



VOICE OF THE VETERAN SURVEY FY2011

SUBMITTED TO THE DEPUTY UNDERSECRETARY FOR HEALTH OPERATIONS AND MANAGEMENT

SUMMARIZED BY THE

Office of Patient Centered Care and Cultural Transformation

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EXECUTIVE SUMMARY

A Crosswalk of Core Characteristics Identified thru VA Visioning Process and Voice of Veteran Focus Groups

A Patient-Centered Health Care System starts with the Veteran, with his or her life. It begins with an exploration of what matters to the Veteran: what matters to them in their life and what they want and need their health for. If health issues are barriers to living their life fully, we partner with them so they are "mission-ready" for life. We recognize that Veterans are men and women who put their country first and made sacrifices. We owe them the best in health care built for and around them, the individual...the Veteran.

As part of the VHA's commitment to Patient Centered Care, a series of focus groups were conducted to hear directly from Veterans and their families regarding their perceptions and ideas of the core characteristics VHA should embrace. Between March 22 and April 8, 2011, 54 focus groups with 473 participants, both Veteran users and non-users, were conducted across the country. Information from these focus groups and 191 previously conducted ones was synthesized and a set of Veteran-identified core characteristics emerged. This list of 11 core characteristics were found to be most pervasive as Veterans expressed repeatedly and in their own words their hopes and dreams for their healthcare system. A similar list developed by leadership as a pre-decision draft is compared to the core characteristics expressed by the Veterans themselves. The characteristics identified by the Veterans that relate to those in the re-decisional document are indicated with an asterisk. Four areas were found to be most closely aligned with the voice of the Veteran characteristics. These included Respect, Advocacy, Integrated, and Accessible. The important characteristic s identified by Veterans and their families were focused on building relationships and on the emotional and partnering aspects of their care. Of note is the language used by the Veterans. The language used by the Veterans was more straight-forward and simple, expressed in every-day terms. For example, terms "to be heard" and "convenience" were used by the Veterans and "accessible" was the term used in the pre-decisional document.

VA Core Characteristics	Core Characteristics	e ran focus Groups: Identified by Veterans valigned with VA Core Characteristics
Trustworthy	Dignity and Respect*	Camaraderie
Accessible	To Be Heard	Efficiency*
Quality	Privacy	Convenience
Innovative	Choice*	Physical Access
Agile	Partnerships with Providers*	Improved Dining Experiences
Integrated	Family Involvement	

Recommendation: As VHA adopts the VA Visioning core characteristics, we should consider more explicitly addressing the areas identified by the Veterans. We should also be mindful of the language of Veterans and how they express their aspirations for VHA. We should invite Veterans and their families to be at the table with us as we plan and move toward the future vision of Patient Centered Care.

EXECUTIVE SYNOPSIS

The Voice of the Veteran Focus Group Project was undertaken at the request of VHA's Ad Hoc Focus Group Task Force and Deputy Under Secretary William Schoenhard to assist the VA in defining core characteristics to make VHA an organization of first choice for Veterans' health care. ⁱThe summary presented below is representative of themes compiled from views and opinions gathered during 54 Veteran focus groups with nearly 473 participants conducted between March 22 and April 8, 2011, over 30 separate VHA locations. Supplemented with information collected during previous focus groups, the voices of 1,774 Veterans across 61 sites are represented in this document. Focus groups are an extremely important source of qualitative data about any organization. In addition to on-going satisfaction surveys with patients and employees, these focus group data can aid in identifying trends, common feelings and concerns, and has allowed the facilitators to delve more deeply into the beliefs and perceptions of participants.

Focus group questions and processes for this project were developed with specific objectives to identify opportunities to improve the delivery system and enhance the competitive position; understand Veteran wants, needs, and desires for their healthcare delivery system; obtain Veteran feedback on an ideal healthcare delivery system; hear Veterans' definitions of quality and access; and learn from eligible Veterans who receive care outside the VHA their reasons for not using the VHA healthcare system, their perceptions of care, and what would make them change their minds and choose to use VHA healthcare services.

SUMMARY OF FOCUS GROUP THEMES

The overarching goal for this project was to help identify the core characteristics and attributes of healthcare most important to Veterans. Upon review and analysis of the thousands of comments received from Veterans over the course of this project, the themes presented below were derived from responses and remarks heard most pervasively and frequently across sites.

Primary themes heard throughout this project, some with clarifying information, include:

- Always treat Veterans with respect and dignity.
 - \circ $\;$ Ask and listen to Veterans
 - o Personalize each encounter
 - o Partner with Veterans as intentional and active members in planning for their healthcare
 - o Insist on helpfulness and professional behavior from staff
 - Know that first impressions made by front line staff are lasting
 - Respond to call buttons in a timely manner
 - Attend frequently to those who are bed- or wheelchair-ridden
 - Pay close attention to hygiene for Veterans needing assistance with daily living
 - Protect each Veteran's physical privacy
- Design and redesign processes to be Veteran-centric rather than VHA-centric.
 - Redesign scheduling processes for clinics appointments for Veteran choice and convenience
 - Redesign physical therapy appointments for Veteran choice and convenience
 - o Modify Pharmacy processes to reduce turnaround time
 - o Expand hours and days of operation to accommodate working Veterans
 - o Schedule appointments at Veteran's convenience rather than the clinics'
 - o Eliminate "three strikes and you're out" process for missed appointments
 - o Expedite ability to be seen by a specialist
 - o Eliminate waits, delays, and physician no-shows

- Offer care locally to minimize long distance travel
- Establish partnerships between Veterans and physicians to engage in more meaningful ways.
 - o Establish routine relationships rather than seeing a different physician each time
 - Reduce physician turnover
 - o Allow adequate time for each encounter with a provider
 - Be sensitive to the effect on Veterans when working with a provider of an ethnicity he or she previously fought against
 - Educate physicians and staff on each war era to better understand Veterans
- Provide for affordable emergency care services.
- Emphasize wellness and prevention.
- Capitalize on competitive advantage of Veterans' desire for camaraderie and assembly.
- Proactively encourage family involvement in all aspects of Veterans' healthcare.
- Address food issues, from Canteens to inpatient trays
- Expand Access to Women's Health Services
 - Longer hours of operation
 - o Additional healthcare services
 - Female physicians for gynecological care, always
- Enhance Mental Health Services
 - To reach those most in need earlier
 - Provide by skilled Veterans who can relate to combat experience
- Augment technology to improve access to information.
 - Improve comprehensiveness of MyHealtheVet
 - o Assure medical records are accessible across the entire VHA
 - Allow appointments to be scheduled online
 - o Offer live chats with physicians
- Equip Veterans with resources, tools, and information to easily navigate and access complex medical centers.
 - Parking
 - Way finding
- Educate Veteran patients on full complement of pain management options available; reduce reliance on prescribing and (over prescribing) pain medication.
- Ensure medication safety and accuracy of active medication list.
- Provide for additional therapeutic activities or distractions (beyond TV).
- Establish a patient navigator for every Veteran.

- Teach Veterans about resources, access and benefits once they are ready to learn but before they are lost to the VA.
- Clarify and follow through with benefit eligibility information.
- Initiate external public relations campaign to improve public image of VA healthcare.

SUMMARY OF FOCUS GROUP THEMES WITH REPRESENTATIVE QUOTES

Always Treat Veterans with Respect and Dignity		
Supporting Information	Representative Quotes	
 Listen to Veterans, and support them to participate intentionally and actively in their plans 	"It was a compliment and an honor to be here today and the reason we both came is because we felt that this has just never been done before, and I've been here a long, long time."	
 of care Personalize each encounter Enforce customer service expectations and professional behavior 	"I think just being familiar – I've come before when people call me by my name and that may not seem like a real big deal but when they have that attitude I kind of look forward to it myself. Instead of just the drudgery of the appointment having someone to recognize me and say, 'Hey how are you doing sir?' That's huge." "Treat me as a real person and not a social security number."	
 when interacting with Veterans (eye contact, smiles, attentiveness) First impressions made by front line staff matters Respond to call buttons in a timely manner 	"I don't like how if you tell them up here that something is wrong with you, it takes them five days to get to you and then they don't listen to you what your problems are, where it hurts and tell the nurse and the nurse is rude as hell to you, and it's like, I live here, and we put up with this stuff almost on a daily basis."	
 Attend frequently to those who are bed- or wheelchair-ridden Provide for more therapeutic activities or distractions during hospitalizations (not just 	"There is a culture of laziness in the front line. I go in there and they are talking about their neighbor is getting ready to go on vacation or reading a book and they don't look up, don't have nothing to do with anybody." "Some of those guys cannot get fair treatment, just because they are homeless Veterans."	
 More attention to hygiene for CLC Vets needing assistance with daily living 	"I know the Vietnam Vets, some of the problems that stems with our healthcare and our mental health care is that fact we are liars until we've proven who we are."	
 Protect each Veteran's physical privacy 	"I had an argument with one of the policemen here and I told them you have to be more careful when they treat us. They treat us as a patient, they look at us like we have an illness but we have a lot of syndromes. Police in here they are nice since I told them that, they changed a little bit. But they got an attitude."	
	"More than one Veteran in a hospital room is too much. No room for family, no privacy."	

Design and Redesign Processes to be Veteran-centric rather than VHA-centric		
Supporting Information	Representative Quotes	
Redesign clinic	"I can only work 8 – 5 so I just can't come in."	
appointments and		
Physical Therapy	"I only have so much leave I can take from my job to come here for	
scheduling, and	appointments and since they are only open during weekdays, well."	
Pharmacy processes for		
Veteran choice and	"Each time I call in, I listen to this recording that never ends and you never,	
convenience	ever get to a live person."	
Modify Pharmacy		
processes to reduce	"I needed to see a doctor on Veteran's Day, but they were closed for the	
turnaround time.	holiday. Now, isn't that ironic?"	
• Expand hours and days of		
operation to	"If you want to see your primary, you can't just call up and ask for that. You	
accommodate working	have to call and make an appointment and often it's 4 – 5 months out."	
Veterans		
Expedite ability to be	"If I have an appointment with any one of those three [non-VA] doctors, it's	
seen by a specialist	never more than thirty minutes that I'm in there waiting, but I could have an	
• Eliminate waits, physician	appointment with the VA at 8:00 this morning and still be waiting at 2:00 in	
no-shows	the afternoon."	
Schedule appointments		
at Veteran's convenience	"I left a message with Audiology and they called me twice within a couple of	
more so rather than the	hours the next day but I didn't have my phone with me. The first was to say	
clinics'.	this is your second call and if you don't call back we're going to cancel this	
Eliminate "three strikes	window. And the third one was we're terminating this, you need to call your	
and you're out" process	PCP to send out a new referral if you want an appointment. And that all	
for missed appointments	happened within barely more than a 24 hour period."	
Offer care locally to	"You take your prescription to Pharmacy and they say it will be 15, 20 minutes,	
minimize long distance	and 3 hours you're still waiting. They've got three windows there, but only one	
travel	is open."	
	is open.	
	"I live way in the mountains so I go to a remote clinic, and that's been really	
	nice that they've been able to do that. That has been excellent for me anyway,	
	because I can talk to the doctor right there in the deal [van]. "	
	"We have to go all the way to Fort Mead in South Dakota which is 227 miles	
	one way. I don't think that's – that Hot Springs is not being very	
	accommodating to the Veterans especially as I'm getting older and if I get sore	
	as hell driving over there."	

Establish Partnerships between Veterans and Physicians to Engage in More Meaningful Ways		
Supporting Information	Representative Quotes	
 Encourage continuity between providers and patients Rather than seeing a 	"It's upsetting to me, because once you meet a doctor and you bond together, by the time you have a good working relationship, they give you a new doctor."	
 Rather than seeing a different physician each time, establish a steady patient base Reduce physician and medical student turnover 	"Whenever I've been a patient in the VA, I get one doctor today, I get Joe Doe tomorrow, I get Suzy Smith the next day and nobody knows what the original set of circumstances is. You have to repeat it all. You have to start all over again."	
 Allow adequate time for each encounter with a provider 	"I think it's at least important that they provide for the medical personnel, small education classes based on the wars."	
 Be sensitive to the effect on Veterans when encountering a provider of an ethnicity he's 	"I know the doctors are only allotted like fifteen minutes per patient and that includes seeing the patient, doing the charting and ordering the labs and prescriptions and stuff like that – even like how you were saying to look at the total person, the one I went to - just total tunnel vision."	
 previously fought against Educate physicians and staff on each war era to better understand Veterans 	"He plays with the computer for about fifteen minutes, then he'll get up and listen to my heart for one minute and that's it, that's all the time I get with him. Ten years and he's never tested my prostate or nothing."	
veterans	"A lot of times they hear you but they don't hear you. So they are already deciding what they gonna do with you in probably the first two minutes you sitting there. Because they ask you one or two questions and after that they start looking at the computer fixing a way to get you out. I'm just telling you how it works, and I've been there almost 20 years."	

Emphasize Wellness and Prevention	
Supporting Information	Representative Quotes
 WWII, Korean and Vietnam Vets were primarily uninterested in wellness. Younger Veterans and women Vets, however, articulated a greater interest in being proactively involved with wellness, prevention, and improving vitality in general. 	"I know for myself, whenever I get a notice from the Women's Health Clinic, there's always something in there promoting women's health, whether it be breast exams or cholesterol levels. And they also send out a newsletter to the women Veterans, which is nice but I think they should do that for everybody." "I have a great doctor at the Baptist, he's very into wellness. He's a wellness doctor so when I tell him that I juice raw vegetables, you knowhe asks me what kinds of supplements I take and I take D's and E's and this and that and he says just be careful with certain juices because they're high in sugars, and we talked about it." "My healthcare program from the company that I retired from Exelon – they have a magazine that comes out monthly and it's on tips for good health, foods to eat, things to avoid, seasonal things. Now it's winter here's what you need to watch out for. Here are medications that you should really think twice about and all those kinds of things." "I don't like people pulling punches with me. I want them to say, 'Hey, you are gaining weight. This is why you are having this problem. You need to lose some weight. Back off the table a little bit and exercise.'" "that MOVE program it's probably one of the best programs that they've got out here because you've got different things – the nutrition to help with your diabetes and all that, they set you up in the physical program that you can do, you know."

Capitalize on Competitive Advantage of Veteran's Desire for Camaraderie and Assembly	
Supporting Information	Representative Quotes
	where we can help each other. You know, unless, and I know yesterday there was one of the older Vets was having a real difficult day, and if he was able to call other Vets, it would help him a lot."

Proactively Encourage Family Involvement in all Aspects of Veterans' Healthcare		
Supporting Information	Representative Quotes	
 Invite family to be a part of a Veteran's care, both inpatient and outpatient. Provide spaces for family 	 "everybody's very helpful, everybody, you know, always wants to make sure that the family members are treated with the utmost respect and are kept in the loop, and that's the way that it should be with any of us." "On the one occasion where my wife accompanied me she was allowed into the exam room and she was allowed to be engaged and the provider was very respectful. I appreciated that." "I never got the feeling that my spouse was welcomed at all." "I didn't know 'til now that spouses could come to Urgent Care." "no patient should ever go to a doctor's office visit or a hospital admission without an advocate from within the family or extended family and close friends to take notes and make sure they know the names of all the doctors that treat them." "My young woman I'm seeing for counseling asked me to have my wife and my daughter come in with me on one of my visits. And I did that and she went out of her way to make them feel comfortable which I was appreciative of. She explained to them things that I wasn't capable of explaining so she was really my advocate at that point." 	

Address Food Concerns of Veterans, Family and Staff	
Supporting Information	Representative Quotes
Address food issues from Canteens to inpatient trays to include choice,	"You know to bring your lunch when you come here. I got three appointments today but the cafeteria closes at 2pm."
taste, temperature, hours of operation, healthy choices, specialty diets	"There [non-VA hospital] you get room service and the food was marvelous with all these choices."
	"In outside hospitals I think food service has really changed over the last probably ten years – they've recognized the patients. Very seldom would you hear a patient say I really enjoyed the food which I have heard it recently. But not in here. It hasn't changed at all."
	[Non-user] "They knew everything about me. And when you are in the hospital room, I got good room service too, and the food was marvelous with all these choices."
	"The only food I've had is at the Canteen and so we won't discuss that."

Expand Access to Women's Health Services	
Supporting Information	Representative Quotes
Women's Health Services appreciated; desire exists	"I'm very glad we have the Women's Center and everything is all in one place."
for more Longer hours of operation Additional healthcare services 	"Conversely with the Women's Health Center, you don't have enough doctors or times or specialists. And with all of my fellow sisters coming back, the VA to me has been overwhelmed with females. I can only see (her) on Tuesday afternoons down in Brockton. I work full time so have to take the whole day off."
 Female physicians for gynecological care, always 	"The best department in this whole VA system in Murfreesboro is the Women's Clinic. Sorry guys. If everything else worked the way the women's clinic works, it would be a perfect world."

Enhance Mental Health Services	
Supporting Information	Representative Quotes
 Maximize Mental Health Services To reach those most in 	"I have to deal with some pretty tough issues now and she (the psychiatrist) is the best thing that's ever happened to me."
need earlier • Provide by skilled Veterans who can relate to combat	"who is a Colonel who is saying this, this and this but he's never suffered that PTSD. He doesn't know the exact situation that someone is in when they're there."
experience	"The VA psychological staff and PTSD staff, there's not one swinging dick that's ever seen combat. Not one; any of themit's the whole issue."
	"In like the last year is they've got private security working here, none of them for the most part are Vets, they're short with you and they don't really know anything about the place."

Provide for Affordable After-Hour and Emergency Care Services	
Supporting Information	Representative Quotes
 Address convenient and affordable after hours and emergency care for all 	"I told them I was a VA patient and in two days they transported me but the transportation alone cost \$1700 and now they put collection on me."
Veterans. Educate Veterans and local municipalities (e.g., police,	"Yeah, I mean if you have TRICARE you can jump into an urgent care clinic and they'll cover it or of course the ER if needed."
ambulance) on preferred mechanisms.	"I'm a policeman and if they could call 911 and say they are a Veteran and where to take them and even send someone to respond, that would be great. We don't always know where to take Vets for emergencies, nor do we have a number to call to find out."

Augment Technology to Improve Access to Information	
Supporting Information	Representative Quotes
Make My HealtheVet more user friendly with additional options (Kaiser	"My HealtheVet is a good start but it needs to be expanded and user friendly. It's difficult to get into, and difficult to find things."
 system put out as an example) Assure medical records are accessible across the 	"Theoretically we're supposed to have the same database for all VA hospitals, but I can't even get them to communicate my information between one city in North Carolina and another."
 Allow appointments to be scheduled online 	"starting to use bar coding. So that now they don't come in and give you the wrong medication, they've first got to match that up."
Offer live chats with physicians	"It [My HealtheVet] works great for refilling medications." "Three years ago Kaiser entered everything into their computer system. Now
	by 8:00 am my lab results are available on my computer and if you want to see last year's results you just have to push the bar graph button."

Equip Veterans with Resources, Tools, and Information to Easily Navigate and Access Complex		
Medical Centers		
Supporting Information	Representative Quote	
 Address way finding on medical center campuses, both inside and outside. 	"Where in the hell do you go? This is a whole city in itself, and you walk in one door and you don't know where you're at, you don't know what to do."	
• Ease Veterans' ability to park conveniently then move to care location.	"Parking is limited anyway but three fourths of the patient places are filled by staff. If we would simply enforce that, many of our Veterans would have closer parking to park in."	

Educate Veteran Patients on Full Complement of Pain Management Options Available	
Supporting Information	Representative Quotes
 Offer options on pain management early on in treatment; reduce reliance on prescribing (and overprescribing) 	"I said, no, I do not like taking medicine either, so I do not want to go that route. It is just the idea that he gave me choices instead of trying to just cover it up and telling me that he was going to give me some pain pills. That really made me feel good."
pain medication.	"I do have to say it is very much a 'pill-first' kind of methodology here." "I've been on pain medication for 4 years and was like, does the VA offer acupuncture? He's like, yea they do, but it was never mentioned, like it's a hush hush thing."
	"Let's give you another pill. And at one time they had me on so many pills, the shrinks did, you know I'm lucky if I could get out of bed at 3 o'clock."
	"When you're drugged up so much, when you take all this stuff before you go to bed to be able to sleep, you're drugged up so much the nightmare's still there, but you can't wake up."

Establish a Patient Navigator for Every Veteran		
Supporting Information	Representative Quotes	
 Assist each Veteran personally with learning to navigate the system, learn the many rules, 	"We're Veterans. We're broken. The Patient Rep or someone must be more available, like with a 1-800 number. They have their numbers listed, but they are never there, they never answer."	
 benefits, and processes. Make certain they know how to contact their navigator 	"It is bad, just walking into it not knowing anything about it. You can go to the information desk but they're not going to help you learn the ins and outs. And really be your own advocate and say hey dude I've been sitting here talking to you about this for two years—look it up."	
	"Perfect, great but it would be nice to be able to have somebody that is almost like a case manager to help you get those appointments, get those referrals pushed along rather than I know like I've been waiting over two months for a referral from my primary care physician into like orthopedic or physical therapy just to get an appointment."	
	"What we learned we learned on our own. No one hands you information saying this is how you do this. They don't want to tell us that because it means they are opening themselves up for more."	

Ensure Medication Safety and Accuracy of Active Medication List	
Supporting Information	Representative Quotes
• Ensure medication safety and accuracy of active	"Physicians prescribe too many medications but give no explanation."
medication list in EMR	"Last time I was admitted it took my whole stay before they got my drugs
	straightened out. It's not very reassuring to get confusion with your meds."
	"They've got a problem with their computer system as far as medications go. My primary is in Bedford, but I wind up here in West Roxbury a lot. If the doctor in West Roxbury changes a med, it never gets to my primary. The computers in West Roxbury talk to the ones in Brockton, they talk to the ones in JP, Bedford never knows."
	"I'm fortunate and I'm grateful for anything and everything that I get. One of the medications I'm on is \$964 a vial and it only lasts me three weeks. I couldn't afford that on the outside."

Address Preferences of Eligible Veterans Who Have Elected to Get Healthcare Elsewhere		
Supporting Information	Representative Quotes	
 Each encounter should be personalized. Clarify and follow through the base fit also that it. 	"Out there they treat me as though I'm an individual." "I think I would consider coming here if I had a better explanation of just	
 with benefit eligibility information Provide family care for Veterans Healthcare must be 	exactly what my benefits are. I've had none of that." "In 1968 I was told I was ineligible. I think in recent years they have changed the eligibility but until I heard Tony on the radio about this session I didn't know where to go."	
 convenient Continuity with physicians Initiate external public relations Campaign to improve public image of VA Health Care 	"I don't come here because I can't bring my wife and kids." "Like most of them I have both because sometimes to get the referral to other clinics in the VA system takes so very long that it's easier just to pay a little bit more, go outside the system and get it done."	
	"There is a stigma about going to the VA hospital for certain types of help. And I don't want that stigma."	
	"One of the reasons I came here today is because I wanted to find out what is going on, do I come here for my care or not? So the issue, big letters for me was trust. Do I trust this system? I beenI was in it heavily back in the mid-70s and I wanted to see what is going on. I hear all the positives, I hear some bad things here so I am trying to see, okay, is this a good place for me? Do I trust it? Are the surgeons, are the staff, anybody from top to bottom, are they there for us?"	

CLOSING COMMENTS

The quality and the commitment of the clinicians and staff who work at the VA and who have dedicated themselves to serving our Veterans are unparalleled. Twenty-first century healthcare focuses on the health and healing of Veterans, the care they receive, their partnership with clinicians, offered with respect and commitment. It is delivered by a great team of people who place our Veterans at the center of all that they do, who address the whole person, and who are world-leading, cutting-edge health care innovators. In fulfilling our responsibility to optimize the health and healing of each and every Veteran.

A Patient Centered Health Care System starts with the Veteran and begins with an exploration of what matters to each Veteran. This report is an important step in understanding the core characteristics of the kind of health care system that Veterans want. Integrating this understanding in the design of our facilities, the processes we use, and the relationships we foster. With this report, we create the foundation for transformation to the healthcare of the future. The need for transformation has never been greater and the imperatives are professional, financial, and moral. In this way, we will provide the future of health care to our Veterans today.

ⁱ Planetree conducted the focus groups surveys referenced in this document and prepared the original survey document for the VHA Deputy Undersecretary for Health and Operations Management.