

SDPI Diabetes Prevention
and Healthy Heart Initiatives



Yakama Healthy Heart Program

Robin John, RPh, CDE, Program Coordinator
509-865-1715 Robin.John@ihs.gov

National Indian Health Board
National Tribal Public Health Summit 2016

Sharing Ideas

Describe examples of successful clinical case management activities in innovative patient care scenarios.

Explain how a SDPI Healthy Heart programs overcame challenges to deliver care in interdisciplinary settings such as medical homes.

Describe how SDPI C-D programs can integrate clinical patient care to expand their reach and impact on the community.



Yakama Nation

Reservation Size:

1.1 million acres

Population:

10,000+ enrolled

Yakama IHS

Medical Ambulatory Clinic:

7 Medical Providers

3 Vacancies

Population Served:

19–20,000 patients

Annual Medical Visits:

15,000 visits

Prescriptions:

750–1,000 daily



Before HEALTHY HEART

1.

Patients utilizing minor acute care for chronic conditions



“Actually, there is nothing wrong with me, but by the time I see the doctor there will be.”

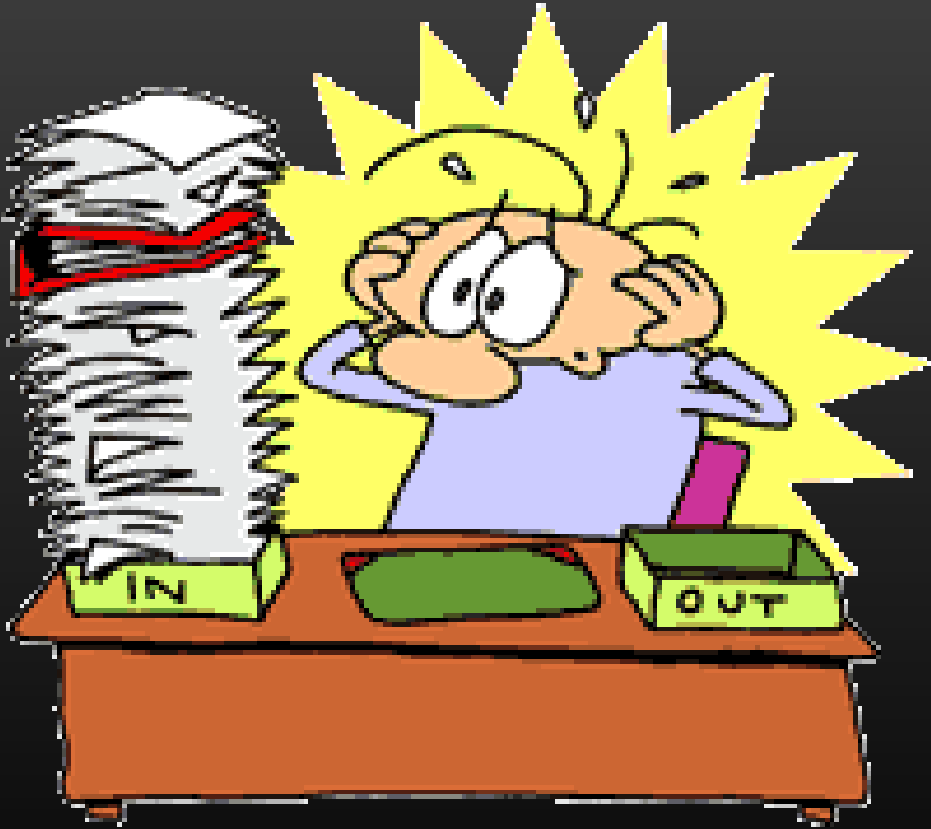
Before HEALTHY HEART



2.

High Pharmacist Turn Over

Before HEALTHY HEART



3.

Overworked Medical Providers

Identification of Improvement Needs



1. Clinical Diabetes Program
2. Pharmacist Retention
3. Medical Provider Workload
4. Patient Perceptions





Yakama **HEALTHY HEART** Indian Health Service

- Empanel patients with Clinical Pharmacist Case Managers
- Provide Services through Collaborative Practice Agreements
- Serve as the Director/Coordinator of the Yakama IHS Diabetes Program



Lydia George, Data Coordinator




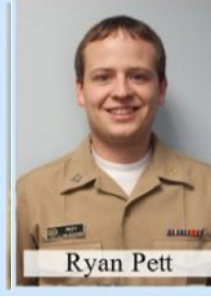


Robin John, Program Coordinator

Yakama HEALTHY HEART

Indian Health Service

For an Appointment Call

509-865-1724

	Monday	Tuesday	Wednesday	Thursday	Friday	Monday - Friday Schedules Vary
AM 8:00 - 12:00	 Aaron Meusborn	 Mark Iseri	 Scott Wiegand	Clinic Closed for Administrative Meetings	 Ryan Pett	 Melia Delp
PM 1:00 - 5:00	 Ryan Pett	 Ryan Pett	 Shane Nye	 Mark Iseri	 Scott Wiegand	 Robin John



Treatment

Collaborative Practice
Agreements
Medication Ordering
Lab Monitoring
Self-Management
Education



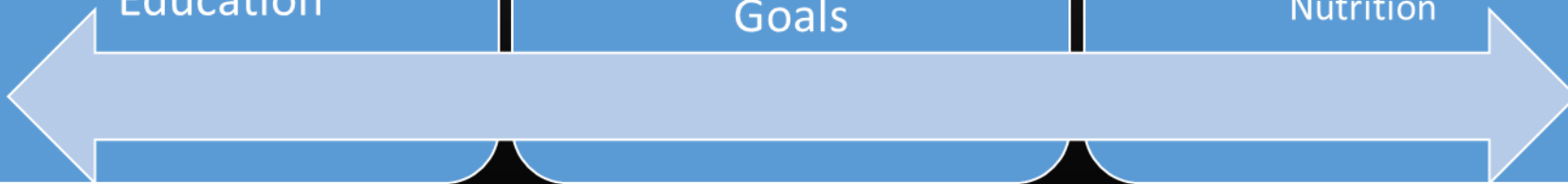
Evaluation

Blood Pressure
Weight
Foot Exams
Immunizations
JVN
Goals



Coordination

Primary Care Provider
Purchased Referred
Care
Referrals for -Dental,
Optometry, Mammograms,
Fitness, Cardiac Specialists,
Mental Health, Home Health,
Nutrition

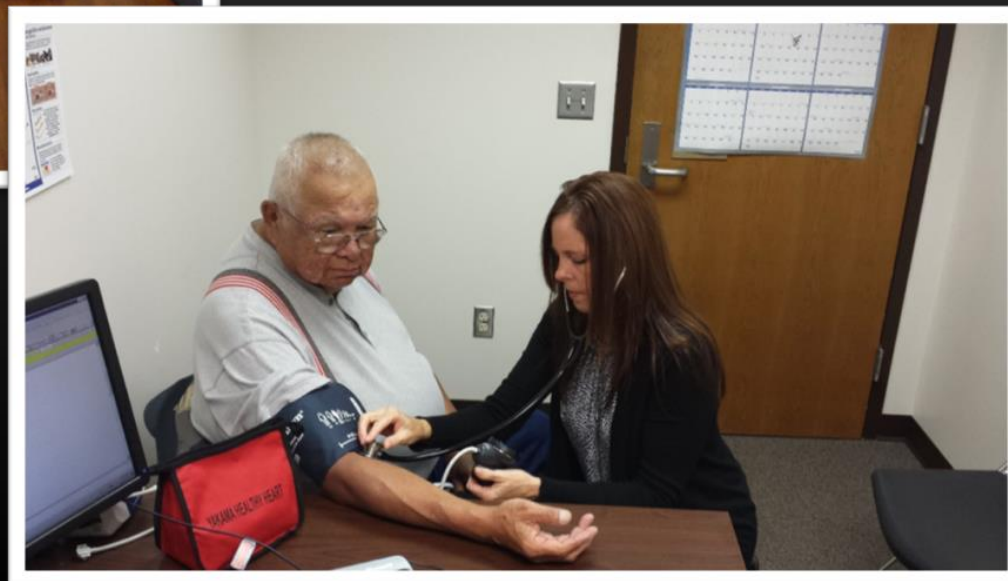


Yakama IHS

1, 250+ Type 2 Diabetes

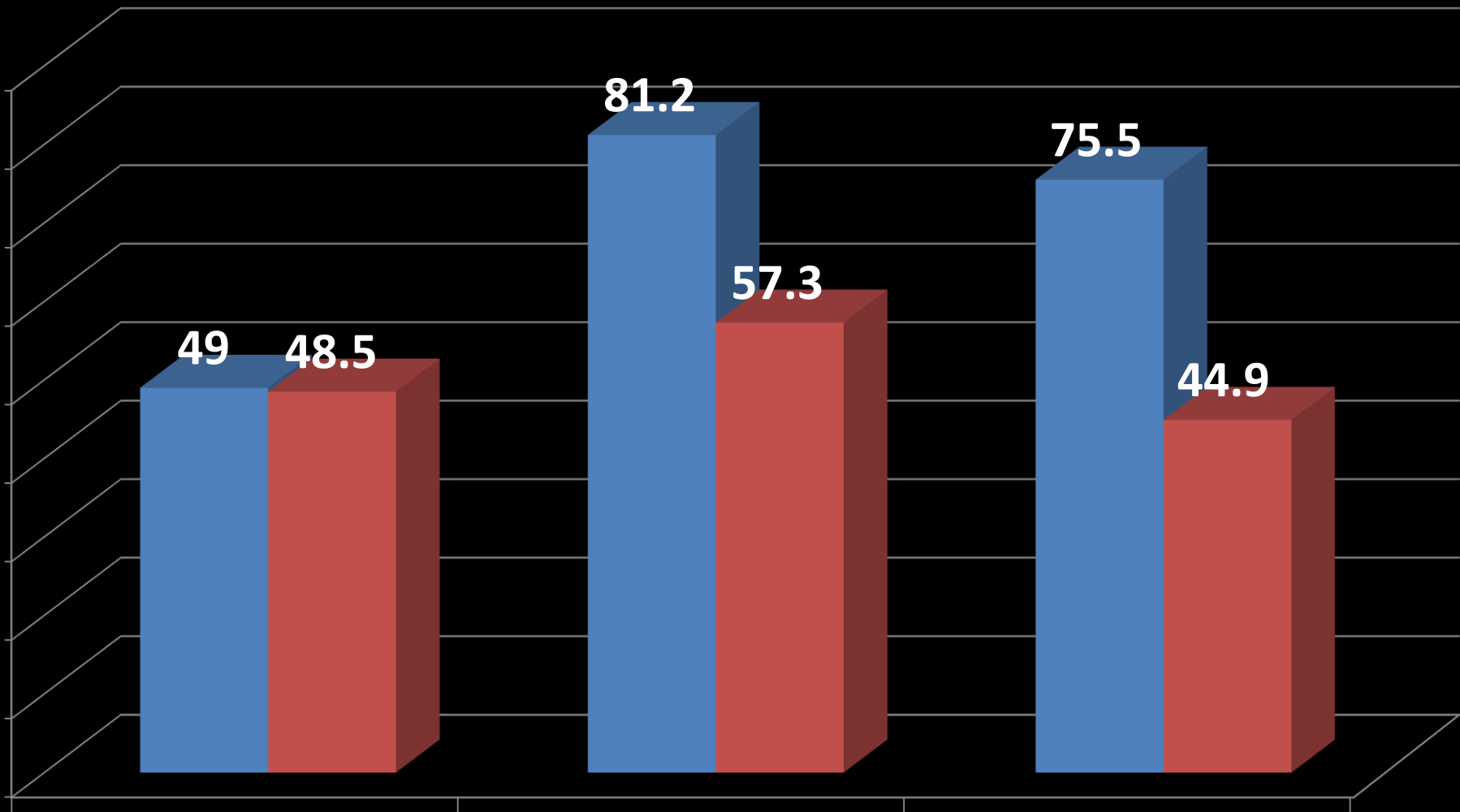
600+ Baseline Healthy Heart

475+ Active Healthy Heart



- Gate Keepers
- Motivated & Compliant
- Community Leaders
- Provider Recommended

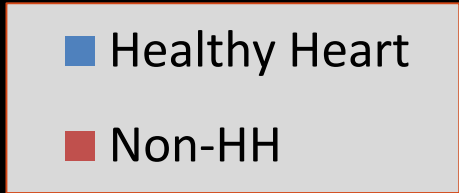


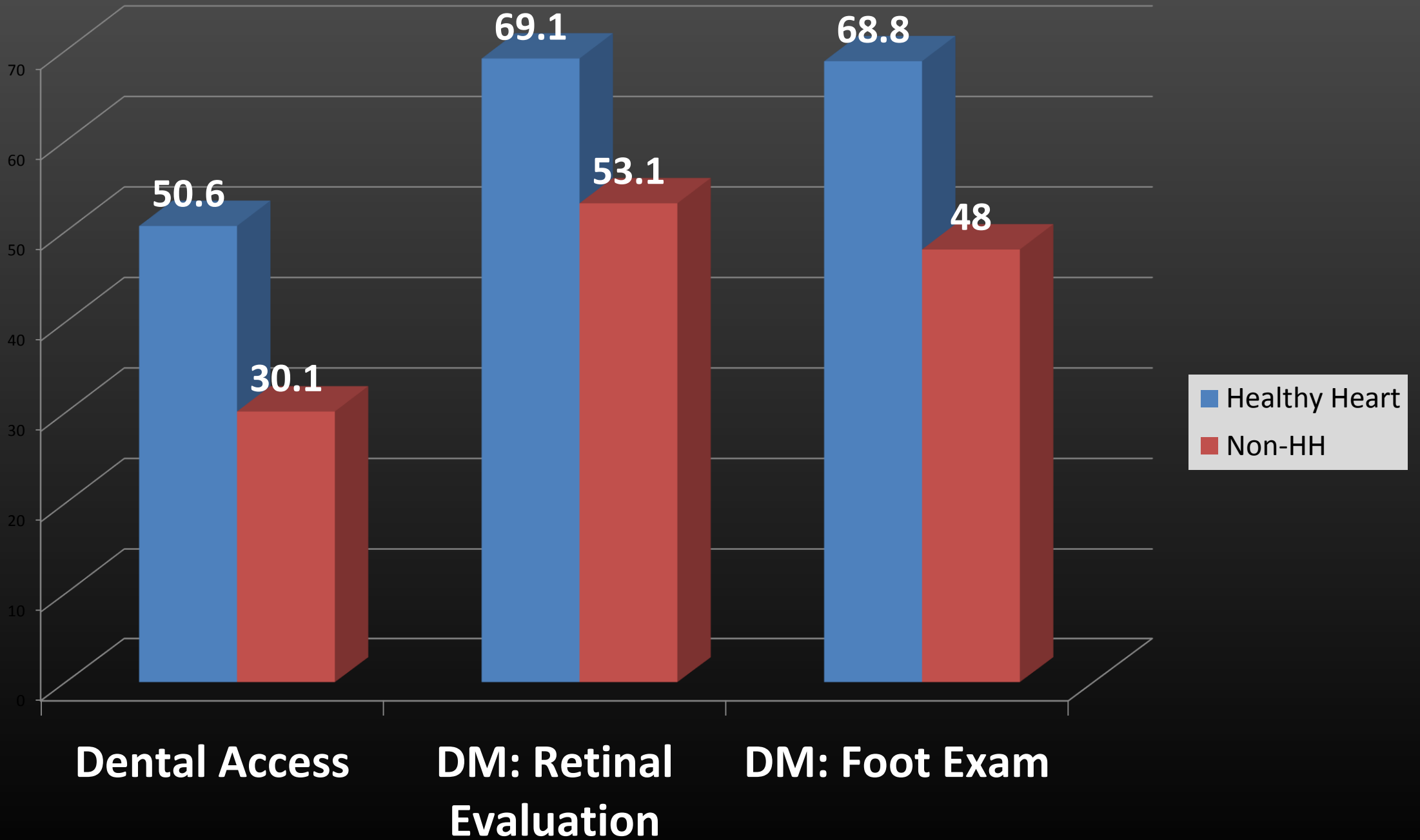


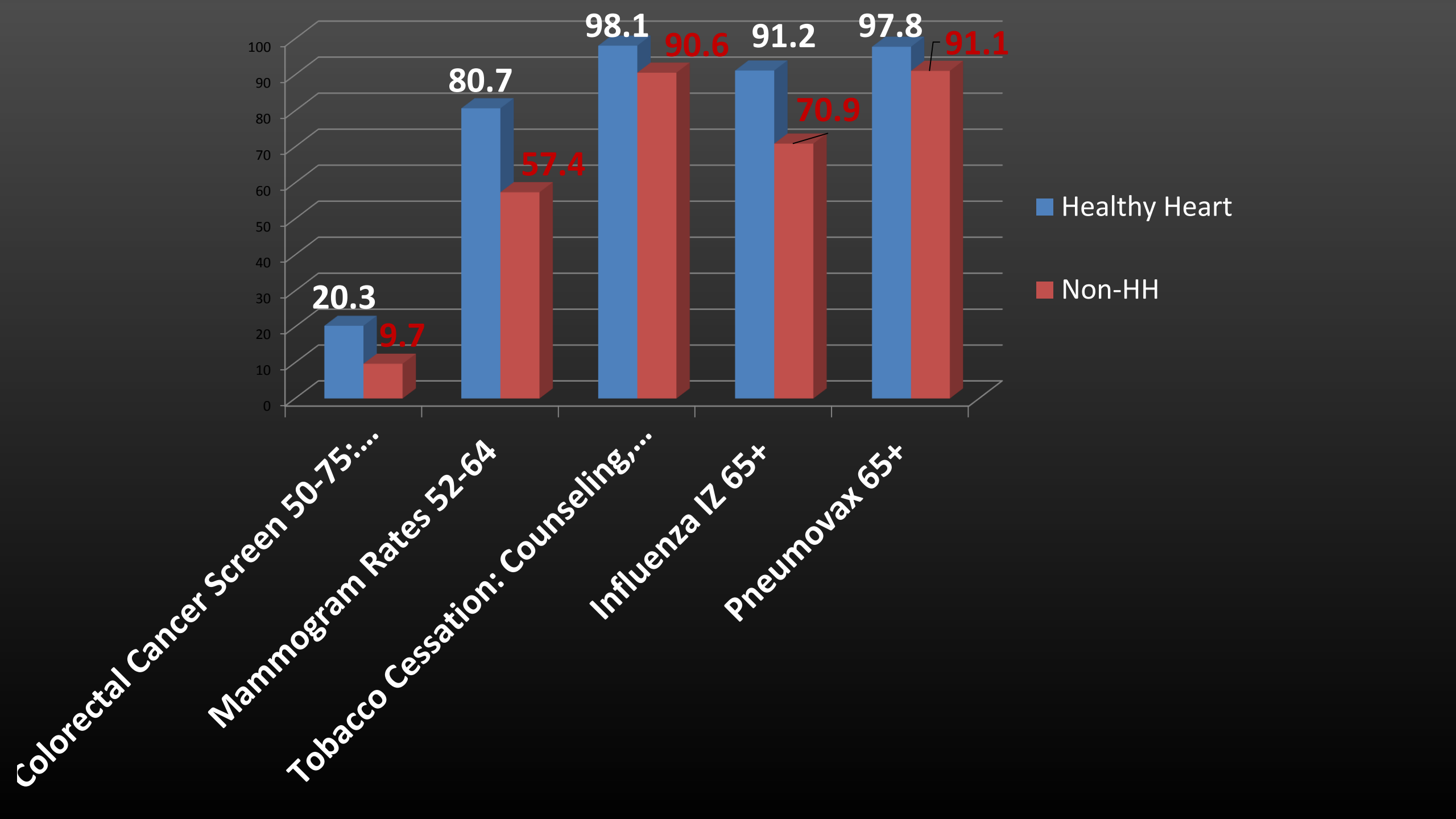
**DM: A1c Good
Glycemic Control
<8 (GPRAMA)**

DM: BP <140/90

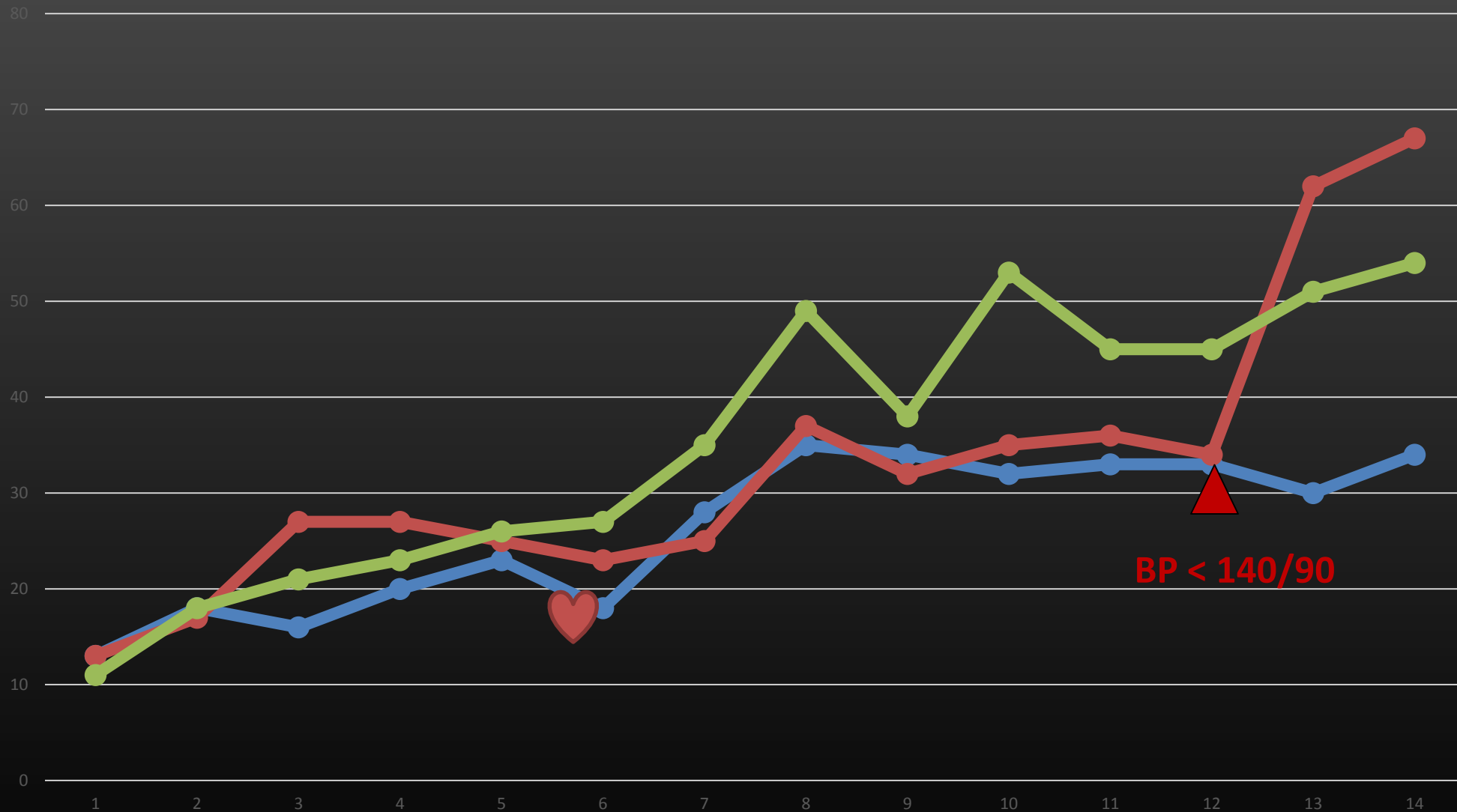
DM: LDL Low <100







Standards of Care Diabetes Audit 2002 - 2015

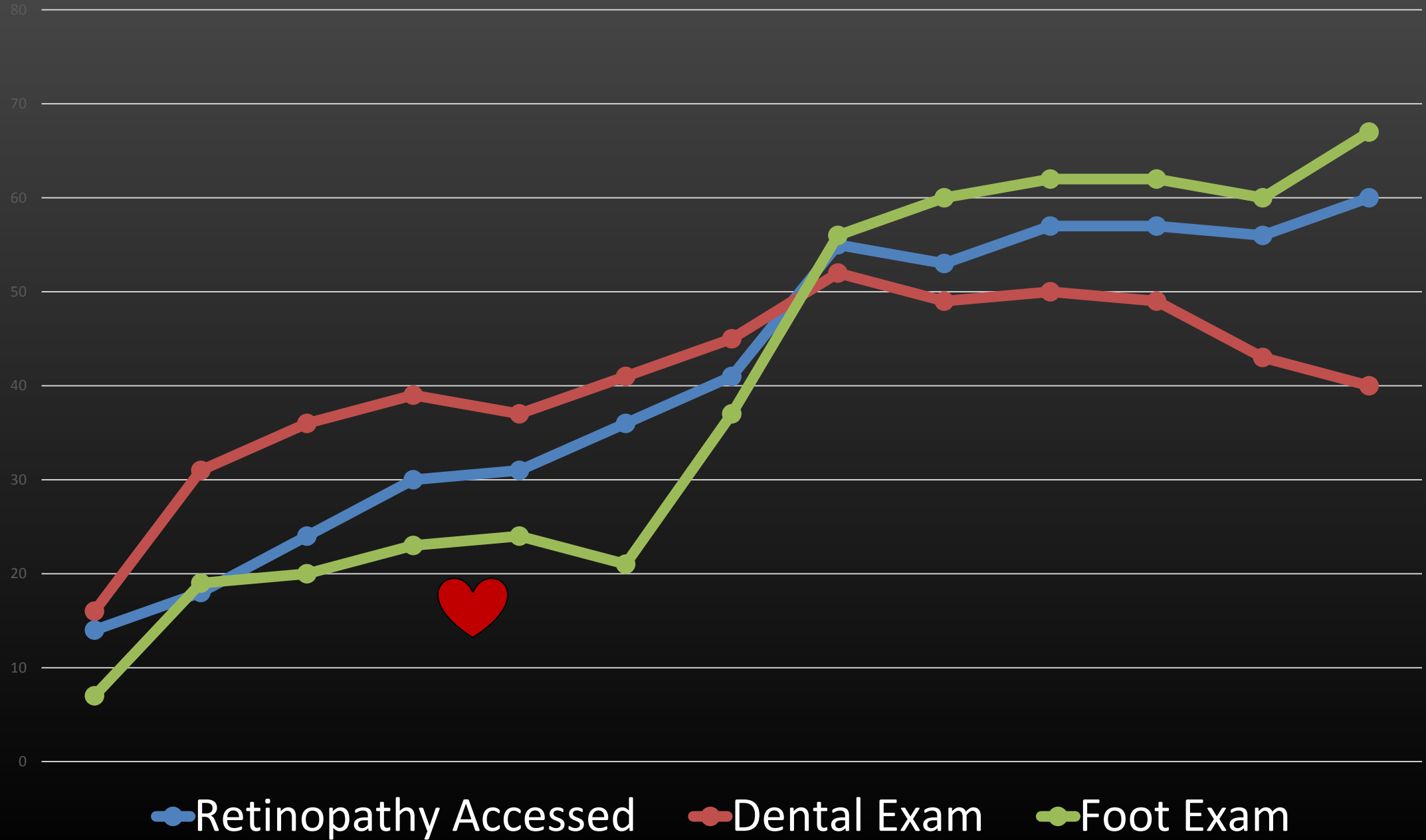


● A1c < 7%

● BP < 130/80

● LDL < 100

Standard of Care Exam Rates 2002 - 2015



Kick Diabetes



Mr. Eneas, a Healthy Heart Participant at Yakama Indian Health Service, has always tried to lead an active lifestyle for his health. He began taking Karate lessons about 35 years ago. Since then with a lot of hard work, dedication, and discipline, Mr. Eneas has become the only Native American in the Northwest to earn his Black Belt, the highest rank in karate.

Mr. Eneas plans to continue karate as a healthy way to exercise and to control his diabetes. Practicing three times a week for several hours at a time, he has been able to meet and maintain his diabetic goals of an A1c < 7%, Blood Pressure under 130/80 and LDL (cholesterol) level under 100. Pictured below: Mr. Eneas is performing moves with his sensei.



空手

Lawrence "Bobo" Eneas

空手



Tūnāwi-Wak'ishwi

Be Traditional, Be Healthy

Marian Dick Squeoch
"Lowtut"

Blending traditional activities with medical guidance, Marian has controlled her diabetes, blood pressure, and cholesterol. Marian stays active following traditions taught by her family. She still picks huckleberries, digs roots and dances at the longhouse. With the help of her mother and aunts' teachings, she is passing on the traditions to her daughter, Bette Benson, who shares her Indian name.



EXERCISE for LIFE



RAY JAMES

As a young man in the United States Marine Corp, Ray James never thought he would need to exercise for the rest of his life. But now he realizes that his continued health depends on routine exercise. Mr. James utilizes the Yakama Nation Diabetes Center fitness room three times weekly for at least an hour each time. He also enjoys walks outside as the weather permits. He understands that one of the best ways to control his diabetes is routine exercise with both a cardio workout and strength training. With increased exercise he has had to make adjustments in his insulin dose to avoid hypoglycemia (low blood sugar), but as a participant in the Healthy Heart Program he was able to work with his case manager to ease the process.





Buffalo Return to Yakama Nation

A COMPREHENSIVE TRIBAL PROJECT HELPS TO RESTORE THE SOUTH-CENTRAL WASHINGTON LANDSCAPE WHILE PROVIDING LEAN, NUTRIENT-DENSE MEAT TO TRIBAL MEMBERS

BY KERRY NEWBERRY

PHOTOS BY JOEL GEFFEN



Meninick tells a story of a buffalo in Walla Walla that was surrounded by a fence fashioned from old railroad ties. As soon as the corral was complete, one bull ran straight through it. He continued to run through fences all the way from Walla Walla to Pendleton, the distance of about two marathons.

A few days later, the bull returned to the same spot where he had originally burst free. "That's what they say— wherever they break out from the fence, leave it open for a while; they'll usually return back to that exact spot."

After ten years with the stalwart creators, Meninick has experienced many moments of foreboding. "When something is wrong, you can see it," he says.

One morning a few years ago, Meninick remembers seeing the buffalo running— with nothing chasing them. "They made a great big circle around that pasture and then they started making that circle smaller." As the buffalo were circling, they moved the calves to the center.

TRIBAL ELDER CORYK AMROSE IS A PARTICIPANT IN THE HEALTHY HEARTS PROGRAM. HIS DIABETES MANAGEMENT PLAN IS FINE-TUNED BY A PHARMACIST EACH MONTH.



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U.S. Public Health Service Rear Admiral Scott Giberson, RPh, PhC, NCPS-PP, MPH, is the Chief Professional Officer for the Pharmacy Category of the U.S. Public Health Service, named to that position by U.S. Surgeon General Vice Admiral Regina Benjamin.

The Yakama Healthy Heart Program: Embracing Traditions to Manage Diabetes in American Indian/Alaska Natives

Scott Giberson, with Robin John and Heather Peterson

The past three issues of *Diabetes Health Pharmacist* have featured articles about the US Public Health Service practice of clinical pharmacy and expanded roles in patient care. The April issue introduced one of our nationally recognized clinical pharmacy programs, the Yakama Indian Health Center Healthy Heart program. While medical goals are achieved utilizing pharmacist collaborative practice agreements for disease management of diabetes, hypertension and dyslipidemia, it is the implementation of cultural programs and activities that have engaged the community.

The Yakama Indian Health Center Healthy Heart program, created in 2004 by a Special Diabetes Program for Indians (SDPI) grant, was developed and influenced through the vision of Dr. Rex Quaempts, who is a physician, current clinical director at Yakama IHS, and a member of the Confederated Tribes and Bands of the Yakama Nation.

The Yakama Indian Health Center Healthy Heart program, created in 2004 by a Special Diabetes Program for Indians (SDPI) grant, was developed and influenced through the vision of Dr. Rex Quaempts, who is a physician, current clinical director at Yakama IHS, and a member of the Confederated Tribes and Bands of the Yakama Nation. Dr. Quaempts recognized that patient medication compliance and understanding was a major obstacle in achieving target clinical goals in the prevention and treatment of cardiovascular disease. Acknowledging this quandary, pharmacists were the preferred medical professional to launch the Yakama Healthy Heart program, which is the only program amongst the other 30 SDPI Healthy Heart grantees to solely utilize pharmacists to provide chronic care management. With the program addressing the clinical issues, community



member buy in was essential to its future success.

Medical provider support and promotion was an indispensable component that has led to success of the Yakama Healthy Heart Program. The pharmacist clinical practice was enhanced by the introduction of activities based upon the first foods and traditions of the Yakama people. With over 350 diabetic patients enrolled in the Yakama Healthy Heart Program, participants are selected to play leading roles in the production of traditional activities such as root digging, huckleberry picking, and traditional dancing.

A key component to implementing cultural activities was the employment of Yakama or Yakama descendants with a history of cultural activities and family structures. Under the direction of Dr. Rex Quaempts, Lydia George-Maestas, Data Coordinator, Cynthia Harris, first Data Coordinator, Robin John, RPh, CDE,



Public Health Practice Stories from the Field

Pharmacists Help Improve Health of Yakama Indians Living with Diabetes

2.3

AI/ANs are 2.3 times more likely than non-Hispanic whites to have type 2 diabetes

1/3

One-third of Yakama Nation patients with diabetes take part in the pharmacy case management program

30%

Controlled glucose levels rose from 17% in 2004 to 30% in 2014

99%

Of enrolled patients, 99% had their A1c tested, compared with 85% of nonenrolled patients

Diabetes is a manageable disease, and with proper medication and monitoring, patients can avoid expensive, painful, and fatal complications. American Indian and Alaska Native (AI/AN) teens and preteens have the highest rate of newly diagnosed diabetes among youth of all races and are more likely to have complications or die from the disease.¹ AI/AN adults are 2.3 times as likely as non-Hispanic whites to develop diabetes.² The type 2 diabetes rate among adults on the Yakama Nation Reservation in Washington is double that of the rest of the state (14.8% versus 7.7%).^{3,4}

Since 2004, the Indian Health Service (IHS) Special Diabetes Program for Indians has continuously funded 32 Healthy Heart demonstration projects to reduce cardiovascular disease risk in patients with diabetes. The Yakama Indian Health Service used its funding to create the Yakama Healthy Heart Program (YHHP), the only demonstration project to rely on clinical pharmacists. In YHHP, patients are scheduled for pharmacist appointments coinciding with medication refill due dates. The program has established collaborative practice agreements with medical providers for pharmacists to

- Prescribe and adjust medication for treatment of diabetes, hypertension, and hyperlipidemia
- Order and interpret laboratory results
- Perform brief physicals and foot exams
- Give immunizations
- Educate patients about cardiovascular disease risks
- Refer patients to specialists

¹ CDC. *National Diabetes Fact Sheet, 2011*.

² IHS. *Diabetes in American Indians and Alaska Natives Facts At-a-Glance, 2012*.

³ National Indian Health Board. *The Special Diabetes Program for Indians (SDPI): Saving Lives in Washington and Providing a Strong Return on the Federal Investment*. (n.d.).

⁴ O'Connell J, Rockell J, Gutilla M, Ouellet J. *Cost Analysis Project: Healthy Heart Project Results*. Report presented at SDPI Initiatives—Year 2, Meeting 3, Albuquerque, NM. 2012.

The information in Public Health Practice Stories from the Field was provided by organizations external to CDC. Provision of this information by CDC is for informational purposes only and does not constitute an endorsement or recommendation by the US government or CDC.



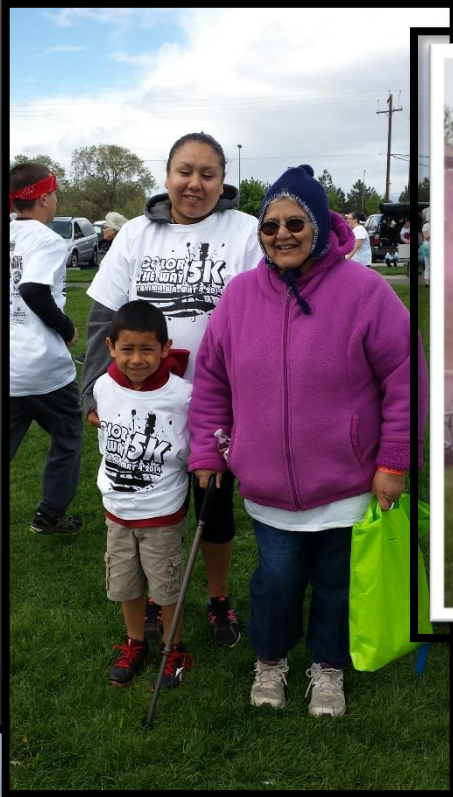
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Cultural & Community Events









Yakama Healthy Heart Diabetes Conference 2011

Monday May 16, 2011

Heritage Theater 1:00 - 5:30pm
100 Spilyay Loop, Toppenish, WA

the longest walk

every step counts



- ♥ Guest Speaker: Dennis Banks
Founder: The Longest Walk
- ♥ Healthy Heart Participant
Awards Ceremony
- ♥ Educational Booths
- ♥ Every Step Counts
Diabetes Walk
Yakama Nation RV Park

More Information: 509-865-2102 ext 299

Mother Earth Provides Us with the Natural Foods to Sustain Life



Root diggers preparing for Spring Feast on the hills by White Swan, WA



Camassia quamash

Spring Feast thanks The Creator for our natural foods.

Learn from our Elders



Gather the Natural Foods and Stay Physically Active



TRADITIONS



LIVE ON....



Respected elder Lola Stahi is enjoying a long, healthy life by following her traditional ways.

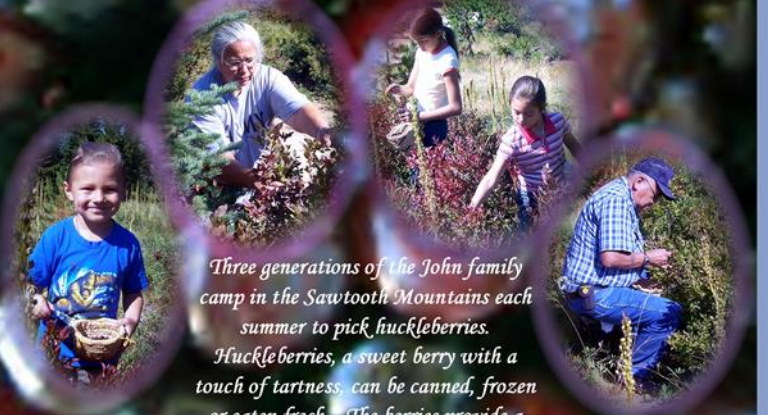
Despite the destruction of Celilo Falls over 50 years ago, community members continue to make salmon the main staple of their diet. Current recommendations state consuming fish at least twice weekly have positive effects on your heart health.



HUCKLEBERRIES



A Hand Picked Family Tradition



Three generations of the John family camp in the Sawtooth Mountains each summer to pick huckleberries. Huckleberries, a sweet berry with a touch of tartness, can be canned, frozen or eaten fresh. The berries provide a good source of Vitamin C.





Dance Away Diabetes



Since Healthy Heart



Pharmacist Retention

Recruitment

Job Satisfaction

Improved Patient
Outcomes

Since Healthy Heart

Provider Approval

Increased Referrals

Expanding CPA's

Workload Decreased

Fewer Gaps in Patient Care



Since Health Heart

Patient Response

Increased Involvement

Improved Coordination of Care

Ease of Access to Medical Home



Now the BIG Question

How do you continue the program?

Elements of Sustainability

Training

- Staff
- Continuing Education

Communication

- Team Meetings Monthly
- Advisory Board
- Reports to Stakeholders

Quality Improvement

- Monthly Chart Review
- Peer Review
- Productivity Reports
- CQI Projects



Sustaining Program

Bill for Services

- Accreditation
- Incident to
- Utilize Recognized Providers
- Advocate

WA law



**Landmark Legislation Paves Way for Pharmacists to Improve Patient Care
(May 11, 2015)**

SDPI Diabetes Best Practices

- » [Aspirin or Other Antiplatelet Therapy in Cardiovascular Disease](#)
- » [Blood Pressure Control](#)
- » [Chronic Kidney Disease Screening and Monitoring](#)
- » [Dental Exam](#)
- » [Depression Screening](#)
- » [Diabetes-related Education](#)
- » [Eye Exam – Retinopathy Screening](#)
- » [Foot Exam](#)
- » [Glycemic Control](#)

- » [Immunizations: Hepatitis B](#)
- » [Immunizations: Influenza](#)
- » [Immunizations: Pneumococcal](#)
- » [Immunizations: Tetanus/Diphtheria](#)
- » [Lipid Management in Cardiovascular Disease](#)
- » [Nutrition Education](#)
- » [Physical Activity Education](#)
- » [Tobacco Use Screening](#)
- » [Tuberculosis Screening](#)



Summary

- Integrate program within medical home using team approach
- Build support for your program through participants and stakeholders
- Bill for services
- Develop partnerships with multiple entities
- Provide support and expertise to providers and community
- Be flexible and creative so you can adapt to changes
- Continuous Improvement

Questions?

