

# MaineHealth Learning Community

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## **Regional Improvement Meetings How They Benefit You and Your Patients**

The MaineHealth Learning Community (MHLC), a partnership of MaineHealth and the Maine Physician-Hospital Organization, works to improve care across chronic conditions. To fulfill this goal, MHLC provides primary care practices with opportunities to improve office systems and to deliver high-quality, patient-centered care. We understand that practices are exceptionally busy and find it hard to leave their local areas for extended periods of time to attend clinical improvement sessions... so we have brought the learning opportunities to you with Regional Improvement Meetings (RIMs).

RIMs provide physicians and practice teams with an opportunity to obtain education and build effective chronic care skills in their community and to participate in collaborative learning with peers from other local practices. We would like to highlight the following skills sessions and have attached a list of all possible RIM topics.

### **Asthma / COPD:**

Has your staff participated in an Asthma RIM recently? If not, the Introduction to Asthma Management is a perfect start. If your staff has had exposure to asthma basics, consider hosting an Asthma Skills and Competencies session; this is a great annual review and update of how to care for patients with asthma.

- Introduction to Asthma Management
- Asthma Skills and Competencies Update
- The Asthma Control Test: What is it and how do I use it
- Treating patients with COPD: A review of Guidelines and Resources

### **Cardiovascular Health:**

Did you know that 4 out of 10 Mainers have high blood pressure and that by reducing systolic pressure by 10 points reduces heart attacks by strokes by 25%? Given that obtaining an accurate blood pressure measurement is imperative to the patient's diagnosis and care, using proper measurement technique and understanding the many variables that influence it is essential.

### **Depression:**

The MMC PHO is offering incentive monies to family medicine and internal medicine members who complete the "Self-Management and Care Management for Depression" session. This session is geared toward primary care clinicians who care for adults who have depression. The goal is to help you understand how to support self-management and utilize care management. The MHLC also offers RIMs on the following topics:

- Depression: The Hidden Co-Morbidity
- Use of the PHQ-9 for Diagnosis and Management of Depression
- Treatments for Depression – When and How to Use Them
- Treatment of Depression with Medication

### **Diabetes:**

Would you like to know more about diabetes? As part of the MaineHealth Learning Community, you may invite another practice in your community to join you and a Certified Diabetes Educator for one of the following RIMs. This is a great opportunity to have direct access to an expert in diabetes and a great setting for a question and answer session.

- Diabetes Basics.
- Diabetes Tools of the Trade
- Diabetes Medications

### **Geriatrics:**

Falls are a major health problem among older adults. Approximately 30% of adults 65 years and older fall each year, and that proportion increases to 50% for those 80 and older. Falls are a leading contributor to injury, disability and decreased quality of life. The good news is that many falls can be prevented. The scientific evidence is clear: the most effective interventions to prevent falls are multi-factorial and are designed to target key risk factors. Topics include:

- Information for appropriate medication management
- Specific Tools including the Timed Up and Go
- Recommended framework for a falls office visit
- Fall prevention information for patients and families, and state and national resources

### **Cross-Cutting Topics of Interest:**

- NCQA Preparations
- Patient Experience Surveys
- Using the CIR within your Office Flow
- Introduction to Health Literacy
- Introduction to the Planned Care Model
- Living Well (chronic disease self-management course)
- Motivational Interviewing

For a detailed list of the RIM topics available to you, please refer to the Topics List for Regional Improvement Meetings document.

If you would like to take advantage of the MHLC's Regional Improvement Meeting program and request one of the above or attached sessions, please email Tracy Callahan at [callat@mmc.org](mailto:callat@mmc.org), Gail Mazzone at [mazzog@mmc.org](mailto:mazzog@mmc.org), or Paul Begin, Program / Administrative Coordinator for MHLC at [beginp@mmc.org](mailto:beginp@mmc.org).

**Please Note:** MaineHealth and the MMC PHO have developed a Blood Pressure Clinical Competency for healthcare providers and we expect it to be launched in the Fall of 2008. Watch for details.

Thank you!

We look forward to supporting you on your journey to improving care across chronic conditions!