



Pharmacy Support Services for Cardiovascular Disease Management

The National Cardiovascular Health Program

Brittany McCauley, RD, LDN - Practice Transformation Specialist



The healthcare improvement experts.

Housekeeping Notes

- All attendee lines are muted.
- Please submit your questions to our panelists via the Q&A feature.
- Questions will be addressed at the end of the session as time permits.



Quality Insights Overview



- A non-profit organization focused on data-driven community solutions to improve health care quality in pursuit of better care, smarter spending, and healthier people.
- Change agent, trusted partner and integrator of organizations collaborating to improve care.



Learning Objectives

- ✓ Discover innovative strategies to engage patients with pharmacy support services.
- ✓ Recognize the invaluable role pharmacists serve in team-based care.
- ✓ Gain insights into effectively integrating pharmacy support services into multidisciplinary approaches for cardiovascular disease management.
- ✓ Learn the referral process for **Ivira Health & Pharmacy services.**



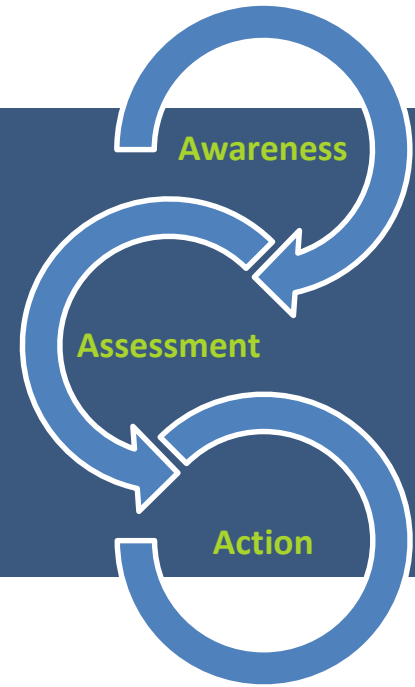
Purpose

- Overview of evidence-based information
 - Cardiovascular health prevention and management
 - Awareness
 - Assessment
 - Action



Cardiovascular Disease Management

Awareness: The Impact of Cardiovascular Disease



Cardiovascular Disease (CVD)

Heart Disease

- Leading cause of death in the U.S.¹
- Leading cause of death in Delaware²



Stroke

- Fifth leading cause of death in the U.S.¹
- Fifth leading cause of death in Delaware²

Sources: ¹[Xu et al.](#), 2022; ²[CDC](#), 2023.



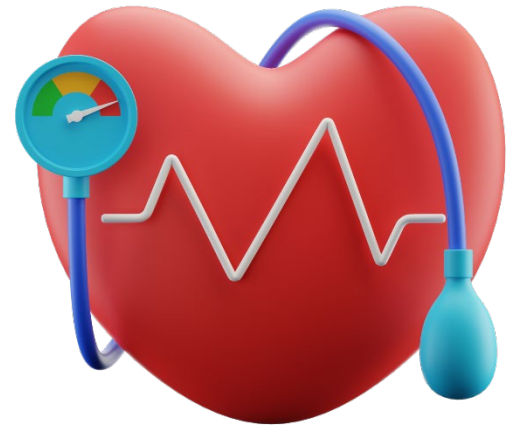
Hypertension Prevalence

Delaware: 36.2%

% of all DE adults reported being told they had high blood pressure

United States: 32.4%

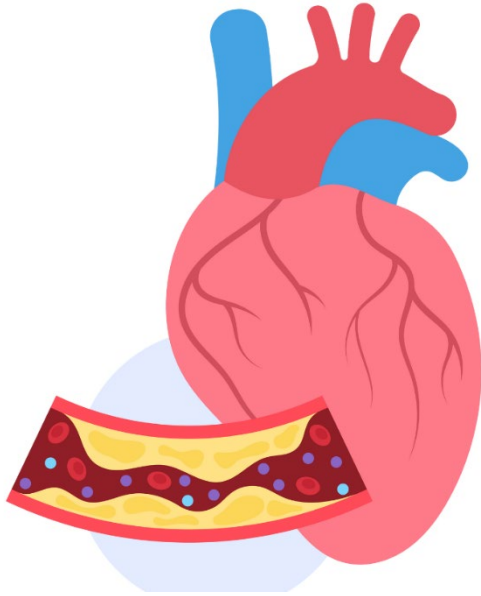
% of all U.S. adults reported being told they had high blood pressure



Sources: [DHSS](#), 2022; [America's Health Rankings](#), 2022.



Prevalence of High Cholesterol



Delaware: 37.7%

% of all DE adults reported they had been diagnosed with high blood cholesterol.

United States: 35.7%

% of all U.S. adults reported they had been diagnosed with high blood cholesterol.

Sources: [DHSS](#), 2022; [America's Health Rankings](#), 2022.



Stroke & Risk Disparities

1 in 6

deaths from
cardiovascular
disease were
due to stroke.

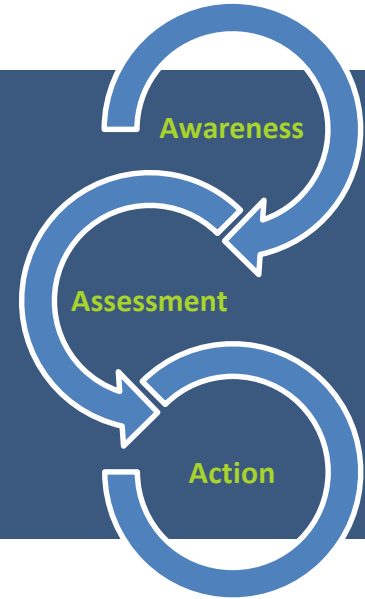
- Nearly **twice** as high for non-Hispanic Black adults.
- Non-Hispanic Black adults and Pacific Islander adults have the **highest rates** of death due to stroke.

Source: [CDC](#), 2023.



Cardiovascular Disease Management

Assessment: Using the Tools
for Hypertension & Cholesterol



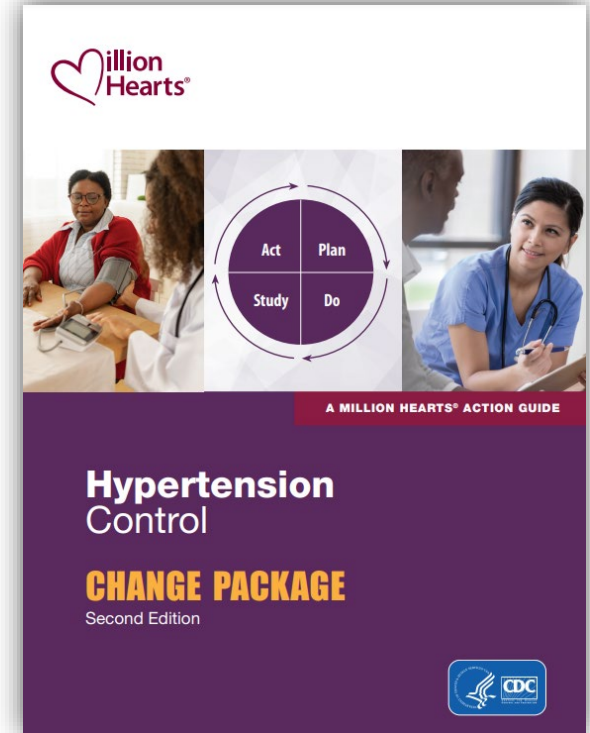
Self-Measured Blood Pressure (SMBP)



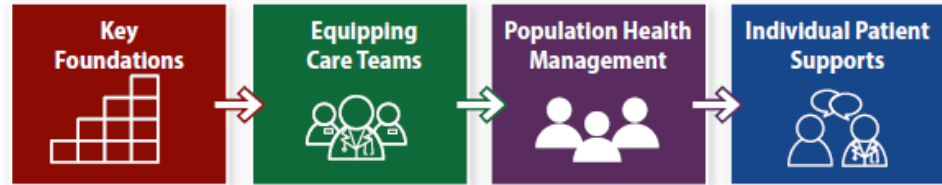
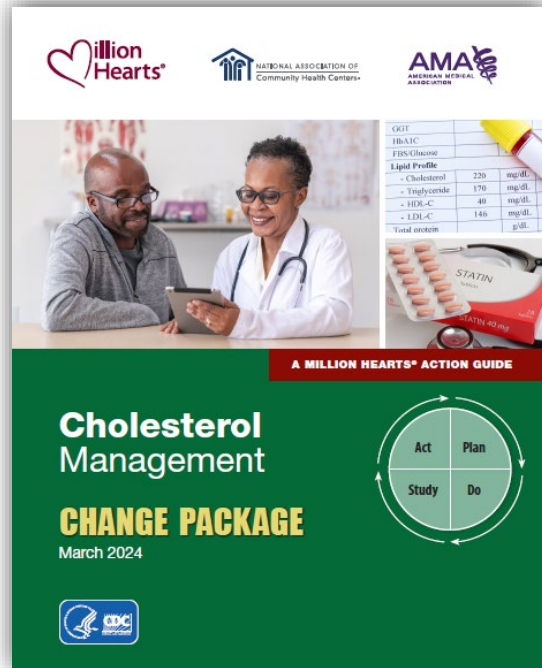
Million Hearts[®]

- Hypertension Control Change Package (HCCP), Second Edition

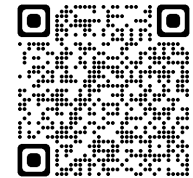
The HCCP is broken down into four main focus areas:



Cholesterol Management Change Package



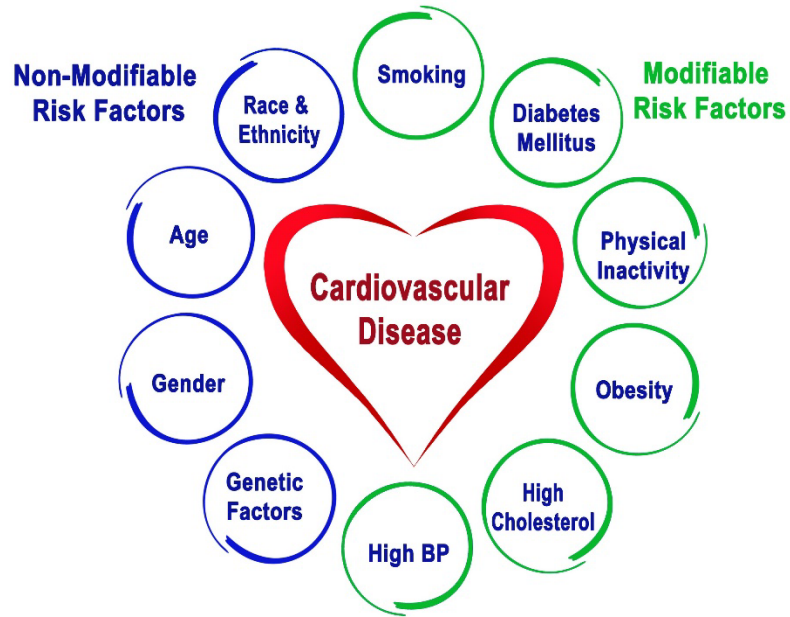
- Cholesterol screening – non-fasting
- Statin and non-statin therapies
- “Hiding in plain sight”
- Familial hypercholesterolemia
- Shared decision making
- Social drivers of health



Download the [Cholesterol Management Change Package](#).



Risk-enhancing Factors



- Health conditions including:
 - Metabolic syndrome
 - Chronic kidney disease
 - Chronic inflammatory conditions
 - Premature menopause
 - Preeclampsia
 - High lipid biomarkers

Health Disparities: Considerations for Underserved Populations

- Assess social context, including food insecurity, housing stability, and financial barriers.
- Partner with and support community champions who target underserved populations.
- Share opportunities for self-management support and community resources when available.
- Provide educational materials in multiple languages and appropriate literacy levels.

Sources: [JAHA](#), 2017; [America's Health Rankings](#), 2022.



Cardiovascular Disease Management

Action: Team Based Care to Improve Outcomes



Interventions



The Global Burden of Cardiovascular Diseases and Risk:

*“Multilevel pharmacological and non-pharmacological **interventions** are needed to address the risks of high blood pressure on health.”*

Source: [Vaduganathan](#) et al., 2022.



Team-Based Care Approach



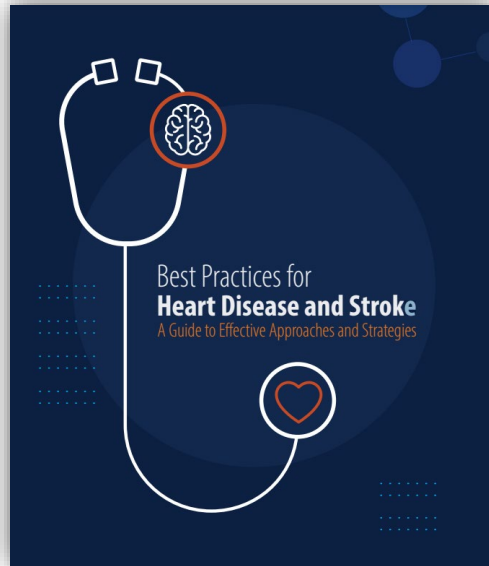
Team responsibilities include:

- Medication management
- Adherence
- Patient follow-up
- Self-management support

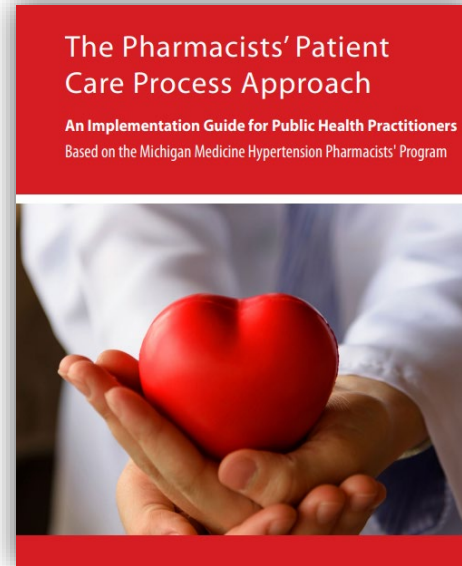
Source: [CPSTE](#), 2023



Leveraging Care Teams for Optimal Outcomes



[Best Practices for Heart Disease and Stroke](#),
by CDC, 2022.



[The Pharmacists' Patient Care Process Approach](#),
by CDC, 2021.



www.ivirahealth.com



Gabriella Pepe McGinley, PharmD, BCACP, AAHIVP
Director of Clinical Operations, Clinical Pharmacist, Ivira Health





Gabriella Pepe McGinley, PharmD, BCACP, AAHIVP
Director of Clinical Operations, Clinical Pharmacist
Ivira Health

Ivira Health's Mission



Help patients and families navigate the healthcare system



Provide services between provider visits



Ensure patients are receiving optimal, evidence-based care



Fill in care gaps and provide a one-stop-shop for all healthcare needs

What Makes Ivira Unique?

- Turn-key solution to care coordination and population management services
 - Chronic Care Management
 - Remote Patient Monitoring
 - Collaborative Practice Agreements
 - Infusion Services
 - Pharmacy Services (pill pack, free delivery, specialty pharmacy)
- Pharmacist-led multidisciplinary team
 - Residency-trained/board-certified clinical pharmacists
 - Evidence-based recommendations
 - More than just vital reviews
 - Pharmacists have demonstrated a reduction in medication errors and reduced health care costs
- Extension of providers' office
 - Work directly with providers to act as an extension of care rather than a separate entity
 - Allows for office to meet HEDIS measures, assists with patient education, and ensures optimal medication regimens

Family of Clinical Services

Remote Patient Monitoring

- Cardiovascular Health - Hypertension/Heart Failure/Statins
- Diabetes

Disease State Management

- Focusing on chronic conditions and addressing/meeting goals of care plan

Wellness

- Team of health coaches and dietitians who can provide exercise and nutrition counseling .

Collaborative Practice Agreements

- State immunization services
- Administration of long acting anti-psychotics and treatments for substance use disorders

Infusion Services

- State-of-the-art infusion center located in Wilmington
- Specialty infusions and injections

Pharmacy Services

- Free delivery of medications
- Medication synchronization
- Pill Pack
- Specialty pharmacy

Remote Patient Monitoring

- Patients are sent smart devices
- Assigned two members of care team
 - Patient care coordinator
 - Clinical pharmacist
- Vitals checked remotely are automatically sent to Ivira
- Ivira will then:
 - Monitor these readings and complete monthly review calls with the patient or caregiver
 - Conduct monthly disease state education
 - Share all data with providers
 - Triage to higher care when patients have critical readings
 - Work with providers to make medication adjustments as needed



Disease State Management

- Provide monthly education on specific disease states and counseling on medications
- Contact providers with any concerns addressed during the call and provide medication recommendations
- Fill prescriptions for patients via our Ivira pharmacies and set up free delivery
- Link patients to health coaches and dietitians
- Provide smart devices to help monitor health from home (if applicable)

Wellness Services

Registered Dietician

- Nutritional planning
- One-on-one meetings
- Weight loss

Health Coach

- Custom exercises
- Motivational interviewing
- Healthy habit forming
- Care coordination

Smoking Cessation

- Counseling and assistance with appropriate cessation therapies

Infusion Center

- Highly rated infusion suite
 - Recently highlighted by National Infusion Center Association
- Clinical pharmacist and nursing supported
- Benefit investigation
 - Prior authorizations
 - Financial assistance

Pharmacy Services

- Specialty pharmacy
- Medication deliveries free of charge
- Medication synchronization
 - Get all medications filled at once
- Pill Pack
 - Medications pre-packaged how you should take them

How to Refer Patients

Care Coordination

- Fax or call us!
- Fax: 302-274-0021
- Call: 302-274-0020

Infusion Center

- Visit us at ivirahealth.com
- Our referral forms are located under Practitioners → Infusion Forms

Pharmacy Services

- Send prescriptions to our any of our Ivira locations
- Call us if patients need any special accommodations or assistance

Enrollment - RPM

Referral Sent

- Provider sends referral to Ivira
- Benefit Investigation is Completed

Patient Called

- Program explained
- Copay (if any) is discussed
- Obtain verbal and written consent
- Device education given
- Address verified and device is mailed with written instructions

Device Received*

- Once device is received, patient called again for device education and to answer any questions
- *Patients must complete a device consent form prior to shipment

Summary



Turn key, pharmacist-led care coordination services



Provide personalized and well-informed healthcare services to patients/families in conjunction with provider



Improve outcomes and reduce medication and disease-state related problems

Questions?

Gabriella Pepe McGinley
gmcginley@ivirahealth.com
302-985-9658



Thank you!

Gabriella Pepe McGinley
gmcginley@ivirahealth.com
302-985-9658



Discussion



Leveraging Care Teams for Optimal Outcomes



- Create a clear clinical workflow that incorporates the entire care team.
- Contact your Quality Insights Practice Transformation Specialist for assistance.

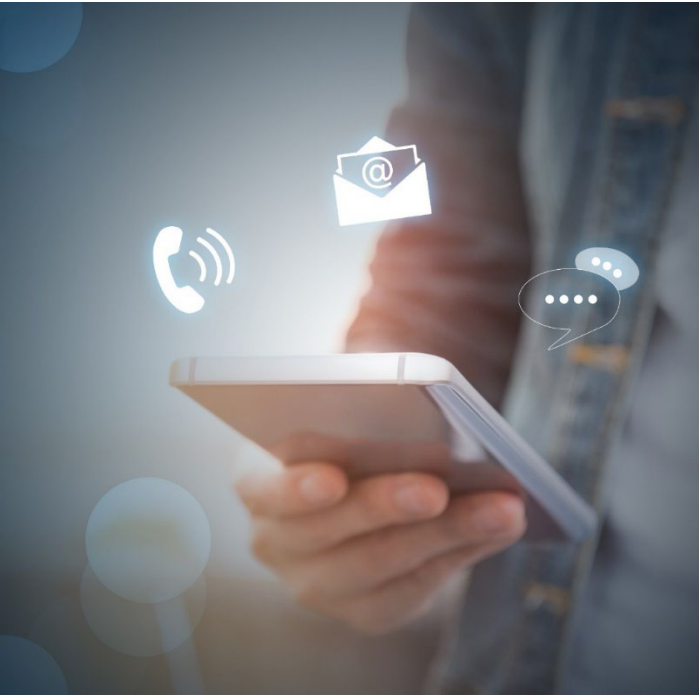


Workflow Modifications: EHR Actions

- Tips for Improved CVD Management
 1. Mind your measures.
 - CMS 165: Controlling High Blood Pressure
 - CMS 347: Statin Therapy for the Prevention and Treatment of Cardiovascular Disease
 2. Document provider recommendations in structured data fields within the patient chart.
 - Ordering Medication Therapy Management or Remote Patient Monitoring
 3. Utilize EHR alerts.
 - Clinical decision support (CDS) reminders



Contact Quality Insights



Brittany McCauley, RD, LDN

Email: bmccauley@qualityinsights.org

Phone: 1.800.642.8686, Ext. 131

Quality Insights website:

www.qualityinsights.org/stateservices



Social Media:



Evaluation

- Please complete this brief evaluation to provide Quality Insights with feedback about this session.
- You will be automatically directed to the evaluation when you close out of today's webinar.
 - Link: <https://www.surveymonkey.com/r/DLZBD99>
 - QR code:



THANK YOU!



Quality
Insights

This publication was supported by Cooperative Agreement Number NU58DP007429 from the Centers for Disease Control and Prevention as part of the National Cardiovascular Health Program (CDC-RFA-DP-23-0004). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication number DEDPH-CV-042424A