

Evidence-based medical research: The foundation for sound utilization review

What is an evidence-based foundation?

To make the best status determinations, hospitals need a foundation of medical evidence that incorporates the combined experience of an extensive variety of sources, not just a single physician advisor.

An evidence-based medical research foundation is more than a set of criteria. It draws on a wide range of **curated, updated medical research and is constructed to provide evidence-based research to support status recommendations.**

Optum® Case Advisor™ supports patient status determinations with a library of evidence-based medicine that hospitals would find nearly impossible to develop and maintain.

Our market-unique, evidence-based foundation is:

Accessible

Our AI saves physician advisors (PAs) time by providing citations to medical articles that support and defend patient status decisions.

Broad

Our evidence-based research comes from hundreds of peer-reviewed medical journals and **thousands of journal citations.**

Curated

We use a **three-part curation process** so only the most authoritative research becomes part of our evidence-based foundation:

- 1. Locate articles and studies** that inform medical necessity
- 2. Validate** and verify the quality of the study
- 3. Translate the research** into medical guidance covering medicine, surgery, pediatrics and specialties

Maintained

Every year, Optum invests **millions of dollars** on resources and content to keep our evidence-based research database up to date to a degree impossible for most health systems to achieve.

Deep

Our expansive research database includes a **range of study types:**

- Meta-analyses
- Systematic reviews
- Randomized controlled clinical trials
- Cohort studies
- Cross-sectional studies
- Qualitative research
- Case control studies
- Case series and cases reports
- Government regulations

Putting our evidence into practice



Initial case stratification:

Case Advisor compares details within the patient record against its foundation of evidence-based medicine to instantaneously sort cases based on inpatient likelihood, saving case managers significant time.



Physician advisor review:

Case Advisor AI jump-starts PA reviews by serving up key medical facts. It also improves review quality by offering specified research references to relevant articles about each indicated patient condition.



Peer-to-peer appeals:

Specific research references, paired with specific case details, support concurrent denial appeals by providing your physicians with facts to facilitate their conversation with payer medical directors.



Retrospective appeals:

Evidence-based medical research provides the clinical foundation supporting patient status, which can serve as the basis of an appeal.

Learn how Optum Case Advisor can give your UR program a true evidence-based medical foundation. | optum.com/contactus

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