

Hypertension: An Opportunity to Improve Patient Health Outcomes

February is American Heart Month! Heart Disease remains the leading cause of death in Michigan while stroke is the fourth leading cause of death. Decades of dramatically improving national cardiovascular death rates have recently slowed their steady progress.¹ It is a great opportunity to use materials from the Million Hearts Initiative (<https://millionhearts.hhs.gov/news-media/events/heart-month.html>) or the American Heart Association's Go Red (<https://www.goredforwomen.org>) campaign to raise awareness about cardiovascular disease.

Half of all Michigan adults have at least one major risk factor for cardiovascular disease.² Care managers are in a unique position help patients achieve more equitable health outcomes. In addition to helping patients reduce the risk factors listed below, care managers can connect patients to social supports and mental health resources. Modifiable risk factors include the following:

- Elevated blood pressure
- Diabetes Mellitus
- Smoking tobacco and secondhand smoke
- Unhealthy diet, such as foods high in sodium and low in potassium
- Dyslipidemia/hypercholesterolemia
- Not getting enough physical activity
- Obesity
- Excess alcohol (>1 drink for females and >2 drinks for males per day)³

The single most influential modifiable risk factor for cardiovascular disease mortality is elevated blood pressure. In the Atherosclerosis Risk in Communities study, 25% of cardiovascular events were due to high blood pressure.³

The leveling out of national heart disease and stroke death rate improvements is especially true among adults age 35-64. A partial explanation is that this age group is experiencing cardiovascular risk factors at an earlier age than previous populations.⁴ This includes earlier onset of high blood pressure, increased physical inactivity, increased diabetes, and overweight or obesity.

The new American College of Cardiology and the American Heart Association hypertension guidelines will result in more than 1 million additional Michigan residents – many of them younger adults under age 30 – being considered to have high blood pressure. The new guidelines redefined high blood pressure as beginning at 130/80, which is a decrease from the previous definition for high blood pressure of 140/90. This presents an opportunity to begin controlling cardiovascular disease's most influential risk factor sooner with an emphasis on lifestyle modifications and, if indicated by an [10-year risk of heart disease calculation](#), medication therapy.

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UPCOMING EVENTS



Click on the dates below to register for MiCMRC Complex Care Management Courses:

[April 9-12, 2018, Lansing](#)

[April 23-26, 2018, Lansing](#)

[May 7-10, 2018, Lansing](#)

MiCMRC CARE MANAGEMENT EDUCATIONAL WEBINAR

Title: Caring for the Diabetic Patient: Understanding Diabetes

Date and Time: Tuesday March 27th, 2018 @2p

Presenters: Dianne Conrad, DNP, RN, FNP-BC, BC-ADM, CDE, FNAP

Register [HERE](#)

To view additional upcoming webinars see page 2

The Michigan Care Management Resource Center supports ambulatory practices statewide to implement and build upon Patient-Centered Medical Home (PCMH) and PCMH Neighborhood (PCMH-N) capabilities related to care management, population management, self-management support, and care coordination. MiCMRC provides foundational and longitudinal curriculum, tools and resources to assist practices with developing a sustainable, evidence-based clinical model for care management activities. Support for the Michigan Care Management Resource Center is provided by Blue Cross® Blue Shield® of Michigan as part of the BlueCross Value Partnerships program. Michigan Care Management Resource Center is not affiliated with or related to Blue Cross Blue Shield of Michigan nor Blue Cross Blue Shield Association



Nursing and Social Work continuing education opportunity. For more information visit www.micmrc.org/continuing-ed

MiCMRC Questions?
For questions please [Contact Us](#)

Share Your Success Stories

Submitting your success story is as easy as clicking on the following link:

[Share Your Success Story](#)

For help submitting your success story contact us at <http://micmrc.org/contact-us>

MiCMRC 2018 CARE MANAGEMENT EDUCATIONAL WEBINARS

Title: Caring for the Diabetic Patient: Understanding Diabetes
Date and Time: Tuesday, March 27th 2-3 pm
Presenter: Dianne Conrad DNP, RN, FNP-BC, BC-ADM, CDE, FNAP
 Associate Professor, Kirkhof College of Nursing, Grand Valley State University
 Family Nurse Practitioner, Cadillac Family Physicians, Cadillac, MI
 Register [HERE](#)

Continuing Education
 Nursing and Social Work CE Contact Hours: 1.0

"This continuing nursing education activity was approved by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)".

"Michigan Care Management Resource Center is an approved provider with the Michigan Social Work Continuing Education Collaborative". Approved Provider Number: MICEC 110216

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers.

Title: Pediatric Office Hours: Engaging Families, Common Challenges Across the Chronic Conditions
Date and Time: Tuesday, April 24th 10-11 am
Presenter: Jane Turner, MD, FAAP
 Professor Health Programs, Pediatrics and Human Development
 Michigan State University
 Register [HERE](#)

Title: CHF Management (Title subject to change)
Date and Time: Wednesday April 25th, 2018 at 2P
 Presenter: Karen Jackson, CM MSN Integrated Health Associates
 Register [HERE](#)

MiCMRC Approved Self-Management Support Courses and Resources Update

To access the list of the MiCMRC approved Self-Management Support courses, [click here](#). The list of MiCMRC approved Self-Management Support Courses provides a detailed summary of each course, with associated objectives, location, cost and more.

Additionally, MiCMRC has collected resources for Self-Management Support including: websites of interest, publications, tools, videos, and even patient materials. MiCMRC's "Self-Management Support Tools and Resources" document offers an at a glance list and summary of these resources, along with descriptions and website links for quick access. For "Self-Management Support Tools and Resources" [click here](#).

Both of these documents can also be accessed on the MiCMRC website home page <http://micmrc.org/>

Across Michigan and the U.S., efforts are being put in place to prevent heart disease and stroke. The Million Hearts® 2022 is a national initiative co-led by the Centers for Disease Control and Prevention and the Centers for Medicare and Medicaid Services to prevent 1 million heart attacks and strokes in the next 5 years. MDHHS is also working to create a heart-healthy and stroke-free Michigan through the Michigan Million Hearts® initiative and working to have the state's residents increase physical activity and healthy eating, and decrease smoking and exposure to secondhand smoke. Visit

www.michigan.gov/millionhearts for more information. For more information and free resources about preventing heart disease and stroke, visit www.michigan.gov/cvh. To recognize the signs of a stroke, think FAST: Face, Arm, Speech, and Time. For more information about strokes, go to www.michigan.gov/stroke

References located on page 4.



Mid-March the MiCMRC Patient and Family Engagement New eLearning Module will be Available! CE Opportunity

Mid-March MiCMRC is launching the eLearning module “Patient and Family Engagement (PFE)”. This new eLearning module is part of a series available at Michigan Care Management Resource Center www.micmrc.org eLearning - “Basic Care Management Program”. The “eLearning -Basic Care Management Program” aims to support Care Manager and Care Coordinator with building foundational skills for daily work, using an interactive format.

The eLearning series, including the “Patient and Family Engagement” module, are web based. The interactive eLearning modules provide an opportunity for you to learn at your own pace, at whatever time is best for you!

Patient engagement refers to the actions an individual takes to obtain the greatest benefit from the health care services available to them. The “Patient and Family Engagement (PFE) module incorporates evidence-based engagement strategies when working with patients and families, potential challenges to effective PFE, and increases awareness of the positive out-comes for successful PFE.

For Patient Engagement resources [Click Here](#)

[Continuing Education for Patient and Family Engagement eLearning Module](#)
Nursing and Social Work CE Contact Hours: 1.0

"This continuing nursing education activity was approved by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. (OBN-001-91)".

"Michigan Care Management Resource Center is an approved provider with the Michigan Social Work Continuing Education Collaborative". Approved Provider Number: MICEC 110216

Announcing Pediatric Office Hours for 2018

Open to All Michigan Care Management Team Members

In response to requests for care management curriculum with a focus on pediatric topics, the State Innovation Model PCMH Initiative is announcing a series of three Pediatric Office Hours in 2018.

The first Pediatric Office hours will be this Spring:

Date: Tuesday, April 24th 10 am-11 am.

Topic: “Engaging Families, Common Challenges Across the Chronic Conditions”.

Presenter: Jane Turner, MD, FAAP, Professor Health Programs, Pediatrics and Human Development, Michigan State University.

This presentation is supported by Funding Opportunity Number CMS-1G1-14-001 from the U.S. Department of Health and Human Services (HHS), Centers for Medicare and Medicaid Services. The content provided is solely the responsibility of the authors and does not necessarily represent the official views of HHS or any of its agencies.

Register [HERE](#)

Save the date for additional Pediatric Office Hours: June 6th 11am-12pm and September 13th 12pm-1pm. The Pediatric Office Hours is open to all interested Michigan Care Management team members.

MiCMRC Complex Care Management Course Registration

The MiCMRC Complex Care Management (CCM) course is designed to prepare the healthcare professional for the role of Complex Care Manager. Course content is applicable to all Care Managers in the ambulatory care setting, working with complex patients. For CCM Course details [click here](#)

Upcoming CCM course dates and course registration:

April 9-12 |Lansing, MI | [REGISTER HERE](#) | Registration deadline: April 5th, 2018

April 23-26 |Lansing MI |[REGISTER HERE](#) | Registration deadline: April 19th, 2018

May 7-10 | Lansing MI | [REGISTER HERE](#) | Registration deadline: May 3rd, 2018

NOTES: If you have 15 or more Care Managers in your area and would like the MiCMRC team to provide a regional training at your location please submit your request to: micmrc-ccm-course@med.umich.edu

For questions please contact : micmrc-ccm-course@med.umich.edu

1. Annals of Epidemiology. Widespread recent increases in county-level heart disease mortality across age groups [online]. 2017. [cited 2018 Jan 22]. Available from URL: [http://www.annalsofepidemiology.org/article/S1047-2797\(17\)30868-2/fulltext?elsca1=etoc&elsca2=email&elsca3=1047-2797_201712_27_12_&elsca4=Epidemiology%7CPublic%20Health%7CHealth%20Policy](http://www.annalsofepidemiology.org/article/S1047-2797(17)30868-2/fulltext?elsca1=etoc&elsca2=email&elsca3=1047-2797_201712_27_12_&elsca4=Epidemiology%7CPublic%20Health%7CHealth%20Policy) .
2. Cardiovascular Disease in Michigan. 2017 Update. Michigan Department of Health and Human Services Cardiovascular Health, Nutrition, and Physical Activity Section.
3. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. J Am Coll Cardiol 2017;Nov 13:[Epub ahead of print].
4. Heart disease and stroke deaths decline slightly, new statistics find [online]. 2017. [cited 2018 Jan 23]. <https://news.heart.org/heart-disease-and-stroke-deaths-decline-new-statistics-find/>

**Provider Delivered Care Management (PDCM)
Blue Distinction Total Care (BDTC)
High Intensity Care Model (HICM)**

Monthly Billing Q & A Sessions

On a monthly basis, Blue Cross Blue Shield of Michigan will conduct a question and answer session via WebEx relating to questions you may have after you've completed the online Billing/Coding course regarding these programs. They are scheduled for the first Thursday of each month from 12:00 – 1:00 for 2018. Below is the 2018 scheduled question and answer sessions.

Please do not ask specific questions about claims. If you have an issue, you should contact your provider consultant for assistance or you can submit an inquiry to valuepartnerships@bcbsm.com. For additional billing resources visit <http://micmrc.org/training/care-management-billing-resources>

Below are the dates and WebEx information to join the conference call.

Barbara Brady invites you to an online meeting using WebEx.

To join this meeting (Now from mobile devices!)

1. Go to <https://bcbsm.webex.com/bcbsm/j.php?MTID=m4b96f6a21bf31261e0162488e206e731>
2. If requested, enter your name and email address.
3. If a password is required, enter the meeting password: pgip
4. Click "Join".
5. Follow the instructions that appear on your screen.

Teleconference information

1. Please call one of the following numbers:
Toll-Free: 1-800-4625837
Local: 1-313-2254000
2. Follow the instructions that you hear on the phone.
Your Cisco Unified MeetingPlace meeting ID: 735 921 157

To join this meeting from bcbsm.webex.com

Meeting Number: 735 921 157
Meeting Password: pgip
<https://www.webex.com>

- March 1st
- April 5th
- May 3rd
- June 7th
- July 5th
- August 2nd
- September 6th
- October 4th
- November 1st
- December 6th