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April 2022



## Don't Miss Out on FREE Motivational Interviewing Training

If you are a TN-HHN participating practice, two of your staff can take our Motivational Interviewing (MI) training for free and become certified. The MI technique is used in our health coaching and pharmacist-physician interventions, and has a successful track record among Tennessee primary care clinics. It is available to any care team member wishing to add this valuable skill. Contact Susan Butterworth at [sbutter1@uthsc.edu](mailto:sbutter1@uthsc.edu) to sign up.

A photograph of a female healthcare professional with dark hair, wearing a white lab coat and a stethoscope, smiling and talking to a patient whose back is to the camera. The patient is wearing a light blue shirt.

**Why The TN-HHN MI Training Program?**

- 12-hr complete course
- Complete at your own pace online
- Interactive, relevant, and practical
- Certification through UTHSC
- Free for 2 staff at participating practices (\$795 value)
- Proven success makes it worth the investment for any PCP

The Tennessee Heart Health Network logo is located in the bottom right corner of the image, featuring the same heart-shaped network graphic as the main header.

## Shout-Out to Wave Three

The TN Heart Health Network wants to congratulate the 19 Wave Three practices listed below. You are leading the charge for better heart health in Tennessee! Details about our

### WAVE THREE PRACTICES

#### EAST TENNESSEE

Ballad Health Medical Associates Family Medicine, Greeneville East  
 Ballad Health Medical Associates Internal Medicine/Family Medicine – Med Tech, Johnson City  
 Erlanger Primary Care Bledsoe, Pikeville  
 Erlanger Primary Care East, Chattanooga  
 Erlanger Primary Care UT Family Practice Center, Chattanooga  
 ETSU Health Family Physician of Kingsport  
 Horizon Family Medicine, Kingsport  
 Medical Care PLLC, Elizabethton  
 Rural Health Services Consortium, Inc., Rogersville

#### MIDDLE TENNESSEE

Healthforce, Dunlap  
 Saint Thomas Medical Partners (AMG) University of TN Internal Medicine, Nashville



#### WEST TENNESSEE


BMG Memphis Internal Medicine, Memphis  
 BMG UT Internal Medicine, Memphis  
 BMG The Doctor's Clinic, Memphis  
 Care Rite, PLLC, Halls  
 CCHS Raleigh Health Center, Memphis  
 Lifedoc Health (Covington Pike), Memphis  
 MMG Eastmoreland, Memphis  
 ROH South Third Primary Care, Memphis

## Blood Pressure Basics

Ascension Medical Group has been making good use of this graphic from [Target: BP™](#), a national initiative formed by the American Heart Association and the American Medical Association to address the high prevalence of uncontrolled blood pressure in the U.S. Ascension is posting laminated copies on all blood pressure machines and in all places where BP is taken. Ascension has taken it a step further, adding language to the graphic encouraging patients to speak up if all the steps are not taken or if BP greater than 139/89 is not remeasured. "The nice thing is that it's a lightweight implementation," says Matt O'Dell, Director of Clinical Quality and Patient Safety. He points to the informational and educational value of the initiative, noting that both staff and patients learn and are reminded exactly how to measure blood pressure correctly. Other Tennessee health

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**TARGET:BP™** |  **AMA** 




**7 SIMPLE TIPS TO GET AN ACCURATE BLOOD PRESSURE READING**

The common positioning errors can result in inaccurate blood pressure measurement. Figures shown are estimates of how improper positioning can potentially impact blood pressure readings.

**Sources:**

1. Pickering, et al. Recommendations for Blood Pressure Measurement in Humans and Experimental Animals Part I: Blood Pressure Measurement in Humans. *Circulation*. 2005;111: 697-716.
2. Handler J. The importance of accurate blood pressure measurement. *The Permanente Journal*/Summer 2009/Volume 13 No. 3 51

This 7 simple tips to get an accurate blood pressure reading was adapted with permission of the American Medical Association and The Johns Hopkins University. The original copyrighted content can be found at [www.ama-assn.org/ama-johns-hopkins-blood-pressure-resources](http://www.ama-assn.org/ama-johns-hopkins-blood-pressure-resources).

Content provided by **AMA**  **MAPBP™**

This resource is part of AMA MAP BP™, a quality improvement program. Unlike a single or subset of AMA MAP BP tips or resources, AMA MAP BP™ is a comprehensive program. AMA MAP BP includes guidance from AMA hypertension experts and has been shown to improve BP control rates by 10 percentage points and sustain results.

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## Join Us!

The Tennessee Heart Health Network is a partnership committed to improving the health of Tennesseans with or at risk for cardiovascular disease. Tennessee is No. 3 in heart attacks and stroke, and we're here to change that. Learn more about the Tennessee Heart Health Network and what we are doing to improve heart health across the state. Whether you are a physician, nurse, pharmacist, office manager, other primary care team member, a patient, caregiver, or other patient advocate, we welcome your involvement.

[Join Here](#)[Visit our Website](#)

## Don't Miss Important News and Updates

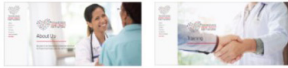
Sign up to receive our newsletter. Each month we will

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#### Introducing the New Tennessee Heart Health Network Website!

The Tennessee Heart Health Network is a statewide network of primary care providers, health systems, and academic centers committed to identifying, developing, and implementing patient-centered approaches to improve quality of care and outcomes for Tennesseans with cardiovascular disease.

We've recently launched a [new website](#) where you can learn more about our Network and how to become part of this important statewide initiative.



## TENNESSEE POPULATION HEALTH CONSORTIUM

The Tennessee Heart Health Network is the signature initiative  
of the Tennessee Population Health Consortium.

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