

# Quality Insights Can Help You Get to the Heart of the Matter

*Join patients, caregivers and providers to prevent one million heart attacks and strokes*

Heart disease and stroke are, respectively, the first- and fourth-leading causes of death in the United States for all demographic groups, according to the Centers for Disease Control and Prevention (CDC).

The National Stroke Association™ notes that up to 80 percent of strokes can be prevented by controlling risk factors like high blood pressure, atrial fibrillation and high cholesterol. Imagine the impact healthcare providers can make if they join forces to promote these risk factors and align with national efforts like the Million Hearts® initiative, whose goal is to prevent one million heart attacks and strokes.

Quality Insights Quality Innovation Network – Quality Improvement Organization (QIN-QIO) is the Medicare QIN-QIO for Delaware, Louisiana, New Jersey, Pennsylvania and West Virginia. In this capacity, Quality Insights will provide healthcare providers with assistance and strategies to reduce the incidence of heart disease and stroke.

To undertake this challenge, Quality Insights focuses on improving the ABCS of cardiac risk reduction (**A**spirin therapy when appropriate, **B**lood pressure control, **C**holesterol management, and **S**moking screening and cessation). Specifically, Quality Insights targets blood pressure measurement and control since it is essential in preventing heart attacks and strokes and to decreasing the number of Americans who die unnecessarily as a result of untreated hypertension.

## The Network's Approach

As the QIN-QIO, Quality Insights' network of experts in quality improvement work in partnership with patients and families, providers, communities and healthcare stakeholders in every setting in which care is delivered. We assist patients and families, providers and communities to:

- Make care safer and affordable
- Support active engagement and self-management of chronic conditions
- Eliminate health disparities and improve access to care
- Promote best practices for healthy living.

## Put it in Perspective



Heart disease is the **#1 leading cause of death in the United States**

Annually, heart disease and stroke cost more than **\$312.6 billion** in health care expenditures and lost productivity.

**1.5 Million**



Roughly the population of Philadelphia

Number of heart attacks and strokes each year in the U.S.

**800,000**



Approximate weekly attendance at Disney World™  
Number of Americans that die from heart disease every year

**2,200**



Number of passengers in four loaded 747 jets  
People that die EVERY DAY from cardiovascular diseases

*Heart disease kills roughly the same number of people in the U.S. each year as cancer, lower respiratory diseases (including pneumonia) and accidents combined.*

**HEART DISEASE** = cancer  
lower respiratory diseases  
accidents

## The Benefits Abound

Overall, Quality Insights' work increases patient safety and improves health outcomes for high-risk patients. Those who join us in this initiative gain:

- Assistance in identifying and accessing best practices and intervention tools to improve performance on cardiac health measures and chronic disease/prevention
- Technical support, provided through ongoing communications with your Quality Insights project coordinator as well as via educational programs and resources, to take an IT-enabled care management approach to prevention and early diagnosis
- Guidance on using clinical data reporting in order to be well-positioned for payment incentives, including assistance in reporting Quality Payment Program quality measures that focus on cardiac health
  - Practices that develop an in-house quality improvement plan for cardiac health and work with Quality Insights could potentially attest to two different MIPS Improvement Activities: IA\_PM\_5 and IA\_PM\_6. To qualify for these Improvement Activities, simply share your practice's cardiac data with Quality Insights on a quarterly basis, review the data reports we provide to you to benchmark your clinicians against other clinicians across the state, and determine what steps internally you can take to improve your cardiac health rates. To learn more about these two Improvement Activities, visit <https://qpp.cms.gov/measures/ia>.
- Networking opportunities through the Cardiac Learning and Action Network (LAN), which offers additional benefits such as:
  - Opportunities to share information and resources
  - Coordination of strategic action plans for improving the ABCS
  - Access to exclusive Quality Insights materials
- Support in creating a patient and family engagement environment that promotes patient self-management
- Access to data analysis and reports to track trends, successes and areas for improvement as well as promotion of successes through Quality Insights' publications, website and the provider's local media (as appropriate)
- Staff development opportunities through 24/7 access to My Quality Insights (an interactive online platform) as well as through Quality Insights' website ([www.qualityinsights-qin.org](http://www.qualityinsights-qin.org)). Online offerings include:
  - A virtual forum of peers and experts in the healthcare field
  - Educational programming such as online courses, videos and reference tools
  - An easy-to-access source of current industry news
- Support to increase staff satisfaction and improve team communication and enthusiasm
- Free staff and patient education tools, including linguistically and culturally appropriate educational materials.

## Join Us in Our Journey to Quality

Quality Insights invites healthcare providers, community stakeholders, patients, family members and caregivers to become partners in its improvement initiatives. Learn more by visiting [www.qualityinsights-qin.org](http://www.qualityinsights-qin.org).

