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September 2024



Sign Up Now for Our Robust September Line-Up Of Learning Collaboratives



Patient & Community Engagement

09/11 Chronic Disease Self Management

Jonathan Lewis

Chronic Disease Self Management (CDSMP) is an evidence-based, small group cohort-style, educational vehicle that imparts strategies and improves outcomes for people dealing with any chronic condition, as well as those giving care for someone with a chronic condition. Through a grant from the State of TN, Methodist Healthcare is facilitating CDSMP cohorts throughout our community to increase health education and improve health outcomes.

Presented 11:00 am central time - register [here](#)

09/17 Bridging the Gap: Demystifying Virtual Care for Better Patient Outcomes

Steven Gubin and Scott Laster

In this presentation the speakers will dispel common myths surrounding virtual care – specifically remote monitoring for blood pressure control -- demonstrating how it enhances patient outcomes and integrates seamlessly into clinical practices. They also will explore the clinical and financial benefits with real-world examples, showing that virtual care is not only viable but essential for patient-centered care.

Presented at noon central time - register [here](#).

09/24 Respiratory Bugs, Vaccines, Drugs and Our Heart

Maharaj Alejandro Tomar

This session is the third of a three-part series that reviews the effect of viral infections such as influenza, COVID19, and the common cold and their vaccines on heart health.

Presented at 6:00 pm central time - register [here](#).



Pharmacist- Physician Collaboration

09/24 A Nonprofit Innovator in Medication Access

Philip Baker and Michell Zulu

Good Shepherd Health in Memphis sees itself as a population health management organization changing the world one prescription at a time. CEO Phil Baker and COO Michell Zulu provide an overview and outcomes of the work they do for underinsured and uninsured people and discuss the various ways they currently have to help improve medication access.

Presented at noon central time - register [here](#)

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Attendees Learn from Nearby Residents



What are the social determinants of health (SDOH) that keep underserved individuals from getting the health care they need? A panel of residents from the underserved Soulsville neighborhood, as experts on what this population experiences, delivered some insights to those attending the Soulsville Heart Health Summit August 9-10 at the Stax Museum of American Soul Music in Memphis.

Getting a ride to the doctor, long waits both for appointments and in the doctor's office, and lack of health insurance were some specifics that the panelists listed as blocking the way to seeing a health care provider. Once they see the doctor, unhelpful educational materials, lack of access to healthy food and housing, and stress can keep them from taking steps toward improving their health.

Panelists praised the services of UTHSC Health Hub – Uptown and ShelbyCares on 3rd, as helping to alleviate barriers to better health. They cited not just access to transportation services and referrals to providers, but also support by health coaches, exercise and healthy cooking classes, and feeling supported by fellow clients dealing with similar challenges. A third area hub, UTHSC Health Hub – Soulsville, opens soon.

Until these SDOH challenges are addressed, “the best health care in the world is not going to help,” said keynote speaker Susan Cooper, who as Chief Integration Officer at Regional One Health has overseen a focus on addressing SDOH that has succeeded in better connecting patients to care.

Other Soulsville Summit speakers included Shelby County Mayor Lee Harris; Memphis Mayor Paul Young; UT Health Science Center Chancellor Peter Buckley, MD; and Knowledge Quest founder Marlon Foster, M.Div. All are passionate about bringing healthcare to the underserved and addressing SDOH that prevent that from happening.

Read more about the Soulsville Heart Health Summit, which was the inaugural TN Heart Health Network annual meeting, [here](#).

Our 2024 Learning Collaboratives [Now Available as Webinars](#) on the [TN Heart Health Network website](#). A great way to learn from our expert presenters at your convenience.

To stay up to date about the TN Heart Health Network and TN Population Health Consortium, follow us [@TNPoHealth](#) on [LinkedIn](#).

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

patient, caregiver, or other patient advocate, we welcome your involvement.

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UHSC | Tennessee Population Health Consortium

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