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How Chronic Disease Self-Management Programs Can Benefit Patients

By Berrie Mabins, MSSA, LSW, Health & Wellness Program
Administrator, Ohio Department of Aging



According to the 2015 Ohio Behavioral Risk Factor Surveillance System, 80 percent of Ohioans age 65 or older have at least one chronic condition, while nearly half (47 percent) has two or more. Living a healthy lifestyle is essential to healthy aging. The Ohio Department of Aging's healthy lifestyle chronic disease self-management programs can help participants learn proven strategies to self-manage their health conditions. The Health Policy Institute of Ohio's [Health Value Dashboard](#) ranks Ohio 46th in overall health, which indicates that Ohioans are living less healthy lives. Ohio performs well on access to care, but poorly on population health. Connecting communities to health services can greatly increase overall well-being. When older adults have access to preventive and medical care, such as a doctor or nurse specializing in geriatrics, they are more likely to have good health. However, geriatric specialists are in short supply



The Ohio Patient-Centered Primary Care Collaborative (OPCPCC) is a coalition of primary care providers, health professionals from the medical neighborhood, insurers, employers, consumer advocates, government officials and public health professionals. They are joining together to create a more effective and efficient model of healthcare delivery in Ohio. That model of care is the Patient-Centered Medical Home (PCMH).

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and a national study found that 95 percent of healthcare costs for older adults can be attributed to chronic conditions.

In 1993, Stanford University developed the [Chronic Disease Self-Management Program \(CDSMP\)](#); after numerous research studies, it was concluded that CDSMP resulted in decreased ER visits and hospitalizations, increased energy and physical activity, healthier eating, enhanced partnerships with healthcare professionals, improved well-being, and greater self-efficacy. The CDSMP supports the Patient-

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Primary Care Office Update



The Ohio Department of Health's (ODH) Primary Care Office works to improve access to primary care, dental and mental health services by identifying underserved areas and coordinating state and federal workforce programs to assist in meeting identified community needs. As of August 2017, a total of 311 providers were serving in Ohio through the National Health Service Corps (NHSC), state loan repayment programs, and visa waiver programs. Participating providers include physicians (157), advanced practice registered nurses (60), dentists (38), licensed clinical social workers (22), licensed professional counselors (17), registered dental hygienists (12), psychologists (4), and marriage/family therapists (1).

In the fall, application cycles for eligible providers are expected to open for the Ohio Physician Loan Repayment Program, the Ohio Dentist Loan Repayment Program, the Ohio Dental Hygienist Loan Repayment, the Ohio State 30 J-1 Visa Waiver Program, and the NHSC Students to Service (S2S) Program. Information for state

programs will be posted on the [ODH website](http://odh.ohio.gov). Information for the NHSC S2S Program can be found at <https://nhsc.hrsa.gov/loanrepayment/studentstoserviceprogram/index.html>

Also in the fall, those NHSC sites whose approval expires in 2017 must recertify to extend their NHSC-approved site status for the next three years. These sites have been notified of the October 3 deadline and should contact the Primary Care Office for assistance before submitting applications in the NHSC portal. Additionally, NHSC sites, currently participating providers, and alumni are encouraged to join in the [#ShareYourService](https://twitter.com/ShareYourService) campaign so that others can learn about the valuable contributions made by the NHSC in improving access to care in Ohio.

For questions about underserved areas and the state and federal workforce programs described, feel free to contact the Primary Care Office staff or email HealthPolicy@odh.ohio.gov for assistance.

Beat the Flu. Get Vaccinated, Ohio!

By Colin Andrews, Immunization Program, Ohio Department of Health



Fall is here, which means fall foliage, football, pumpkin spice everything, and flu season. Flu season may not be the most exciting topic associated with autumn but it is important to spread the message of vaccination against seasonal influenza.

Anyone six months of age or older should receive the flu vaccine every year. Older adults, pregnant women, young children and babies, and those with pre-existing medical conditions are especially at risk for developing the flu.

The best way to prevent the spread of flu is to take the proper steps to prevent it. Vaccination is the first step; the Centers for Disease Control and Prevention (CDC) also recommends taking the following precautions:

- Try to avoid close contact with people who are sick.
- If you get sick, limit contact with others as much as possible to keep from infecting them.
- If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. Your fever should be gone for 24 hours without the use of a fever-reducing medicine.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Clean and disinfect surfaces and objects that may be contaminated with germs like the flu.

Peak flu season is between October-February, but can sometimes last until May, depending on many factors, including the efficacy of the vaccine. The CDC recommends receiving the flu vaccine as soon as it is available, usually by October, however, as long as flu viruses are circulating, vaccination should continue throughout the flu season.

Don't forget to encourage your patients, especially those most at risk, to receive the flu vaccine. A simple vaccination can make a world of difference when flu season hits.

A vaccinated population is a healthy population. For more information on seasonal influenza, visit www.cdc.gov/flu or www.odh.ohio.gov, keyword "immunization".

OPCPCC Annual Conference



The 2017 OPCPCC annual conference is scheduled for Friday, October 27 at the Pinnacle Golf Course in Grove City, Ohio. The theme of the 2017 conference is *Overcoming Challenges in Primary Care: A Better Understanding of Value and Outcomes*. The 6th annual OPCPCC conference will examine challenges in delivering comprehensive high-quality, high-value primary care and strategies to overcome those challenges. Concepts explored will include value, outcomes, data, relationships that impact behaviors and social determinants of health.

This year's keynote speaker will be Farzad Mostashari, M.D. Dr. Mostashari is the CEO of Aledade, a start-up he co-founded aimed at helping primary care physicians form accountable care organizations (ACOs). Prior to Aledade, he was a Visiting Fellow at the Brookings Institution in Washington D.C., where he focused on payment reform and delivery system transformation. He served from 2011-2013 as the National Coordinator for Health Information Technology where he coordinated U.S. efforts to build a health information technology infrastructure for healthcare reform and consumer empowerment. Previously, Dr. Mostashari served at the New York City Department of Health and Mental Hygiene as Assistant Commissioner for the Primary Care Information Project, where he co-led agile development of population health management functionality within a commercial EHR. Dr. Mostashari also led the NYC Center of Excellence in a public health informatics and an Agency for Healthcare Research and Quality-funded project focused on quality measurement at the point of care.

Dr. Mostashari's keynote presentation will be followed by a discussion with a reactor panel. The reactor panel will be comprised of Ohio healthcare leaders who will offer varying perspectives on primary care in Ohio.

In addition to Dr. Farzad Mostashari as the keynote speaker, a few other highly recommended national experts will present at the conference. Joan Alker from Georgetown University will provide a federal health policy update. Ted Epperly, M.D., author of *Fractured*, will present the new Shared Principles of Primary Care, which will replace the Joint Principles of PCMH that were developed in 2007. Eduardo Sanchez, M.D., MPH, Chief Medical Officer for Prevention for the American Heart Association, will provide a presentation of social determinants of health for cardiovascular disease. The day will conclude with a presentation from Shari Bolen, M.D., MPH from the Better Health Partnership regarding their successful initiative aimed at eliminating disparities in diabetes care in northeast Ohio.

This Live activity, 2017 OPCPCC Annual Conference, with a beginning date of 10/27/2017, has been reviewed and is acceptable for up to 6.25 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Social Workers- This conference is approved for 5 social work CEUs by NASW Ohio Chapter. NASW is recognized as a Continuing Education Approver for social work CEUs by the OCSWMFT Board. Nurses can request a CME certificate to submit for credit.

This year's conference will include an optional pre-conference session titled, *Ohio Updates: Comprehensive Primary Care Plus (CPC+) and State Innovation Model (Ohio CPC)*. This session will be presented by Richard Shonk, M.D., PhD, Chief Medical Officer, the Health Collaborative and Monica Juenger, Director of Stakeholder Relations, Governor's Office of Health Transformation.

Plan to join us for an optional post-conference informal networking time in the Loft at Pinnacle.

Participation is limited to the first 350 participants who register. There is a \$50 registration fee (coffee, lunch, and snack are included). **Please register by October 10, 2017.** [Visit the OPCPCC conference web page](#) for the conference agenda, updates and more information.

OPCPCC Provider and Patient Engagement Toolbox Updates

The OPCPCC Patient Engagement Toolbox contains a wealth of information and resources to help practices engage patients in their own care. For example, the toolbox includes more than 30 resources related to self-care goals on many topics including depression, sleep, medications, and exercise. You can access these valuable resources through the [OPCPCC Toolbox website](#).

Recent additions to the toolbox include a guide for patient and family advisors. The toolbox is updated monthly by the OPCPCC Center for Provider and Patient Engagement to ensure that new resources are made available in a timely manner. Users may submit tools for consideration for inclusion in the toolbox. Be sure to visit the [toolbox](#) regularly to access new resources!

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Centered Medical Home goal by focusing on self-management and community partnerships and resources. The PCMH model can play an integral role in encouraging and referring self-management programs to patients, clients and constituents.

[Healthy U](#) is a six week, 2-2 ½ hours chronic disease self-management program that provides useful tools and resources available at no cost to the participant or caregivers.

The program is led by two peer leaders. Participants meet in a small group with others who have a chronic condition(s) and are looking for better ways to take charge of their health. Healthy U programs are offered in most Ohio counties coordinated through the local area agency on aging and include diabetes self-management, chronic pain self-management, and chronic disease self-management workshops. Healthy U is conducted in community settings such as community medical centers, senior centers, independent living communities, libraries, etc. and is effective in improving health outcomes. For more information, please visit the Healthy U [Facebook](#) page, www.aging.ohio.gov or call 866-243-5678 to be connected to an [Area Agency on Aging](#) Healthy U Coordinator in your region.



Announcements and Upcoming Events

OPCPCC Activities and Events

- Tue., Sept. 26 at 11:00 a.m. OPCPCC Center for Provider and Patient Engagement call
- Tue., Oct. 24 at 11:00 a.m. OPCPCC Center for Provider and Patient Engagement call
- Fri., Oct. 27 at 9:30 a.m. OPCPCC Annual Conference
- Tue., Nov. 28 at 12:15 p.m. OPCPCC Patient Engagement webinar
- Wed., Nov. 29 at 10:00 a.m. OPCPCC Workforce Learning Center meeting

October 1-7, 2017 is National Primary Care Week.
<http://www.amsa.org/events/npcw/>

November 16, 2017 is National Rural Health Day.
<https://nosorh.org/calendar-events/nrhd/>

If you have ideas or would like to contribute an article for an upcoming newsletter, please send your ideas to PCMH@odh.ohio.gov or call Amy Bashforth at (614) 644-9756.

OPCPCC Membership

The OPCPCC invites you to become a member and join us in spreading PCMH throughout Ohio. **Membership in OPCPCC is free** and benefits include:

- Notices of conferences and networking opportunities
- Quarterly Newsletters
- Ohio PCMH Weekly updates

Please complete the [on-line membership form](#), to ensure that you will receive updates about OPCPCC and PCMH activities in Ohio. Please call (614) 644-9756 with any questions regarding membership in OPCPCC.