

Care Delivery Innovation Reference Guide **Methodology**

Understand the impact of key population health interventions



Introduction and purpose

Understanding the return on investment for population health initiatives is critical to prioritize programs and secure sustained project funding. However, measuring the success of interventions is often difficult because evidence-based benchmarks are limited.

The *Care Delivery Innovation Reference Guide* helps organizations understand the strength of evidence and range of impact of specific population health interventions.

There are three ways to access the impact data within the tool. Members can 1) choose to browse all interventions profiled, 2) filter interventions by target patient risk level, or 3) filter interventions by program goal. Findings should be used as guidelines for success, not direct benchmarks.



Research methodology

The *Care Delivery Innovation Reference Guide* outlines the projected impact (e.g., decreased utilization, improved quality) of common population health interventions based on findings from the literature and Advisory Board case studies.

Research was vetted by type of study, publishing journal, and date of publication. Findings from meta-analyses, systemic reviews, randomized controlled trials, and observational case studies are summarized and sourced for detailed review. Meta-analyses and systemic reviews were prioritized, if available. Potential limitations of each study can be reviewed in the sourced material.

For each intervention, impact is sorted based on anticipated return on investment. Impact is ordered as follows: decreased cost, decreased utilization, improved quality, clinical outcomes, improved access, and improved stakeholder satisfaction. Each original study can be reviewed in full by clicking on the summary box. The summary boxes are ordered by expected impact (e.g., studies that indicate decreased costs come first), then by quality (e.g., systematic reviews come first), and then by publication date.

Every intervention has a strength of evidence rating (low, medium, or high). There are four factors that contribute to the rating, listed here in order of importance:

- Frequency intervention demonstrated positive impacts
- Academic rigor of research available (e.g., systematic review, case study)
- Time spent searching for high-quality research studies
- Length of time intervention has been studied in the literature

The *Reference Guide* is updated annually to incorporate new findings.

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Common external sources



A meta-analysis is the process of combining findings from multiple studies



A randomized controlled trial is the random assignment of participants to two or more groups



A systemic review is the critical evaluation of all research studies that address a particular issue



A cohort study is the comparison of one group of people to another group at a specific point in time



A case study is the detailed description of a particular program or group



A cross-sectional study is the observation of a defined group at a single point in time or time interval



Research team

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