Leveraging the Million Hearts® Initiative
Financial Disclosure

The authors of this presentation declare that no conflict of interest exists in financial or other relationships.
Overview of Presentation

• Introduction
  o Theresa Clay, MS. I.H.S. ABQ Area Health Promotion Disease Prevention

• Overview of the Million Hearts® Initiative
  o Bambi Bevill, MPH, CHES. Heart Disease & Stroke Prevention Coordinator, New Mexico Dept. of Health

• Documenting I.H.S. Million Hearts GRPA/MU Indicators
  o CAPT Wil Darwin, PharmD E.H.R./RPMS Clinical Care; Jackie Candelaria, Program Analyst, I.H.S. ABQ Area

• Importance of the Million Hearts efforts
  o Joe Anderson, BS, PharmD, University of New Mexico, College of Pharmacy

• Wrap-up, Q&A
Objectives

Participants will:

• Obtain an overview of the Million Hearts® Initiative
• Receive instruction on how to implement MHI in GPRA
• Identify how to engage providers in the MHI
Public Partners

- Centers for Disease Control and Prevention (co-lead)
- Centers for Medicare & Medicaid Services (co-lead)
- Administration for Children and Families
- Administration for Community Living
- Agency for Healthcare Research and Quality
- Environmental Protection Agency
- Food and Drug Administration
- Health Resources and Services Administration
- Indian Health Service
- National Heart, Lung, Blood Institute
- National Institute for Neurological Diseases
- Offices of Minority Health
- Office of the National Coordinator for Health Information Technology
- Office of Personnel Management
- Substance Abuse and Mental Health Services Administration
- U.S. Department of Veteran’s Affairs
- State and Local governments
Private Support

- Heath care systems
- Clinicians
- Professional organizations
- Faith-based organizations
- Tribal organizations
- Commercial payers
- Pharmacies
- Employers
- Health advocacy groups
- The New Mexico Million Hearts® workgroup – meets November 13 & December 16 - Albuquerque
Million Hearts®

Goal: Prevent 1 million heart attacks and strokes by 2017

- US Department of Health and Human Services initiative, co-led by:
  - Centers for Disease Control and Prevention (CDC)
  - Centers for Medicare & Medicaid Services (CMS)
- Partners across federal and state agencies and private organizations
Heart Disease and Stroke
Leading Killers in the United States

- More than 1.5 million heart attacks and strokes each year
- Cause 1 of every 3 deaths
  - 800,000 cardiovascular disease deaths each year
  - Leading cause of preventable death
  - $315.4B in health care costs and lost productivity
- Leading contributor to racial disparities in life expectancy

NCHS Data Breif, June 2013.
200,000 Preventable Deaths from Heart Disease and Stroke

- Many of the deaths caused by heart disease and stroke are preventable.
- Preventable deaths are those attributed to lack of preventive health care or timely and effective medical care.

Key Components of Million Hearts®

Keeping Us Healthy
Changing the environment

Health Disparities

Excelling in the ABCS
Optimizing care

Focus on the ABCS

Health tools and technology

Innovations in care delivery

Health Disparities

• African-Americans develop high blood pressure more often, and at an earlier age, than whites and Hispanics do.

• African-Americans are nearly twice as likely as whites to die early from heart disease and stroke.

• American Indians and Alaska Natives die from heart diseases at younger ages than other racial and ethnic groups in the United States. 36% of those who die of heart disease die before age 65.

Source:


# The ABCS to Prevent Heart Attacks and Strokes

<table>
<thead>
<tr>
<th>ABCS</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aspirin</td>
<td>People who have had a heart attack and stroke who are taking aspirin</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>People with hypertension who have adequately controlled blood pressure</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>People with high cholesterol who are effectively managed</td>
</tr>
<tr>
<td>Smoking</td>
<td>People trying to quit smoking who get help</td>
</tr>
</tbody>
</table>

Sources: National Ambulatory Medical Care Survey, National Health and Nutrition Examination Survey
Action Steps: Healthcare Systems
Achieving Excellence in the ABCS

• Adopt and report on the Million Hearts® Clinical Quality Measures
• Provide timely feedback on performance to the clinical teams
• Recognize and reward high performing teams
• Implement systems to alert clinicians of patterns of high blood pressure, high cholesterol, and smoking status of patients.
• Support titration of hypertension and cholesterol medications by clinical team members via a physician-approved protocol
Action Steps: Pharmacists/Pharmacies Achieving Excellence In The ABCS

- Develop policies and systems to allow for 90-day prescription refills
- Provide medication therapy management (MTM) that supports the ABCS
- Track prescription refills and alert prescribers when necessary
- As state laws permit, implement collaborative drug therapy management agreements with clinicians
- Encourage policies that expand the use of generic medications when clinically appropriate.
- Provide blood pressure screening with clinician referrals for follow up
- Sell validated home blood pressure monitors
Million Hearts® Resources

- **Hypertension Treatment Protocols**
- **Hypertension Control: Action Steps for Clinicians**
- **Hypertension Control Champions**
- **Self-Measured Blood Pressure Monitoring Guide**
- **Grand Rounds:**
  - Million Hearts® Grand Rounds
  - Hypertension Grand Rounds: Detect, Connect, and Control
- **Cardiovascular Health: Action Steps for Employers**
- **Million Hearts® E-update**
- Spanish language [website](#)
- **100 Congregations for Million Hearts®**
- **Team up. Pressure down. program**
- **New Mexico Chronic Disease Prevention Council and the NM Million Hearts Workgroup** - [http://chronicdiseasenm.org/](http://chronicdiseasenm.org/)
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References

Thank You!