



Inside Population Health Heart Health



Welcome from Our Board Chairmen: Dr. Colin Findlay, SACO, and Dr. Timothy Williams, SQCN

Welcome to the February edition of *Inside Population Health*. This month, we are focusing on heart health, cancer prevention, and sepsis.

Measures of the month include controlling high blood pressure, statin therapy for patients with cardiovascular disease, and statin therapy for patients with diabetes. We asked our chairmen to give us 2024 objectives for each board.

**From Colin Findlay, M.D., Medical Director Quality and Innovation,
Sentara Ambulatory Services:**

As SACO Chairman, I would like to thank the network for the outstanding work in achieving quality and cost goals in 2023. Our objectives for the year ahead include:

1. **The redevelopment and enhancement of our post-acute network.** Deepening and strengthening post-acute network relationships to drive value for the ACO and improve quality outcomes for patients.
2. **Building specialist engagement and SACO priorities.** We plan to continue the great primary care work and expand it to specialty practices.
3. **Preparing to transition into a new ACO contract.**

I look forward to building upon the success of this network in 2024.

**From Dr. Timothy R. Williams, M.D., Internal Medicine, Cardiology,
Cardiovascular Associates of Charlottesville:**

Thank you to the SQCN network for continued growth and success. As we look to the year ahead, I can't help but think what an exciting time this is in the medical profession for advancements in quality and cost. Some objectives for 2024 include:

1. **Working to make the SQCN network a high-quality and highly efficient network** that will become the pivot-point for value across the healthcare system while preserving and improving upon accessibility for our patients.
2. **Our SQCN network will seek to improve our data aggregation, analysis, and provision of actionable data** to benefit the system as a whole and remove redundancies.
3. Finally, **we will continue to pull together patient information so it's not as fragmented.** That's something patients and providers can all benefit from.

Here's to a great year ahead!

2024 SACO Beneficiary Notice and Poster

It's that time of year. **Please make sure your SACO practice(s) are compliant by putting the CMS beneficiary poster in your reception area.** Also, have several letters available for interested patients. We mailed copies to our independents. For Sentara practices, access the materials on Wavenet site under Support Services/Print Services and put "SACO" in the search.

[SENTARA PRINT SERVICES LINK](#)

Upcoming Meetings

- The **Adult PCPC meeting*** is Feb. 15 from 7-8 a.m. [Link.](#)
- The **SACO Primary Care Leadership** meeting is Feb. 16 from 7-8 a.m.
- The **Pediatric PCPC** meeting is Feb. 20 from 6-7:30 p.m. [Link.](#)
- The **Practice Managers** meeting is Feb. 28 from 12:15-1 p.m. [Link.](#)

[2024 SCHEDULE](#)

Impact Scorecards

Avoidable ED visits (rate per 1,000) remain as our utilization metric and there are several quality metrics for adult and pediatric populations. These metrics are scored for each practice and the total score is expressed as a percentage from 30-100%. That performance score will be combined with attribution to determine distributions. The report is updated monthly so that you can track your practice's performance.

[LINK TO SCORECARD](#)

*We would like to extend this meeting to any of our practices/clinicians, including specialists. The title of the training is "HCC/Risk Adjustment Provider Training." The objective is to provide more information regarding Hierarchical Condition Category (HCC) general coding and documentation requirements.

HCC Coding Tip: Acute vs. Chronic Timing

Our team developed this tool to help with some common errors, as inappropriate coding can result in insurance retractions. [Click here](#) to download the table.

Acute condition such as sepsis, congestive heart failure, and cancers have specific timing rules. Note: For all acute and resolved conditions, remove from PL or change to “history of” or “chronic” as applicable.

Pharmacy Highlights: LillyDirect Update

Eli Lilly is the first drug manufacturer to offer its own weight loss drug direct to consumers with LillyDirect. This platform connects the patient directly with a telehealth provider for this medication. There are also providers listed for in-patient care that may or may not be aware of their practice's participation.

LillyDirect is a cause for concern for many reasons. There is potential for increased fragmentation of care with no access to telehealth documentation or interaction with the patient's own primary care team. There is also risk of inappropriate utilization/dosing, drug-drug interactions, and adverse drug events.

The pharmacy team has partnered with network development and Sentara leadership and together we will continue to monitor. If you or other providers in your practice have questions or concerns you would like for us to raise at our next meeting with Eli Lilly, please send them to us.

CONTACT POPULATION HEALTH PHARMACY SUPPORT

Eating Disorders in Children and Teens

Eating Disorders Awareness Week is this February 26-March 1. Eating disorders can start in children and teens, and are serious, and sometimes fatal, mental health issues.

Find resources for your patients of all age groups and family members from the National Institute of Mental Health (NIH) [here](#).



Innovative Office: Heart Health and Exercise

Dr. Mark Niehaus, Associate Medical Director for SQCN and Internal Medicine-Pediatrics Primary Care for Sentara Family Medicine at Belvedere, prescribes exercise for patients. Suggested movements and duration helps patients prioritize their health.

Dr. Niehaus delivered “Exercise in the Reduction of Cardiovascular Disease” for the SQCN Primary Care Collaborative (PCPC) last month. Here are 6 takeaways to share with your patients:

1. **Exercise has many positive effects on cardiovascular health.** A regular exercise routine can help lower blood pressure, lessen the risk of developing diabetes, maintain healthy body weight, and reduce systemic inflammation.

2. **Exercise is associated with reductions in cardiovascular events** and CVD mortality in both men and women, including age >65 years.
3. **Virtually any type of exercise is beneficial**, although some strategies confer greater cardiovascular benefit (jogging and strength training in particular).
4. **The timing of exercise carries less importance than quantity and intensity of exercise.**
5. **Aerobic exercise and strength training both play an important role** in secondary prevention of cardiovascular events.
6. **Prescribe exercise** in a formal fashion to all patients.

[DOWNLOAD FULL PRESENTATION HERE](#)

Care Corner: Diabetes and Heart Health

Your patients with diabetes are twice as likely to have heart disease than a person without. Share this tip sheet with your patients about the connection of the heart and diabetes. Our diabetes self-management program is a no-cost service helps people with diabetes manage chronic conditions like the heart, and daily maintenance issues. Contact our [Population Health Care Management team](#) for more information.

Program Update: Pyx and Heart Health

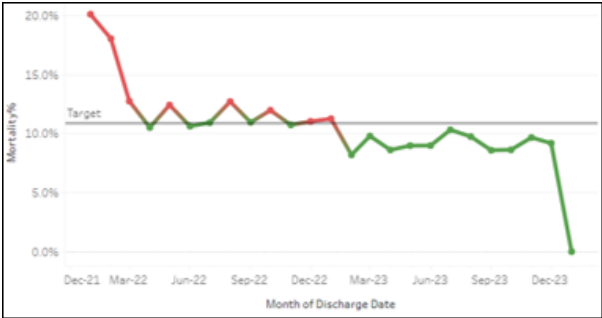
As important as physical habits like diet and exercise are for heart health, recent research affirms that social health habits are incredibly important as well.

In a [report published in the Journal of the American Heart Association](#) in August of last year, scientists found social isolation and loneliness are most strongly linked to heart disease and stroke, with a 29% increased risk for heart attack and/or death from heart disease and a 32% increased risk for stroke.

CONTACT US ABOUT PYX HEALTH

Sepsis Guideline Compliance Success

Sentara has seen tremendous improvement of performance with sepsis compliance plans.



This slide illustrates the 2023 measurement period of January 1-November 30. The denominator of included sepsis cases closed at 2,797, with the system bundle compliance closing at 59.8%. This sustains above the health system goal of 50.4% for the last eight months, surpassing the statewide average of 56.0% for the last five months, and trending green for 12 out of 12 divisions.

CDC HOSPITAL SEPSIS PROGRAM CORE ELEMENTS

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Sentara Health
1300 Sentara Park, Virginia Beach, VA 23464
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