

HEART DISEASE AND STROKE PREVENTION PROGRAM

An Overview of the Conditions, Burdens, and Program Activities

July 2015

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HEART DISEASE AND STROKE

What is it?

Heart Disease describes a range of conditions that affect the heart.¹ Some diseases under the heart disease umbrella include:

High cholesterol

Hypertension or high blood pressure (HTN)

Coronary Artery Disease (CAD)

Peripheral Artery Disease (PAD)

Heart Arrhythmias

Congestive Heart Failure (CHF)

Congenital heart defects

Pulmonary Hypertension

Atherosclerosis

Cardiomegaly (enlarged heart)

Heart Attacks (Myocardial Infarctions MI)



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Cardiovascular disease (often used interchangeably with heart disease) refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack (myocardial infarct- MI), chest pain (CP), or **stroke** (cerebrovascular accident- CVA.)'

¹ Mayo Clinic, www.mayoclinic.org/heart-disease

What is it?

Cerebrovascular disease refers to a group of conditions that affect the circulation of blood to the brain, causing limited or no blood flow to affected areas of the brain.²

- Transient Ischemic Attack (TIA)

- Cerebrovascular accident (CVA, stroke)
 - ischemic (lack of or no blood flow)
 - hemorrhagic (blood vessel weakening and ballooning or rupture of vessel)



²MedicalNewsToday.com

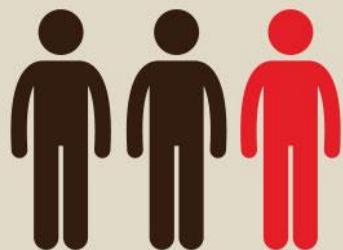
NEVADA'S BURDEN

Heart Disease and Stroke Burden

- Heart Disease is the leading cause of death in the nation and in Nevada.
- Stroke is the 4th leading cause of death in the nation and 5th leading cause in Nevada.
- Over 13,000 Nevadans were hospitalized for coronary artery disease or stroke.³
- Heart Disease and Stroke account for nearly 1 in 3 deaths in Nevada.³
- Nevada currently has 15 Acute Stroke Centers, but they are all located in Washoe (3) and Clark (12) county.
- The rural and frontier counties have limited access to heart and stroke acute treatment facilities and primary care. This creates a large burden in the rural and frontier communities.

³ Nevada Rural and frontier Health Data Book 7th Edition, Griswold, M.T. & Packham, J., January 2015

HYPERTENSION WORLDWIDE



Worldwide, 1 in 3 adults has high blood pressure—a condition that leads to heart attack and stroke.



Everyone can take **five concrete steps** to help prevent high blood pressure:



Healthy diet



Physical activity



Avoiding tobacco



Avoiding harmful use of alcohol

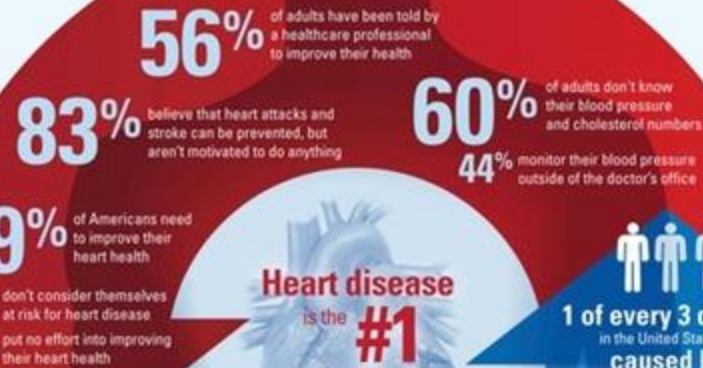


Managing stress in healthy ways

Matters of Your Heart



RISKS



Heart disease is the **#1** leading cause of death in the United States

1 of every 3 deaths in the United States is caused by heart disease and stroke

Lowering your blood pressure may decrease your risk of stroke and heart disease by about 50%

Every **25 seconds** an American will have a coronary event

Every **39 seconds** someone dies from heart disease and stroke

Each year, an estimated **785,000** Americans will have their first heart attack

Each year, an estimated **470,000** Americans will have another heart attack

FACTS

More than **62,000** visits per day on heart.org and strokeassociation.org

f 329 Join our Facebook communities every day

Join our conversation every day at facebook.com/AmericanHeart

PROGRAM PARTNERS

- American Heart Association/ American Stroke Association
- National Association of Chronic Disease Directors
 - Million Hearts Technical Support
- Nevada Health Centers (NVHC)
- HealthInsight HealthIE Nevada
- Nevada Primary Care Association
- Heart and Stroke Taskforce
- Nevada Medicaid SIM grant team

ACTIVITIES

- Pilot project incorporating Nevada Health Centers, HealthInsight, HealthHIE Nevada, and Dignity St. Rose developing a flagging and referral system through the EHR/EMRs that will allow for referrals to be placed within the HIE and pushed to the receiving partner.
 - This pilot is currently focusing on referring patients into Pre-Diabetes, Diabetes, High-Blood Pressure Self-Monitoring Blood Pressure, Chronic Disease Self-Management, Healthy eating and lifestyle education programs, and the Tobacco Quitline.
- Developing a Data Portal with HealthHIE Nevada and OPHIE for the purpose of data sharing, reporting, and facilitating quality improvement measures.
- HealthInsight is developing and conducting trainings to improve standards and protocols for pre-diabetes, diabetes, hypertension, and promoting meaningful use reporting with clinicians.
- Working with American Heart Association/ American Stroke Association to develop the Nevada Stroke Registry that passed this last legislative session.

- The Heart and Stroke Taskforce have finalized a Heart and Stroke Strategic Plan and moved into planning and implementation phase for the 1st year identified activities.
 - The taskforce has developed two working groups (clinical and public health) to focus on strategies in these realms.
 - Taskforce members will be reaching out to members in the Chronic Disease section for collaboration on activities.
- NACDD has been working with the program through a TA grant for Million Hearts. The initiatives from Million Hearts aim to reduce heart attacks and strokes by 1 million by 2017, have been adopted into the Heart and Stroke Strategic Plan.
- Nevada Medicaid contacted the program to partner for the purpose of their SIM grant. The SIM grant tasked the team to create a plan to address the reduction of heart disease within the state. This has opened the opportunity for the section to be able to request data from Medicaid and begin conversations regarding reimbursement for team based-care members (Community Health Workers)

- The program is currently working with the American Medical Association (AMA) and HealthInsight to adopt and adapt their *Improving Health Outcomes: Blood Pressure Program for M.A.P.* (Measure accurately, Act Rapidly, Partner with Patients) Program to Nevada.
- Funds have been established to purchase BP cuffs to distribute to patients for self-monitoring of blood pressures at home. This activity is rapidly developing with more details to come.

GOALS

- Increase awareness of the signs and symptoms of heart attack and need for early medical attention.
- Increase awareness of the signs and symptoms of stroke and need for early medical attention.
- Decrease the number of deaths due to heart disease and strokes in Nevada.
- Increase the population's awareness of the risk factors related to heart disease and stroke, participation in education programs, and desire to make healthy lifestyle decisions to improve their health and decrease their risk of developing these diseases.
- Improve patient's adherence to medication regimens, follow-up care, referrals to self-management and disease education programs, and reduce 30 day post discharge readmission to emergency rooms and hospitals.
- Improve the quality of resources available in Nevada for heart and stroke care.
- Increase and improve the resources available to Nevada's rural and frontier communities.
- Increase use of team-based care and members including reimbursement methods.





Contacts

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