

Provider Resources

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Diabetes & Cardiovascular Health Care: New Tool for Clinicians

The CMA Foundation's Quality Improvement Project has released the [Diabetes and Cardiovascular Disease Provider Reference Guide](#)

as a tool for clinicians to improve patient care and outcomes. This guide incorporates:

- ⇒ Guidelines supporting the screening and diagnosis of type 2 diabetes, dyslipidemia & hypertension
- ⇒ Approaches to the clinical management of type 2 diabetes and related cardiovascular diseases
- ⇒ Strategies for preventing and managing type 2 diabetes related complications
- ⇒ Effective communication techniques
- ⇒ Health care provider and patient education resources
- ⇒ Billing and procedure codes

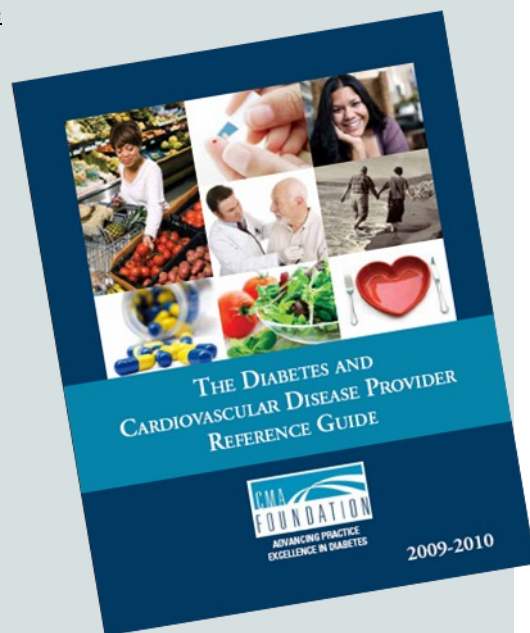
In 2009, the CMA Foundation convened a panel of over 30 experts including representatives from the American College of Cardiology, American Association of Clinical Endocrinologists, National Medical Association, American College of Physicians, California Department of Healthcare Services, California Diabetes Program, California Diabetes Coalition and representatives from health plans, and other provider organizations to work collaboratively to review evidence-based guidelines and best practices in diabetes and cardiovascular care.

The **Diabetes and Cardiovascular Disease Provider Reference Guide** is available for easy access at: http://www.thecmafoundation.org/projects/aped/Provider_DiabetesRefGuide2010.html

Updates to the Guide will occur on an annual basis. We invite you to forward your feedback by completing a short, two minute survey available by clicking here: <http://www.zoomerang.com/Survey/WEB22AS7G4SU9G>. Your feedback will help us generate updates and expand the Guide in areas that directly impact patient care and outcomes.

We wish to extend a special thank you to those that have contributed their time and dedication to seeing this guide through in its entirety, including the Expert Panel, Advisory Committee, CMA Foundation Board Members and Staff. We also wish to thank Daiichi Sankyo, Lilly USA, Sanofi-Aventis and Takeda for their support in making this guide available to clinicians nationwide.

If you have any suggestions or comments, please contact Senely Navarrete, MPH, Diabetes Project Director, 916.779.6638 or snavarrete@thecmafoundation.org



Patient Education

Diabetes and Neuropathy

The Diabetes Quality Improvement team, in collaboration with Jeffery Ralph, MD Director of the UCSF Neuropathy Center, have developed a Diabetes and Neuropathy patient education handout. The handout will help to spread awareness of Diabetic Peripheral Neuropathy (DPN) disorder and will help patients find solutions with the symptoms associated with DPN. The handout explains that while there is no cure for the disorder, it is treatable and significant improvements can be made in the quality of life of the sufferer. The handout will be two sided with one side in English and the opposite side in Spanish. The team is in the process of checking content, design, and translation of the handout. The team placed special attention on making the document readable for the majority of the population by keeping the reading level to a 6th grade standard. We plan on releasing the diabetes and neuropathy handout in September 2010.



Are you interested in providing new, up to date, tools for your patients?

The American Diabetes Association releases “My Food Advisor,” an online tool to help people track what they eat.



Counting calories and carbohydrates is a key to controlling diabetes. This tool can help your patients take control by setting goals, keeping track of their calories, fat, carbs, sodium and fiber. Patients can look up interesting, diabetes-friendly recipes. A staff favorite is the ability to print out a shopping list for the grocery store.

To get your patients started, point them to: <http://tracker.diabetes.org/>. Other options with today’s technology include apps that help track meals, glucose, fitness and much more. For more information, go to: <http://www.apple.com/iphone/apps-for-everything/working-out.html>.

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Project Update

Diabetes Project Moving Full Speed Ahead

The *Diabetes Quality Improvement Project (DQIP)*, previously named the *Advancing Practice Excellence in Diabetes Project*, is forging ahead and staff is in the midst of planning and implementing the projects next phase. The DQIPs goals are to:

1. Improve the quality of care provided to multiethnic groups of patients with diabetes who are at risk for cardiovascular disease;
2. Strengthen the capacity of health plans and pharmacists to support small practice clinicians in their efforts to improve diabetes and cardiovascular care; and
3. Improve patients’ disease self management including medication management.

(Continued on pg. 3)

Project News (cont.)

Using elements from the Chronic Care Model, the diagram below describes the project’s objectives.

Improved Diabetes & Cardiovascular Health Care for Multiethnic Groups of Patients					
<p><u>Delivery System Design</u></p> <p>Clinicians will deliver effective care utilizing a team based approach to ensure patients receive the appropriate services and follow-up care.</p>	<p><u>Decision Support</u></p> <p>Clinicians will base prevention, diagnosis and treatment decisions on evidence-based guidelines at every encounter.</p>	<p><u>Clinical Information Systems</u></p> <p>Clinicians will utilize available data to help them provide “the right care, to the right patient, every time.”</p>	<p><u>Self Management Support</u></p> <p>Clinicians will be equipped to support their patients in developing and meeting self management and medication management goals.</p>	<p><u>The Community</u></p> <p>Physicians, other health care providers, and health plans will forge relationships with community based organizations to align priorities and fill gaps in care and management.</p>	<p><u>Health system</u></p> <p>Clinicians, pharmacists and health plans will improve care coordination resulting in improved diabetes care, reduced cardiovascular risk and improved patient achievement of self management and medication management goals.</p>

Current national initiatives such as the patient medical home, meaningful use and pay for performance all call for achieving *measurable* improvements in care and outcomes among high cost diseases such as diabetes. We believe the collaborative nature of Diabetes Quality Improvement project will better prepare clinicians, pharmacists and plans to succeed under these new initiatives. Please contact Senely Navarrete, MPH, Director, at snavarrete@thecmafoundation.org or (916) 779-6638 for questions about the project or to learn how you can participate as a *Clinician Champion* for improved diabetes care.

Meet the New Diabetes Project Staff

The CMA Foundation is excited to welcome three new employees to the organization since April 2010. Senely Navarrete, MPH, Julie Vedolla-Fuentes and Joe Mette have all joined the Diabetes QI Project. (From left to right: Julie, Senely, Joe)

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Staff (cont.)

Senely Navarrete, MPH, Director

With an eye on quality improvement, Senely enjoys working with clinicians in collaborative models to help set improvement goals, implement effective strategies, and achieve measurable results. "Diabetes is such complex disease with devastating effects on the individual, the family and community especially when it is uncontrolled. Not to mention the high cost to the health care system. I'm proud to work with front-line clinicians and partner organizations throughout California to address this disease." Prior to joining the CMA Foundation, Senely worked as Associate Director of Quality Improvement with the California Primary Care Association, California's community health center and community clinic association.

Julie Vedolla-Fuentes, Project Coordinator

Julie Vedolla-Fuentes, the Diabetes Quality Improvement Project Coordinator, joined the CMA Foundation in May 2010. Responsibilities include assisting with the implementation and coordination of the project, and is leading the distribution of the Diabetes Cardiovascular Disease Provider Reference Guide the implementation of the web-based format of the Guide, and the coordination of the educational component of the project.

Prior to joining the CMA Foundation, Julie served as a Community Health and Social Services Director at the Hopland Band of Pomo Indians in Northern California. Responsibilities included coordination and administration of a small community health program, with an emphasis in community health education, case management, child welfare, and behavioral health. Having received a bachelor's in psychology from Sonoma State University, her main focus has been social services, child welfare, and collaboration with community service agencies for the past 10 years.

Julie's interest in quality patient care and disparities in diabetes stems from experience working, living and being raised in a community where the battle of chronic disease is prevalent. Having observed the effects in a community, a household and as an individual, diabetes, hypertension, and obesity have become a multi generational reality in many lives. As the Project Coordinator, Julie understands the importance of standardization to enhance diabetes patient care and management.

Joe Mette, Project Assistant

Joe became interested in health policy and quality improvement while at the University of California, Santa Cruz. After participating in an internship with the County of Santa Cruz Health Services Agency, He knew the health policy field is where he wanted to pursue his career. He graduated from UCSC with a degree in Psychology and came back to his hometown, Sacramento, where he began work in the Office of Multicultural Health within the California Department of Public Health and Department of Health Care Services. He is very excited to be working on the Diabetes Quality Improvement Project as it has the potential to make significant improvements in the lives of over 2,000,000 diabetics in California. He believes that the mission of the project is vital to improving clinical outcomes in primary care physicians' offices and ultimately improving the overall health of Californians. Outside of the foundation, he enjoys spending time with family, friends, fishing, and playing golf.

Pertussis Outbreak in California



During the first five months of 2010, there have been at least 584 cases of pertussis (whooping cough) in California, resulting in the deaths of five infants. In comparison, over the past decade, there has been an average of three infant deaths per year due to pertussis in California. In order to protect very young infants, all age groups should be vaccinated appropriately against pertussis. Most children receive five doses of pertussis vaccine (DTaP) before kindergarten but are susceptible again by middle school age. Carrier parents and caregivers may spread the disease through coughing and sneezing.

For information about pertussis (clinical symptoms, modes of transmission, clinical guidance, and pertussis prevention), please see the California Department of Public Health website at: <http://www.cdph.ca.gov/HealthInfo/discond/Pages/Pertussis.aspx>

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Foundation News

CMA Foundation Annual Dinner

RSVP Today and Help Make the CMA Foundation Annual Dinner a Success

The CMA Foundation's 14th Annual President's Reception and Awards Dinner will be held on Sunday, October 3, 2010 at the Hyatt Regency Sacramento, CA. Proceeds will support the work of the CMA Foundation in linking physicians and their communities to raise awareness about important public health issues. Honored at the dinner will be incoming CMA President James G. Hinsdale, MD and the recipients of the CMA Foundation Leadership Awards.

Reserve a table or purchase your tickets today!

For more information, visit the "[Events](#)" section of www.thecmafoundation.org. Contact: Maria Moran, (916) 779-6640 or mmoran@thecmafoundation.org.

If you are unable to attend, please consider placing an ad in the dinner program. The CMA Foundation is a nonprofit charitable organization, and all ads are tax deductible. Contact: Nela Lee, (916) 779-6639 or nlee@thecmafoundation.org.

Ethnic Physician Leadership Summit

The California Medical Association Foundation and the Network of Ethnic Physicians will be holding the Ethnic Physician leadership Summit on Saturday September 25th 2010. The summit is free for Physicians, Medical Students, and Member of a Community-Based Organization. It will be held at the Hilton LAX Hotel in Los Angeles, CA. **Register Online-** www.ethnicphysician.org

Visit the [Leadership Summit](#) section to register. Space is limited!



Training Alert

CMS Education Series for providers on Electronic Health Incentive Programs

The Centers for Medicare and Medicaid Services have prepared a series of national provider calls addressing the Medicare and Medicaid EHR Incentive Program. This training will review specifics on what providers need to do to in the program. The sessions will be on August 10th and 12th, 2010. The August 10th date will focus on programs for eligible professionals and will run from 11:00 to 12:30 PST. The August 12th date will be a question and answer session for hospitals and individual practitioners from 11:00 to 12:30 PST.

For more information please go to: <http://www.cms.gov/EHRIncentivePrograms/>



Upcoming Events

Interested in Teaching Your Patients About Diabetes?

Diabetes in the 21st Century is a dynamic one day program for health care professionals. It will synthesize the critical elements of diabetes care, education, and advancements in care. This 1-day seminar will be held at Sutter Health University Patrick Hays Learning Center (PHLC) and will be put on by Diabetes Education Services.

August 30, 2010 – Earn up to 7 CEs

[Learn more about this 1-day seminar >](#)

World Diabetes Day

The CMA Foundation is proud to participate in this year's World Diabetes Day (WDD) on **Sunday, November 14, 2010** in Sacramento, California. Senely Navarrete, Director of the Diabetes Quality Improvement Project, is excitedly planning Sacramento WDD events with other leaders who want to increase awareness of the growing rates of diabetes as well as its prevention world-wide.

You can get involved in WDD by encouraging your patients and colleagues to join us on the West Steps of the State Capitol on November 14 at 5pm. There will be tasty, healthy food from local restaurants to sample, group exercise activities to participate in and lastly, the Capitol will be lit blue – the official color of the WDD campaign. Click [here](#) for a flyer you can print and distribute to your patients. If you are outside the Sacramento area, consider wearing blue to your practice or office on that day. Or, download and post free patient-focused diabetes posters. They are available in English and Spanish and can be accessed at <http://www.worlddiabetesday.org/materials/campaign-posters/2010>.



ADA 70th Scientific Sessions, 2010

Even though the 70th Scientific Sessions have already come and gone, you can still access hundreds of abstracts online for free or choose to purchase presentation webcasts on the ADA website: http://professional.diabetes.org/Congress_Display.aspx?TYP=9&CID=71390.

Don't miss out on the 71st Scientific Sessions to be held in San Diego, California on **June 24 – June 28, 2011**.

Dates to Remember

August 10th and 12th	<u>CMS Education Series for Providers</u>
August 30th, 2010	<u>Diabetes in the 21st Century</u>
September 25th, 2010	<u>Ethnic Physician Leadership Summit</u>
October 3rd, 2010	<u>CMA Foundation Annual Dinner</u>
November 14th, 2010	<u>World Diabetes Day</u>
June 24th-28th, 2011	<u>ADA 70th Scientific Sessions</u>



In the News

Split Decision for Avandia

In a split decision, an FDA advisory panel voted on July 14th to leave Avandia on the market. In a joint AACE/ADA/Endocrine Society press release, clinicians are encouraged to provide patients with the following message:

1. Do not stop taking your medication without first discussing it with your endocrinologist or health care provider
2. There are alternative medications for diabetes if needed
3. Retain good glucose control to avoid short and long term complications of diabetes

Read the Joint Statement at http://professional.diabetes.org/News_Display.aspx?TYP=9&CID=82299.

Findings from Landmark ACCORD Trial

Intensive lowering of blood glucose levels in patients with established type 2 diabetes and risk factors for cardiovascular disease did not delay the risk of kidney failure, nerve disease or major vision loss, according to findings from the Action to Control Cardiovascular Risk in Diabetes (ACCORD) trial. However, the study did find some reduced markers of eye, nerve and kidney disease. The findings were published in the June online diabetes issue of *The Lancet*.

Read the abstract at [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(10\)60576-4/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(10)60576-4/abstract) or the press release from the National Institutes of Health at <http://www.nih.gov/news/health/jun2010/nhlbi-29.htm>.

Putting the “Patient” in Patient Centered Medical Home

In the July 15 issue of the New York Times, Dr. Pauline Chen writes, “Call it a PR issue, an information disconnect or simply an unfortunate choice of a name, but in all the discussions about patient centered medical homes, one group of individuals has been conspicuously missing: the patients themselves.”

Read more about findings from the national medical home pilots implemented by the AAFP and TransforMED in this intriguing article at <http://www.nytimes.com/2010/07/15/health/15chen.html?pagewanted=1&r=1>.

Raley’s Pharmacists to help CALPERs members with controlling their type 2 diabetes

CalPERs, Blue Shield, Raley’s and UCSF have begun a joint diabetes management pilot program called *Pharmacist Care for Diabetes*. The program is designed to help patients with type 2 diabetes achieve better control of their condition, ensure safer and more effective use of diabetic medications, and increase dialogue between patients, pharmacist, and physicians. Blue shield will recruit participants from CALPERs and Raley’s pharmacist will work with the patients to improve diabetic outcomes.

Read the press release at: <http://www.calpers.ca.gov/index.jsp?bc=/about/press/pr-2010/july/joint-diabetes-pilot-program.xml>



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