

Heart Healthy Lenoir Hypertension Project



Last Dinner Meeting!

- Welcome everyone!
- Tonight's Agenda:
 - ✓ Special guests
 - ✓ Quick review of project
 - ✓ Motivational Interviewing 103
 - ✓ Data Review
 - ✓ "Moving on" Discuss great opportunities for moving on as a community



A few new folks representing...

- Eastern AHEC 
- CCNC 
- Lenoir Memorial Hospital 
- State Health Plan 
- Pink Hill Wellness Center 
- Lenoir Community College 
- Others

HHL – Quick trip down memory lane

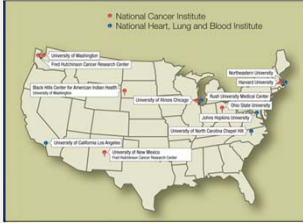


Timeline – HHL Study 2010- until now.....

	Yr 1 5/10-4/11	Yr 2 5/11-4/12	Yr 3 5/12-4/13	Yr 4 5/13-4/14	Yr 5 5/14-4/15
Formative Work in the Community	■	■			
Enroll Participants		■			
Implement/Test New Strategies			■	■	■
Track Outcomes			■	■	■
Analyze results					■

CPHHD – National effort

to address inequities in prevalence and outcomes of several diseases



National Cancer Institute

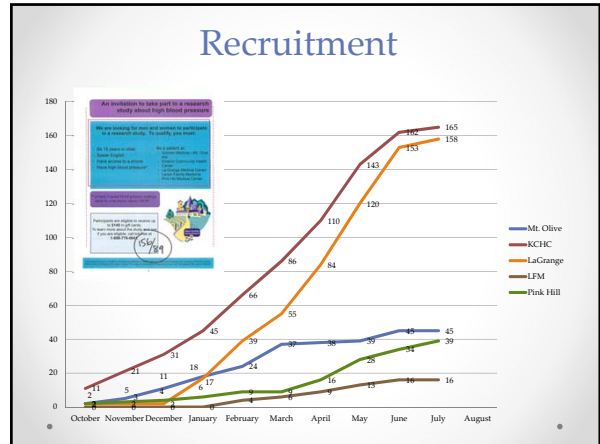
- University of Washington
Contact PI: Cedra Buchwald, MD
- Ohio State University
Contact PI: Electra Paskett, PhD
- Fred Hutchinson Cancer Research Center
Contact PI: Barb Thompson, PhD
- University of Illinois Chicago
Contact PI: Richard Wanecki, PhD
- Harvard University
Contact PI: David Williams, PhD

National Heart Lung and Blood Institute

- University of North Carolina Chapel Hill
Center Director: Alice Annamman, DrPH
- Johns Hopkins University
Center Director: Lisa Cooper, MD, MPH, FACP
- University of California Los Angeles
Center Director: Arif Olgun, PhD
- Rush University Medical Center
Center Director: Linda Powell, PhD
- Northeastern University
Center Director: Katherine Tucker, PhD

The work of many!

The collage features several images: a group photo in front of a brick building, a modern medical building, a person in a lab coat, and several individual staff members in professional attire. A logo for 'KINGSTON COMMUNITY HEALTH CENTERS, INC.' is also visible.



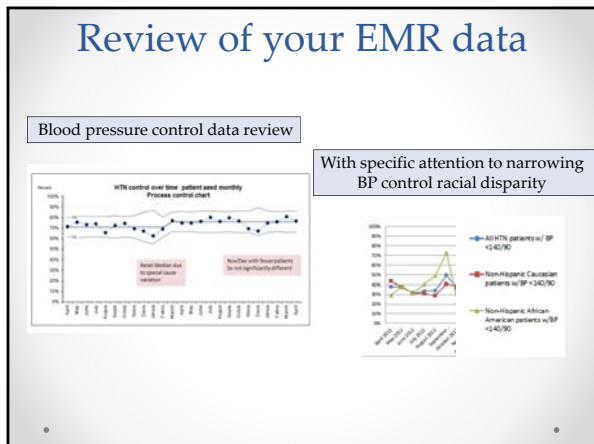
Standardizing Care

Visit planners for everyday use

HTN medication algorithm & preferred drug combinations

Patient Self-Care, Health Coaching, Motivational Interviewing

The resources include a blood pressure monitor, a medication adherence chart, a 'Spirit of MI' diagram with categories like Collaboration, Acceptance, Empowerment, and Compassion, and a '5A's Setting' poster with categories like Assess, Advise, Agree, Assist, and Arrange.



Health Equity

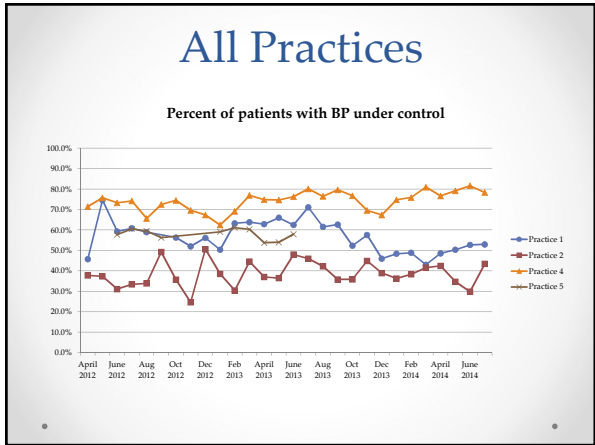
The resources include a slide on 'Health Disparities: A Threat to High Quality Care', a poster on 'The Equity Quality Link' which states 'Equity is more than access', and a poster on 'Does a "Rising Tide Lift All Boats?"' which states 'Not necessarily when it comes to reducing disparities'.

Motivational Interviewing 103

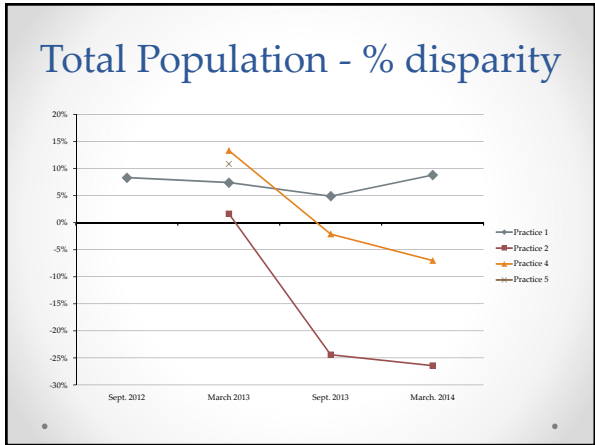
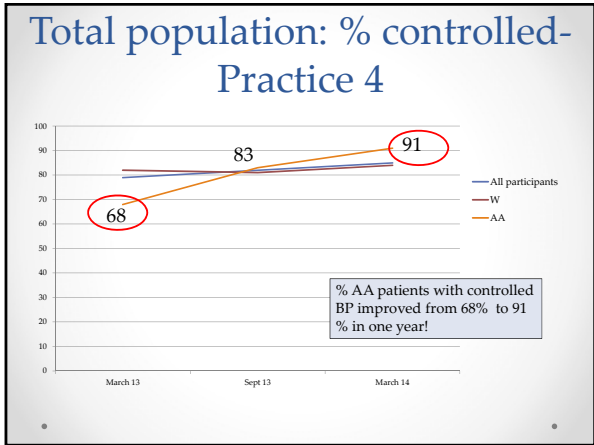
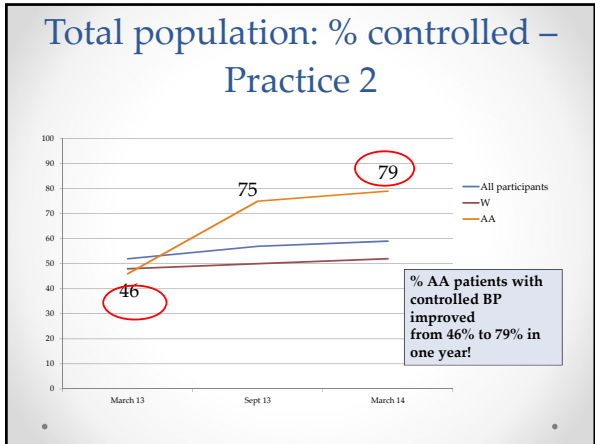
https://www.youtube.com/watch?v=aC0dSd_Q3zs

Motivational Interviewing Training Video

Data Review



Yearly data pulls - unique patients



Moving on!

New funded opportunities:

North Carolina Community Care Networks, Inc.

- **Optimizing Medical Neighborhood:** Transforming Care Coordination through North Carolina Community Pharmacy Enhanced Services Network.
- Test a model where community based pharmacists deliver medication management services to patients with at least one chronic condition.
- Pharmacist will utilize PHARMAceHOME, a pharmacy information exchange platform, to understand patient's prescription history to deliver effective medication management services and support coordination of care by serving as extension of patient centered medical home care manager.

Lenoir Memorial Hospital receives \$282,898 grant from The Duke Endowment to develop a primary stroke center.

Plan:

Develop a comprehensive program to stabilize & treat stroke patients. Program components include prevention, treatment, and post-care follow up.

Funding includes use of telestroke robot connected to physicians with neurological stroke expertise via robot technology.



"Our hope is to help the community become more aware of stroke symptoms, and improve recognition and time for getting affected residents to our hospital quickly so we can provide rapid treatment."
-Constance Hengel

Potential opportunities

- Blue Cross Blue Shield of North Carolina Foundation:

The image shows two screenshots from the BCBSNC Foundation website. The left screenshot displays the 'Health of Vulnerable Populations Equipment and Training Proposal' form, which includes sections for 'Organizational Profile', 'Equipment', 'Project Description', and 'Budget/Justification'. The right screenshot shows the 'About Us' page of the BCBSNC Foundation, which describes the organization's mission and provides contact information.

Opportunities to support further work with blood pressure control

- <http://www.bcbsncfoundation.org/health-of-vulnerable-populations/>
- Grant opportunities of \$1,000 - \$10,000 available on annual basis.
- Many of these grants expected to cover staff or provider **training and purchases of small equipment** - increase capacity or scope of service of safety net providers.

Health of Vulnerable Populations Equipment and Training Proposal

- Describe your organization.
- What equipment you will purchase? (1000 characters)
- What population will you focus the work on ?
- What outcomes will you measure? (behavior or health status changes)
 - "greater number of patients with reduced BP or that achieve a BP of less than 140/90."
- Verification: how will you know your results have been achieved?

Potential Opportunities

FAST PACE NC grant: Practice coaching to support prevention of cardiovascular disease (ABCS's)

- NC AHEC, CCNC & many QI enthusiasts have joined in large effort to support primary care practices using on site "practice facilitation" (coaching) to engage in risk reduction activities.
- Plan to engage 250-300 practices statewide.
- Grant review: Sept 2014.
- If funded, start date Feb 2015.
 - > 2 main waves - Summer of 2015 - Fall of 2015.




Main activities

- CVD risk assessment (clinical decision support calculator)
- Treatment of elevated blood pressure
- Use of statins for CVD risk reduction
- Smoking cessation therapies
- Use of aspirin for CVD prevention
- Implementation and use of Analytics/connectivity via CCNC HIE system


UNDER CONSTRUCTION

Loosening the Stroke Belt in North Carolina – Targeting Uncontrolled Hypertension from the Genome to the Corner Store

- Funder:** The American Heart Association - 3 level proposals focused on high blood pressure using basic science, clinical, and community based approaches
- Theme:** understand the balance of destructive and repairing mechanisms that occurs in blood vessels that can impact the progression of high blood pressure.
- Why?:** Understanding this better may also inform what medications or other treatments may be best for individuals based upon their heredity (genes).
- What?:** Included in this proposal is a diet-based intervention in Lenoir County using a “Southern” version of the Mediterranean diet, blood pressure monitoring and understanding medication adherence .


FOR TEACHERS AND STATE EMPLOYEES





State Health Plan
August 21, 2014

A Division of the Department of State Treasurer

NC HealthSmart Initiative

A go-to resource for Health and Wellness information, tools and support. Members have free access 24/7.


- Case Management
- Disease Management
- Active Lifestyle Coaching
- Personal Health Portal
- Maternity Coaching
- 24-hour Nurse Line
- Tobacco Cessation support
- Nutrition and Weight loss support

SHP Project for Eastern NC



Propose two-year pilot for Greene, Jones and Lenoir counties utilizing a multipronged approach

- Engage and support providers in delivering the highest level of care to SHP members
- Develop and strengthen wellness networks and worksite wellness initiatives
- Engage and empower members in their healthcare
- Connect local leadership and resources to worksites




“Evidence Academy” at ECU

1 day meeting
Friday Dec 12, 2014

Mark your calendar!
DATE: Friday, December 12, 2014
TIME: 8:30am – 4pm
LOCATION: East Carolina Heart Institute, Greenville, NC

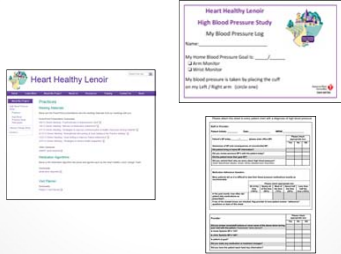
What is the Evidence Academy?
A one-day regional meeting to discuss the latest evidence and model programs that make a difference in hypertension prevention, treatment and control.



Next Steps?

Final Comments

- CME evaluations
- www.hearthealthylenoir.com



Practice 1 total pop data

