



# CARDI•OH

Ohio Cardiovascular Health Collaborative



*In partnership with:*



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[diabetessummit@cardi-oh.org](mailto:diabetessummit@cardi-oh.org)



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# Ohio Diabetes Consortium

# Statewide

# Planning

# Summit

*January 10, 2020*

*Columbus, Ohio*

*WiFi*

*Password for all “Quest”  
networks: Quest0220*



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# Welcome

Michael W. Konstan, MD

PI, Cardi-OH and Ohio Diabetes Consortium

Case Western Reserve University School of Medicine

# Special Thanks



# Special Thanks



# Overview of the Day



10:00-10:05 a.m.	<p><b>Welcome</b> – COLUMBUS ROOM</p> <p><b>Michael Konstan, MD</b> PI, Case Western Reserve University</p>											
10:05-10:20 a.m.	<p><b>Framing Ohio Department of Medicaid Priorities</b> – COLUMBUS ROOM <i>Cardiovascular Health and Diabetes</i></p> <p><b>Mary Applegate, MD</b> Medical Director, Ohio Department of Medicaid</p>											
10:20-10:45 a.m.	<p><b>Diabetes Consortium Overview</b> – COLUMBUS ROOM <i>Collaborating to Improve Diabetes Outcomes</i></p> <p><b>Shari Bolen, MD, MPH</b>      <b>David Aron, MD, MS</b> Co-PI, Case Western Reserve University      Co-I, Case Western Reserve University</p>											
10:45-10:55 a.m.	<p><b>Transition to Small Groups</b></p>											
10:55 a.m.-12:00 p.m.	<p><b>Small Group Discussion I</b> <i>Charting the Course: Mission, Vision &amp; High Priority Activities</i></p> <table border="0"> <tr> <td>COLUMBUS ROOM</td> <td>SCARLET ROOM</td> <td>GRAY ROOM</td> <td>BUCKEYE ROOM</td> </tr> <tr> <td><b>David Aron, MD, MS</b></td> <td><b>Stacey Gardner-Buckshaw, PhD</b> Co-PI, Northeast Ohio Medical University</td> <td><b>Elizabeth Beverly, PhD</b> Co-PI, Ohio University</td> <td><b>Barbara Tobias, MD</b> Co-I, University of Cincinnati</td> </tr> </table>				COLUMBUS ROOM	SCARLET ROOM	GRAY ROOM	BUCKEYE ROOM	<b>David Aron, MD, MS</b>	<b>Stacey Gardner-Buckshaw, PhD</b> Co-PI, Northeast Ohio Medical University	<b>Elizabeth Beverly, PhD</b> Co-PI, Ohio University	<b>Barbara Tobias, MD</b> Co-I, University of Cincinnati
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12:00-12:30 p.m.	<p><b>Lunch</b></p>											
12:30-1:45 p.m.	<p><b>Small Group Discussion II</b> <i>Focusing on Improvement: Key Diabetes Outcomes</i></p> <table border="0"> <tr> <td>COLUMBUS ROOM</td> <td>SCARLET ROOM</td> <td>GRAY ROOM</td> <td>BUCKEYE ROOM</td> </tr> <tr> <td><b>David Aron, MD, MS</b></td> <td><b>Stacey Gardner-Buckshaw, PhD</b></td> <td><b>Elizabeth Beverly, PhD</b></td> <td><b>Barbara Tobias, MD</b></td> </tr> </table>				COLUMBUS ROOM	SCARLET ROOM	GRAY ROOM	BUCKEYE ROOM	<b>David Aron, MD, MS</b>	<b>Stacey Gardner-Buckshaw, PhD</b>	<b>Elizabeth Beverly, PhD</b>	<b>Barbara Tobias, MD</b>
COLUMBUS ROOM	SCARLET ROOM	GRAY ROOM	BUCKEYE ROOM									
<b>David Aron, MD, MS</b>	<b>Stacey Gardner-Buckshaw, PhD</b>	<b>Elizabeth Beverly, PhD</b>	<b>Barbara Tobias, MD</b>									
1:45-2:00 p.m.	<p><b>Wrap Up and Next Steps</b> – COLUMBUS ROOM</p> <p><b>Michael Konstan, MD</b>      <b>Shari Bolen, MD, MPH</b></p>											
2:00-2:30 p.m.	<p><b>Partner Meeting: Site PIs and Ohio Department of Medicaid</b> – COLUMBUS ROOM</p> <p><b>Michael Konstan, MD</b>      <b>Shari Bolen, MD, MPH</b></p>											

# Goals of the Day



- Network with colleagues and collaborators
- Energize around the new diabetes focus
- Develop a better understanding of key topic areas and success metrics for the diabetes initiative
- Identify priorities and activities for the implementation plan and timeline
- Ensure alignment with Cardi-OH and the Hypertension and Diabetes Quality Improvement Projects
- Use information from today's summit to finalize the Ohio Diabetes Consortium Charter, an Addendum to the Cardi-OH Charter



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# Framing Ohio Department of Medicaid's Priorities: *Cardiovascular Health and Diabetes*

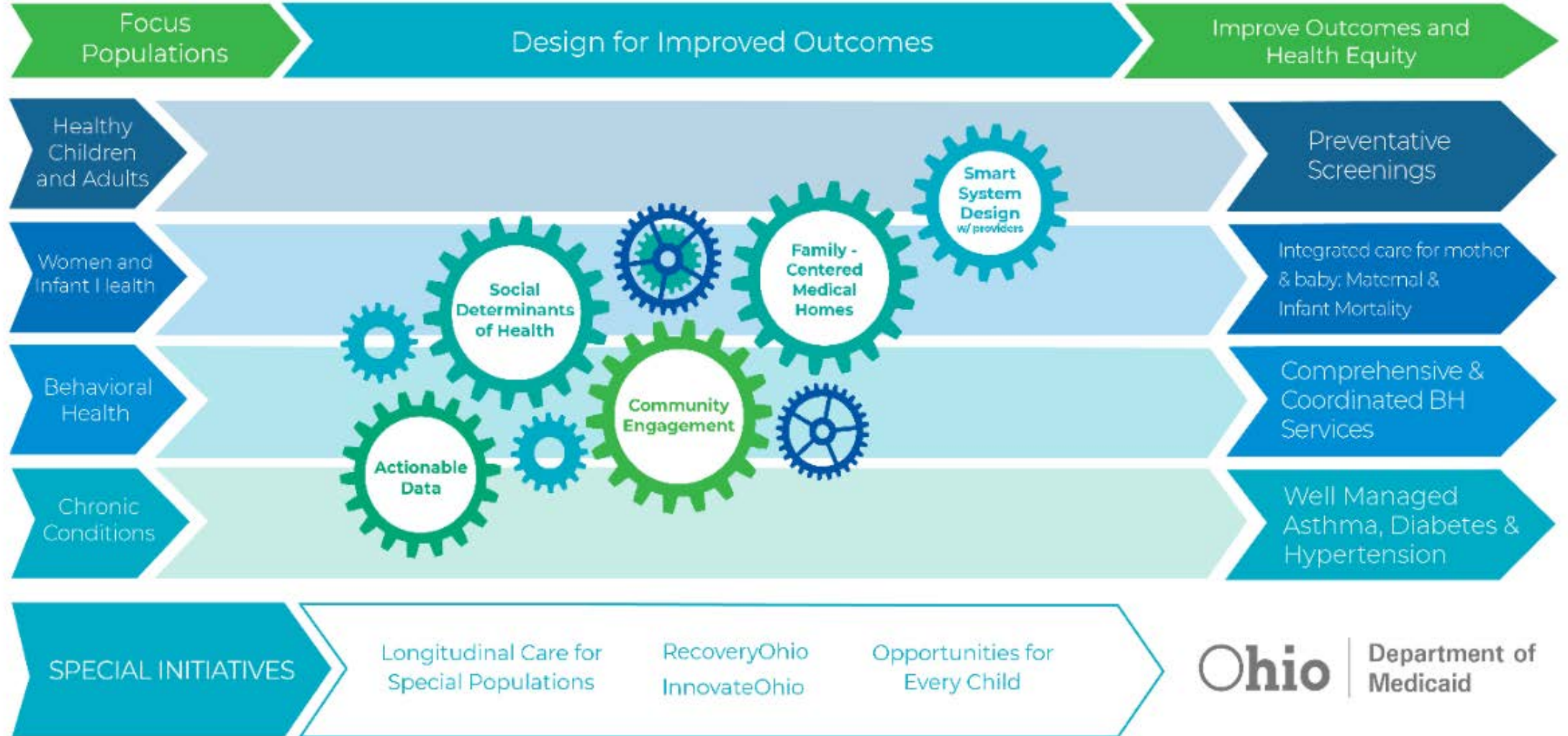
Mary Applegate, MD

Medical Director

Ohio Department of Medicaid



# Ohio Medicaid's Collaborative Quality Strategy: Driving Better Health Outcomes





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# Ohio Diabetes Consortium Overview: *Collaborating to Improve Diabetes Outcomes*

Shari Bolen, MD, MPH

Co-PI, Cardi-OH and Diabetes Consortium

Case Western Reserve University School of Medicine

David Aron, MD

Team Best Practices Co-Lead, Diabetes Consortium

Case Western Reserve University School of Medicine

# Introductory Exercise



- Find someone you don't know (or don't know well)
- Introduce yourselves
- Tell them a story about a time when you made a difference in a patient or community member's life, something that made you feel really engaged in your work or just feel good about being a human being. It could also be how a health care professional made a difference in your life (or someone you know)
- Then change roles; you listen while they tell a story
- Spend no more than 2-3 minutes for each story

# Introductory Exercise Debrief



What was the interview experience like for you?

*Focus on how it felt rather than what was said.*

# People Living with Diabetes



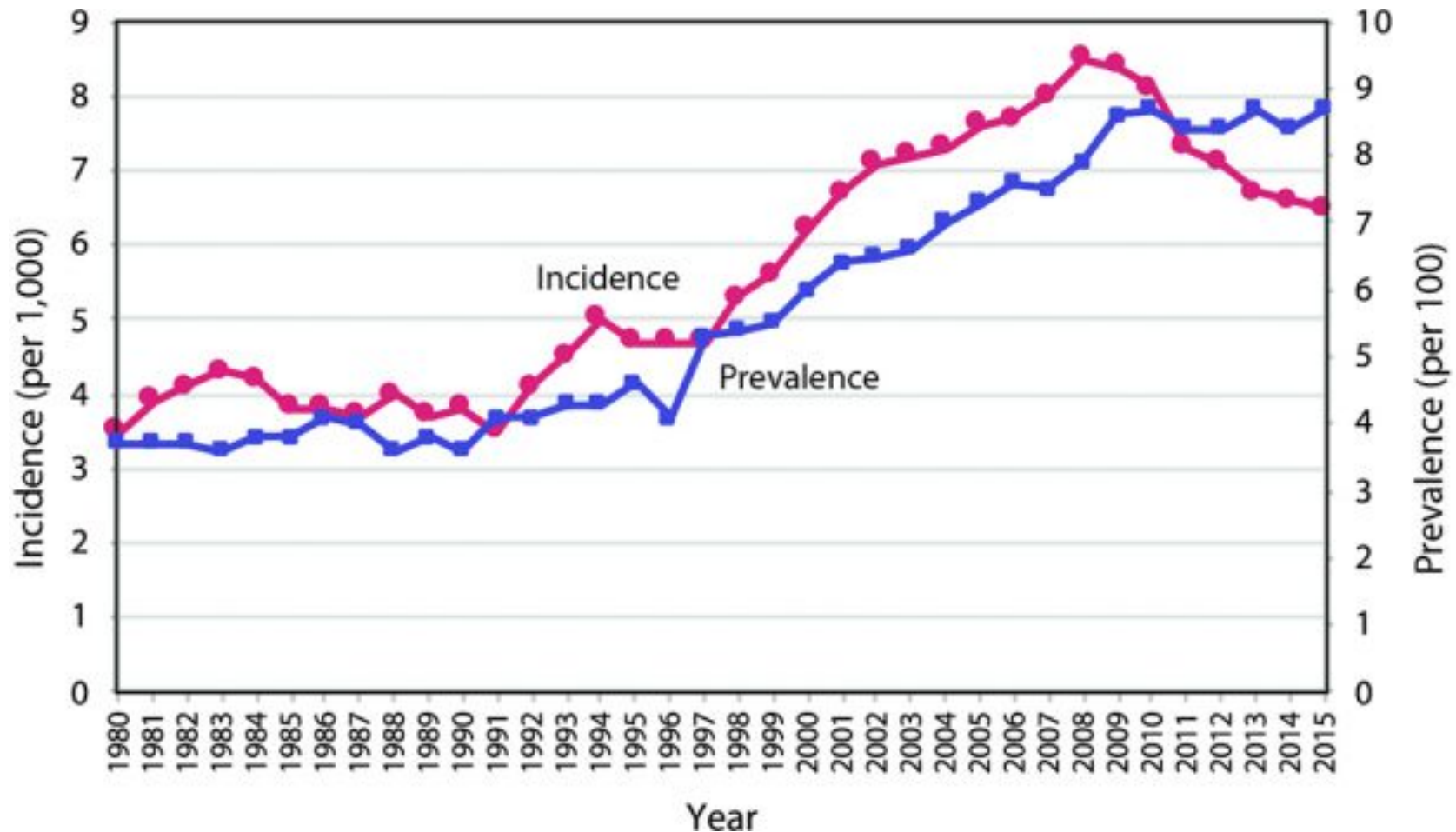
Both photos labelled for reuse (CC license). Photo 1: Available at: <https://www.usar.army.mil/News/Images/igphoto/2001585043/>. Photo By: Spc. David Alexander  
Photo 2: Available at: [www.goodfreephotos.com](http://www.goodfreephotos.com)

# Diabetes Leads to Increased Morbidity, Mortality, and Health Care Costs



- In 2017, 30 million Americans are living with Diabetes (~9%)
  - 9.7% of Ohioans are living with diabetes, 2016
  - 333,000 Ohio Medicaid enrollees have a diagnosis of diabetes (16%)
- 84 million Americans are living with pre-diabetes (~30%)
- Diabetes increases risk of heart attack, stroke, amputation, blindness, chronic kidney disease, and depression among others
- In 2017, the total estimated cost of diabetes was \$327 billion
  - \$237 billion in direct medical costs and \$90 billion in reduced productivity
  - ~9% of the total national health expenditure in 2017

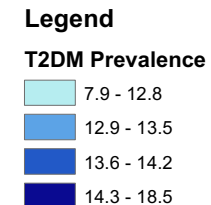
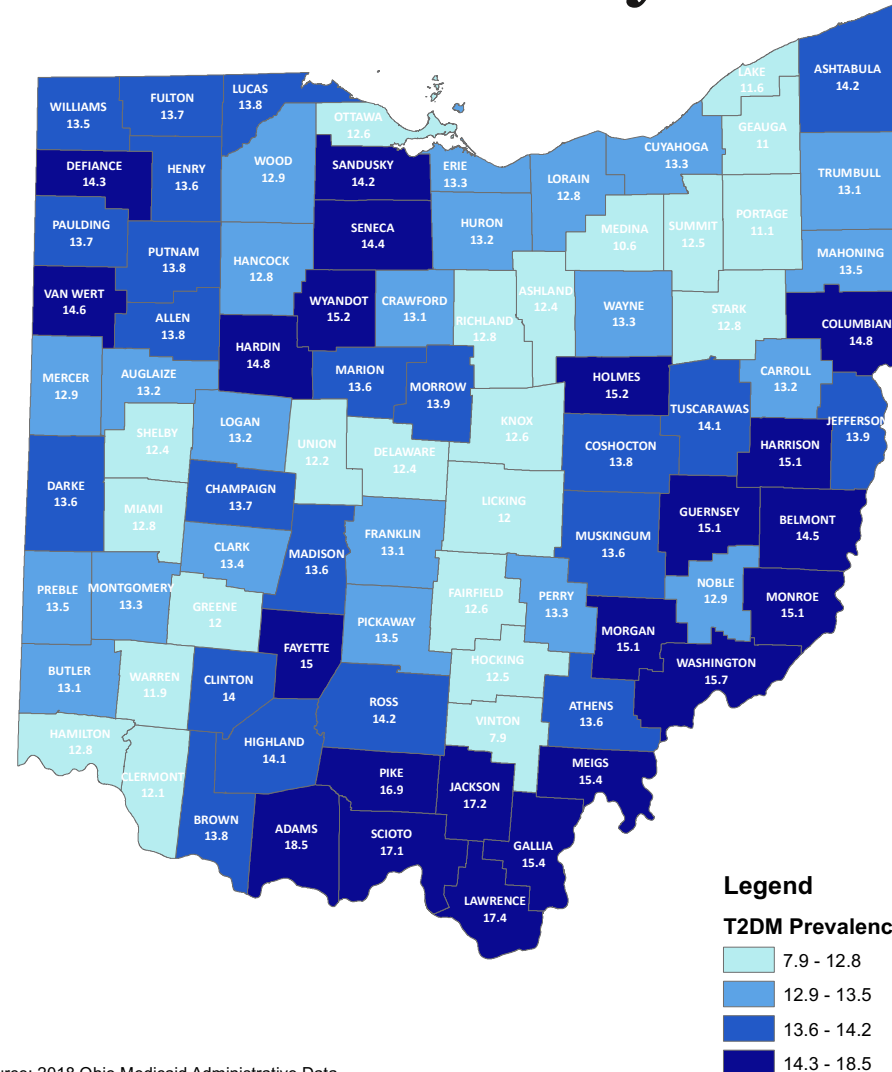
# U.S. Diabetes Incidence and Prevalence in Adults, 1980-2015



# Type 2 Diabetes Prevalence Among Ohio Adult Medicaid Enrollees by County, 2018



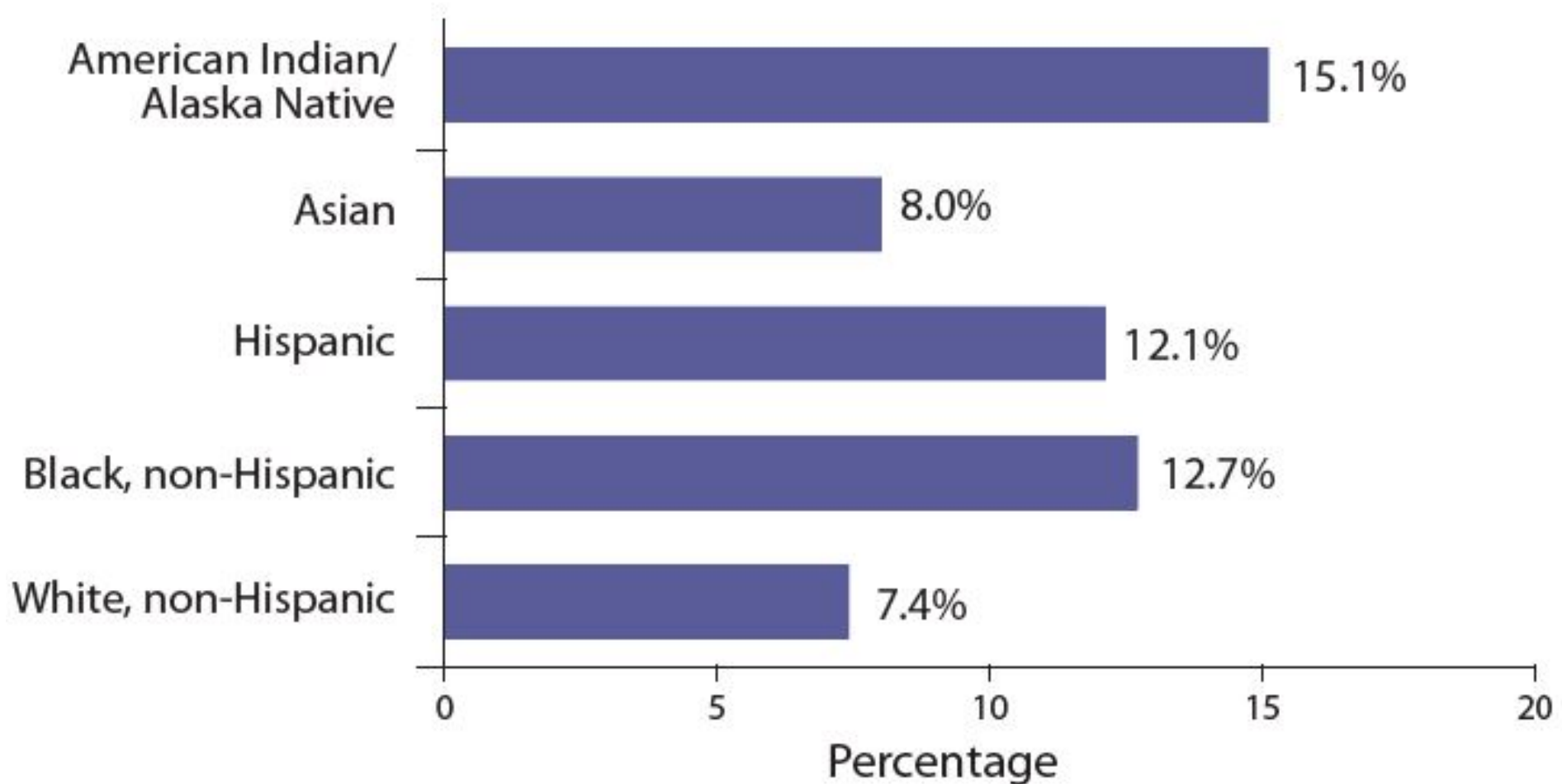
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Source: 2018 Ohio Medicaid Administrative Data

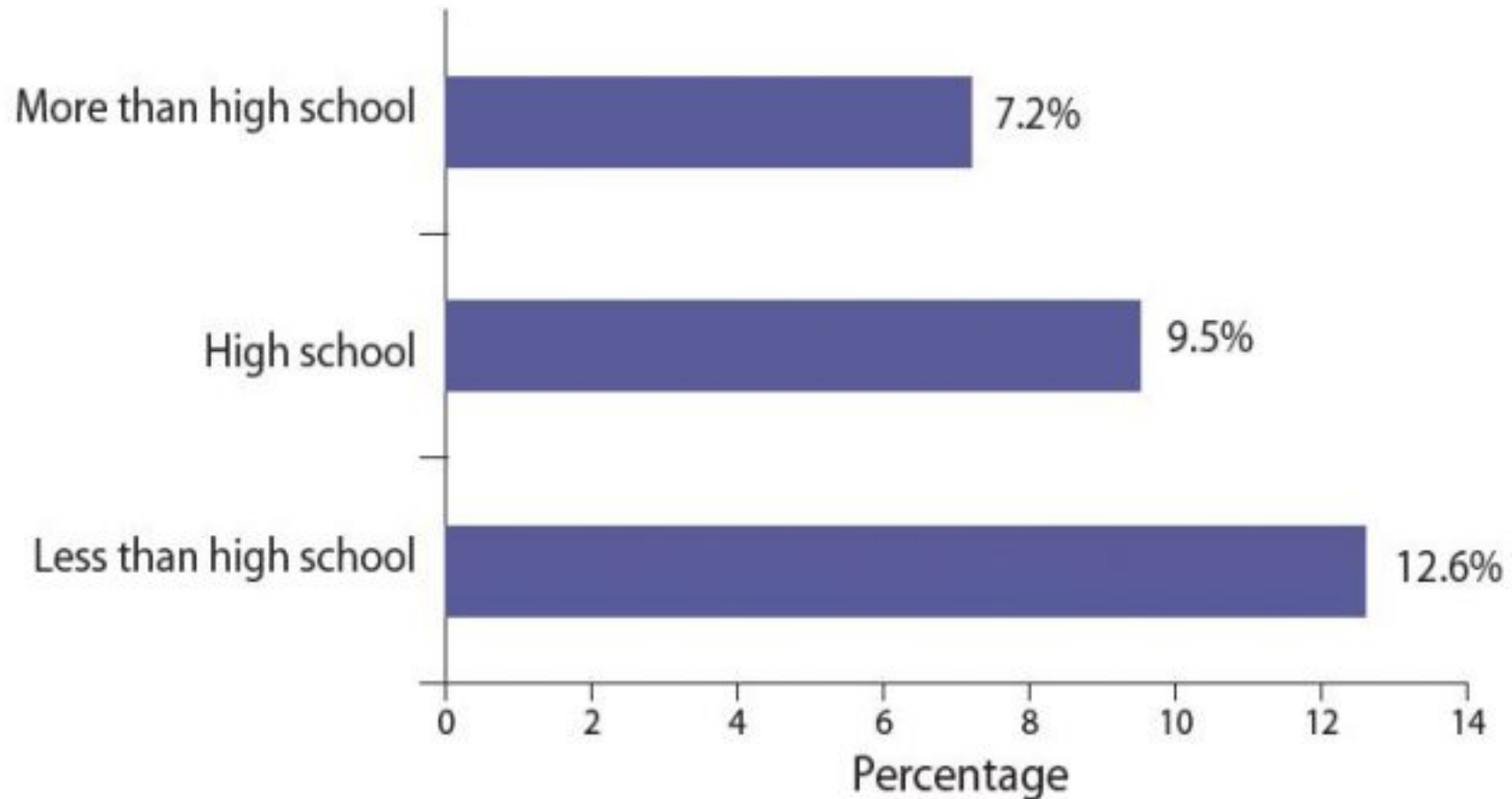


# Diabetes Prevalence in U.S. Adults By Race/Ethnicity, 2013-15



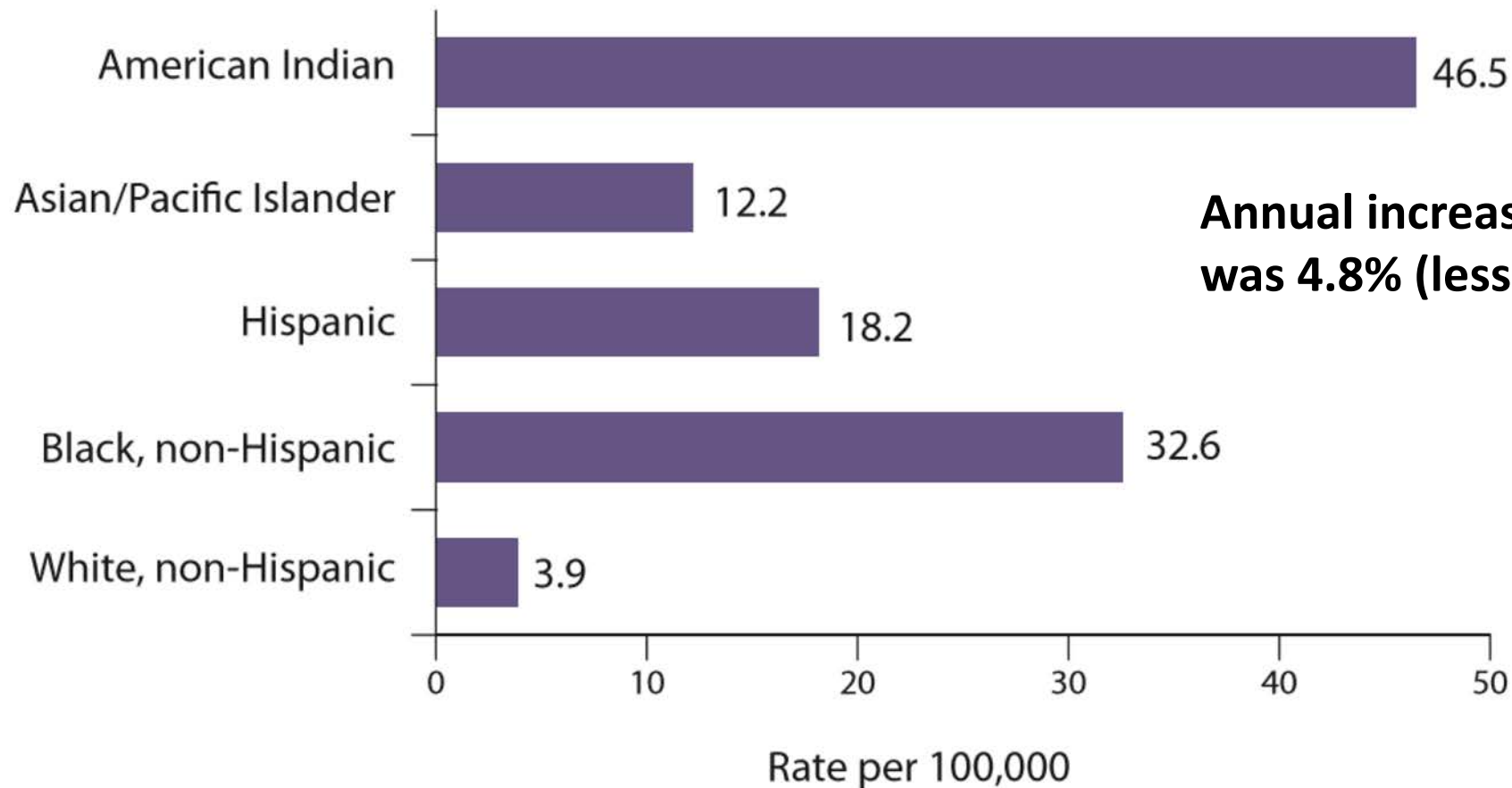
Notes: Percentages are age-adjusted to the 2000 US standard population. Figure adapted from the *National Diabetes Statistics Report, 2017*. Data sources: 2013–2015 National Health Interview Survey and 2015 Indian Health Service National Data Warehouse (American Indian/ Alaska Native data).

# Diabetes Prevalence in U.S. Adults By Education, 2013-15



Notes: Percentages are age-adjusted to the 2000 US standard population. Figure adapted from the *National Diabetes Statistics Report, 2017*. Data source: 2013–2015 National Health Interview Survey.

# Incidence of Type 2 Diabetes Ages 10-19, By Race/Ethnicity 2011-12



**Annual increase from 2002-2012  
was 4.8% (less than age 20)**

# HEDIS A1C Control By Insurance Status, 2017



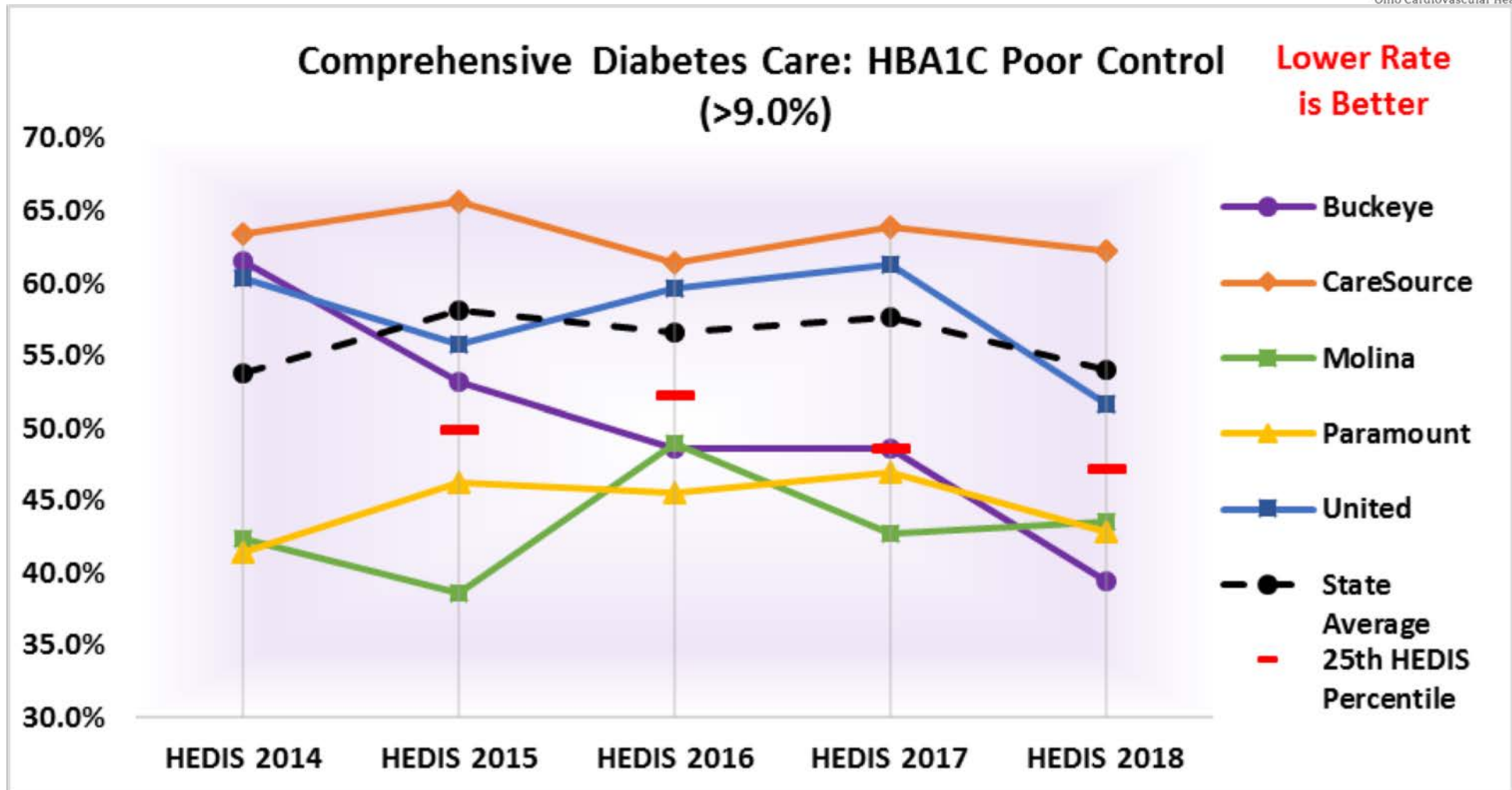
POOR HBA1C CONTROL (>9.0%)*					
	Commercial		Medicaid	Medicare	
Year	HMO	PPO	HMO	HMO	PPO
2017	31.7	41.2	40.5	25.4	22.3

# A1C Control

## Ohio Medicaid Managed Care Plans 2014-18



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# What is Cardi-OH?

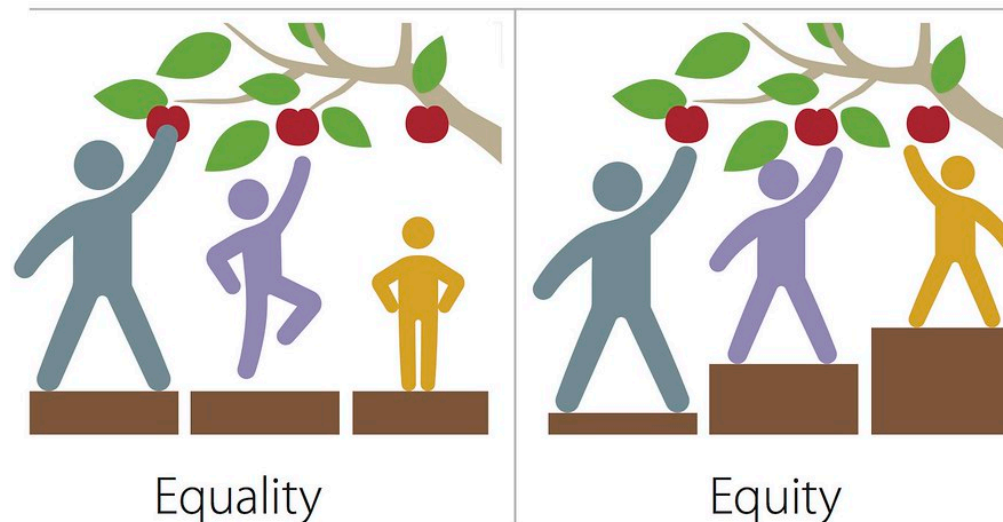


- A statewide cardiovascular health collaborative
- Funded by Ohio Department of Medicaid and MEDTAPP
- Initial foci: hypertension and social determinants of health
  - Now moving into diabetes with funding to launch the Ohio Diabetes Consortium
- Unifies and connects Ohio's 7 medical schools
- Identifies and engages with partners to improve the cardiovascular health of Ohio's Medicaid population and address health disparities

# Cardi-OH's Vision and Mission



1. For all Ohioans to reach their highest potential for cardiovascular health
2. To improve cardiovascular health outcomes and eliminate cardiovascular health disparities



# Cardi-OH's Purpose



To expand **the primary care team's capacity** to:

- Improve cardiovascular health in Ohio's Medicaid population
- Identify and address disparities in cardiovascular health care and outcomes affecting Ohio's Medicaid population



# How We Accomplish Our Purpose



We will accomplish our purpose by sharing information, learning together, and disseminating best practices across our collaborative.

# Cardi-OH Executive PIs



**Case Western  
Reserve University**

PI: Michael Konstan, MD



**Case Western  
Reserve University**

Co-PI: Shari Bolen, MD



**University of  
Cincinnati**

PI: Michael Holliday, MD



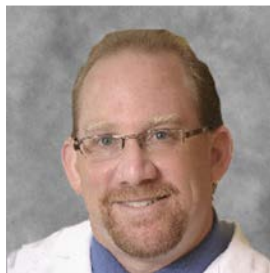
**Ohio University**

PI: Elizabeth Beverly, PhD



**The Ohio State  
University**

PI: Randy Wexler, MD



**Northeast Ohio  
Medical University**

PI: Stacey Gardner-  
Buckshaw, PhD



**University of  
Toledo**

PI: Lance Dworkin, MD



**Wright State  
University**

PI: Glen Solomon, MD



**Wright State  
University**

Co-PI: James Lamb, MD



# Ohio Diabetes Consortium Executive PIs



**Case Western  
Reserve University**  
PI: Michael Konstan, MD



**Case Western  
Reserve University**  
Co-PI: Shari Bolen, MD



**University of  
Cincinnati**  
PI: Michael Holliday, MD



**The Ohio State  
University**  
PI: Randy Wexler, MD



**The Ohio State  
University**  
Co-PI: Kathleen  
Dungan, MD



**Ohio  
University**  
PI: Elizabeth Beverly, PhD



**Northeast Ohio  
Medical University**  
PI: John Boltri, MD



**University of  
Toledo**  
PI: Juan Jaume, MD



**Wright State  
University**  
PI: Glen Solomon, MD



**Wright State  
University**  
Co-PI: James Lamb, MD



# Six Outstanding Teams



## Data & Evaluation



## Cardi-OH ECHO



## Informatics & Web



## Marketing & Communications



## Best Practices



## Advisory



# Cardi-OH's High-Level Success Metrics



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## 1. Diverse group engaged with Cardi-OH

- Number and type of health care professionals (and whether they are a Medicaid provider) in the collaborative and at events

## 2. Success of educational events

- E.g., reach of event, knowledge increase, uptake of best practices

## 3. Cardiovascular health metrics

- E.g., blood pressure control, diabetes care and control, med adherence, etc.



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# Cardi-OH's Activities SFY19 Highlights

# Cardi-OH.org Website 1,385 Views



ABOUT US

BEST PRACTICES

CARDI-OH ECHO

EVENTS

LOGIN/SIGN UP



g Best Practices  
rove Cardiovascular Health

# Cardi-OH Statewide Webinar



## *Like It Is: Real-World Application of the DASH Diet for Low Income Populations*

<https://www.cardi-oh.org/LikeItIs>

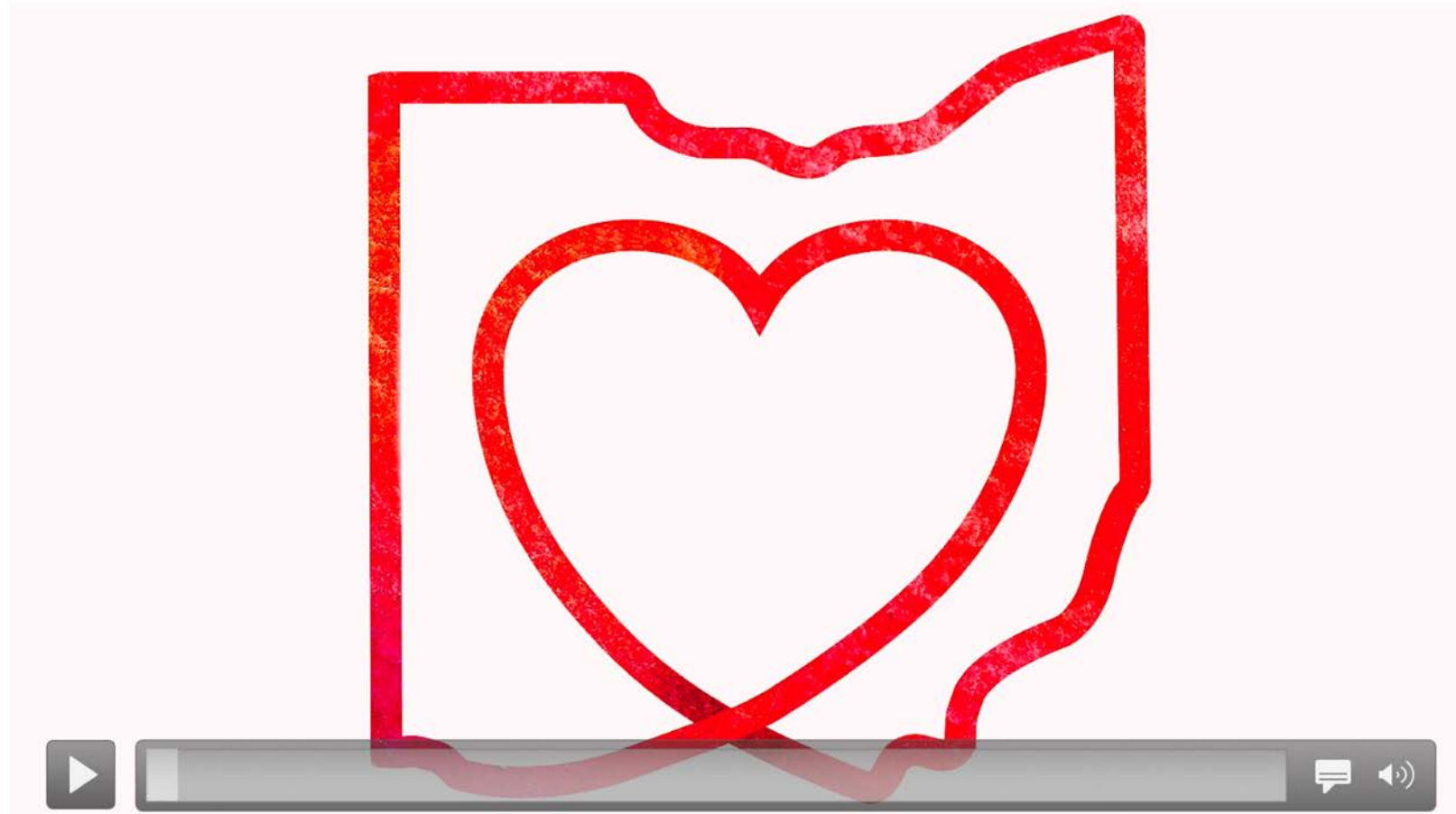
November 16, 2018  
120 Attendees



# Cardi-OH TeleECHO Clinic Clip



## Spring 2019, 53 Participants



# Infusing Content Into Regional Meetings and Conferences



Examples for FY19 include:

- Better Health Partnership
- Health Care Collaborative of Greater Columbus Quality Improvement Learning Group Quarterly Meetings
- Ohio Patient-centered Primary Care Collaborative
- Grand Rounds
- Division Meetings
- Ohio University Diabetes Coalition Quarterly Meetings

# Cardi-OH's Statewide Conference

## *Getting to the Heart of the Matter*



Keynote Speaker Dr. Brewer: *From the Ground Up: Inspiring and Empowering Communities to Improve Cardiovascular Health*

May 17, 2019  
196 Attendees



# Cardi-OH's Activities SFY20



- Continue to disseminate best practices for HTN/SDOH
  - Additional Cardi-OH TeleECHO Clinics
    - Fall 2019 Weight Management
    - Spring 2020 HTN/SDOH
    - Fall 2020 planning for Diabetes/SDOH
  - Regional dissemination of evidence-based best practices
- Continue to build our collaborative
- Expand focus to diabetes
  - Planning Summit: January 10, 2020
- Additional needs assessments
- Align with Medicaid-funded Quality Improvement Projects
- Establish external advisors and partners



# Team Best Practices *Capsule*



OCTOBER 2019

## One Simple Step to Improve Medication Adherence for BP control

CONTRIBUTING AUTHORS: Shari Bolen, Michael Holliday, Shireen Khoury, Jackson Wright on behalf of Team Best Practices

Medication adherence presents a major obstacle to achieving blood pressure control.

Only about 50% of patients are adherent to their blood pressure medication regimens at least 80% of the time. One simple step prescribers can take is to select longer-acting blood pressure medications, which are taken less frequently and present less of an adherence challenge.

Cardi-OH has developed two treatment algorithms that highlight once-daily, low-cost, long-acting medications: chlorthalidone (half-life up to 72 hrs) and amlodipine (half-life up to 60 hrs). One treatment algorithm, based on the SPRINT trial, starts with chlorthalidone with close addition of ACEi/ARB and then amlodipine if BP remains uncontrolled.

The second treatment algorithm recommends adding amlodipine after starting an ACE-i/HCTZ combination then switching the ACE-i/HCTZ combination to ACEi plus chlorthalidone (while continuing amlodipine) if the blood pressure remains uncontrolled. Spironolactone 25-50 mg/once-daily is added for additional BP control (or to treat or prevent hypokalemia with chlorthalidone). Additional information on blood pressure control in Ohio's Medicaid population is available at [www.cardi-oh.org](http://www.cardi-oh.org) and on Twitter @cardi\_OH.

CITATIONS


Ambrosius WT, Shih KM, Foy CD, Berlowitz DR, Cheung AK, Costanzo WC, Fine LJ, Gotlib DJ, EG, Johnson RC, Klein AA, Lewis CE, Oparil S, Reboussin DM, Rocca MG, Snyder JC, Williamson JD, Wright JT, Jr, Wright PJ, SPRINT Study Research Group. The design and rationale of a multi-center clinical trial comparing two strategies for control of systolic blood pressure: The Systolic Blood Pressure Intervention Trial (SPRINT). *Clinical Trials*. 2013;10(11):552-566.

Jaffe MG, Lee GA, Young JB, Sidway S, Go AS. Improved Blood Pressure Control Associated With a Large-Scale Hypertension Program. *JAMA*. 2013;310(27):699-706.


KEY TAKEAWAYS:

### Only 50%

of patients are adherent to their blood pressure medication regimens at least 80% of the time.



Cardi-OH has developed two treatment algorithms that highlight once-daily, low-cost, long-acting medications that may improve adherence.



Chlorthalidone tablets, which can be split, HCTZ often comes as a capsule.

The Ohio Cardiovascular Health Collaborative is funded by the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Governance Resource Center. The views expressed in this document are solely those of the authors and do not represent the views of the state of Ohio or federal Medicaid programs.

FOR MORE INFORMATION HEAD TO [CARDI-OH.ORG](http://CARDI-OH.ORG)

# Sharing Best Practices: Looking Ahead



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## Awareness Campaign

## Podcasts



**RISK AN EARLY DEATH, JUST DO NOTHING**

9 out of 10 kids risk growing up to have unhealthy amounts of fat in their bodies. Even if you think they look healthy today, adulthood could bring an early death from heart disease, Type 2 diabetes or cancer.

So make sure your kids are active for an hour a day. Reduce how much fat they eat. For help and advice visit [4yourkids.org.uk](http://4yourkids.org.uk)

British Heart Foundation | CANCER RESEARCH UK | Diabetes UK | in support of the Change4Life movement

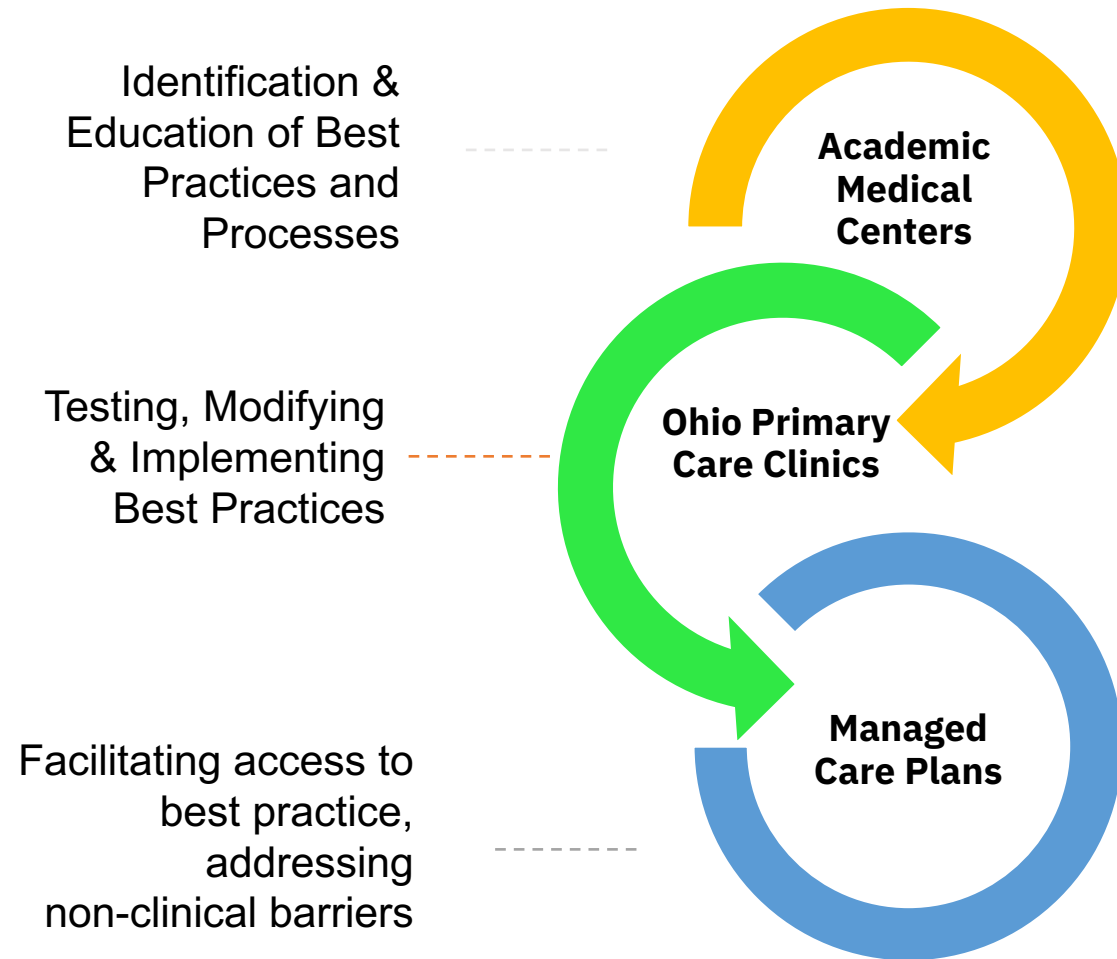


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# Alignment With Medicaid-Funded Quality Improvement Projects (QIPs)

*The Hypertension and Diabetes Quality Improvement Project is funded by the Ohio Department of Medicaid and administered by the Ohio Colleges of Medicine Government Resource Center. The views expressed in this presentation, are solely those of the authors and do not represent the views of the state of Ohio or federal Medicaid programs.*

# Ohio Department of Medicaid Hypertension (HTN) QIP



## SMART Aims

- Increase HTN control 15%
- Increase HTN control among AA population 20%

## Strategies

- IHI Model for Improvement
- Change Package
- Monthly Action Period Calls
- QI Coaching
- Leverage EHR data for improvement
- Partner with MCPs to address barriers

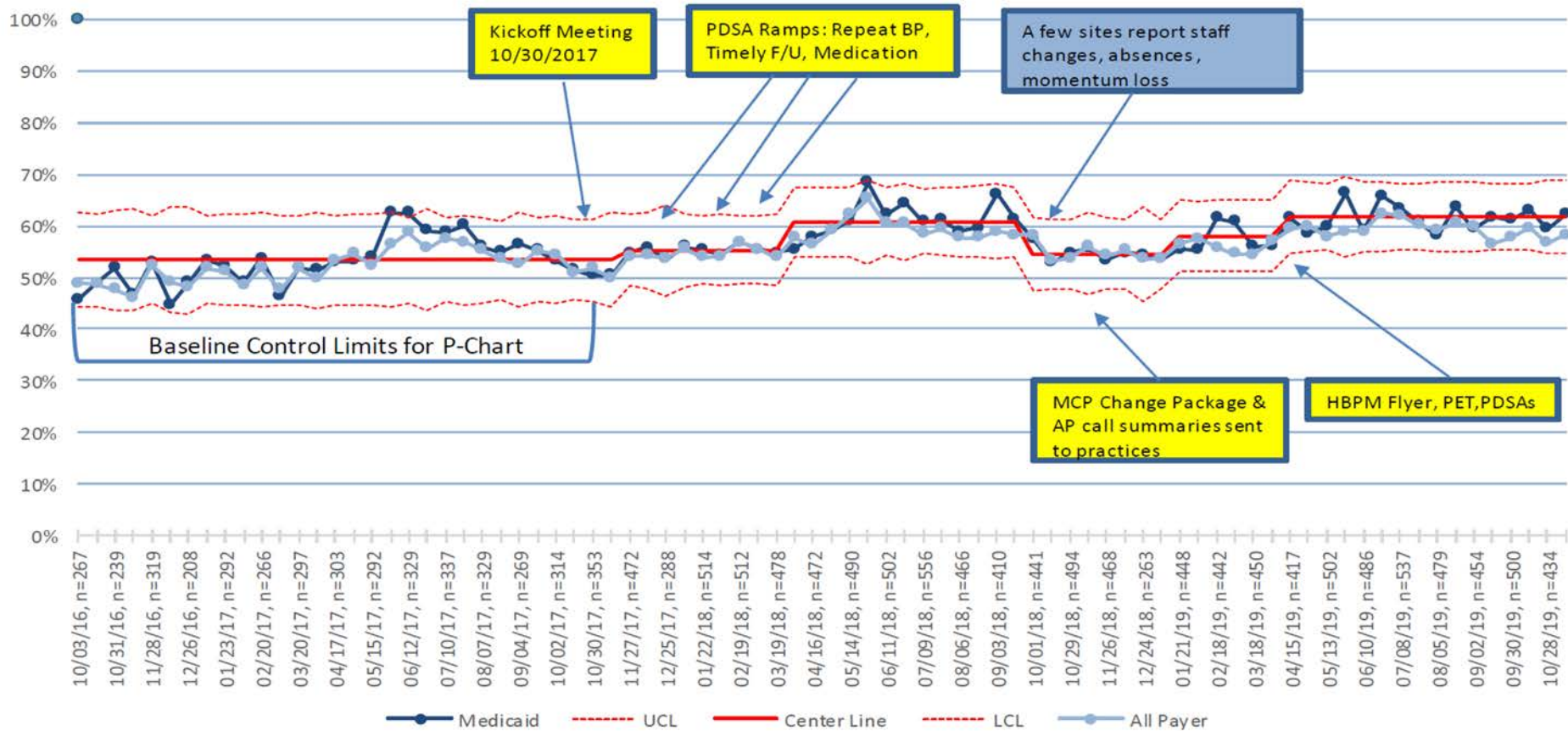




# Blood Pressure Control by Medicaid vs All Payer

Improved 15.7%

Percentage of Hypertensive Patients with Controlled Blood Pressure Control (<140/90)



- N and control limits represent total Medicaid patients in the data collection period  
- Based on Biweekly Measurement Periods

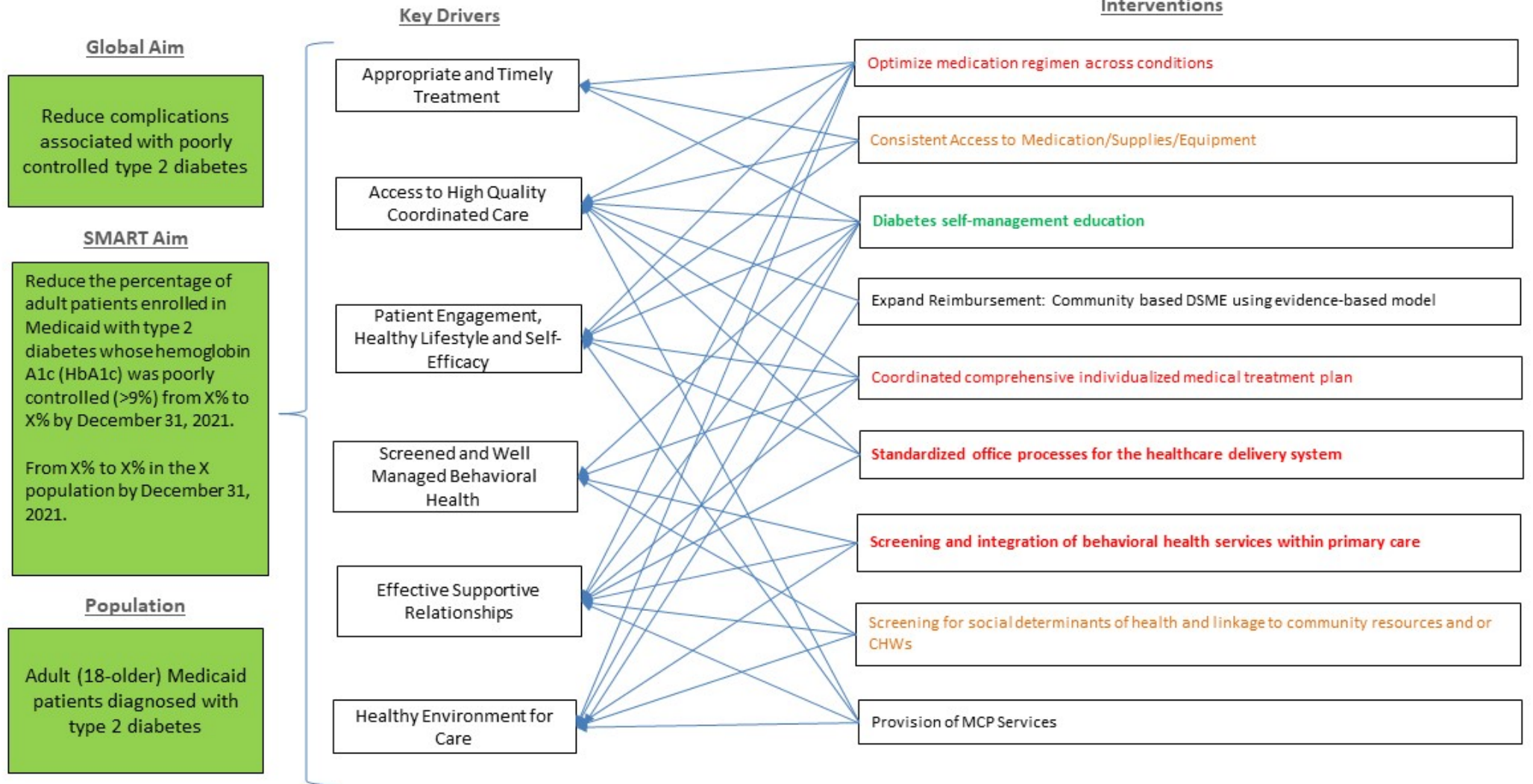
# Ohio Department of Medicaid Diabetes QIP



- Planning phase now
- Recruiting 18 high-volume Medicaid practices across the state to be part of the planning
- Spring 2020 kick-off

**Project Leader(s): CWRU, GRC**

**Revision Date: 9/10/19, v10**



# Alignment with QIPs



- Collect and share resources for hypertension, diabetes, and social determinants to assist sites in improving outcomes
- Learn from the QIP sites and share best practices they have identified with our collaborative
- Needs identified within QIP practices can be used to develop additional content within the collaborative



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# Questions?



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# Small Group Discussion I

Ohio Diabetes Consortium

Charting the Course: Mission, Vision,  
& High Priority Activities

# Small Group Discussion I

## Room Assignments & Facilitators



### **Groups A-C**

Buckeye Room – Barbara Tobias, MD

### **Groups D-F**

Gray Room – Elizabeth Beverly, PhD

### **Groups G-I**

Scarlet Room – Stacey Gardner Buckshaw, PhD

### **Groups J-N**

Columbus Room – David Aron, MD



# Small Group Discussion I

## Poll: Question #2



What are the top 3 highest priority activities for sharing best practices in a meaningful way with Medicaid providers and their health care teams?

[Cardi-OH.org/poll](https://Cardi-OH.org/poll)

***\*\*Please submit only 1 poll per table.\*\****



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# Small Group Discussion II

Ohio Diabetes Consortium

Focusing on Improvement: Key  
Diabetes Outcomes

# Small Group Discussion II

## Room Assignments & Facilitators



### **Groups 1-3**

Buckeye Room – Barbara Tobias, MD

### **Groups 4-6**

Gray Room – Elizabeth Beverly, PhD

### **Groups 7-9**

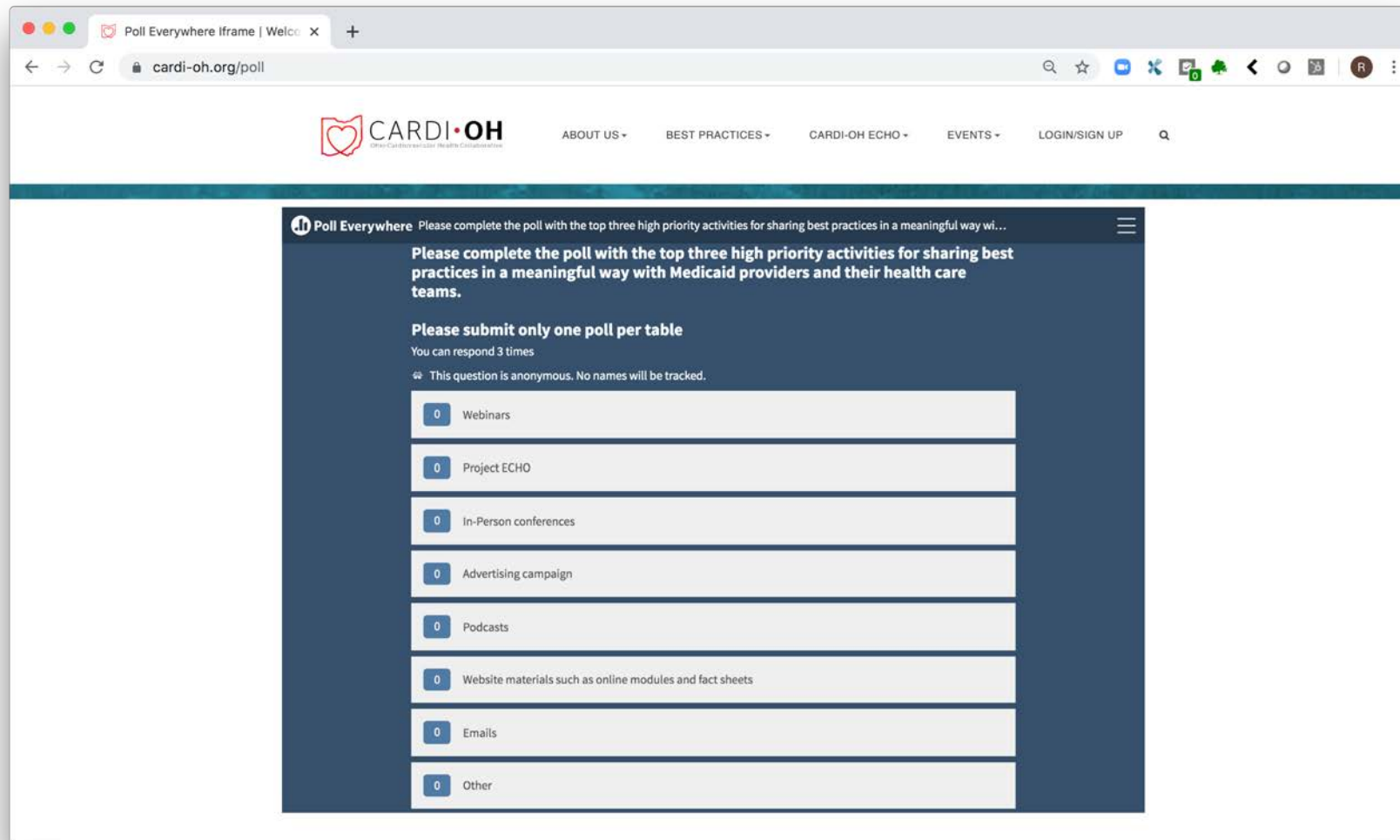
Scarlet Room – Stacey Gardner Buckshaw, PhD

### **Groups 10-13**

Columbus Room – David Aron, MD

# Small Group Discussion I

## Poll Results



Browser tabs: Poll Everywhere Iframe | Welco x +

Address bar: cardi-oh.org/poll

Navigation: ABOUT US ▾ BEST PRACTICES ▾ CARDI-OH ECHO ▾ EVENTS ▾ LOGIN/SIGN UP 🔍

**Poll Everywhere** Please complete the poll with the top three high priority activities for sharing best practices in a meaningful way wi...

**Please complete the poll with the top three high priority activities for sharing best practices in a meaningful way with Medicaid providers and their health care teams.**

**Please submit only one poll per table**  
You can respond 3 times  
🔒 This question is anonymous. No names will be tracked.

<input type="radio"/>	Webinars
<input type="radio"/>	Project ECHO
<input type="radio"/>	In-Person conferences
<input type="radio"/>	Advertising campaign
<input type="radio"/>	Podcasts
<input type="radio"/>	Website materials such as online modules and fact sheets
<input type="radio"/>	Emails
<input type="radio"/>	Other



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# Wrap Up Next Steps

Shari Bolen MD, MPH

Michael Konstan, MD

PIs, Cardi-OH and Diabetes Consortium

Case Western Reserve University School of Medicine



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# Thank You!

Partner Meeting  
2:00-2:30 PM

Site PIs and Ohio Department of  
Medicaid  
Columbus Room