Cardiac Health Learning and Action Network

AQAF and other QIOs are launching a national cardiac health campaign—sparking a new movement to buck the trend of declining cardiac health by better managing patients at risk for a serious heart event through aspirin use, blood pressure monitoring, cholesterol monitoring, and smoking cessation.

The initiative, launching late in 2011, promises to be one of the largest ever efforts to make a proactive dent in removing barriers to changing potentially cardiac-risky behaviors among all patients, most importantly, Medicare beneficiaries.

Working in collaboration with stakeholders across Alabama, AQAF will convene medical experts, community partners, and physician offices in a Learning and Action Network to address smoking cessation, aspirin therapy, blood pressure control and cholesterol control.

➢ **Blood Pressure Control**
Percentage of patients with Medicare with coronary artery disease or peripheral vascular disease whose most recent blood pressure during the measurement year is <140/90 mm Hg.

➢ **Lipids Management**
Percentage of patients with Medicare with ischemic vascular disease whose most recent LDL-C screening had a result of <100.

➢ **Aspirin**
Percentage of patients with Medicare with ischemic vascular disease who have documentation of use of aspirin or other antithrombotic during the 12-month measurement period.

➢ **Smoking**
Percentage of patients with Medicare who receive smoking cessation counseling.

Learning and action networks are mechanisms by which large scale improvement around a given aim is fostered, studied, adapted and rapidly spread regardless of the change methodology, tools, or time-bounded initiative that is used to achieve the aim. Learning and action networks consciously manage knowledge as a valuable resource. They engage leaders around an action based agenda. Such a network creates opportunities for in depth learning and problem solving, it

accepts all offers of support seeking to catalyze interested parties, and it is transparent, flexible, interchangeable, and purposeful. Learning and action networks create an opportunity for communities, with assistance and guidance from AQAF, to harness the knowledge, skills, and abilities of their peers and vested partners to reach a critical mass of the appropriate factions in the state around a common aim. Through our statewide, cardiac health Learning and Action Network, you can:

- Connect with organizations and individuals that have similar quality improvement goals and challenges
- Learn from others in an "all teach, all learn" environment
- Be mentored by a high-performing provider
- Benefit from others' best practices as quickly as they are identified
- Participate in improvement collaboratives based on rapid, small tests of change (PDSA cycles)
- Receive and share free information and tools that support improvement
- Be recognized for meeting or exceeding improvement targets