and Reduced Health Care Utilization Associated with Participation in a Digital Diabetes Prevention Program in an Adult Workforce Population](#)
 - [Productivity Loss and Medical Costs Associated With Type 2 Diabetes Among Employees Aged 18–64 Years With Large Employer-Sponsored Insurance](#)
- Hypertension
 - [Return on investment of self-measured blood pressure is associated with its use in preventing false diagnoses, not monitoring hypertension](#)
 - [Economics of Self-Measured Blood Pressure Monitoring: A Community Guide Systematic Review](#)



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-

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-

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-

Analyzing the Data

Analyzing the Data

Study	# Successful Completers (Your Program)	Estimated Savings	For how long	Estimated Total Savings	Beneficiary
Sweet et. Al. (2020)		\$1,169	1-year		Hospital
Arrieta et. al. (2021)		\$190 \$229 \$254	1-year 3-year Lifetime		Insurance Company