

Matters of the Heart



Take Heart Alaska's Quarterly Newsletter

September 2011 Vol. 3, Issue 2

The Patient Centered Medical Home Model

What is a Patient Centered Medical Home? The Patient Centered Medical Home (PCMH) is an approach to providing comprehensive primary care that facilitates partnerships between individual patients, and their personal physicians, and when appropriate, the patient's family¹. While traditional care is sometimes reactive and geared to address acute care needs, PCMH practices proactively address health challenges and connect the many elements of patient care, including those that occur outside the doctor's office. A truly patient-centered medical home is designed to enhance the patient experience -- a fundamental, transformational shift from the practice designed to enhance physician workflow².

The American Academy of Pediatrics (AAP) introduced the medical home concept in 1967, initially referring to a central location for archiving a child's medical record. In its 2002 policy statement, the AAP expanded the medical home concept to include these operational characteristics: accessible, continuous, comprehensive, family-centered, coordinated, compassionate, and culturally effective care.

In 2007, four medical professional societies representing over 333,000 physicians issued **Seven principles** describing the characteristics of a medical home:

1. **Personal physician** - each patient has an ongoing relationship with a personal physician trained to provide first contact, continuous and comprehensive care.
2. **Physician directed medical practice** – the personal physician leads a team of individuals at the practice level who collectively take responsibility for the ongoing care of patients.
3. **Whole person orientation** – the personal physician is responsible for providing for all the patient's health care needs or taking responsibility for appropriately arranging care with other qualified professionals. This includes care for all stages of life; acute care; chronic care; preventive services; and end of life care.
4. **Care is coordinated and/or integrated** across all elements of the complex health care system.
5. **Quality and safety** are hallmarks of the medical home.

-continued on Page 4

**Take Heart
Alaska**

Alaska's Cardiovascular
Health Coalition

In this Issue:

Patient Centered Medical Homes	1
Alaska Health Care Commission	2
Take Heart Alaska News	3
Patient Centered Medical Home Resources	4
Heart Disease & Stroke Resources	5

Committee Minutes

Click to link to documents....

[Steering Committee](#)

[Healthy Lifestyles Committee](#)

[Alaskans Promoting Physical Activity \(APPA\) Subcommittee](#)

[Eat Smart Alaska Subcommittee](#)

[Public Education Committee](#)

Heart Attack Warning Signs

Some heart attacks are sudden and intense, but most of them start slowly, with mild pain or discomfort. Here are some of the signs that can mean a heart attack is happening.

Chest discomfort—Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort in other areas of the upper body—Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.

Shortness of breath—This may occur with or without chest discomfort.

Other signs—These may include breaking out in a cold sweat, nausea, or lightheadedness.

If you or someone you're with has any of these symptoms, call 9-1-1 immediately. Don't wait longer than five minutes before calling for help. You need to get to a hospital right away. Calling 9-1-1 is almost always the fastest way to get lifesaving treatment!

Alaska Health Care Commission

The Alaska Health Care Commission was established to serve as the state health planning and coordinating body, responsible for providing recommendations to the governor and the legislature on a comprehensive statewide health care policy and on strategies for improving the health of Alaskans. One of the Commission's priorities is to enhance each Alaskan's role in their health and health care through innovations in patient-centered care. Fostering the development of the Patient Centered Medical Home (PCMH) model in Alaska is one strategy the Commission is studying to address this priority.

To facilitate learning about the PCMH model, the Commission sponsored a series of webinars presented by representatives of innovative programs in other states that have successfully implemented PCMH initiatives over the past several years. Each webinar will highlight a particular program and include presenters representing both the payer and the provider side of the initiative who will share information about the program from their perspective, as well as lessons learned and advice for Alaska.

2011 Alaska Health Care Commission Patient Centered Medical Home Recorded Webinar Series:

Click to link to webinars....

May 26; 7:00 – 8:30 AST [CareOregon's Primary Care Renewal Program](#)

June 17; 9:00 – 10:30 AST [Blue Cross/Blue Shield of Michigan's Physician Group Incentive Program](#)

June 24; 8:00 – 11:30 AST [North Carolina's Community Care Network; followed by Alaska's Early Innovators Reactor Panel \(at the Alaska Health Care Commission Meeting\)](#)

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm, or leg—especially on one side of the body.
- Sudden confusion, or trouble speaking or understanding;
- Sudden trouble seeing in one or both eyes;
- Sudden trouble walking, dizziness, or loss of balance or coordination;
- Sudden severe headache with no known cause.

If you or someone with you has one or more of these signs, don't delay! Immediately call 9-1-1 or the EMS number in your area so an ambulance can be sent for you. Also, check the time so you'll know when the first symptoms appeared. Its very important to take immediate action. If given within three hours of the start of symptoms, a clot busting drug can reduce long-term disability for the most common type of stroke.

American Heart Association Workshop

- October 20 & 21, 2011 -

The American Heart Association is pleased to announce a two day workshop entitled "[Get With The Guidelines Heart and Stroke](#)" October 20-21 in Anchorage. The workshop will highlight the Get with the Guidelines evidence-based protocols. Topics include: resuscitation, STEMI, stroke, heart failure, and telemedicine.

The workshop is hosted by Providence Alaska Medical Center and will take place in their East & West auditoriums at 3200 Providence Dr.

Stroke: Thursday, October 20, 2011 / 8:00 am - 3:00 pm

Heart: Friday, October 21, 2011 / 8:00 am - 4:15 pm

Registration opens: 7:30 am / Lunch will be provided / Continuing education units available / This workshop is offered to you at no cost

Space is limited! To register or for more information, please contact:

Lisa Incalcaterra: Lisa.Incalcaterra@heart.org or
JoAnne De la Cruz: JoAnne.DelaCruz@heart.org
(650) 259-6736 / (650) 259-6891 Fax

Steering Committee Meeting

The next **Take Heart Alaska Steering Committee** meeting will take place October 19th from 11a.m.—3p.m. in coordination with the American Heart Association workshop in Anchorage October 20-21, 2011. The meeting will be held at the Frontier Building at 3601 C St. in conference room 896.

Take Heart Alaska Coalition All Member Meeting—January 2012,
Anchorage, AK during the ALPHA conference, Date/Location TBA

Upcoming Health Conferences

Alaska Public Health Association Conference (ALPHA)—January 23-26,
2012, Captain Cook Hotel, Anchorage, Alaska

Alaska School Health and Wellness Institute—October 24-26, 2011,
Marriott Hotel, Anchorage, Alaska

Patient Centered Medical Home

~ Continued from Page 1 ~

Seven principles describing the characteristics of a medical home (cont.):

6. **Enhanced access** to care is available through systems such as open scheduling, expanded hours and new options for communication between patients, their personal physician, and practice staff.
7. **Payment** appropriately recognizes the added value provided to patients who have a patient-centered medical home. The payment structure should be based on the following framework.

-
1. *Joint Principles of the Patient Centered Medical Home*. February, 2007. American Academy of Family Physicians & American Academy of Pediatrics.
 2. American Academy of Family Physicians— website. 2011.

Patient Centered Medical Home Resources

American Academy of Family Physicians
<http://www.futurefamilymed.org>

American Academy of Pediatrics:
http://aappolicy.aappublications.org/policy_statement/index.dtl#M

American College of Physicians:
<http://www.acponline.org/advocacy/?hp>

American Osteopathic Association
<http://www.osteopathic.org>

MEDHOMEINFO - Your Resource for Becoming a Medical Home
<http://www.medhomeinfo.org>

[Patient-Centered Medical Home Checklist](#)

[Patient-Centered Medical Home Videos](#)

[Online PCMH Courses for CME credit](#)

[Publications on the Patient-Centered Medical Home Model](#)



Heart Disease & Stroke Resources

National Resources

National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP)

Centers for Disease Control and Prevention

For more information, go to:

<http://www.cdc.gov/chronicdisease/>

<http://www.cdc.gov/dhdsp/>

<http://www.cdc.gov/stroke/>

<http://www.cdc.gov/heartdisease/>

<http://www.cdc.gov/bloodpressure/>

<http://www.cdc.gov/cholesterol/>

<http://www.cdc.gov/salt/>

<http://www.cdc.gov/WISEWOMAN/>

Mission

The mission of the NCCDPHP is to lead efforts that promote health and well-being through prevention and control of chronic diseases.

NCCDPHP supports a variety of activities that improve the nation's health by preventing chronic diseases and their risk factors. Program activities include one or more of our major functions: supporting states' implementation of public health programs; public health surveillance; translation research; and developing tools and resources for stakeholders at the national, state and community levels.

National Association of Chronic Disease Directors (NACDD)

Centers for Disease Control and Prevention

www.chronicdisease.org

NACDD is a national public health association founded in 1988 to link the chronic disease program directors of each U.S. state and U.S. territory to provide a national forum for chronic disease prevention and control efforts. Since its founding, NACDD has made impressive strides in mobilizing national efforts to reduce chronic diseases and associated risk factors.

State of Alaska Chronic Disease Prevention Programs and Program Resources

Alaska Heart Disease and Stroke Prevention Program

<http://www.hss.state.ak.us/dph/chronic/chp/default.htm>

The goal of Alaska's Heart Disease and Stroke Prevention Program is to maintain and build the state's capacity to improve the cardiovascular and cerebrovascular health of all Alaskans.

Alaska Chronic Disease Prevention and Health Promotion Section

<http://www.hss.state.ak.us/dph/chronic/default.htm>

The Section of Chronic Disease Prevention and Health Promotion seeks to improve the health and well being of all Alaskans.

Alaska Behavioral Risk Factor Surveillance System (BRFSS)

<http://www.hss.state.ak.us/dph/chronic/hsl/brfss/default.htm>

The Alaska Behavioral Risk Factor Surveillance System (BRFSS) working with the National Centers for Disease Control and Prevention (CDC), gathers information about the health related lifestyle choices of Alaskan adults. Each year, results are analyzed to improve the understanding of health habits and measure progress towards health objectives at the state and national level.

Alaska Diabetes Prevention and Control Program

<http://www.hss.state.ak.us/dph/chronic/diabetes/default.htm>

The Diabetes Prevention and Control Program's efforts to reduce the burden of diabetes in Alaska are consistent with national strategies and place special emphasis on communities and populations at risk for diabetes.

Alaska Obesity Prevention and Control Program

<http://www.hss.state.ak.us/dph/chronic/obesity/default.htm>

The Obesity Prevention and Control Program's mission is to prevent and reduce obesity among Alaskans through the promotion of physical activity and good nutrition.

Alaska Tobacco Prevention and Control Program

www.hss.state.ak.us/dph/chronic/tobacco/default.htmh

The mission of the Alaska Tobacco Prevention and Control Program is to provide leadership, coordinate resources, and promote efforts that support Alaskans in living healthy and tobacco-free lives.