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September 2022



Upcoming Online Learning Collaboratives Address Key Issues for PCPs

Our ongoing Learning Collaboratives are proving popular with Tennessee clinicians and their patient-centered care team members. We engage experts among your colleagues to discuss topics ranging from blood pressure control and use of statins, to cutting-edge Agile Implementation quality Improvement approaches, to provider and patient resources for tobacco cessation. We welcome all TN-HHN participating practices as well as any physicians, clinicians, or others interested in practical information on topics relevant to improving care for patients with cardiovascular conditions. If you are interested in being notified automatically about upcoming Learning Collaboratives, please contact Jennifer Ride at jride@qsource.org or 901-275-4863. Here's what's coming up.

September

9/28 Empowering a Clinical Pharmacist Ben Andrews, MD

How Christ Community Health Services is empowering its staff pharmacists and how you can, too. (See Dr. Andrew's Clinical Voice video, below)

9/29 Implementing Remote Patient Monitoring Ricky Echols

The VP of Business Development of Compwell, a leading provider of remote patient monitoring (RPM) services, shares how clinics can improve care and increase revenue by providing RPM services.

Note: Compwell is partnering with UTHSC to provide RPM services for interested TN-HHN practices.

October

10/19 Agile and Healthcare Malaz Boustani, MD

Dr. Boustani, a member of the TN-HHN Practice Facilitation Team, discusses his Agile Implementation approach. Agile Implementation is a proven, evidence-based methodology

10/20 TN-HHN Interventions (Office Hours)**Practice Facilitators**

This learning collaborative gives practitioners an open forum for asking their questions and discussing interventions with QSource practice facilitators as well as with other practitioners with expertise to share.

10/27 Patient Accountability/Strategies for Success**Kajal Jain, PharmD**

Ambulatory Care Clinical Pharmacist with Ascension will provide insight to how she successfully implemented strategies and techniques to help chronically ill and traditionally non-compliant patients take charge of their health.

The Clinical Voice



Dr. Ben Andrews is Chief Medical Officer at Christ Community Health Services (CCHS), a federally qualified health center that operates 10 clinics in Memphis and one clinic in Jackson, TN. CCHS brings high-quality primary healthcare services (plus behavioral services and dental care) to underserved neighborhoods that would otherwise be healthcare deserts.

Management of Diabetes in Everyday Life (MODEL) Demonstrates that TN-HHN Core Interventions Improve Patient Outcomes

HHN, they demonstrated that motivational health coaching and text messaging were both effective in improving health behaviors and outcomes for people with diabetes through the Management of Diabetes in Everyday Life (MODEL) Study. This earlier patient-centered outcomes research (PCOR) compared the effectiveness of coaching and text messaging and found that both of these low-cost interventions worked in helping patients improve their lifestyles (exercise and healthy eating). Now, the TN-HHN is showing practices across the state how to sustainably deploy these interventions and improve care and practice revenue at the same time.

The main findings of the nationally recognized MODEL Study were recently presented at the AcademyHealth Annual Research Meeting in Washington, D.C. and are available [here](#).

To learn even more about MODEL Study findings, you can access a [video and slides](#) from the recent UTHSC Population Health and Translational Research Conference presentation by Jim Bailey, MD, MPH, Betsy Tolley, PhD, and Satya Surbhi, PhD from the Tennessee Population Health Consortium.

Lifedoc Health Research Shows How Your Clinic Can Improve Care with a Multidisciplinary Team Approach

While clinical studies show that a multidisciplinary team (MDT) approach is effective in controlling obesity, diabetes, and heart disease, implementing this approach in real-world clinic settings is another matter.

Lifedoc Health Chief Medical Officer Pedro A Velázquez-Mieyer, MD, along with Dr. Ramfis Nieto, Dr. Claudia Neira and colleagues have addressed this issue in two papers, both published earlier this year.

A paper published in *American Journal of Lifestyle Management* outlines Lifedoc's experience in implementing this approach through its lifestyle management program, noting its experience "provides a starting point for those healthcare professionals interested in translating ideas into action." The paper can be accessed [online](#).

In the paper published in the journal *Nutrients*, the team describes how MDT "has demonstrated effectiveness in controlling weight and associated complications within the controlled conditions of clinical trials, but that implementation in routine, real-world clinical settings with diverse populations based on ethnocultural factors has been limited." Lifedoc researchers point to "the need to simplify the translation of evidence-based interventions into daily clinical practice and to ease healthcare accessibility." This paper is also available

“Publishing our research is an objective way to show whether what we are doing is helping and if it is positively impacting outcomes,” says principal investigator Velazquez-Mieyer. “Our research shows that Lifestyle Medicine is an effective method to keep patients healthier and how other clinics in Tennessee can implement a lifestyle program.”



Velasquez-Mieyer, MD



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](#)

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Sign up to receive our newsletter. Each month we will have updates and new videos of patients and clinical caregivers telling their stories.

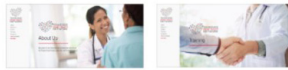
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Introducing the New Tennessee Heart Health Network Website!

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.



UHSC Tennessee Population Health Consortium

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

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