

# Top 10 Intervention Series:

## #6 Reducing Inpatient Psychiatric Readmissions

Health Services Advisory Group is spotlighting the 10 practices identified in *Reducing Behavioral Health Readmissions: Strategies and Lessons Learned*.<sup>1</sup> Hospitals using a variety of readmission reduction interventions endorsed **these top 10 practices** as **very important** or **critical** for reducing readmissions.

### Resources for formulary verification and assistance with medications:

1. “The easy and efficient way for physicians’ offices to complete prior authorization requests for any drug and nearly all health plans!” Cover My Meds, is a no-cost, HIPAA-compliant online resource option. Visit [www.covermymeds.com](http://www.covermymeds.com) or call 1.866.452.5017.
2. Encourage and assist patients with applying for prescription assistance programs. In addition to individual pharmaceutical companies, these online prescription assistance guides can help identify other programs available by drug name or medical condition and offer printable medication discount cards. Visit: [www.needymeds.org](http://www.needymeds.org) or call 1.800.503.6897; [www.rxassist.org](http://www.rxassist.org) or call 1.877.537.5537.
3. A guide for applying for assistance with medication costs even with a Medicare Part-D plan and for when a patient is in the Medicare “donut hole.” Visit [www.medicare.gov/find-a-plan](http://www.medicare.gov/find-a-plan) or call 1.800.633.4227.



## Intervention #6

### Verify coverage for medication

Integrating this practice into workflow from the time of admission will help avoid potential problems inpatient and post-discharge.

#### DO

- Verify insurance formulary before initiating any medication
- Obtain and verify authorization for medications before discharge
- Partner with the patient’s pharmacy to fill prescriptions at discharge to ensure preauthorization was processed correctly

#### DON’T

- Cause disruption of symptom stabilization by having to switch mid-treatment to a plan-covered medication
- Cause a delay in delivery of medication
- Surprise the patient with unexpected co-pays
- Leave the patient without medication because it is not covered at all

For more information, read  
**Reducing Behavioral Health Readmissions:  
Strategies and Lessons Learned** at  
<https://goo.gl/fo0sWr>

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Look for Intervention #7 Coming in November!

1. *The Office of Mental Health in New York.*  
To view and consider interventions 1 through 5 please visit [www.hsag.com/bh-resources](http://www.hsag.com/bh-resources).