

Project 3.b.i

Evidence-Based Strategies for Cardiovascular Disease Management

In Lewis County, Lowville Medical Associates (LMA) is working to help its patients manage and prevent cardiovascular disease, using the following evidence-based strategies:

Smoking Cessation: LMA has reorganized its efforts around smoking cessation, from documenting dialogue to nurse follow-up calls.

Blood Pressure Management: DSRIP funding has allowed LMA to purchase new automated blood pressure machines for the practice, reducing person-to-person variability.

Home Blood Pressure Monitoring: Patients are encouraged to monitor blood pressure at home and bring their own blood pressure monitors into the office for quality assurance.

Chronic Care Management (CCM): Utilized to engage high-risk cardiovascular patients between visits and provide extra resources.



“WE ARE GETTING PATIENTS TO ENGAGE AND TAKE OWNERSHIP OUTSIDE OF THE OFFICE.”

*Dr. Steven Lyndaker
Lowville Medical Associates*

Project Achievements

- **100% of participating primary care practices** have adopted evidence-based hypertension and cholesterol disease management protocols developed by NCI's Medical Management Committee.
- **More than 500 partner staff** have completed blood pressure management training developed by NCI to standardize blood pressure measurements.
- Providers are now using EHRs to prompt the completion of the 5 A's of Tobacco Control.
- All participating providers are documenting patient driven self-management goals in patient records, and **more than 8,000 Medicaid/Managed Medicaid patients** have created self-management goals.