



Preventing Cardiovascular Disease through Primary Care

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Louisiana's Health Initiative

Speaker(s)

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Objectives

- Learn risk reduction counseling strategies that can be executed in the primary care setting to improve cardiovascular disease.
- Understand how team-based care approaches can assist in reducing health disparities.
- Identify strategies to assist with chronic care management.



Providing experience in population health clinical transformation and value based care.

Cardiovascular Disease

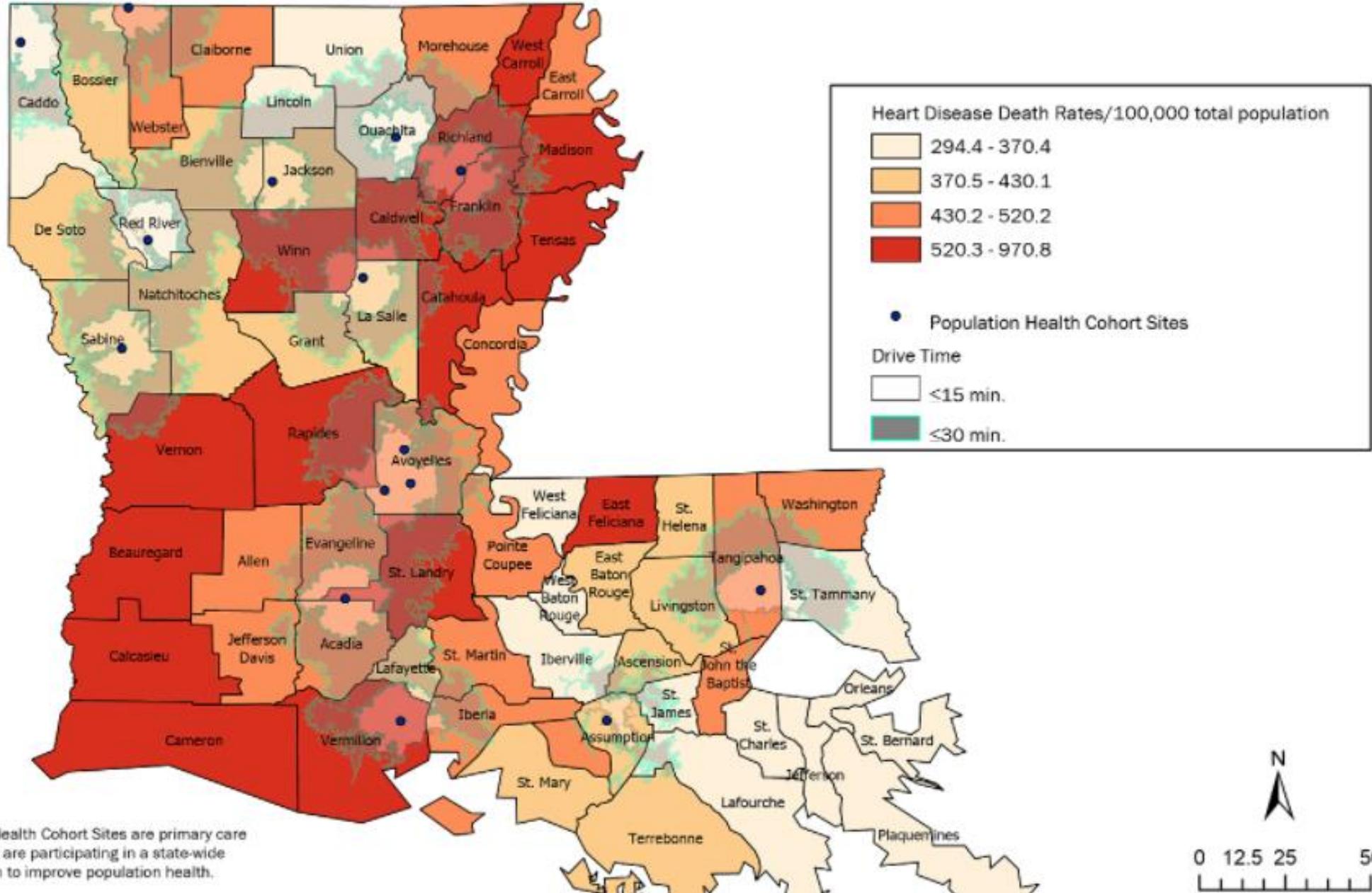
- Louisiana ranks 28th in the nation in terms of population
- The state ranks 9th in stroke-related deaths and has 12% more deaths due to heart disease than the national average
- 1 in 5 residents in Mississippi and Louisiana are living in poverty
- The American Heart Association found that African Americans have rates of stroke and heart failure that are two times higher than those of non-Hispanic whites, and a rate of end-stage renal disease that is four times higher. Half of the cardiovascular mortality disparity between African Americans and whites is directly attributable to the prevalence and control of hypertension

www.myneworleans.com/louisiana-living-and-cardiovascular-disease/

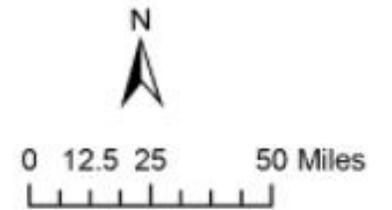
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Heart Disease Death Rates by Parish and Geographic Access to Population Health Cohort Sites, Louisiana



Population Health Cohort Sites are primary care settings that are participating in a state-wide collaboration to improve population health.



Cardiovascular Disease (CVD)

- Refers to strokes and diseases of the heart.
- Coronary heart disease (manifested by heart attacks) and strokes are the two CVD diseases which drive the mortality rates and are the most common causes of death in the U.S.

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Total Cardiovascular Disease

- Refers to a group of disease and conditions affecting the heart and blood vessels including coronary heart disease, stroke, congestive heart failure, hypertensive disease, arterial disorders, and other cardiovascular diseases.
- Contrary to popular belief, cardiovascular disease is not an inevitable part of the aging process.
- Lifestyle changes can reduce the risk factors and prevent CVD

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Heart Disease

- The most common form of CVD
- Coronary heart disease (CHD) is the most common form.
- CHD is often characterized by atherosclerosis, angina (chest pain) and heart attacks.

Atherosclerosis

- The underlying disease process of coronary heart disease and stroke.
- It is a slow, progressive process in which the innermost layer of the artery wall becomes damaged, due to factors such as elevated levels of cholesterol and triglyceride in the blood, high blood pressure and the use of tobacco products.
- Over time, fast cholesterol, fibrin, platelets, cellular debris and calcium (collectively known as plaque) are deposited in the artery wall leading to the thickening of the wall and narrowing of the artery.
- This causes a reduction of blood flow and decreases the oxygen reaching the oxygen reaching the heart and brain.

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Risk Reduction Strategies

How to reduce your risk of heart disease and stroke

Risk Reduction Counseling

- Eliminate Tobacco Products
 - Tobacco use is the number one preventable cause of heart disease in the U.S.
 - Tobacco makes your blood clot easier, stiffens the walls of the arteries, increases your blood pressure, and deprives your heart of needed oxygen.
- Stay active
 - According to the U.S. Surgeon General, doing moderate physical activity (brisk walking, yard work, housework, climbing stairs) for a total of 30-40 minutes a day, most days of the week, will reduce your heart disease risk.
- Reduce intake of fat
 - Reduce dietary fats, especially animal fats
 - The American Heart Association (AHA) recommends that you keep your fat intake to less than 30 percent of calories, including 10 percent of calories from animal or saturated fats.
 - Use the Food and Drug Administration (FDA) “Nutrition Facts” on the labels of all processed food to help reduce your fat intake

Risk Reduction Counseling- Continued

- Eat 5 servings of fruits or vegetables a day
 - This has been found to significantly reduce the risk of cardiovascular disease
- Monitor your blood pressure
 - Uncontrolled high blood pressure is a leading risk for stroke
 - Stroke is the leading cause of disability among adults and the third leading cause of death in Louisiana.
 - If your blood pressure is 140/90 or over, consult your physician
- Females
 - If you take birth control pills, don't smoke
 - The combination of smoking and taking birth control pills increases your risk of heart disease
 - If you are over 55, or have experienced menopause, know that your risk of heart disease has tripled.
 - Taking estrogen replacement therapy can reduce the risk of heart disease associated with menopause
- Know your family's heart history
 - Heart disease often runs in families.
 - If one of your parents has a heart disease, or if one or more of your grandparents died from heart disease, you are at increased risk.

Provider/Office Strategies

Assessment/Screening for CVD

- ASCVD Risk Assessment

Documenting in Electronic Medical Record (EMR)

- Blood Pressure
- Patient & Family History of Cardiovascular Disease
- Smoking Status
- Medication Regimen
- Decision support tools to target and care for patients at risk for poor outcomes
- Leveraging clinical information systems and care integration to optimally manage chronic condition population

Order Sets/Labs

- Lipid panel
- Annual screenings- routine labs

Provider/Office Strategies

Staff competencies

- Training on obtaining an accurate blood pressure
- Training on guideline-based management of chronic diseases
- Workflows in office

Quality Reviews

- Population Health Management
- Monthly/Quarterly Patient Reviews
- Physician Peer Review Processes
- Identifying chronic disease patients through disease registries and electronic health record data
- Focus on disparities by assessing the prevalence of the condition(s) geographically

Provider/Office Strategies

Team Based Care

- Defined Roles & Responsibilities
- Daily Huddles
- Non-physician support staff
- Team collaboration utilizing multidisciplinary care
- Policies/Protocols for Chronic Conditions
- Patient-centered approach

General

- Access to care- transportation, availability of physicians, services/testing, quality of care
- Culturally tailored communication tools
- Focus on patient education
- Promoting Home BP Self Monitoring
- Assessing social determinants of health
- Behavioral counseling

Patient Education/Counseling

Lifestyle coaching/Health Behavior referrals

- Nutritionist
- Diabetes Education
- Hypertension Education
- Tobacco Cessation Programs
- Weight Reduction Programs

Patient Education Materials

- CDC.gov- Heart Disease Patient Education Handouts
- American Heart Association- Target BP- National initiative formed by the AHA and American Medical Association (AMA) in response to the high prevalence of uncontrolled blood pressure. Helps health care organizations and care teams, at no cost, improve BP control rates through an evidence-based quality improvement program and recognizes organizations committed to improving BP control
- AHA Check. Change. Control. Cholesterol- National initiative to improve the identification and management of cholesterol across the nation. Aims to reduce the number of Americans who have heart attacks and strokes by urging medical practices, health service organizations and patients to screen and treat this important risk factor.
- American College of Cardiology

QUESTIONS?



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Provider Education Network

- The Provider Education Network helps healthcare professionals address the challenges facing our communities
 - Education
 - Technical Assistance
 - Quality Improvement Strategies
 - Workforce Development
 - Patient Education Tools
 - Links to Community-Based Programs
- Join today at www.wellaheadla.com/join-provider-education-network



Thank You for Joining Us!

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