Healthy Hearts Northwest

Improving Practice Together

Steven Brantley, MPH[1]; Cullen Conway, MPH[1]; Beth Sommers, MPH[1]; Caitlin Dickinson, MPH[1]; Lyle J. Fagnan, MD[1,2]
[1]Oregon Rural Practice-based Research Network, OHSU, [2]Department of Family Medicine, OHSU

EvidenceNOW
Advancing Heart Health in Primary Care

Project Description

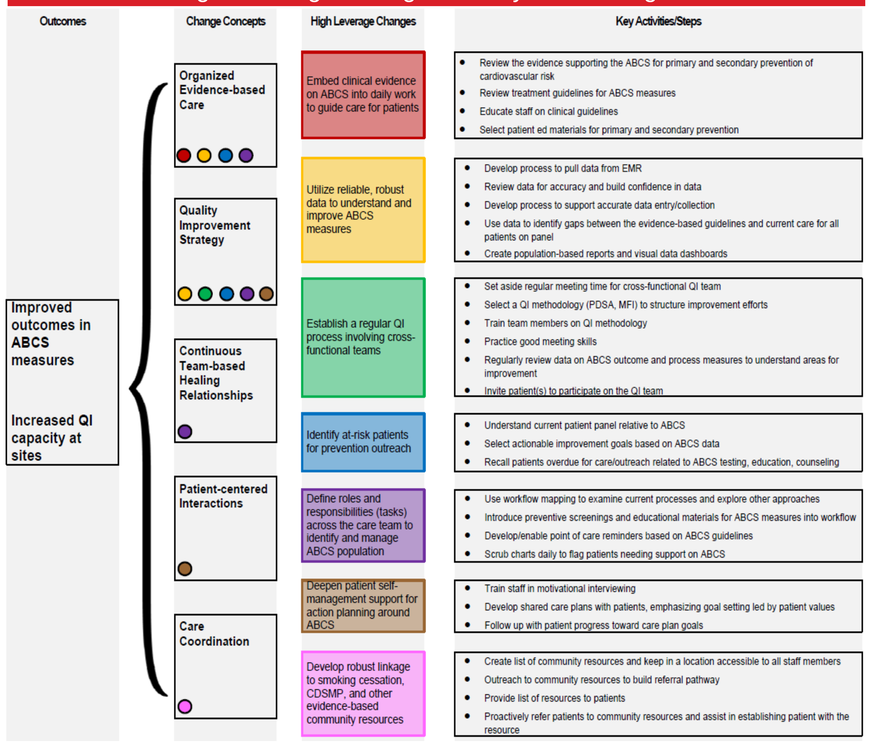
Cardiovascular disease is the leading cause of death for both men and women in the United States, accounting for 1 in every 4 deaths.[1] Coronary heart disease costs the US approximately $108.9 billion each year.[1] Healthy Hearts Northwest (H2N) is part of a three-year national initiative called EvidenceNOW, funded by the Agency for Healthcare Research & Quality, aimed at improving cardiovascular health across the United States. Designed for small- to medium-sized primary care practices, H2N is an opportunity to build Quality Improvement (QI) infrastructure while working towards better heart health outcomes for patients. Each practice works with a Practice Facilitator to tailor the program for their specific needs, and receives 15 months of structured support. Facilitators help practices identify areas for improvement, and introduce practices to new ideas, tools, and methods while guiding them to integrate a comprehensive QI structure into the existing framework of their medical practice.

Project Goals

- **Better outcomes for patients**
  H2N is an opportunity to improve the health of your patients and community by focusing on heart disease, the leading cause of death in the US.
- **Better outcomes for practices and providers**
  H2N is designed to break the cycle of limited bandwidth by addressing practices' capacity for improvement. Improved knowledge, streamlined workflows, and better data access are a few ways H2N will help primary care practices deliver better care to patients.
- **Better outcomes for primary care**
  The small primary care practice is at the center of our Nation's healthcare system, and it is where most people receive care. H2N is helping to equip more doctors with the latest clinical evidence and the tools needed to apply it to their practice.

Project Support

High Leverage Changes — Key Driver Diagram



Elements of QI Support	Content
Health IT assessment & support	• Assistance and support in the development and validation of practice-level and panel-level CQM reports • Optimization of clinical decision support • Delivery of benchmarking reports from national, regional, and local comparisons
Practice facilitation	• Regular technical assistance on QI methodology, tools, and strategies • ≥8 on-site practice visits over 15 months, monthly phone calls, and ad hoc practice facilitation availability for needed support
Training on cardiovascular risk calculators & collaborative learning through site visits	• Clinically focused learning opportunities for care teams to address common issues in CVD population management • Collaborative learning by visiting peers' clinics
Shared learning through webinars & office hours	• Interactive webinars • Office hours opportunities with clinical experts • Shared tools and resources between participating sites

Practice Quotes

- "This is an excellent opportunity to improve health outcomes for our county." (Clinician)
- "In the past we provided data that wasn't particularly useful or actionable. It didn't have a lot of meaning for the providers. We are hoping to change that through this project." (Practice Manager)
- "This project gives us a jumpstart, and re-boosts our energy." (Practice Manager)
- "Providers are generally going to know the recommendations, but we want to break it down so everyone on the team knows what they are looking for, what they are doing, and why." (Clinician)
- "What a blessing to get to do this work that will shape [our] knowledge and capacity." (Practice Manager)
- "For every adult that walks in here, we, as a team, need to be thinking about the ABCS measures"… "It's not the driver that ultimately wins the race, it's the pit crew." (Clinician)
- "QI has not taken root or been sustainable with us providers in the past because we do not trust our data." (Clinician)

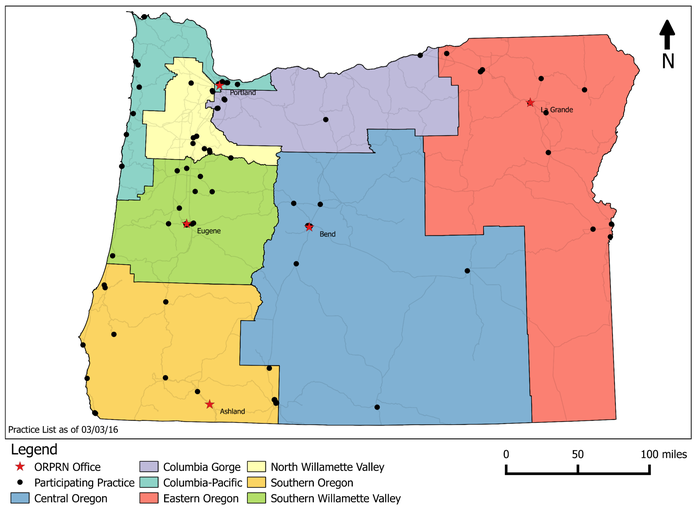
Practice Participation

There are 94 Oregon practices enrolled in H2N across seven regions, each represented by an H2N practice facilitator.

Practice Demographics

- 35 practices in urban and 59 in rural areas
- 58 system-based practices and 36 independent practices
- 63 PCPCH-certified practices
- 43% of practices designated as a medically underserved area
- 5 providers per practice on average
- 924 average patient panel size for full-time providers

ORPRN Healthy Hearts Northwest Practices



Contact: Caitlin Dickinson, MPH
Oregon Health & Science University
3181 S.W. Sam Jackson Park Road
Portland, Oregon 97239-3098
summerca@ohsu.edu

Oregon Rural Practice-Based Research Network
www.ohsu.edu/orprn
Healthy Hearts Northwest
www.healthyheartsnw.org

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ITHS Institute of Translational Health Sciences

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1. CDC, NCHS. Underlying Cause of Death 1999-2013 on CDC WONDER Online Database, released 2015. Data are from the Multiple Cause of Death Files, 1999-2013, as compiled from data provided by the 57 vital statistics jurisdictions through the Vital Statistics Cooperative Program. Accessed Feb. 3, 2015.