

Carextra (Revised)



Purpose

Carextra is a primary health care funding scheme to support people with high health needs due to chronic conditions, acute medical or mental health needs by improving chronic care management and general practice teamwork as well as reducing inequalities and the cost of services for those with high health needs.

Equity

Carextra ensures that:

- The most appropriate patients are identified and have access to additional support and management with planned, proactive care;
- There is a focus on Māori and other vulnerable populations, such as Pasifika, those living in Quintile 5 who have high health needs;
- There is equity of access for the “unworried unwell” who may not frequent the practice often;
- There is certainty in the Carextra funding stream and autonomy in the delivery of care;
- Additional patient care is on a need basis;

This means that Carextra funding is aligned to patients who would benefit from additional support using a nurse led model of care.

Patient Eligibility

Carextra provides a targeted approach to identify patients who need additional support and care by using “at risk” patient profiling - i.e., determining those who are at risk of a hospital admission, have a high utilisation rate at the practice, and prescribed more than four medications, or have more than two co-morbidities.

Auckland PHO provides practices the patient names as their minimum number for the Carextra programme via a Mōhio report. This is based on the national formula of the expected number of patients who would be eligible for Carextra.

The algorithm considers patients with the following:

- 2+ co-morbidities
- Has more than 4+ medications (polypharmacy)
- More than 4 visits to the Practice over 12 months
- Smoking status (smoker)
- Ethnicity and Quintile (Maori/Pacific and quintile 5)

Each quarter, Mōhio updates the Practice’s Carextra “at risk individual” patient list identified from this algorithm. Māori patients and those with high health needs are prioritised within the list.

The list is a guide to assist the Practice team identify patients who would most benefit from Carextra enhanced management. Patients may also be added if seen as suitable based on clinical judgement.

Carextra funding can be used for patients who do not meet the Carextra criteria but may benefit from short term additional support. For example, a patient may have one condition, recently been discharged from hospital, or has an acute exacerbation of their condition. .

Care Delivery

In general, a Carextra patient can expect an initial comprehensive assessment where their health needs are explored in more depth. An individual care plan should be developed to set realistic, achievable health and quality of life-related goals, with regular follow-ups **(please note that these care plans no longer need to be uploaded to Mōhio forms and sent to Auckland PHO for funding)**. People using Carextra will get effective management of chronic health conditions, better understanding of their conditions and support to make lifestyle changes.

Consults can be a mix of face to face, virtual or by telephone.

Additional patients can be added to Carextra as required beyond the minimum funded number, however Carextra funding remains the same. A Carextra patient can be 'discharged' from Carextra at any time.

It is expected that the practice will deliver care in a manner consistent with best practice guidelines/Auckland Regional HealthPathways.

Funding

Practices are provided with their total number of patients/funding allowable for Carextra based on the capitation formula derived from NES, and as such are not required to enrol patients into Carextra via the Mōhio forms platform as previously required.

100% of Carextra funding is paid to practices monthly to provide practices with funding certainty and autonomy to deliver care. Additionally, it allows the Practice team to discuss and plan the delivery of a responsive, planned, proactive approach in managing the health needs of their patient population.

There is co-payment flexibility and there are no restrictions on the amount a patient can be charged.

Budget Management

The Carextra budget managed by the practice using Carextra codes that enables the practice to oversee and review the patients seen and funding associated with each consultation. This information remains in the practice and is not required by Auckland PHO.

The Carextra codes reflect the type of consultation, thus:

- Care Extra – Standard GP/NP Consultation (CEGP)
- Care Extra – Extended GP/NP Consultation (CEXT)
- Care Extra – Standard Nurse/HCA Consultation (CENC)
- Care Extra – Extended Nurse/HCA Consultation (CENXT)
- Care Extra – Other/Miscellaneous (CEMISC)

Practices' PMS systems have budget capability to facilitate review and reconciliation of Carextra funding and consultations based on the above codes. Note there is no longer a Mōhio form to complete for Carextra management.

Once established. The we will add an account group OR Funder called "Care Extra".

Monthly Invoice Checking

Practice Managers will be able to run invoice checking or queries at their discretion to ensure fair and equitable utilisation of funds. This can also happen daily through Day Book Checking.

Patient Review

Quarterly Query Build

Auckland PHO has developed the following concept query build that allows the Practice and PHO to conduct quality improvement initiatives where necessary:

Inputs:

Patient Enrolment Status = ENROLLED

Service Code = Contains = "CARE EXTRA"

Invoice = Date of Invoice = Between XX/XX/XX AND XX/XX/XX

Outputs:

Provider

NHI

Name

Surname

Age

Date of Birth

Ethnicity

Address

Quintile

Long Term Condition 1

Long Term Condition 2

Long Term Condition 3

Long-Term Medication 1

Long-Term Medication 2

Long-Term Medication 3

Long-Term Medication 4

Smoking Status

This query build can be altered to match the existing Service Codes used by the practice, or timeframes which the practice would prefer to review. The findings will be matched against the Mōhio report to ensure the "at risk individuals" patients are being seen in line with the intent of equity and eligibility of the funding.

This information is for internal use and intended to ensure there is equity in the application of the funding and ongoing quality improvement adjustments.

Auckland PHO may request a summary of the NHIs of Carextra patients seen by the practice twice per year for audit purposes.

Auckland PHO contact for queries or questions regarding the revision of Care Extra, please contact:

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