

## **The Regional HealthPlus “Get2Goal 2020”**

### **A Focused Hypertension Quality Improvement Initiative**

#### **COURSE DESCRIPTION**

This is a Performance Improvement CME activity consisting of: baseline evaluation and re-evaluation of selected patients' BP control rates, education modules, and review of data audit reports to identify provider's documented use of lifestyle techniques and medication adherence patient education.

#### **PURPOSE/NEEDS ASSESSMENT**

This PI CME activity is designed to further improve provider engagement while advancing quality outcomes in chronic disease management in patients.

Based on 2018 analyzed provider performance data, suboptimal control rates existed in the Spartanburg Regional HealthPlus (RHP) Network for hypertension, diabetes, and statin use in diabetic and cardiovascular disease (CVD) patients, as compared to the evidenced-based 4 Star Health Care Effectiveness Data and Information Set (HEDIS) control rates.

In 2019, RHP partnered with COSEHQ on a Quality Improvement Initiative called “Get2Goal” with a focus on attaining optimal blood pressure (BP) control, statin use in patients with Cardiovascular (CV) disease, and in patients with diabetes, optimal HgbA1c control. Improvements were realized in all three areas, although the outcome fell short of RHP's goal of reaching a “4 star” level. Final metrics were collected in late 2019. Data were compared to the HEDIS 4 Star thresholds: BP control 75% (RHP clinicians overall performance average was 67.8%), HgbA1c >9 22% or less, (RHP providers overall performance average was 23.5%), and statin therapy use in CVD 81% (RHP providers overall performance was 74.1%).

Though clinical outcome excellence was the focus of G2G2019, a secondary focus was improvement upon physician engagement between the RHP quality team and front-line providers. At the end of the initiative, over 85% of providers completed every requirement. Additionally, marked increases were seen in successful outreaches with both employed and independent providers with information sharing and collaboration.

The primary purpose of this *Get2Goal 2020* PI CME activity is to continue to improve providers' performance towards achievement of the HEDIS BP benchmarks by incorporating lifestyle and medication management into the treatment of hypertensive patients.

#### **LEARNING OBJECTIVES**

After the conclusion of the *Get2Goal 2020* PI CME activity participants will be able to more appropriately manage their hypertensive patients by:

- Implementing the new BP guidelines released in 2017 and associated therapeutic management strategies
- Promoting patient medication adherence in managing chronic disease
- Applying lifestyle medicine techniques to enhance treatment
- Improving provider performance and management to:
  - Achieve BP control rates in a subset of the participant's hypertensive population over a 4 month period by applying clinical strategies addressed in this PI CME
  - Apply learned best practices to the Provider's broader patient base

#### **INTENDED AUDIENCE**

This activity is designed to meet the educational needs of physicians and advanced practice providers in the Spartanburg Regional HealthPlus network.

#### **PARTICIPATION REQUIREMENTS**

Two outcomes measures (BP maintenance or attainment of control and intentional management by pharmaceutical and/or lifestyle means) will be collected for each provider.

- Selection of 15 patients from the generated list of outlier patients as the subset in which performance improvement strategies gleaned from the modules will be applied towards achievement of BP control

rates

- Completion of three required on-line educational modules: Hypertension Management, Medication Adherence, Lifestyle Techniques. Each module post-test must be passed by 80%.
- Documentation of patient education interventions of medication adherence and lifestyle techniques
- Evaluation of changes in BP control rates from baseline to endline in the 15 selected patients over a four-month activity period.

#### **DATES and DURATION**

Release Date: August 01, 2020

Expiration Date: November 30, 2020

#### **ACCREDITATION STATEMENT**

*This PI CME activity is jointly provided by The Consortium for Southeast Healthcare Quality Control (COSEHQ), and Regional HealthPlus (RHP). The Consortium for Southeast Healthcare Quality is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.*

#### **DESIGNATION OF CME CREDITS**

*The Consortium for Southeast Healthcare Quality designates this PI CME activity for a maximum of 20.0 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

**AAFP CME Credit:** Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

#### **TO OBTAIN CME CREDIT OR CERTIFICATE OF PARTICIPATION**

Complete the entire PI CME activity, as described under Participation Requirements. You must receive a score of 80% or higher on the module post-tests. You will have two attempts to answer each multiple-choice question to pass the post-test. Receive/review and sign your attestation document sent by RHP at the conclusion of this PI CME Activity. Once validated by Dr. Ulmer, CME certificates will be emailed to you by COSEHQ.

Physicians will be awarded AMA PRA Category 1 Credits<sup>TM</sup>. All other participants will receive a Certificate of Participation. All required elements will be completed by 12/15/2020.

**ABFM MOC STATEMENT:** *This Performance Improvement (PI) activity, "Get2Goal 2020", meets the American Board of Family Medicine (ABFM) standards for Performance Improvement and has been approved by the American Board of Family Medicine (ABFM) for Family Medicine Certification credit. This approval establishes that the completion of this activity will earn the participating ABFM Diplomate 20 certification credits and meet the requirement for PI. The participation period for this activity is **08/01/2020 to 11/30/2020**.*

**ABIM MOC STATEMENT:** *This Performance Improvement material activity, "Get2Goal 2020", has been registered for American Board of Internal Medicine (ABIM) Maintenance of Certification (MOC) through the Accreditation Council for Continuing Medical Education (ACCME) for 20.0 Prescribed credits by the ABIM. Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 20 MOC Medical Knowledge + Practice Assessment points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.*

COSEHQ as a CME provider, will submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

**Obtaining MOC Credits:** *For those interested in obtaining MOC credits for either ABFM or ABIM for this CME activity, an MOC attestation form must be completed and sent to COSEHQ. Please contact Stephanie Wall at [swall@srhs.com](mailto:swall@srhs.com) or Gina Louis at [GLouis@srhs.com](mailto:GLouis@srhs.com) to obtain the form. Once completed and signed, return the form to either Stephanie or Gina and they will send it to COSEHQ to upload to the ABFM or ABIM.*

**COMMERCIAL SUPPORT ACKNOWLEDGEMENT**

*This activity received no commercial support.*

**CONFLICT OF INTEREST DISCLOSURES**

*In accordance with the standards set forth by the ACCME, all faculty and planning committee members for this activity have been required to disclose any relationship that they or their spouse/partner currently hold or held in the last 12 months with any entity producing, marketing, re-selling, or distributing healthcare goods or services consumed by or used on patients. Disclosures from the faculty and planning committee members were received and reviewed by the COSEHQ CME Committee.*

**Faculty**

**E. G. “Nick” Ulmer, Jr., MD, CPC, CMO, Regional HealthPlus**

*No relevant financial relationships exist*

**Planners and Reviewers\***

**\*Robert MacDonald, MD, RHP Collaborative Care Committee - Cardiology**

*No relevant financial relationship exists*

**\*Katherine Moore, PharmD, BCPS, BCACP, RHP Collaborative Care Committee – Pharmacology**

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*No relevant financial relationship exists*

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*No relevant financial relationship exists*

**Susan Moxley, COSEHQ CME Coordinator**

*No relevant financial relationship exists*

**Alex Sheek, COSEHQ IT Director**

*No relevant financial relationship exists*

**DISCLAIMER**

CME activities accredited by the Consortium for Southeast Healthcare Quality are solely for educational purposes and do not constitute any form of certification of competency. Practitioners should always consult additional sources of information and exercise their best professional judgement before making clinical decisions of any kind.

**CONTACT INFORMATION**

If you have questions related to requirements, post-test, and course content, you can contact Stephanie Wall at [swall@srhs.com](mailto:swall@srhs.com) or Gina Louise at [GLouis@srhs.com](mailto:GLouis@srhs.com)

If you have questions related to CME credit, you can contact Susan Moxley at [stmoxley@wakehealth.edu](mailto:stmoxley@wakehealth.edu).