

# The New Reality: The Shifting Landscape of Healthcare in Rural Minnesota

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# Overview

- Setting the rural broader context for access
- What is access?
- Key principles
- Current considerations
- Community resources

# RUPRI Health Panel: Vision for a High Performing Rural Health System

- The RUPRI Health Panel envisions rural health care that is affordable and accessible for rural residents through a sustainable health system that delivers high quality, high value services. A high performance rural health care system informed by the needs of each unique rural community will lead to greater community health and well-being.

# Foundations of a High Performing Rural Health System

- Affordability
- Accessibility
- Community focus
- High quality
- Patient centeredness

# What is access?

- How far do I need to go to get to the care I need? (Distance)
- Can I get the specific kind of care and services that I need? (Type)
- How long do I have to wait to get the care and services I need? (Time)
- Will I be treated fairly and with respect? (Equity)
- Do I have the necessary insurance and benefits to get the care and services that I need? (Coverage)
- And many, many more...

Access is complex and multi-faceted.

# Rural Healthcare Access

- Core rural community health care services include primary care, emergency medical services (EMS), and public health
  - Recognizing that rural communities will differ in the level and range of services that they can support and sustain
- Care integration and coordination in rural communities assure that patients have access to the full continuum of care
  - Skilled nursing home, home health, hospice, palliative care, dental health, and behavioral health

# Rural Healthcare Access

- Rural health care services should be available as proximate to the patient as possible to reduce travel costs, time, and burden
- For those services not locally available, rural communities develop and support a regional health care infrastructure
  - Transportation, technology, and provider relationships can help make accessible the full continuum of health care services.
  - Strong consultation and referral relationships and systems can be developed such that the right information is available to the right care team at the right time.

# Dimensions of Access

Rural health care policy should consider access within a synthesis of four dimensions:

- people
- place
- providers
- payment



# Rural Healthcare Access: Current Considerations

- Network adequacy – what counts as adequate in rural communities for insurance coverage?
- Telehealth – does telehealth supplement or supplant? What will happen after the pandemic public health emergency?
- Local vs. regional structure and care delivery – what are the effects of closures, mergers, acquisitions, and affiliations?

# Resources for Rural Communities

- Rural Health Value program:
  - Engaging Your Board and Community in Value-Based Care Conversations (a discussion guide)
  - A Guide for Rural Health Care Collaboration and Coordination (how rural stakeholders can work together to assess and address their rural communities' health needs)
  - Profiles in Innovation (case examples which include strategies to address access and creative approaches to community engagement)

[www.ruralhealthvalue.org](http://www.ruralhealthvalue.org)



# References

- The High Performance Rural Health Care System of the Future, RUPRI (Rural Policy Research Institute) Health Panel, September 2011, <http://www.rupri.org/wp-content/uploads/2014/09/The-High-Performance-Rural-Health-Care-System-of-the-Future.pdf>
- Access to Rural Health Care – A Literature Review and New Synthesis, RUPRI (Rural Policy Research Institute) Health Panel August 2014, [http://www.rupri.org/Forms/HealthPanel\\_Access\\_August2014.pdf](http://www.rupri.org/Forms/HealthPanel_Access_August2014.pdf)

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