

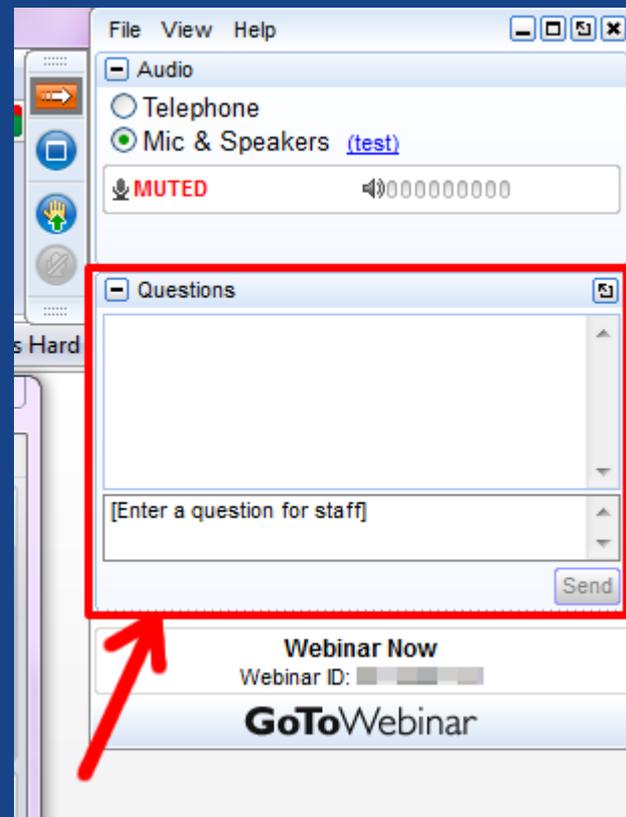
CHRONIC DISEASE PREVENTION & HEALTH PROMOTION

WEBINAR SERIES

<http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>

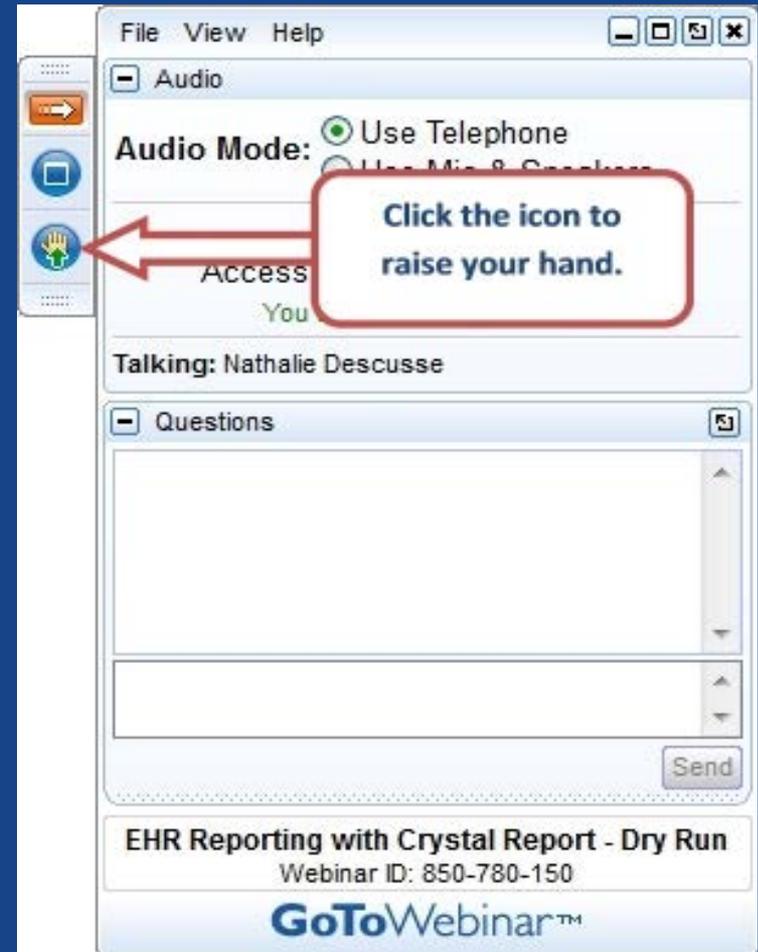
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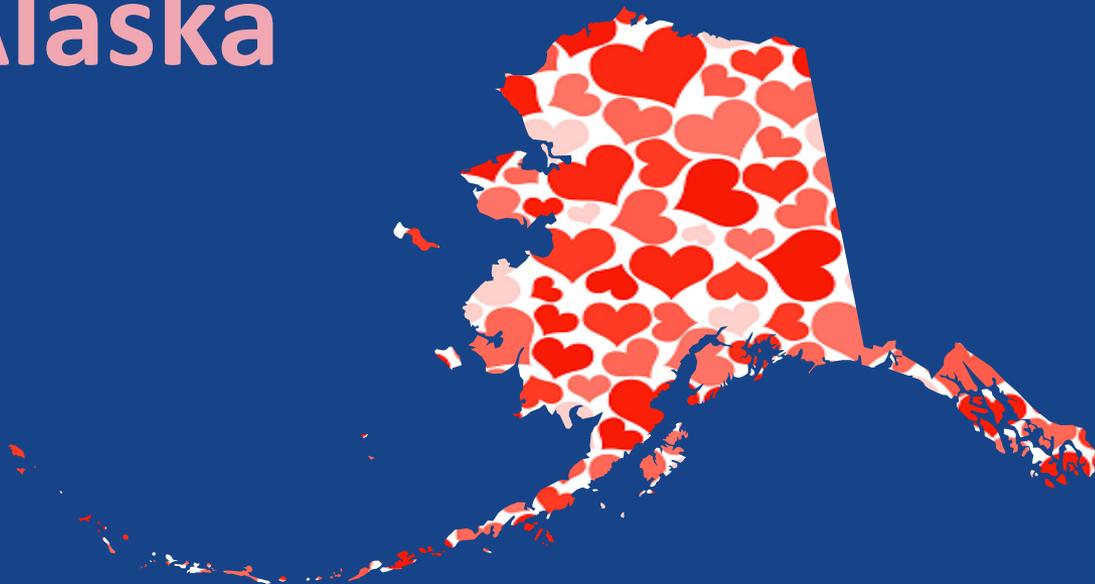


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Million Hearts[®] Updates and Progress in Alaska



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24 January 2017

Teleconference/Webinar

Objectives

- Review recommendations for reducing the number of heart attacks and strokes using the Million Hearts® initiative ABCS
- Introduce proposed updates for Million Hearts® 2.0
- Review current status of Million Hearts® goals nationally and in Alaska
- Provide an overview of State of Alaska partner projects focusing on Million Hearts® goals

MILLION HEARTS®



Million Hearts®

**Goal: Prevent 1 million heart attacks
and strokes by 2017**

- US Dept. of Health and Human Services initiative, co-led by CDC and CMS (Medicare and Medicaid).

Purpose: focus efforts of public and private partners to:

- Reduce the number of people who need treatment
- Improve the care for those who do need it



The ABCS to Prevent Heart Attacks and Strokes

Aspirin

People who have had a heart attack and stroke who are taking aspirin

Blood pressure

People with hypertension who have adequately controlled blood pressure

Cholesterol

People with high cholesterol who are effectively managed

Smoking

People trying to quit smoking who get help



Targets for the ABCS

Intervention	Pre-Initiative Estimate (2009-2010)	2017 Population-wide Goal	2017 Clinical Target
A spirin when appropriate	54%	65%	70%
B lood pressure control	53%	65%	70%
C holesterol management	33%	65%	70%
S moking cessation	22%	65%	70%



Sources: National Ambulatory Medical Care Survey, National Health and Nutrition Examination Survey



National Status of the ABCS as of 2016

Intervention	Pre-Initiative Estimate (2009-2010)	2017 Population-wide Goal	Predicted 2015-2016
A spirin when appropriate	54%	65%	71%+
B lood pressure control	53%	65%	56%
C holesterol management	50%	65%	59%
S moking cessation	22%	65%	64%*



Sources: National Ambulatory Medical Care Survey, National Health and Nutrition Examination Survey

+Source: 2013 Behavioral Risk Factor Survey

*Source: 2013 Health Resources and Services Administration



Million Hearts® Accomplishments* as of 2016

Changing the Environment

Reduce Smoking



Almost 4 million fewer cigarette smokers[†]

Reduce Sodium Intake



Accomplished: FDA issued draft Voluntary Sodium Guidance to Industry. 6/1/16

Eliminate Trans Fat Intake



Accomplished: FDA issued the final determination on artificial trans fat[§]



*Note this is a select set of notable accomplishments

† National Health Interview Survey, comparing 2011 to 2014 data

§ <http://www.fda.gov/forconsumers/consumerupdates/ucm372915.htm#top>

Million Hearts® Measure Alignment

Quality Measures Reporting Initiative	Aspirin When Appropriate	Blood Pressure Screening & Follow Up	Blood Pressure Control	Cholesterol Management	Cholesterol Management – Diabetes	Cholesterol Management – IVD	Smoking Assessment & Treatment
CMS Physician Quality Reporting System (PQRS)	Yes	+	Yes	+	Yes	+	Yes
CMS EHR Incentive Programs for Eligible Professionals	Yes	+	Yes	+	+	Yes	Yes
National Quality Forum (NQF)	Yes	n/a	Yes	n/a	Yes	Yes	Yes
AHA/ADA/ACS The Guideline Advantage	+	+	+	+	+	+	+
CMS PQRS Cardiovascular Prevention Measures Group	+	+	+	n/a	+	+	+
CMS PQRS Group Practice Reporting Option (GPRO)	+	+	+	n/a	+	+	+
CMS Accountable Care Organizations	+	+	+	n/a	+	+	+
NCQA Healthcare Effectiveness Data and Information Set (HEDIS)	n/a	n/a	Yes	n/a	Yes	Yes	Yes
CMMI Comprehensive Primary Care	n/a	n/a	+	n/a	+	+	+
HRSA Uniform Data System**	+	n/a	Yes	n/a	n/a	n/a	+
CMS Medicaid Adult Core Set	n/a	n/a	Yes	n/a	n/a	n/a	n/a
ACC PINNACLE registry	n/a	n/a	n/a	n/a	n/a	n/a	Yes
IHS Resource and Patient Management System	n/a	n/a	+	n/a	n/a	n/a	n/a

Million Hearts® “2.0” – The Next Phase

January - July 2017 Launch

- ❖ Issue new aim and targets

2.0 Design DRAFT

- Blood Pressure
- Sodium intake
- Smoking
- Cholesterol
- Aspirin for secondary CVD prevention
- Particulate matter (new)



Million Hearts 2.0 Design DRAFT

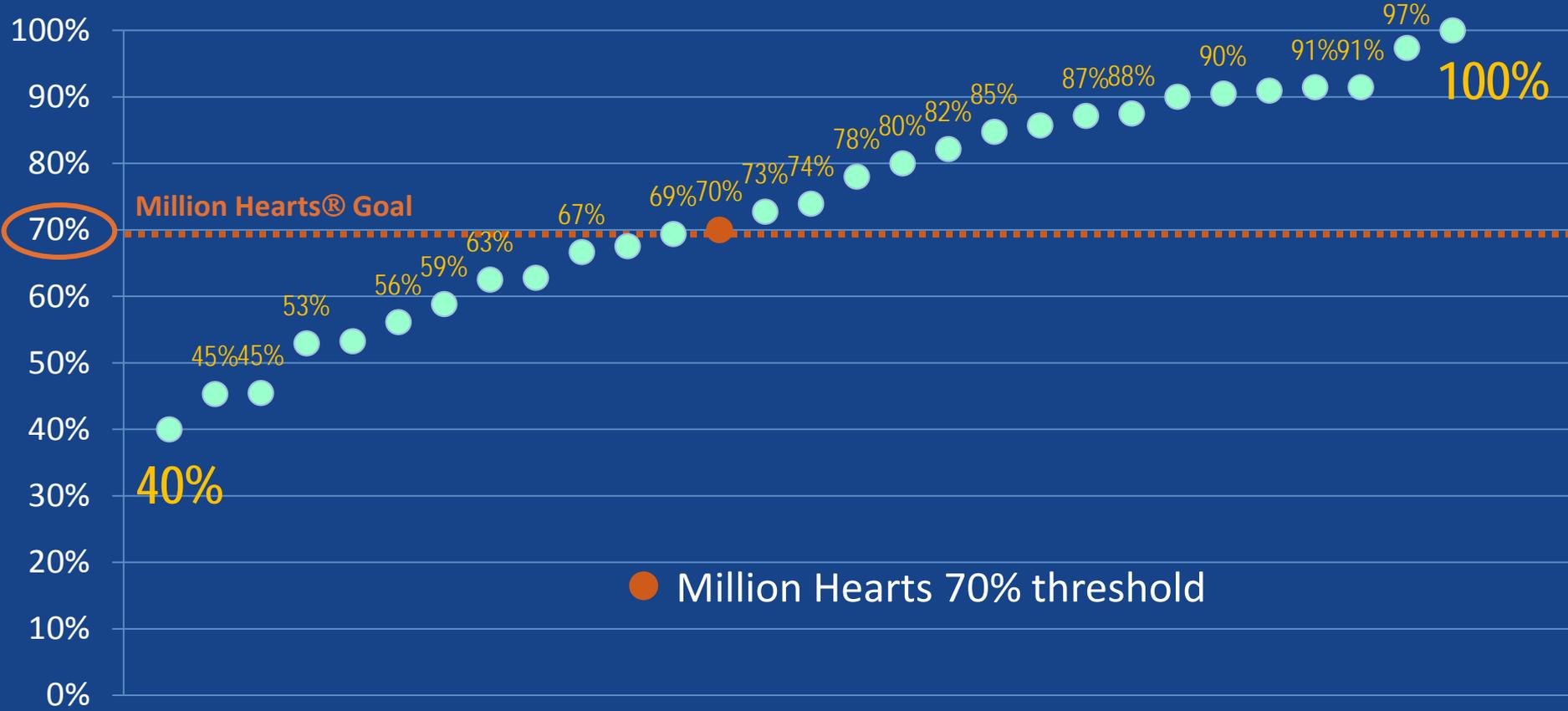
Feedback as of October 2016

- Keep
 - Hypertension, Cholesterol, Smoking, Sodium reduction
 - All remain ripe with opportunities for preventing events
 - Aspirin – right thing to do – not as much room for improvement
- Consider
 - Particulate/Air Quality; EPA and NCEH
 - Some aspect of Nutrition/Physical Activity/Obesity
- Needs deeper emphasis
 - Disparities, risk, event prevention in 45-64 year olds



ABCS' STATUS IN ALASKA

2015 Percent of Patients with Aspirin Therapy for Ischemic Vascular Disease by FQHC



FQHCs: Federally Qualified Health Centers

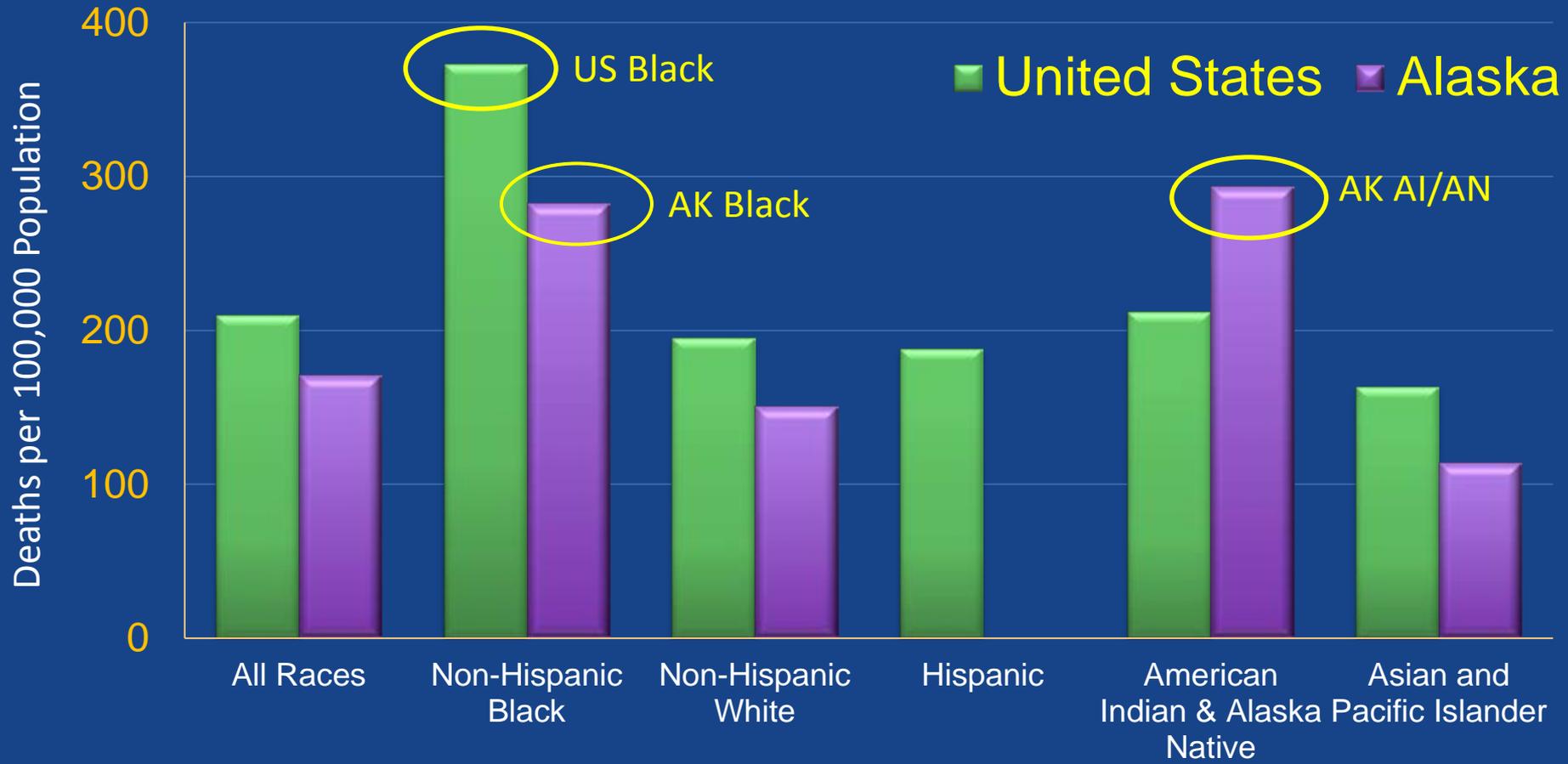
Aspirin

Source: 2015 Alaska UDS Data: <http://bphc.hrsa.gov/uds/datacenter.aspx>

<http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>

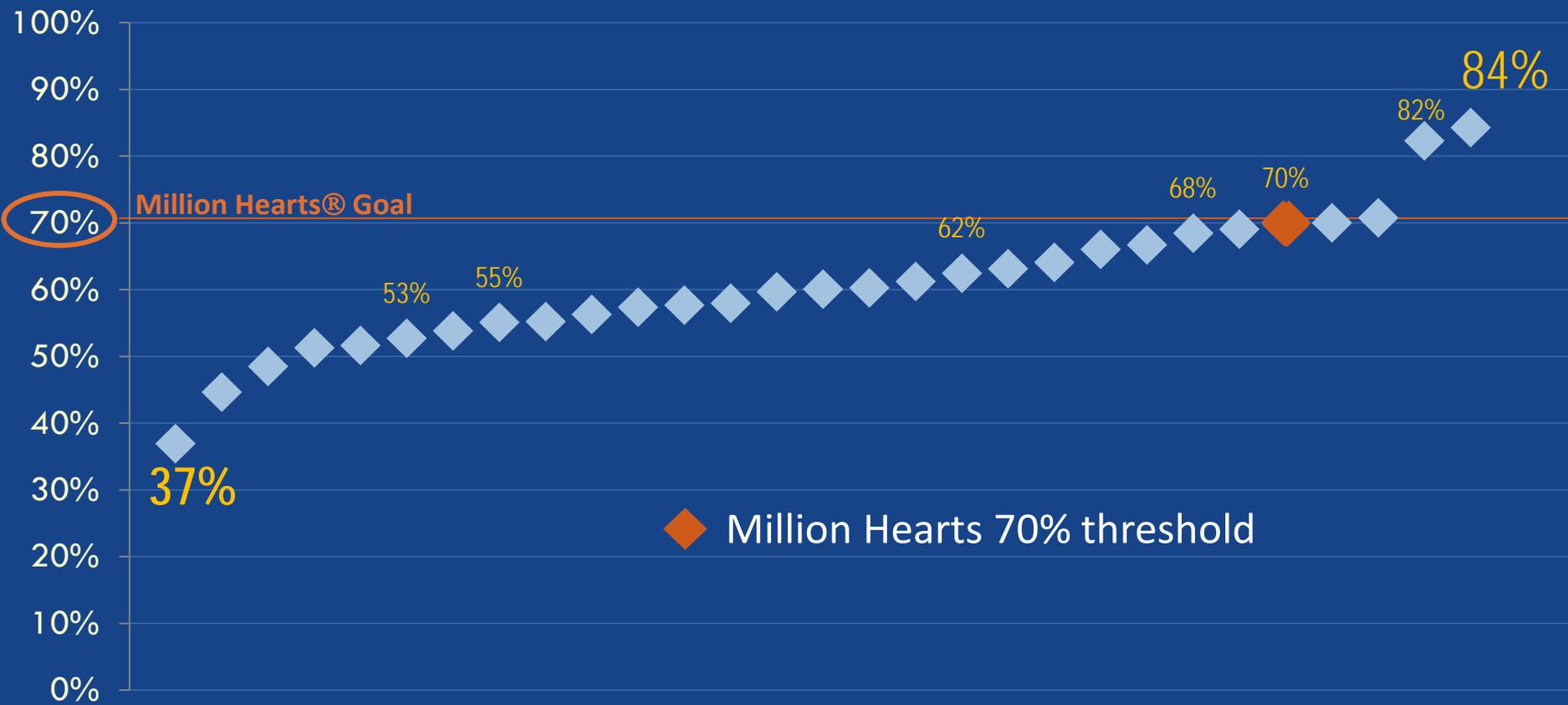


US, Alaska Hypertension Death Rates, 2008-2010



Age 35+, All Race, All Gender, 2008-2010

2015 Percent of Patients with High Blood Pressure in Control (<140/80) by FQHC



FQHCs: Federally Qualified Health Centers

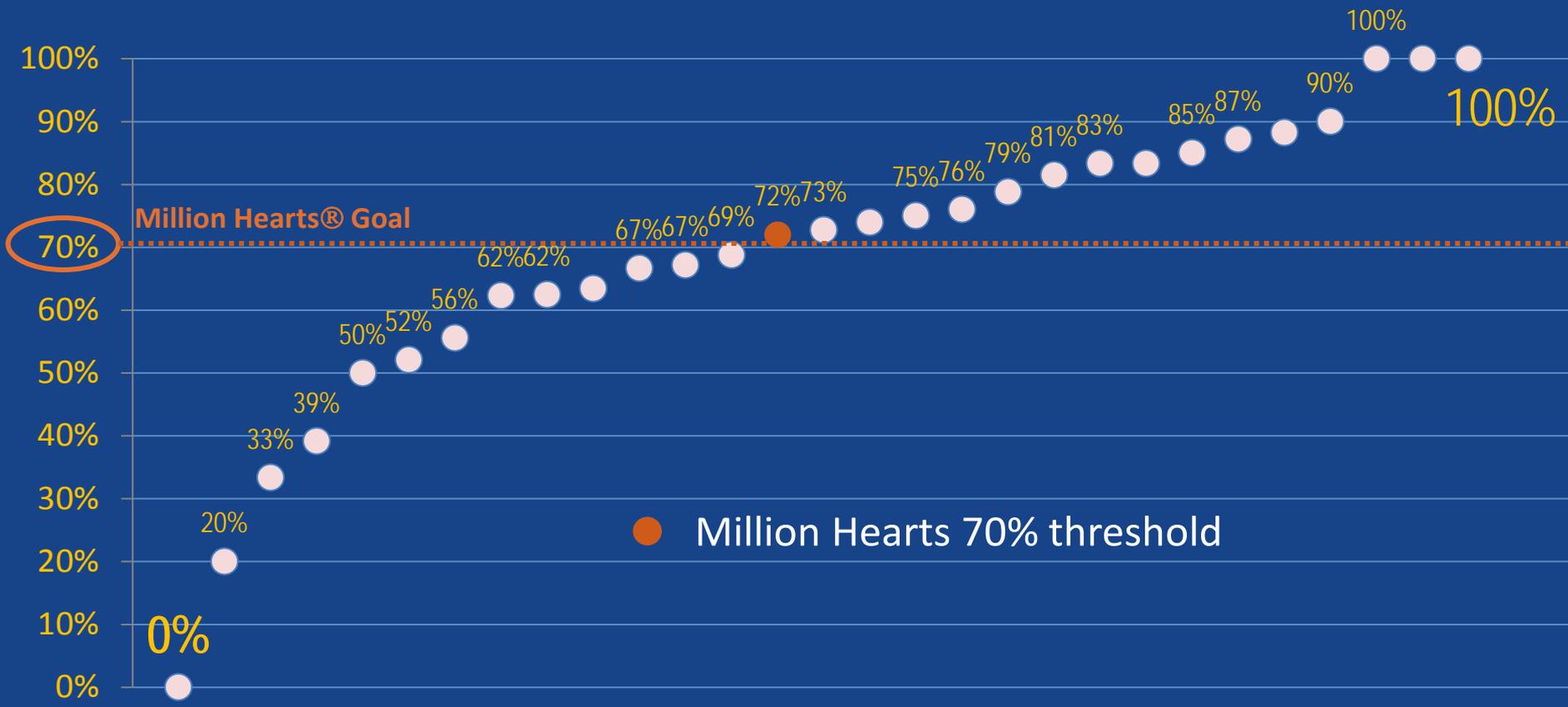
Blood Pressure

Source: 2015 Alaska UDS Data: <http://bphc.hrsa.gov/uds/datacenter.aspx>

<http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>



2015 Percent of Patients with Cholesterol Treatment (Lipid Therapy for Coronary Artery Disease Patients) by FQHC



FQHCs: Federally Qualified Health Centers

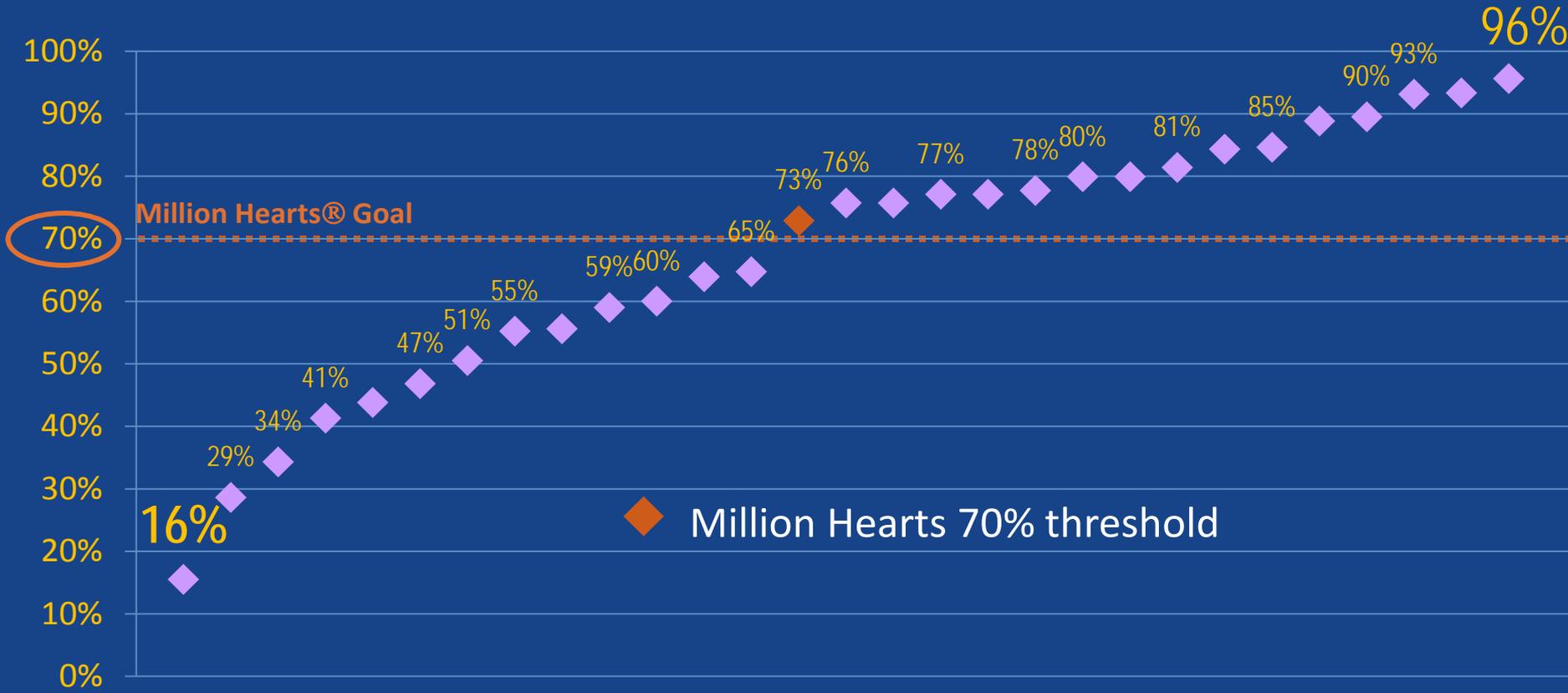
Cholesterol

Source: 2015 Alaska UDS Data: <http://bphc.hrsa.gov/uds/datacenter.aspx>

<http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>



2015 Percent of Adults Screened for Tobacco Use and Receiving Cessation Intervention by FQHC



FQHCs: Federally Qualified Health Centers

Smoking

Source: 2015 Alaska UDS Data: <http://bphc.hrsa.gov/uds/datacenter.aspx>

<http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>



PROJECTS ALIGNED WITH MILLION HEARTS®

State of Alaska Projects Aligned with Million Hearts®

■ Hypertension QI collaborative

- Alaska Primary Care Assn (APCA)/State of AK Federally Qualified Health Center (FQHC) QI Project

■ Focus on team-based care work

- APCA/FQHC focus on Patient Centered Medical Home Certification
- Alaska Pharmacists Assn/State of AK Hypertension and Diabetes Medication Therapy Management Project
- Alaska Tobacco and Control Program partners with hospitals and many FQHCs (CHCs and THOs) to Ask-Advise-Refer for smoking cessation programs such as Alaska's Tobacco Quit Line or an internal program

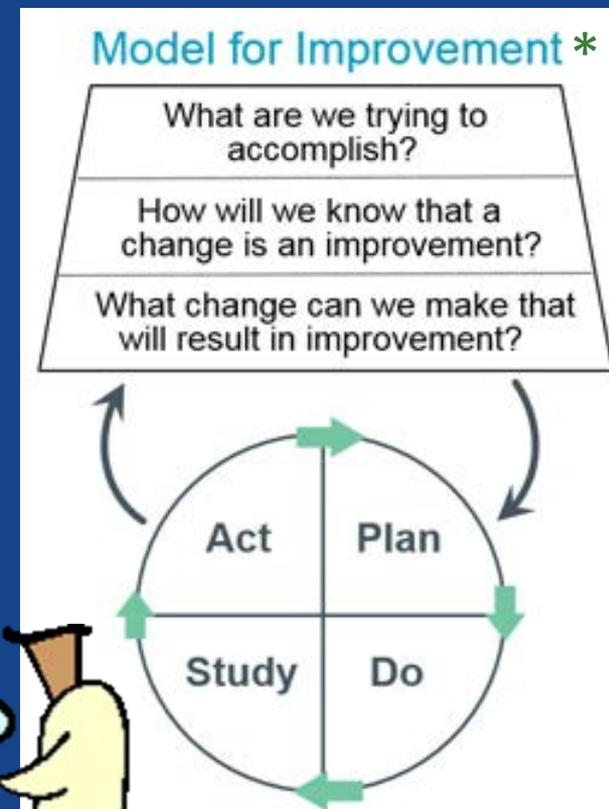
■ Emphasis on finding undiagnosed hypertensives

- APCA HRSA Health Center Controlled Network (HCCN) FQHC Data Warehouse/State of Alaska

Hypertension QI collaborative/Team Based Care

The APCA QI Facilitator Coaching Project

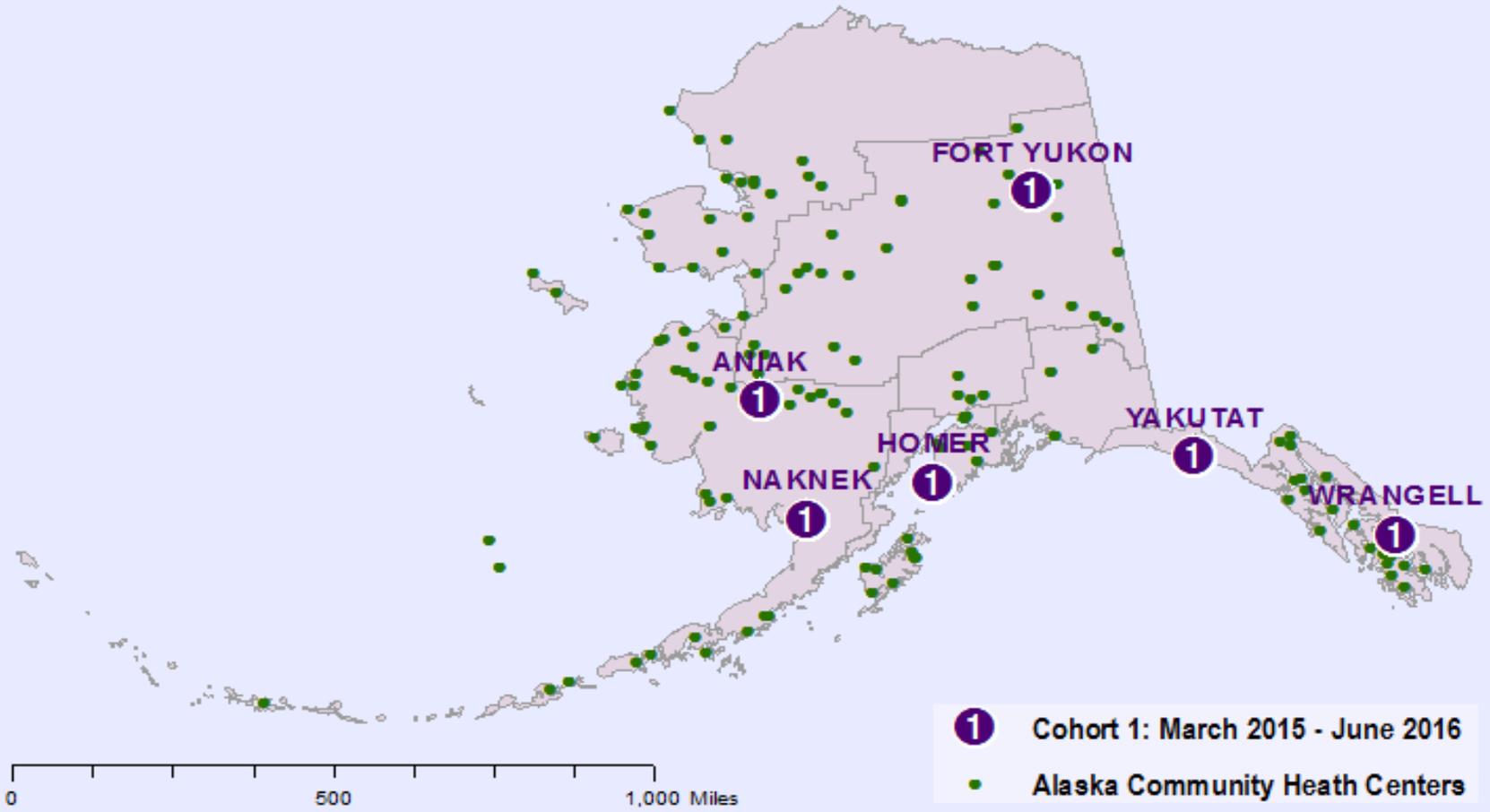
- Provide QI process training and on-site coaching using the IHI Model for Improvement at 12 FQHCs
- Electronic health record (EHR) data evaluation
- Provide evidence-based resources for improving BP control
- Provide training for Team-Based Coordinated Care and PCMH Certification



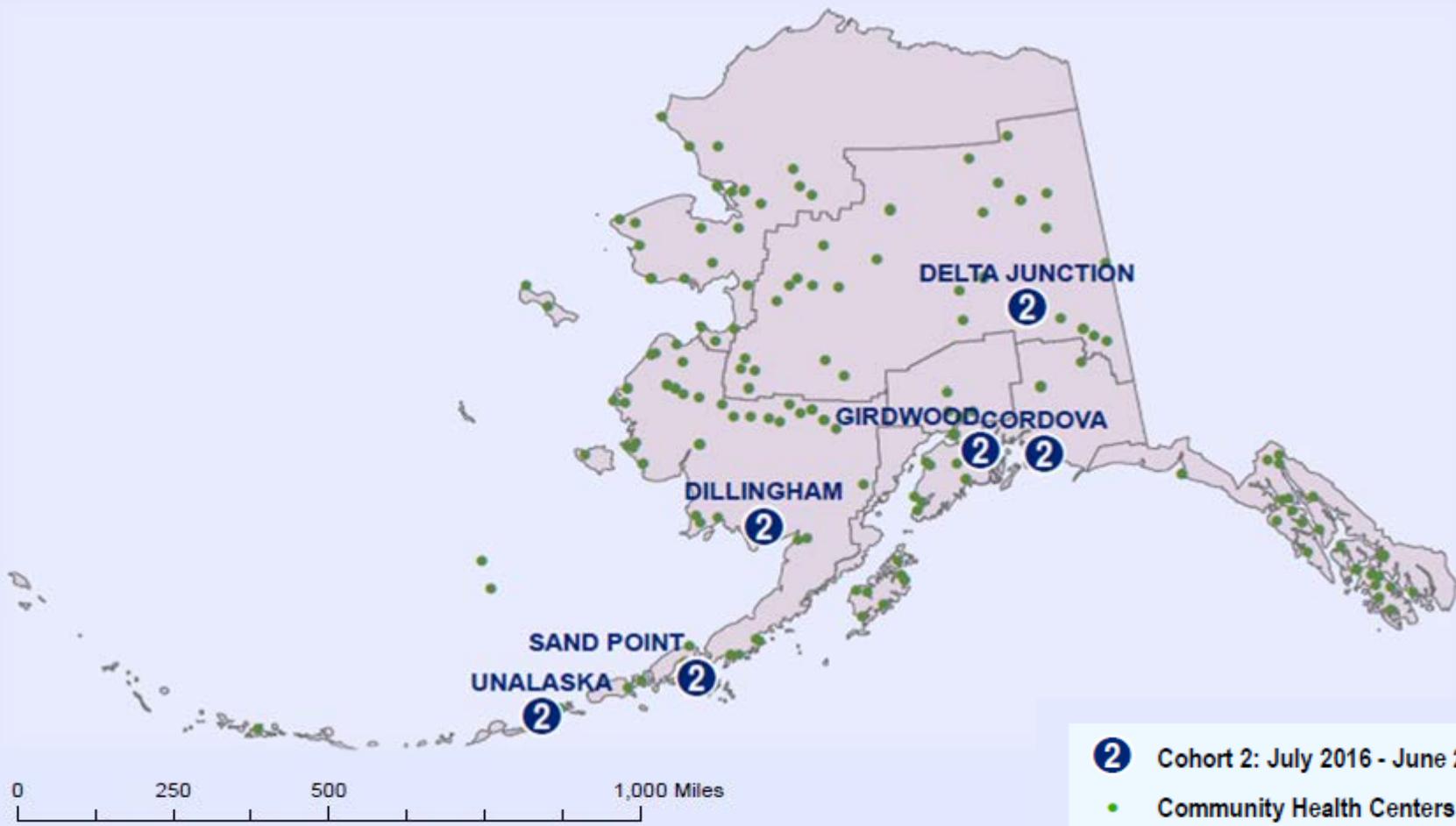
*Source: Langley GL, Moen R, Nolan KM, Nolan TW, Norman CL, Provost LP. *The Improvement Guide: A Practical Approach to Enhancing Organizational Performance* (2nd edition). San Francisco: Jossey-Bass Publishers; 2009.

IHI: Institute for Healthcare Improvement: www.ihl.org

Alaska Federally Qualified Health Centers Participating in High Blood Pressure Control QI Project Cohort 1



Alaska Federally Qualified Health Centers Participating in High Blood Pressure Control QI Project Cohort 2



Team Based Care

AKPhA Pharmacists Hypertension and Diabetes Medication Therapy Management Project

- Provide the American Pharmacists Assn (APhA) diabetes certificate training and APhA cardiovascular disease risk management certificate training programs for Alaska pharmacists.
- Survey Alaska pharmacists to evaluate their care of the patient with diabetes and/or hypertension.
- Establish an APhA Academy of Student Pharmacists (APhA-ASP) Operation Diabetes and Operation Heart Partnership with the UAA/ISU College of Pharmacy.

Team Based Care

Alaska's Tobacco Prevention and Control (TPC) Program • Ask-Advise-Refer for smoking cessation

- Alaska's TPC program focuses resources to reduce tobacco use and promote cessation by providing financial and staff support through their Community-Based Prevention Grant Program.
- Helped to customize EHR systems to screen/ask, advise, and refer patients to tobacco cessation programs and allowed for faster, nearly automatic referrals to counselors.

The Brief Tobacco Intervention:

- Ask about tobacco use at every visit
- Advise every user to quit
- Refer users to a tobacco treatment program/Alaska's Tobacco Quit Line



Team Based Care

Alaska's Tobacco Prevention and Control (TPC) Program • Ask-Advise-Refer for smoking cessation

- The tribal health system through their EHRs is working on a statewide system to screen and refer to local and statewide cessation resources

The Brief Tobacco Intervention:

- Ask about tobacco use at every visit
- Advise every user to quit
- Refer users to a tobacco treatment program/Alaska's Tobacco Quit Line

<http://dhss.alaska.gov/dph/Chronic/Pages/default.aspx>



Team Based Care

Alaska's TPC Ask-Advise-Refer Program

Partners include:

- YKHC
- Tanana Chiefs Conference
- Norton Sound Health Corp
- Kodiak Area Native Assn
- SEARHC
- Bristol Bay Area Health Corp
- ANTHC
- Southcentral Foundation
- Copper River Native Assn
- Providence Alaska MC
- Alaska Regional Hospital
- ANMC
- Kenaitze Indian Tribe
- Ketchikan Indian Community
- Yakutat Tlingit Tribe
- North Slope Borough
- Chugachmiut
- Maniilaq Assn



Emphasis on finding undiagnosed hypertensives

APCA Health Center Controlled Network (HCCN)
FQHC Data Warehouse

- The data warehouse IT contractor will create EHR Reports for the FQHCs so they can follow patients with high blood pressure, diabetes, tobacco use, etc.
- Identify patients with undiagnosed high blood pressure using an algorithm
- Provide technical assistance for clinic workflow redesign

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RESOURCES

Alaska Resources

- ❑ State of AK Heart Disease and Stroke Prevention Program:
<http://dhss.alaska.gov/dph/Chronic/Pages/Cardiovascular/default.aspx>
- ❑ State of AK Tobacco Prevention and Control Program:
<http://dhss.alaska.gov/dph/chronic/pages/tobacco/default.aspx>
- ❑ State of AK Diabetes Prevention and Control Program:
<http://dhss.alaska.gov/dph/chronic/pages/diabetes/default.aspx>
- ❑ AK Diabetes (DSME) and Pre-diabetes (DPP) Programs:
<http://dhss.alaska.gov/dph/Chronic/Pages/Diabetes/education.aspx>
- ❑ Mountain-Pacific Quality Health (Quality Improvement Organization): <http://mpqhf.com/QIO/alaska/>
- ❑ Alaska eHealth Network (Regional Extension Center):
<http://www.ak-ehealth.org/>

National Resources

- Centers for Disease Control and Prevention: www.cdc.gov
- National Heart Lung and Blood Institute: www.nhlbi.nih.gov
- National Quality Forum: <http://www.qualityforum.org/Qps/>
- American Heart Association: www.americanheart.org
- National Stroke Association: www.stroke.org
- Institute for Healthcare Improvement (IHI): www.ihl.org
- DASH Diet:
http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf

Million Hearts® Resources

- ❑ Million Hearts: <http://millionhearts.hhs.gov/>
- ❑ Hypertension Treatment Protocols
<http://millionhearts.hhs.gov/resources/protocols.html>
- ❑ The Hypertension Control Change Package for Clinicians
http://millionhearts.hhs.gov/Docs/HTN_Change_Package.pdf
- ❑ Hypertension Control: Action Steps for Clinicians
http://millionhearts.hhs.gov/Docs/MH_HTN_Clinician_Guide.PDF
- ❑ Self-Measured Blood Pressure Monitoring Guide
http://millionhearts.hhs.gov/Docs/MH_SMBP.pdf
- ❑ Million Hearts® CDC Grand Rounds <http://www.cdc.gov/about/grand-rounds/archives/2012/february2012.htm>
- ❑ CDC Hypertension Grand Rounds: Detect, Connect, and Control
<http://www.cdc.gov/about/grand-rounds/archives/2013/May2013.htm>
- ❑ Cardiovascular Health: Action Steps for Employers
http://millionhearts.hhs.gov/Docs/MH_Employer_Action_Guide.pdf
- ❑ Million Hearts® E-update <http://millionhearts.hhs.gov/stayconnected/eupdate.html>

Thank You!

Questions?

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Discussion

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