Congratulations to the Russian River Site Management Team!

This team has demonstrated strong data leadership skills by guiding their staff to achieve excellence in performance and celebrating the amazing work that they are accomplishing.

Some examples of this include: renaming their Site Staff Meeting to RRHC Quality Meeting; identifying and sharing Care Team Action Plans and Best Practices in the staff meeting and sharing and posting measure results for staff to see.

Kudos to this fantastic team!
Why Heart Attacks and Strokes?

Cardiovascular disease, including heart attacks and strokes, is the leading cause of death in our community.

About 600,000 people in the United States die of heart disease every year—that’s one in every four deaths. With funding from Kaiser Permanente, and support through the Redwood Community Health Coalition, West County Health Centers is part of a national effort to help prevent heart attacks and strokes among people who are at greatest risk. Since developing PHASE in 2002, Kaiser Permanente has reduced the incidence of heart attacks and strokes among its members by more than 60%.
Our Cardiovascular Disease Program

The **PHASE** (Prevent Heart Attacks And Strokes Everyday) program is for patients who are at risk for having a stroke and heart attack.

These conditions are caused by, or can lead to, hardening of the arteries (arteriosclerosis). This occurs when fat-like deposits called plaque, build up within the arteries. Over time, this can narrow the space inside the artery and harden the walls of the blood vessel. Hardening of the arteries can lead to a stroke and heart attack.

**Cardiovascular disease includes:**
- Peripheral Arterial Disease (PAD)
- Stroke (CVA)
- Chronic Kidney Disease (CKD)
- Abdominal Aortic Aneurysm (AAA)
- Diabetes
- Heart Disease
The Quality Quadrant

Team Ramsey PHASE on ASA Rates

March:
RN to call PHASE patients not on aspirin

Team Whisman PHASE on ASA Rates

November:
MA to ask all PHASE patients if they are taking ASA.
Congratulations to the following teams for meeting or exceeding the 75% Goal in September!

DeEtte 90%
Cunningham 91%
Berney 77%
Davis 85%
Wiley 93%
Bowen 86%
Stanton 87%
Garrison-Jakel 79%
Davey 87%
Ramsey 82%
Griego 79%
Bromer 85%
Simms 75%
Brown 86%
Vezino 88%
Mertens 95%
### Support for the Clinical Areas of Focus
### PHASE on Aspirin

#### Reportable to:
- Annual HRSA UDS Report
- Redwood Community Coalition Population
  Health PHASE Grant

#### Workflows to know
- The following workflows are important to know as they directly relate to the measure:
  - RN PHASE Case Management
  - Allergy or contraindication workflow
  - Deceased patient protocol
  - Transfer Care protocol
  - Referral to Forestville Wellness Center
  - Behavioral Health Warm Handoff

#### Quality Assurance reports available
These data points and related dashboards can help your team clean up missing or incorrect data:
- PHASE patients not on ASA with no contraindication
  - PHASE dash/% on ASA/ASA Filter='no'
- These are PHASE Eligible patients who are either not on an ASA or other anti-platelet medication who do not have a contraindication to ASA.
- QA on ASA Exclusions
  - PHASE dash/QA ASA Exclude
- These are PHASE eligible patients who have ASA on their current medication list who also have an contraindication to ASA.
- Patients not seen > 12 month
  - PHASE dash/Office Visit Recall/ Office Visit Recall='>12 months'
- These are PHASE eligible patients who have not been seen in primary care in over 12 months.

#### Resources available
- RN tracking
- FWC lifestyle group classes
- Integrated Behavioral Health

#### Measure definitions
Active PHASE Eligible patients with a primary care appointment in the last 12 months who have ASA in their current med list or are excluded from this measure based on age, dx or other contraindication criteria.
Questions about the Forestville Wellness Center?

Skype the staff!

Wellness services include:

- Group Medical Visits
- Individual Patient-Provider Appointments
- Integrative Health Consults
- Osteopathic Visits
- Medical Acupuncture Visits
- Herbal Consultations
- Ayurveda Consultations
- HeartMath Consultations

Natalie Dwyer
Office Manager

Send her all FWC referrals

Priscilla Ramirez
Medical Assistant

Baljinder Kaur
Medical Assistant

Christa Nash
Front Office

Gisela Ortiz Verduzco
Front Office
We can lower our cardiovascular risk with just 15 minutes of walking 5-7 days a week.

Decreasing sugar and simple carbs in our food can decrease the ‘bad’ cholesterol.

Changing what we eat can decrease the risk of heart attack by up to 75%!

Smoking and tobacco use can more than double our risk of heart attack and stroke.

Lifestyle changes like regular movement, eating for your health, stopping tobacco use, and stress management have been shown to be as effective as medication in some cases for preventing heart attacks and stroke.

We have a number of groups that can help support our patients and ourselves with making those changes.

Forestville Wellness Center
6550 Front Street, Forestville, CA
(easy to find downtown) 707-887-0290
Fridays from 1 – 2:30 pm
Enables self-healing while strengthening the body, reducing central nervous system stress, and enhancing mental acuity and emotional stability. “Activate body’s natural self-regulatory healing capacity; balancing the sympathetic and parasympathetic nervous systems.” It is gentle yet powerful.

With regular practice, Yoga & Qigong may be able to drop systolic blood pressure by 10 points!

Cooking & Eating for Better Health

2nd & 4th Wednesday from 10:30 am – 12:15 pm
The next couple of months, CERES is focusing on Nutrition & Stress Management

NOW OFFERING FREE PRODICE GLEANED FROM LOCAL FARMS

Tuesday – Thursday
This personal consult uses a biofeedback modality based on over 15 years of scientific research on psycho physiology of stress, emotions, and the interactions between the heart and brain. This consultation is designed to harness the power of the heart’s intelligence, including ways to manage your emotions and keep energy levels high.

• Average drop of 14 points in systolic blood pressure
• Average drop of 8 points in diastolic blood pressure

Heart Math®
Meet the Data Team

**Dana Valley**
Associate Director of Quality Management

**Mike Heinle**
Report Systems Manager

**Penny Wilson**
Report Systems Assistant

**Hannah Ives Heinle**
Our newest Data Donkey

“They teach us so much. They teach us humility. They connect us with nature. Donkeys have the ability to reach into your soul.”  
-Brad Wann, Pack Burro Race Director

Tableau Tuesday’s child is full of grace.