

# Advancing Health Equity for Patients with Limited English Proficiency (LEP), Reducing Length of Stay and Readmissions

# Meet the team:



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**Project Lead**

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Providence Health Equity Fellow



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**Project Co-Lead**

Sepsis Clinical Coordinator

# Providence Health Equity Fellowship

In 2020, Providence made a 6-year, \$50 million commitment to reduce health disparities for communities who have historically been underserved or marginalized.

As part of this commitment, Providence launched its Health Equity Fellowship in March 2023. The program aims to build caregivers' capacity and expertise through mentorship, comprehensive training, and the real-time application of health equity principles.

Twenty fellows from across the Providence system joined the program's inaugural year. Each fellow designed, implemented, and managed a process improvement health equity project addressing the needs of marginalized patient populations in their local communities.

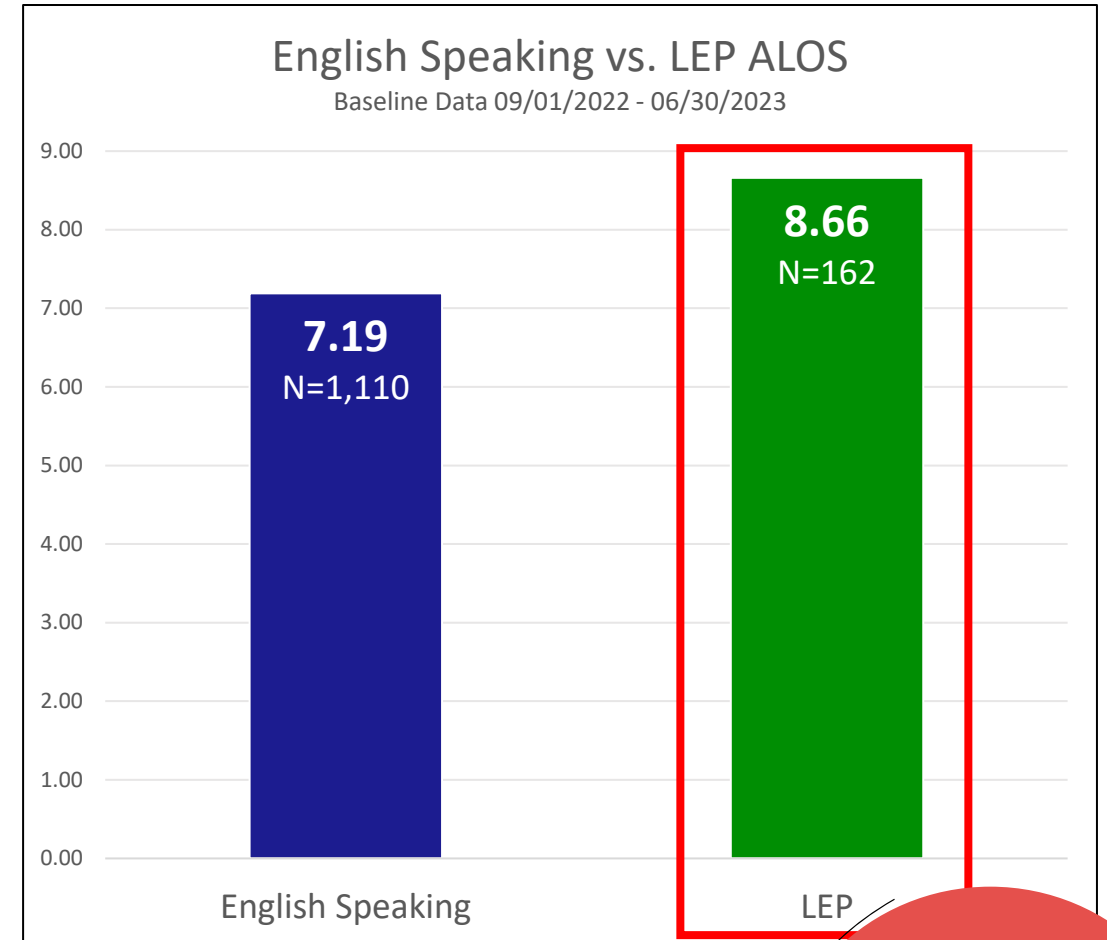
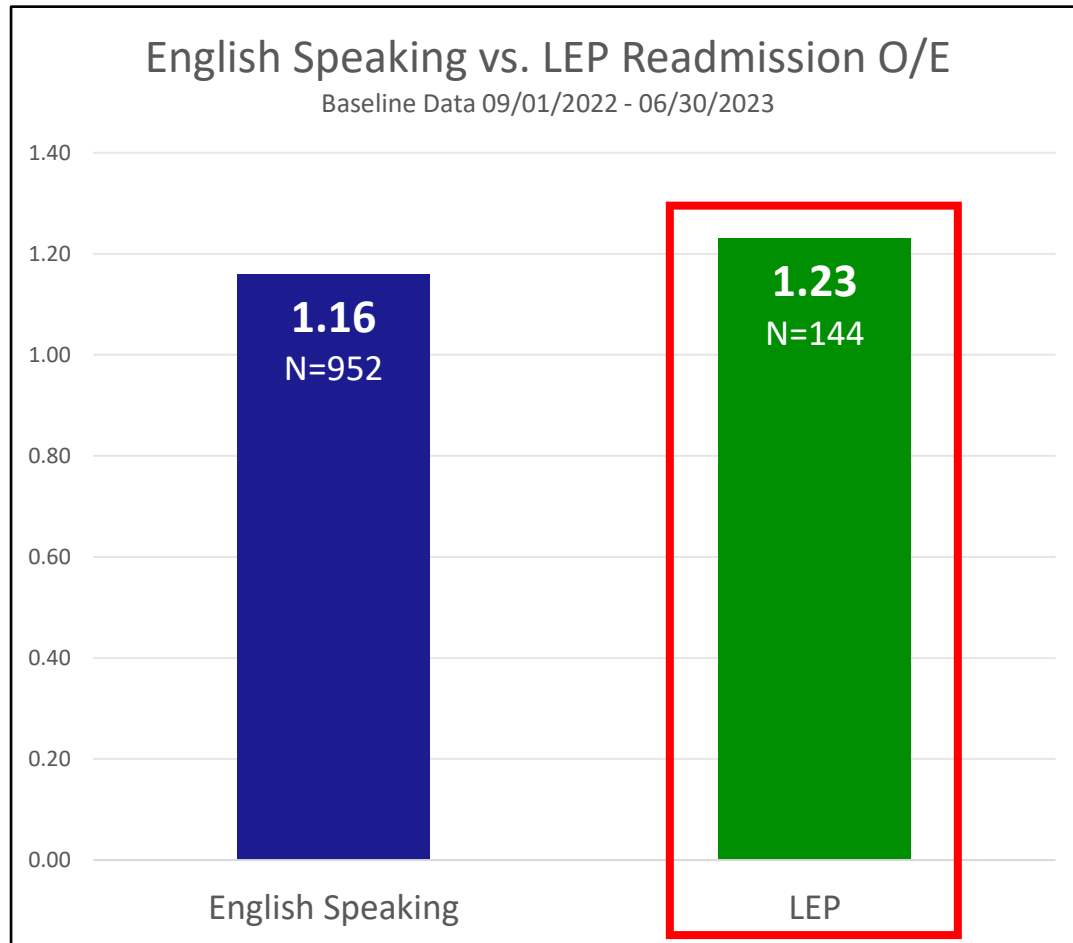
**LEP Person:** A person with limited English proficiency (LEP) is someone who does not speak English as their primary language and has a limited ability to read, speak, write, or understand English.

**Length of Stay (LOS):** The duration of a single episode of hospitalization. Length of stay is calculated by subtracting day of admission from day of discharge.

**30-Day Readmission:** Unplanned readmissions to the hospital within the 30 days after being discharged. Unplanned hospital readmission is not always related to the previous visit.

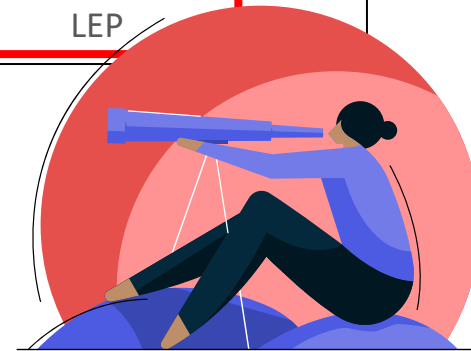
**Readmission Observed to Expected (O/E) ratio:** Observed readmission is the actual number of readmissions. Expected readmission is a predicted number based on the patient's readmission risk. The ratio is calculated by dividing the observed by the expected. If an O/E ratio is less than 1, a readmission has theoretically been prevented.

# Average Length of Stay and Readmission O/E Baseline Data



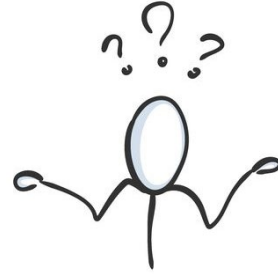
Project SMART Aim. By June 30<sup>th</sup>, 2024:

- To reduce ALOS from 8.66 days to 7.66 days
- To decrease 30-day Readmission rate from 1.23 to 1.00

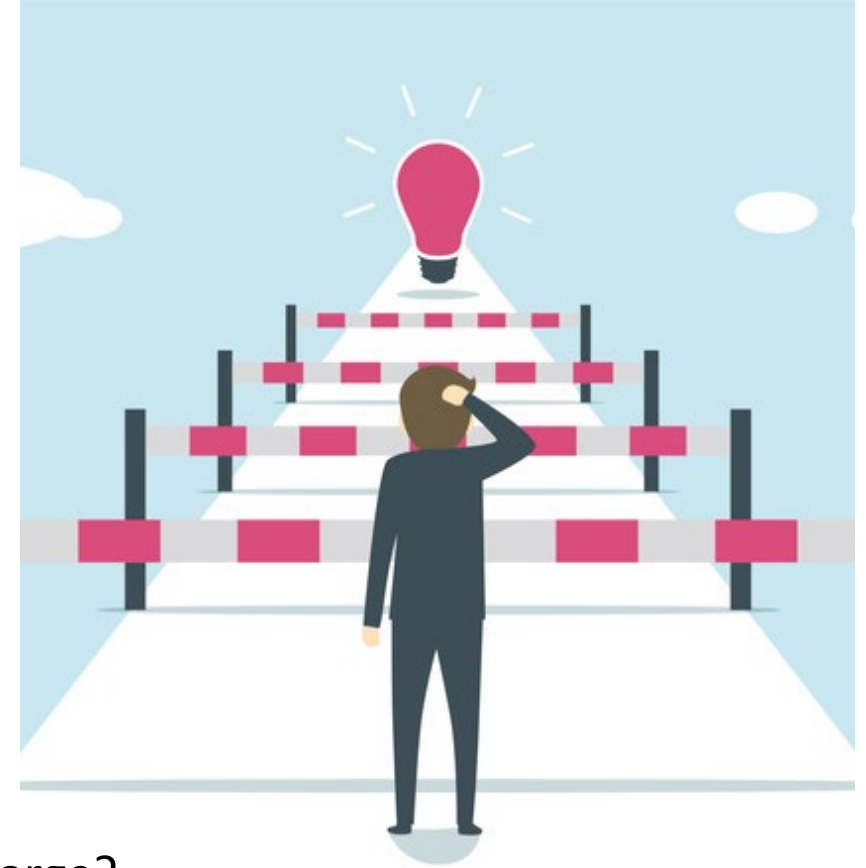




# What are the barriers?



- Was an interpreter used for every encounter?
- Was an interpreter used during discharge planning?
- Was there a delay in Case Management assessment?
- Were there barriers in providing home health needs?
- Were there cultural barriers that we could help support?
- Was there a post discharge call made using an interpreter?
- Did the patient receive translated educational materials upon discharge?



# Patient Focus Group 1 – Aug 2023

## Spanish Speaking Patients and Family Members





## Process:

- We contacted 90 patients who:
  - Were treated for Sepsis as one of their diagnoses in the past 12 months
  - Had a longer than expected length of stay based on their diagnosis
  - Had a readmission within 30 days of discharge
- Out of the 90 patients we contacted, 16 patients agreed to join us for a Patient Focus Group
- Out of the 16 who agreed to come, 8 respondents arrived on the scheduled date.

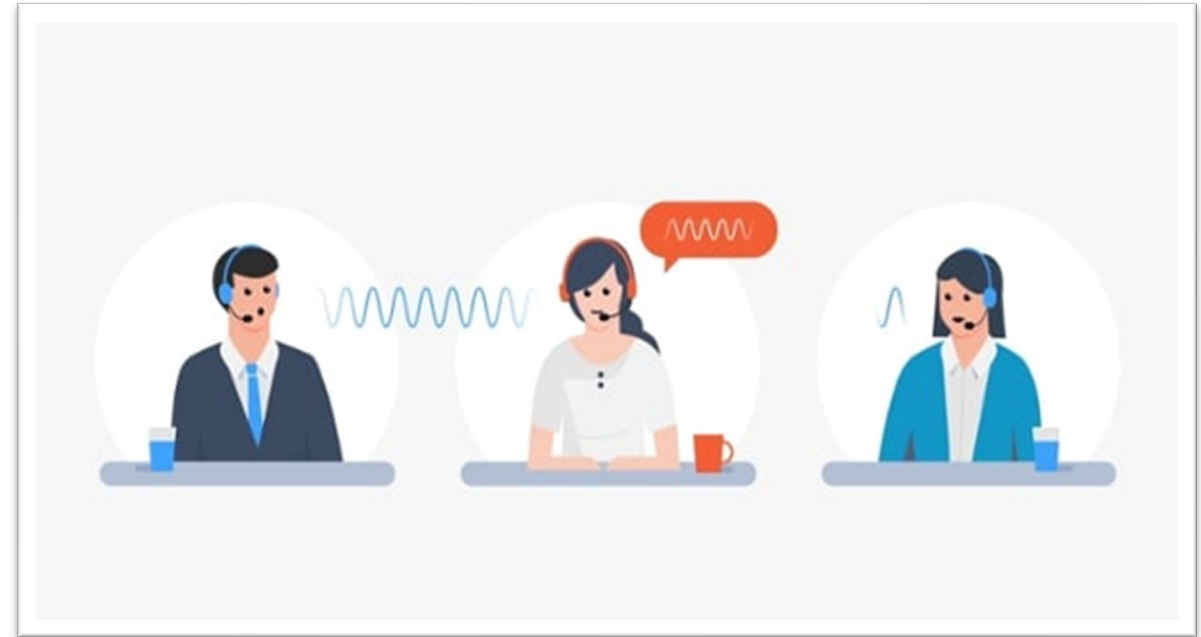


# Room Set up

**Room 1 – Focus Group**  
Participants and moderators  
Spanish conversations only



**Room 2 – Broadcasting from Room 1**  
The team and a Spanish interpreter  
providing simultaneous interpretation



# Patient Focus Group 1 – Aug 2023

## Opportunities Identified for Improvement

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Understanding of the disease process

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Listening to build trust

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Enhancing communication with the care team

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Post discharge care

## Understanding of their disease process

"I went to the hospital because my blood pressure was dropping quite a bit-but **they never told me what I had, only theories...no one knew the reason...**They are the ones who study so much but they didn't know what was wrong."

"**They didn't tell me what was wrong,** but they told my husband."

"I was very sick to my stomach, couldn't stand up...They explained what they would do but **I didn't understand.**"

"I came in and things were **explained poorly** ...They did a lot of studies but they didn't find anything and they sent me back home."

## Listening to Build Trust

"I had a bad experience with one nurse – my arm was always swollen so my veins would clog. So, they would put in an IV and it would get clogged right away, I asked her not to give me an IV there because it hurt, **I tried with what little English I had** and said "it hurts". My son was there and said, 'don't you see she says it hurts, don't put it there,' **she didn't listen.**"

"... nurses **don't listen to you,** they don't give medications on time."

"When one doesn't understand the language, how can you explain – **they don't pay attention to you.**"

"I felt very poorly, like I was choking. I took the pill and I was choking. I was desperate, I was turning and spinning and I still have back pain from that. The doctor had me do a swallow type study and they did x-rays. They didn't say a thing, not even the nurses...**She made me take pills...**"



## Enhancing communication with the care team

Ensuring important symptoms are communicated to the team

Expected LOS based on DRG: 9.6 days  
Actual LOS: 48.75 days

"After the surgery, I had stomach pain and I felt nauseous. I kept complaining. **After 4-5 days** when my son spoke up, they did more imaging and found a stomach abscess. **I needed surgery again.**"

Expected LOS based on DRG: 5 days  
Actual LOS: 23.7 days

"I had trouble sometimes **asking for an interpreter.**"

"I didn't want more insulin because I wasn't eating, I kept throwing up but **they didn't listen to me**, they didn't want to hear it."

## How to care for themselves post DC

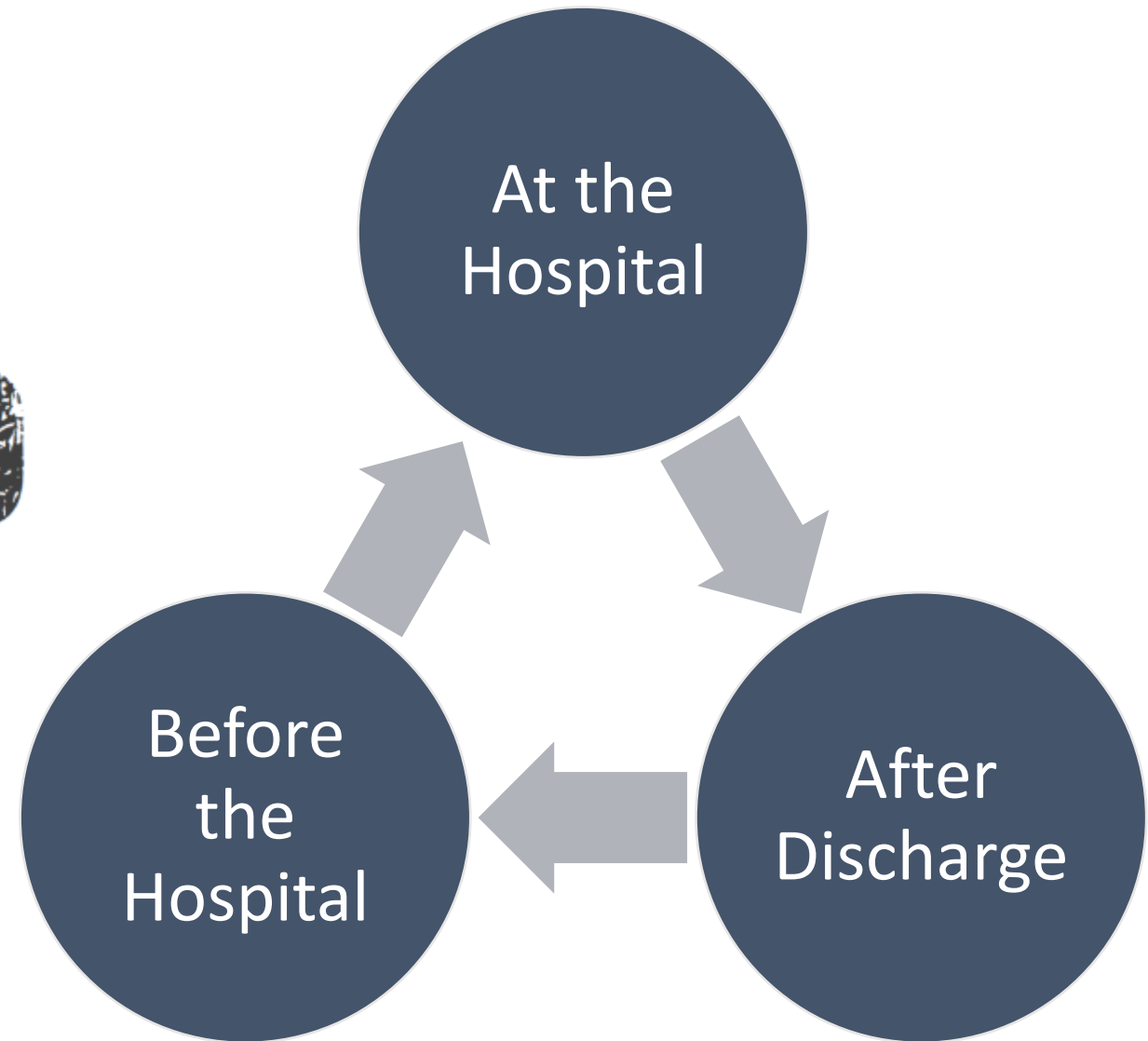
"They told her it was a minor issue so they went back home. Then she had a high temp. Weeks went by and she didn't get better. **She was worse.** Her main doctor **never saw her again.**" – Family member

"They did a lot of studies, but they didn't find anything, and they sent me back home. Whatever I ate I threw up and I **got very sick and I went back to the hospital.**"

"They just told me to check my blood pressure. **I left all the medications they gave me.** I didn't want anything to do with that."



# IT'S ALL CONNECTED





# Focus of Project Interventions

## Before the Hospital

Partnering with a community clinic and our Community Health Investment team to provide education, increase access to care, and address barriers in the community.

## At the Hospital

Providing translated educational materials to build understanding of the disease process, utilizing “teach back” method, and support enhanced communication with the care team.

Oversight of the patient’s progress towards discharge readiness.

i.e., patient mobility (has PT been ordered/done)

## After Discharge

Post discharge follow up calls:

- New and current medication education, scheduling follow up appointments, medication access, symptoms and signs to look for.

Referral to community services such as community clinic and community nurse navigator, if needed.

# Introducing our Sepsis Nurse Navigators

**Schedule**  
4-5 days a week,  
08:00 - 14:30



Communication  
Flyer!

# Sepsis Nurse Navigators

Working with Limited English Proficiency Patients (LEP)

The sepsis nurse navigator facilitates the care of an LEP patient with the diagnosis of sepsis across the healthcare continuum.



Promoting optimal outcomes



Preventing readmissions



Patient education



Decreasing length of stay



The coordination of transition of care starts from the time of admission through 30-day post discharge

Call us to help support our  
LEP Sepsis Patients

**(949) 426-xxxx**

variable shifts 0800-1430





Sepsis Nurse  
Navigator  
Lab Coat

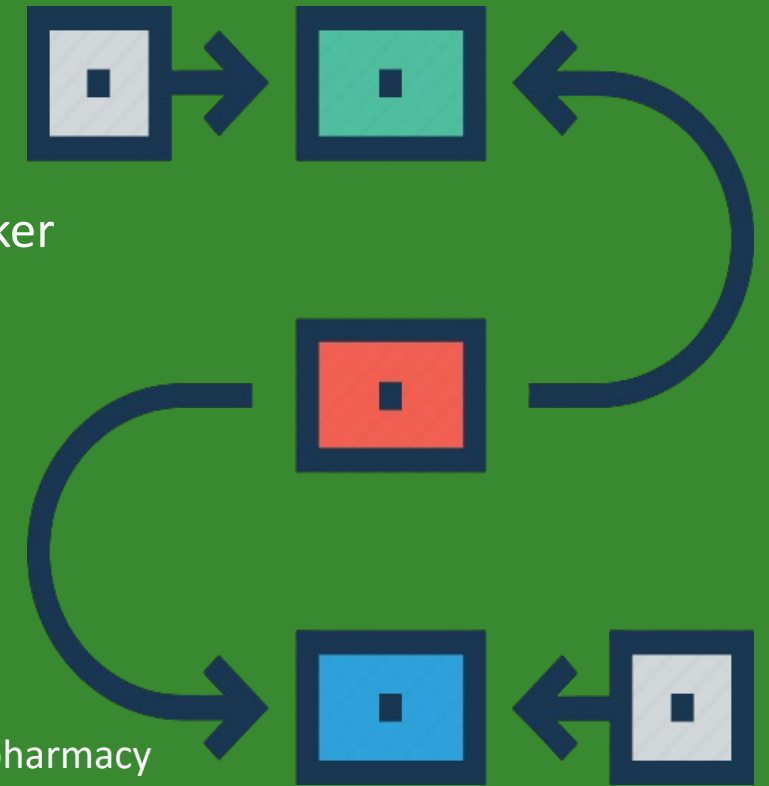


Different Color  
Scrubs



# Navigators' workflow – Inpatient

- ✓ Identify the sepsis patients and add them to the Epic list and Excel tracker
- ✓ Review patients' medical record
- ✓ Check in with case management
- ✓ Check in with bed side nurse, empower, and educate
  - ✓ *Are you comfortable using an interpreter to communicate with this patient?*
- ✓ Round on new patients:
  - ✓ Confirm patient's insurance or insurance needs, best contact number, and preferred pharmacy
  - ✓ Determine any barriers or unmet needs
  - ✓ Provide referrals or take note of needed resources
  - ✓ Assess patient's knowledge of the sepsis disease process and provide educational handouts in their preferred language
- ✓ Follow up with patient's primary RN to summarize patient interaction and document the encounter on Epic
- ✓ Perform follow up round on existing patients





# Navigators' workflow – Inpatient

Clinical Progression Pathway for Sepsis Patients						
<b>DRG 870:</b> Septicemia Or Severe Sepsis with MV >96 Hours <b>TARGET CMS GLOS:</b> 13.5 days		<b>DRG 871:</b> Septicemia Or Severe Sepsis Without MV >96 Hours with MCC <b>TARGET CMS GLOS:</b> 5.1 days		<b>DRG 872:</b> Septicemia Or Severe Sepsis Without MV >96 Hours W/O MCC <b>TARGET CMS GLOS:</b> 3.6 days		
KEY PLAYERS	Day 0 – Admit & Stabilize	Day 1 – Treat All Pts	Day 2 – Treat All Pts	Day 3 – DC Planning Pts w/o MCC's	Day 4 - Discharge Pts w/ MCC's	
<b>NURSE</b>	<input type="checkbox"/> Complete Sepsis Bundle Elements <input type="checkbox"/> Strict I&O <input type="checkbox"/> Close monitoring for deterioration <input type="checkbox"/> Bedside Nursing Swallow Eval <input type="checkbox"/> Sepsis Education Folder <input type="checkbox"/> Infectious Process Care Plan <input type="checkbox"/> Med Rec	<input type="checkbox"/> Review Micro C&S and escalate to ID/Hospitalist <input type="checkbox"/> Initiate Early Mobility Program (IS & Meals OOB/Side of Bed) <input type="checkbox"/> Daily O <sub>2</sub> Weaning Trial <input type="checkbox"/> Strict I&O <input type="checkbox"/> Assess nutritional status <input type="checkbox"/> Collaborate on Plan of Care w/ MD, CM, Therapy	<input type="checkbox"/> Review Micro C&S <input type="checkbox"/> Discuss DC Plan in Care Coordination Rounds <input type="checkbox"/> Daily O <sub>2</sub> Weaning Trial <input checked="" type="checkbox"/> Based on Cx results discuss w MD if isolation can be DC'd @ DC & Inform CM ORRRR Collaborate with IP Team to DC Isolation (?) <input type="checkbox"/> Consider Desat Study by RT	<input type="checkbox"/> If unable to wean O <sub>2</sub> , document RA SpO <sub>2</sub> and notify MD/CM. <input type="checkbox"/> Stop Light Discharge Information Packet (to decrease readmissions) <input type="checkbox"/> Tele-Health Flyer <input type="checkbox"/> Sepsis Alliance Education Videos & verify teach back <input type="checkbox"/> Ensure F/U Appt with PCP <input type="checkbox"/> Finalize DC Planning w/ CM if no barriers identified <input type="checkbox"/> DC barriers to be identified in Care Coordination Rounds	<input type="checkbox"/> F/U Teach back education from Stop Light Discharge Information Packet <input type="checkbox"/> Sepsis Alliance Educational Videos <input type="checkbox"/> Collaborate w/ CM for finalized DC Planning <input type="checkbox"/> If no DC plans in place, establish Action Plan in Care Coordination Rounds – identify any barriers <input type="checkbox"/> Ensure F/U Appt with PCP <input type="checkbox"/> Finalized Discharge Paperwork Completed & given to pt to DC <input type="checkbox"/> Finalize SNF Paperwork & given to EMS	
<b>MCC's = Major Comorbid Conditions</b> <ul style="list-style-type: none"> <li>Patients <u>with NO MCC's</u> should be expected to discharge by Day 3</li> <li>Patients <u>with MCC's</u> should be expected to discharge by Day 4</li> </ul>		<b>MOST COMMON MCC'S</b> A/C Systolic/Diastolic HF Abscess Liver/Lung Anemia due to Chemo Aneurysm Appendicitis, Acute Perf Acute Chole with Obs	Brain Compression Brain Death Cerebral Edema Coma Diabetic Coma, DKA DIC GI with Acute Bleed	Embolism-Thrombosis/Fat Encephalopathy-Met/Hep Endocarditis, Acute ERSD A/Tubular Necrosis (ATN) Respiratory Failure Acute SAH, ICH, Stroke	Hepatic Coma Infarction – MI 1 or 2 Ischemic Bowel, Acute Malnutrition, Severe Myocarditis, Acute Necrosis of Liver Pancreatitis, Acute	Pancytopenia/Chemo Peritonitis, Acute Pneumonia, ARDS Pulmonary Emboli Quadriplegia – Func Press Ulcer, stage 3 or 4 Shock – Septic – or type

# Daily Tracker

## MOST IMPORTANT

Adm Date	Round Date And Navigator Name	Number of Rounds	Patient Name (Last, First)	MRN	Unit & Room	Language	DC Date	DC Location	Phone number	Insurance	Clinical Indication of Sepsis	Education provided/ Teach back	Community Services Referral
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## DISCHARGE READINESS

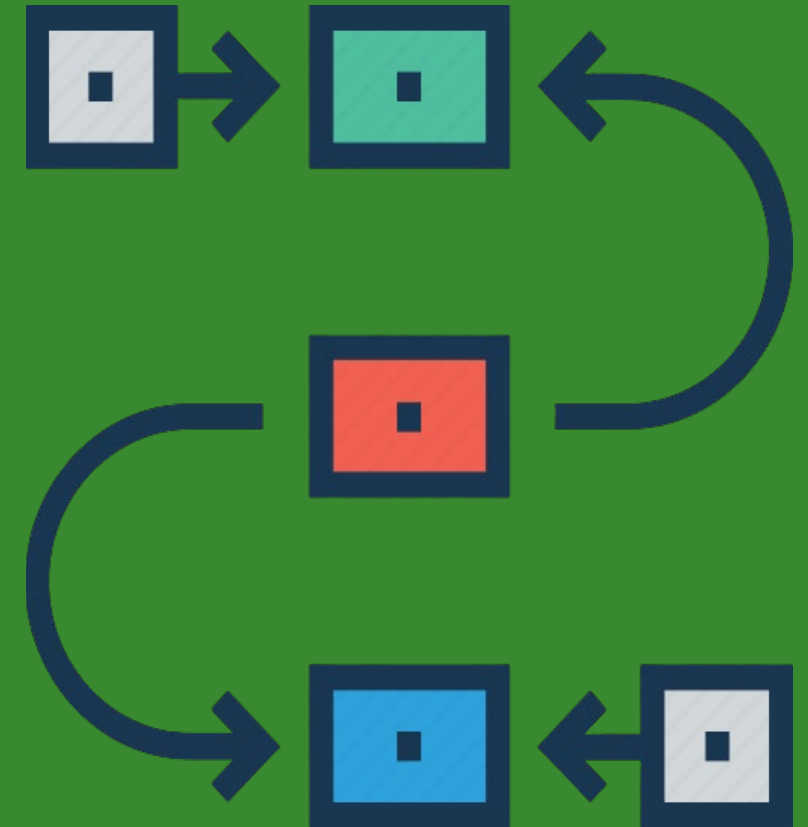
LACE Score	Organ Disfunction/ Resolved?	Pressors	Lactate trend	Suppl. O2	Stable Cardiac	Fever trend	Electrolytes normal	Cultures assessed	Nutrition Status	Oral abx transition date	Probiotic	Early Mobility	Pain
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## POST DISCHARGE

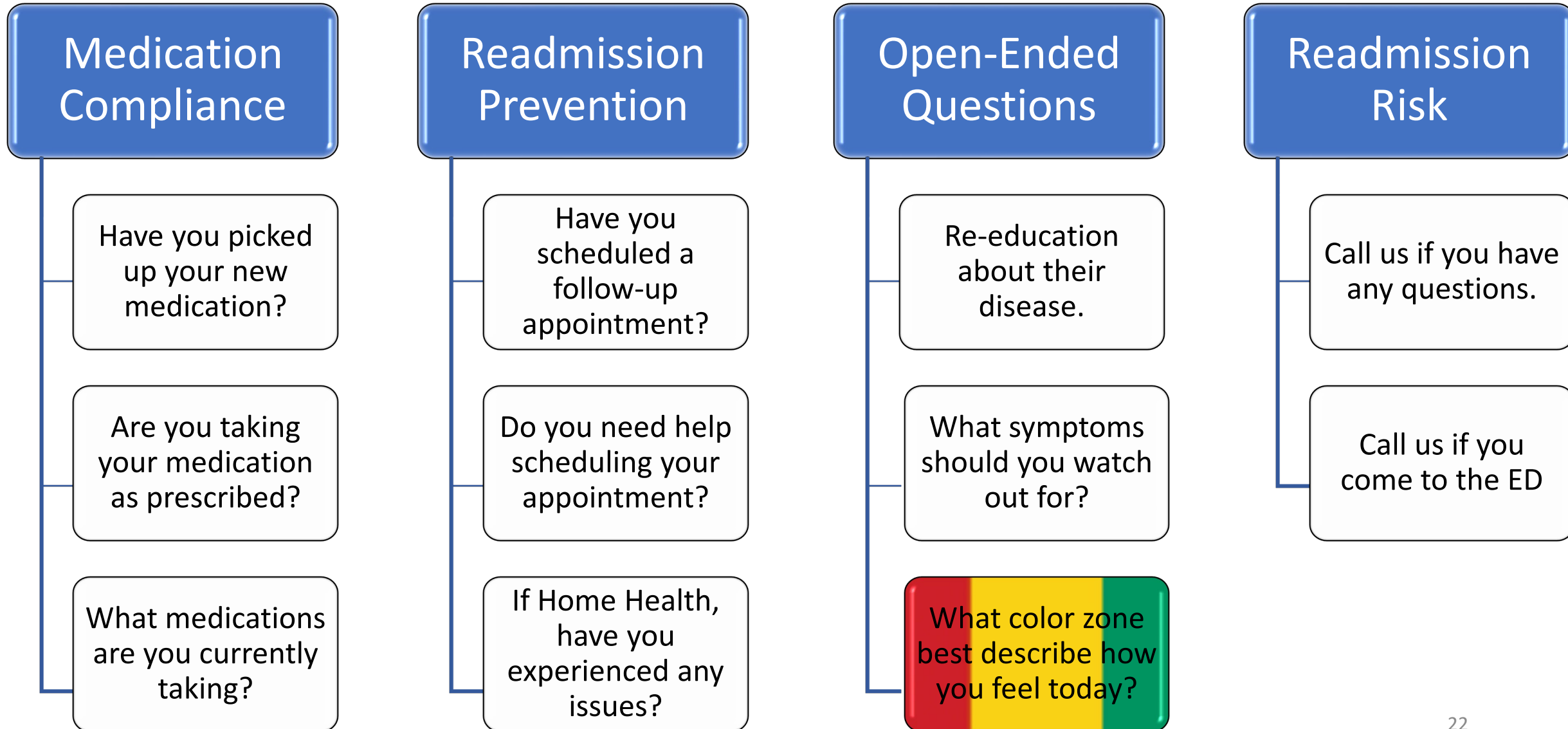
Follow Up Call Dates and Navigator Name	Number of Follow Up Call	Re-Education Provided	Follow up Appointment Assistance Provided	Medication Accesses/ Assistance Provided	Medication Education Provided	Referral to Community Services	Notes – Include Info on Referral/Support given if Applicable
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# Navigators' workflow – Post Discharge

- ✓ Follow up with patients or family members within 2 days of DC:
  - ✓ Re-education on signs and symptoms
  - ✓ Follow up appointment support
  - ✓ Medication compliance
  - ✓ New medication education
  - ✓ Referral to community health navigator as needed
  - ✓ Referral to community resources as needed

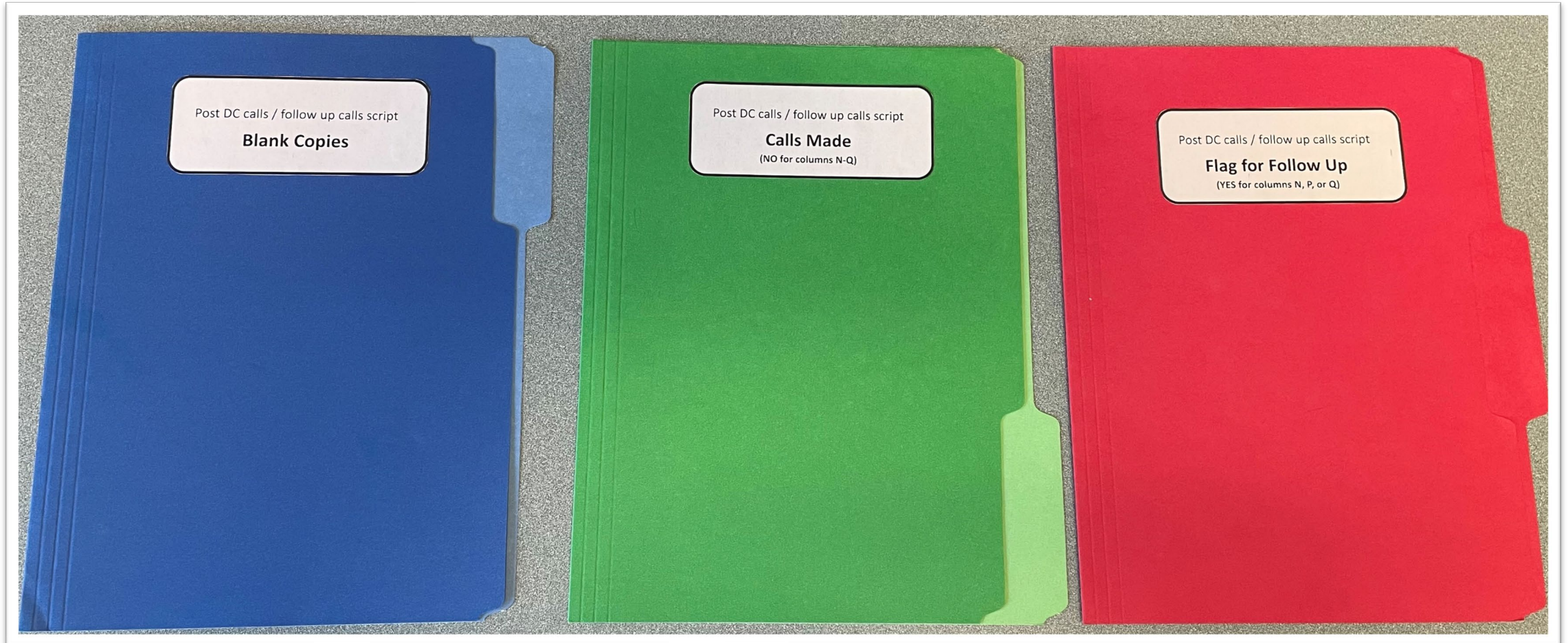


# Navigators' workflow – Post Discharge






# Navigators' workflow – Post Discharge









# SEPSIS

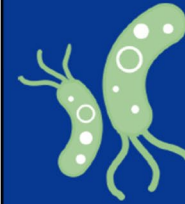
What You Need to Know  
Patient and Family Education



Mission Hospital achieved the Gold Seal of Approval® and certification by the Joint Commission in Disease-Specific Care of Sepsis



## What Is Sepsis?



### SEPSIS FACTS

In the U.S., more than **1.5 million** people get sepsis each year.

At least **250,000 Americans** each year die from sepsis.

### SEPSIS IS A MEDICAL EMERGENCY

Sepsis is a serious condition caused by the body's exaggerated response to an infection. Common sources of infection are:

- Pneumonia
- Urinary tract infections (UTIs)
- Wounds
- Abdominal infections (e.g., appendicitis, diverticulitis)

Not all infections lead to sepsis. However, if an infection goes untreated, bacteria can enter the bloodstream and cause infection to spread to other parts of the body. If this happens, sepsis will be categorized into three stages – **sepsis, severe sepsis, and septic shock**. If treatment is delayed, there is a possibility of organ failure and death.

### WHO IS AT RISK FOR DEVELOPING SEPSIS?

Anyone with an infection can get sepsis. However, certain people are at higher risk:

- Older patients
- Children less than one year old
- Post-operative patients
- Patients with a history of diabetes
- Patients with liver or kidney disease
- Patients with chronic respiratory diseases
- Patients with cancer or immune disorders
- Patients with implanted medical devices or invasive catheters

### STAGES OF SEPSIS

	SEPSIS	SEVERE SEPSIS	SEPTIC SHOCK
Typical unit where care is provided	Medical-Surgical	Medical-Surgical or Intensive Care	Intensive Care
Requiring additional care	20% of patients	30% of patients	50% of patients



## Septicemia

Lo que debe saber  
Educación para pacientes  
y familias

Spanish



## سپسیس

آنچه لازم است بدانید  
آموزش برای بیماران و خانواده ها

Farsi / Persian



## الانتان

ما تحتاج إلى معرفته  
توعية المرضى والأسر

Arabic



## 败血症

重要须知  
患者和家庭教育

Simplified Chinese

## POST-DISCHARGE SEPSIS INFORMATION

Common infections can lead to sepsis. It is important to keep track of your symptoms daily to identify and treat sepsis in its earliest stage before it becomes dangerous.

### My Plan to Identify Infection and/or Sepsis



#### Green Zone: No Signs of Infection

- ✓ My heartbeat feels normal to me
- ✓ My breathing feels normal to me
- ✓ I do not have a fever
- ✓ I do not have chills or feel cold
- ✓ I can think clearly
- ✓ My energy level is normal
- ✓ Any wound or IV site I have is healing well

I appear to be doing well!  
Continue to monitor for any signs or symptoms of Sepsis.



#### Yellow Zone: Caution

- ✓ My heartbeat feels faster than usual
- ✓ My breathing is faster than usual
- ✓ I have a slight fever (100°F-100.4°F)
- ✓ I feel cold, I am shivering - I can't get warm
- ✓ My thinking is slow/ My head is "fuzzy"
- ✓ I do not feel well - I'm too tired to do things
- ✓ Any wound or IV site I have looks different

I have 2 or more of the above:  
Contact your doctor. Ask "Do I have an Infection or Sepsis?"

**TAKE ACTION!**



#### Red Zone: Medical Alert

- ✓ My heartbeat is very fast
- ✓ My breathing is very fast
- ✓ I have a fever (101.5°F or greater)
- ✓ My temperature is below 96.8°F
- ✓ I am confused or my caregivers say I am not making sense
- ✓ I feel sick, very tired, weak, and achy
- ✓ My skin is pale
- ✓ My fingernails are pale or blue
- ✓ My wound or IV site is painful, red, smells, or has pus

**Act Fast! Sepsis is Serious! Go to nearest Emergency Room or call 9-1-1 and say, "I am concerned about Sepsis."**

## POST-DISCHARGE SEPSIS INFORMATION

Things I can do to prevent infection	How I will do these things
✓ Follow all discharge instructions	
✓ Take all medications as prescribed	
✓ Wash my hands often, using soap and water	
✓ Keep wounds or IV sites clean	
✓ Get recommended vaccines such as Flu and Pneumonia	
✓ Eat healthy foods and drink water	
✓ Make a list of questions to ask your doctor when you go in for a check up	
✓ Know the signs of Sepsis	

### Who is at risk for getting Sepsis?

- ✓ Sepsis can impact anyone- young or old, sick or healthy.
- ✓ Those with increased risk of infection include:
  - People with chronic illnesses, such as diabetes, lung disease and cancer
  - People with weakened immune systems

### Look for signs of Infection and/or Sepsis:

- ✓ Use this form daily
- ✓ If you are experiencing 2 or more symptoms in the **YELLOW ZONE** call your physician and ask: **Do I have an infection or Sepsis?**
- ✓ If you are experiencing any symptoms in the **RED ZONE** go to your nearest emergency room or call 9-1-1 and ask: **Could this be Sepsis?**



## INFORMACIÓN SOBRE LA SEPTICEMIA DESPUÉS DEL ALTA

Las infecciones frecuentes pueden provocar septicemia. Es importante hacer un seguimiento diario de sus síntomas para identificar y tratar la septicemia en su etapa más temprana, antes de que sea peligrosa.

### Mi plan para identificar la infección o la septicemia



**Zona verde:**  
Sin señales de infección



**Zona amarilla:**  
Precaución



**Zona roja:**  
Alerta médica

Spanish

## اطلاعات مربوط به سپسیس پس از ترخیص

عفونت‌های معمول می‌توانند منجر به سپسیس شوند. مهم است که علائم خود را روزانه پیگیری کنید تا سپسیس را در مراحل اولیه و قبل از خطرناک شدن آن، شناسایی و درمان کنید.

### برنامه من برای شناسایی عفونت یا سپسیس



محدوده قرمز:  
هشدار پزشکی



محدوده زرد:  
احتیاط



محدوده سبز:  
بدون علائم عفونت

Farsi /  
Persian

## 出院后败血症相关信息

常见感染可导致败血症。请务必每天跟踪个人症状，以便在败血症病情加重之前及早识别并治疗。

### 我的感染和/或败血症识别计划



绿色区域:  
无感染征兆



黄色区域:  
警告



红色区域:  
医疗警报

Simplified  
Chinese

## المعلومات الخاصة بالإنfant بعد الخروج من المستشفى

يمكن أن تؤدي حالات العدوى الشائعة إلى الإصابة بالإنfant. من المهم متابعة الأعراض التي تعاني منها يوميًا لتحديد الإصابة بالإنfant وعلاجه في مراحله الأولى قبل أن يصبح خطيرًا.

### خطتي للتعرف على العدوى و/أو الإنfant



المنطقة الحمراء:  
حالة طوارئ طبية



المنطقة الصفراء:  
تحذير



المنطقة الخضراء:  
لا توجد علامات على الإصابة بالعدوى

Arabic

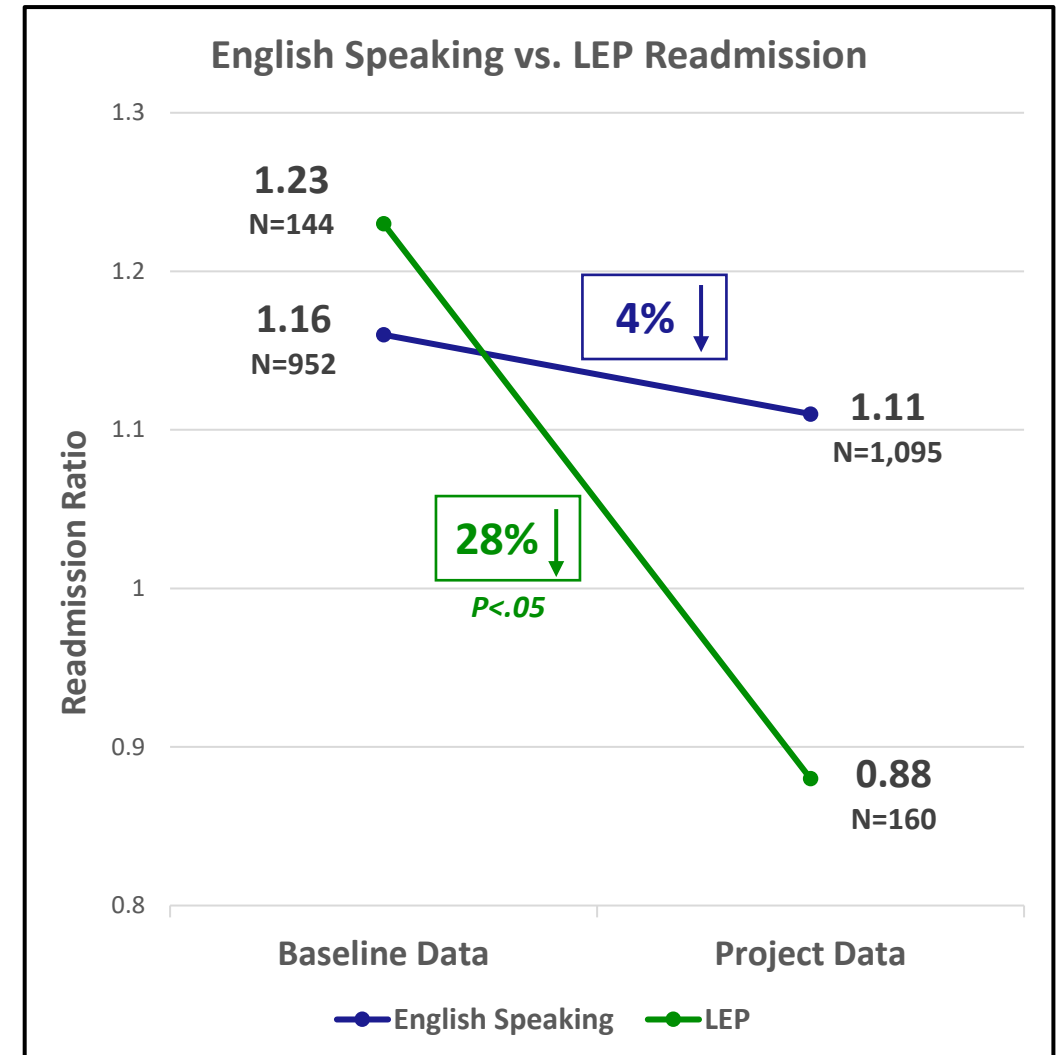
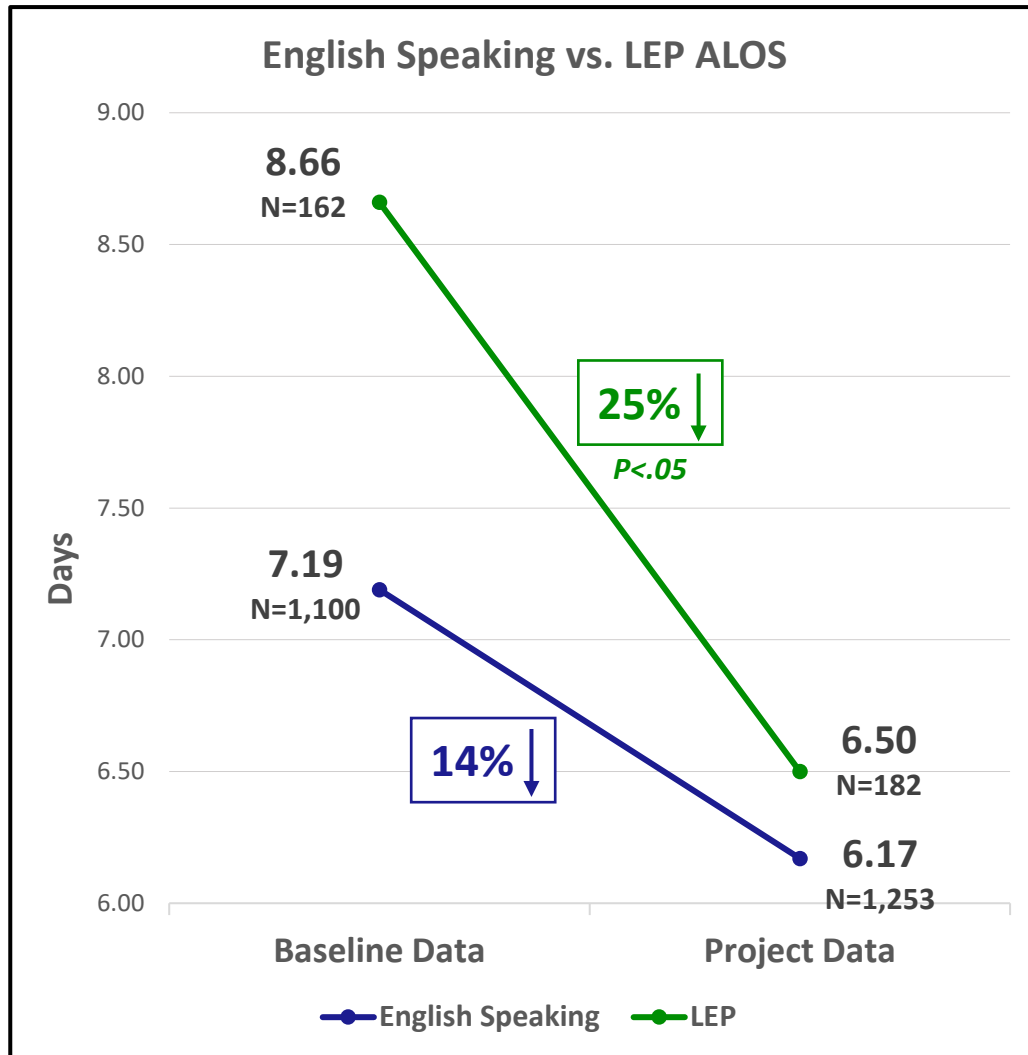
# Educational Videos Created in 5 Languages

<b>English</b>	<b>Spanish</b>	<b>Farsi</b>	<b>Arabic</b>	<b>Simplified Chinese</b>
				

QR codes to access the videos on YouTube



# Baseline Data vs. Project Data

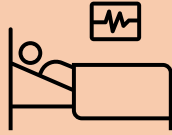


Baseline Data: 09/01/2022 – 06/30/2023  
Project Data: 09/17/2023 – 06/30/2024

## 233 patients were followed by our program from 9/17/2023 to 6/30/2024 (10 Months)

### Received a round while inpatient

**90%** of the patients were rounded on. Total of **452** rounds on **210** patients



### Needed help with f/u app

**14 patients** needed help with scheduling a follow up appointment

### Received a f/u call after DC

**87%** of the patients received a f/u call. Total of **450** f/u calls for **203** patients

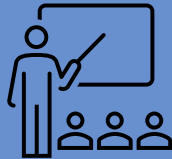


### Needed Medication Edu

**25 patients** needed education on their prescribed medication after discharge

### EPIC Edu

**94%** of the patients rounded on received the EPIC education



### Needed Medication Access

**18 patients** needed help accessing their medication after discharge

### Mission Hospital Sepsis Edu

**86%** of the patients rounded on received Mission created education



### Referral to Community Resource

**24 referrals** to Comm Clinic  
**28 referrals** to Comm Nurse Navigator

# Patient Focus Group 2 – April 2024

## Spanish Speaking Patients and Family Members





## Process:

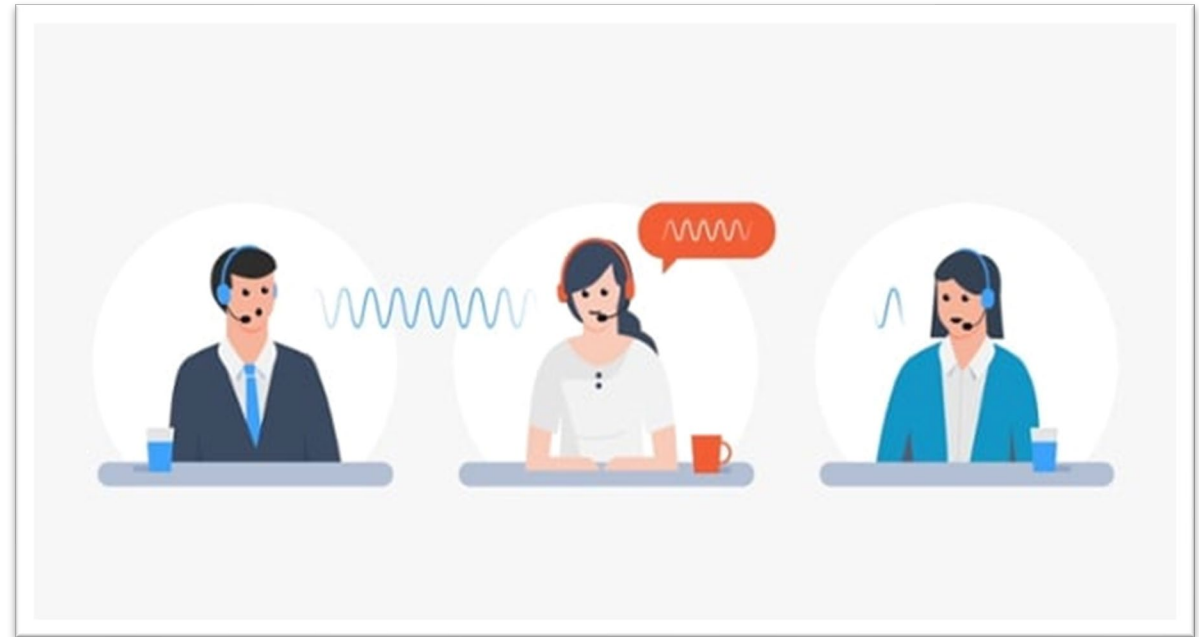
- We contacted 101 patients who:
  - Were treated for Sepsis as one of their diagnoses since the beginning of our project
  - Received at least one intervention through our project
    - Example: inpatient round, education, follow up call, etc.
- Out of the 101 patients we contacted, 29 patients agreed to join us for a Patient Focus Group
- Out of the 29 who agreed to come, 19 respondents arrived on the scheduled date.

# Room Set up

**Room 1 – Focus Group**  
Participants and moderators  
Spanish conversations only



**Room 2 – Broadcasting from Room 1**  
The team and a Spanish interpreter  
providing simultaneous interpretation



# Previously Identified Opportunities for Improvement



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Understanding of the disease process

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Listening to build trust

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Enhancing communication with the care team

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Post discharge care

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# Understanding of their disease process

## First Focus Group – Aug 2023<sup>4</sup>

"I went to the hospital because my blood pressure was dropping quite a bit-but **they never told me what I had, only theories...no one knew the reason**...They are the ones who study so much but they didn't know what was wrong."

"**They didn't tell me what was wrong,** but they told my husband."

"I was very sick to my stomach, couldn't stand up...They explained what they would do but **I didn't understand.**"

"I came in and things were **explained poorly**...They did a lot of studies but they didn't find anything and they sent me back home."

## Second Focus Group – April 2024

I was also **very well [informed]**, they **used an interpreter** in person...The nurses were nice, very kind.

Hispanics don't talk about **sepsis** much, we don't think it's very common.

**Before this, I hadn't heard about sepsis.** Three weeks before my hospitalization, I was told I had a vaginal infection, they gave me an antibiotic, but it got worse.

They came over **to help with my diabetes**, they always came over and **taught me how to do** one thing or another. I can tell you, everyone was great. They **gave me the little guides.**



# Listening to Build Trust

## First Focus Group – Aug 2023<sup>4</sup>

“I had a bad experience with one nurse – my arm was always swollen so my veins would clog. So, they would put in an IV and it would get clogged right away, I asked her not to give me an IV there because it hurt, **I tried with what little English I had** and said “it hurts”. My son was there and said, ‘don’t you see she says it hurts, don’t put it there,’ **she didn’t listen.**”

“... nurses **don’t listen to you**, they don’t give medications on time.”

“When one doesn’t understand the language, how can you explain – **they don’t pay attention to you.**”

“I felt very poorly, like I was choking. I took the pill and I was choking. I was desperate, I was turning and spinning and I still have back pain from that. The doctor had me do a swallow type study and they did x-rays. They didn’t say a thing, not even the nurses... **She made me take pills...**”

## Second Focus Group – April 2024

**The guides** explaining to us and **the pamphlets** that you gave us. The truth is when you came to talk to us, **we found out things that the doctor had not told us about.** With them [nurse navigators] we could learn a little bit more and get more information that we needed.

A nurse came to see me who was an **expert in sepsis.**

I was in a coma for one month and **I appreciate all my life and the attention you gave me and everything you provided...** I couldn’t walk at the beginning, I couldn’t eat...They told me, “I’m here to feed you.” [The food] would come out on one side of my mouth and I felt shame. **I have a lot of respect for the care.**



# Enhancing communication with the care team

## First Focus Group – Aug 2023<sup>4</sup>

“After the surgery, I had stomach pain and I felt nauseous. I kept complaining. **After 4-5 days** when my son spoke up, they did more imaging and found a stomach abscess. **I needed surgery again.**”

“I had trouble sometimes **asking for an interpreter.**”

“I didn’t want more insulin because I wasn’t eating, I kept throwing up but **they didn’t listen to me**, they didn’t want to hear it.”

## Second Focus Group – April 2024

They **always were available**, like Berto [one of the navigators], they always came around to see what I needed.

They always **kept me in touch with the process** of my surgery, I was always taken care of.

With [the navigators], we were **well informed.**



# How to care for themselves post DC

## First Focus Group – Aug 2023<sup>4</sup>

“They told her it was a minor issue, so they went back home. Then she had a high temp. Weeks went by and she didn’t get better. **She was worse. Her main doctor never saw her again.**” – Family member

“They did a lot of studies, but they didn’t find anything, and they sent me back home. Whatever I ate I threw up and **I got very sick and I went back to the hospital.**”

“They just told me to check my blood pressure. **I left all the medications they gave me.** I didn’t want anything to do with that.”

## Second Focus Group – April 2024

They called me too, and told me that **if I felt unwell or uncomfortable I should call.**

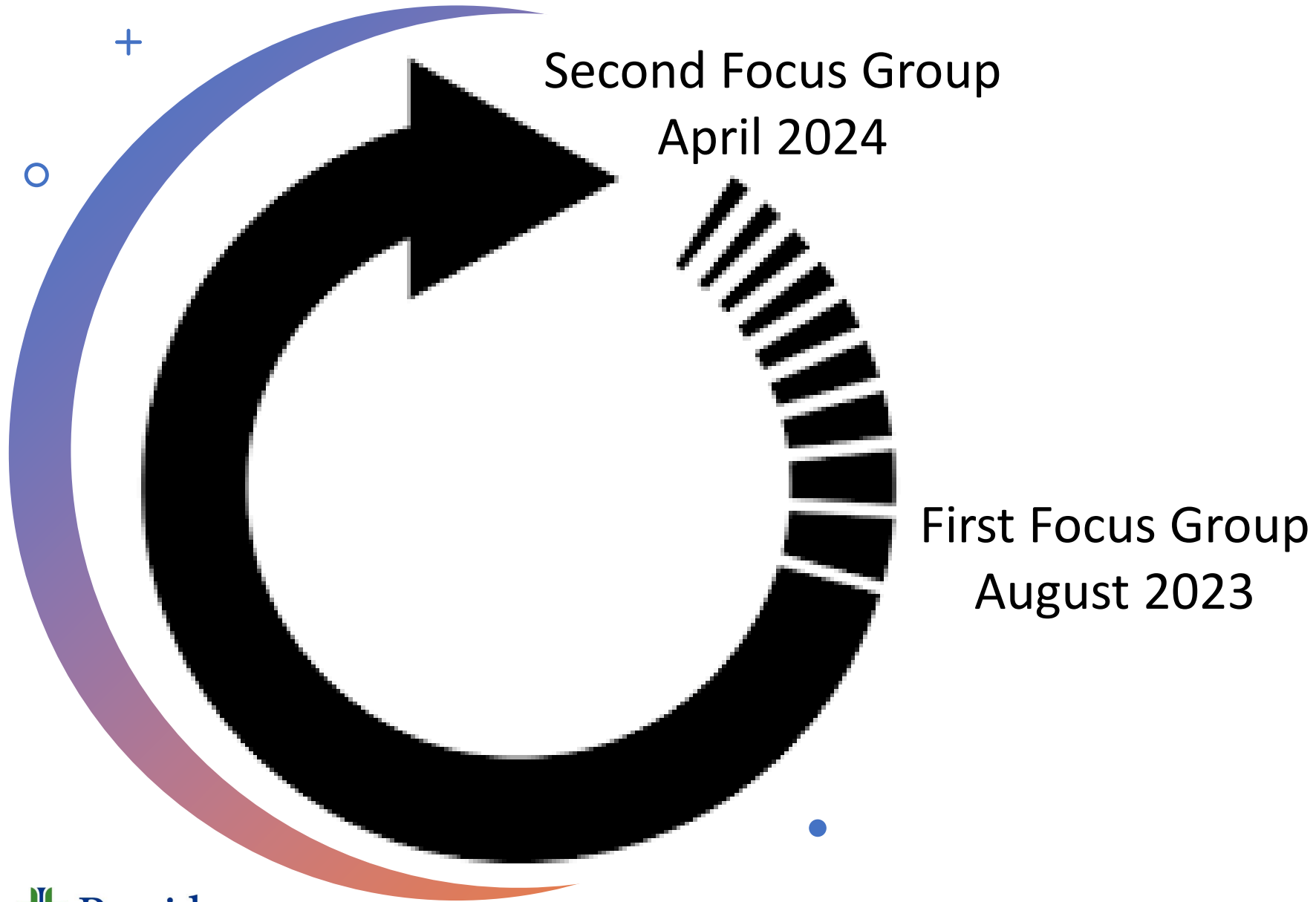
Yes, they called me and **asked if I needed help** and to call...**Thank you, thank you, thank you for all the help you gave me.**

Well, they actually called me after I was released, **they called me at home.**

**I finished my antibiotics** and **saw my doctor** because I needed more.







# Sharing Best Practices

## THE ROLE

Nurse navigation or care navigation programs for **any diagnosis** focusing on reduction of length of stay and readmissions



## THE PLAYBOOK

Suggestions to help you provide the most equitable care for patients with limited English proficiency (LEP) with **any diagnosis**



# Our Recommendations: The Role

Nurse navigation or care navigation programs for **any diagnosis** focusing on reduction of length of stay and readmissions

## ➤ In Person Rounding

- Building trust and enhancing communication between the patient and the care team

## ➤ Enhanced Education & Teach Back Method

- Utilizing translated educational packets and/or videos
- Understanding their disease process and how they may feel at discharge
- Knowing what signs and symptoms to look for when they go home

## ➤ Follow Up Phone Calls

- Medication access, compliance and follow up appointment scheduling
- Accessing care from appropriate resources such as community clinics

# Our Recommendations: The Playbook

Suggestions to help you provide the most equitable care for patients with limited English proficiency (LEP) with **any diagnosis**

- **Know your LEP patient population**; top languages patients in your facilities speak.
  - Language = Culture and it's not limited to a simple transaction of exchanging information
- Diversify the workforce and **hire qualified bilingual staff** based on the top languages
  - Concordance between the provider's and the patient's language and culture can improve the patient experience
- **Translate** educational materials and important information into your top languages
- Provide reliable and timely **language assistance services** and educate your staff
  - Qualified or certified staff interpreters
  - Dual role interpreters: staff who are also trained to be interpreters
  - On-demand interpreter services using a reliable vendor:
    - Over the Phone (OPI) and Video Remote Interpreting (VRI)



