



RHIP Clinical Cardiovascular Disease Workgroup
PacificSource (North Twin Lakes - Lobby)
2965 Conners Ave, Bend

Agenda: August 13, 2019 from 7:00-8:00am

Goals

Clinical Goal: Improve hypertension control

Prevention Goal: Increase awareness of the risk factors for cardiovascular disease including tobacco use, uncontrolled hypertension, high cholesterol, obesity, physical inactivity, unhealthy diets, and diabetes.

Health Indicators by 2019	QIM Measure	State Measure	Healthy People 2020
1. Increase the percentage of OHP participants with high blood pressure that is controlled (<140/90mmHg) from 64% to 68% (Baseline: QIM NQF 0018 - Controlling high blood pressure, 2014).	√		√
2. Decrease the prevalence of cigarette smoking among adults from 18% to 16% (Baseline: Oregon BRFSS, 2010-13; QIM Cigarette Smoking Prevalence).	√		√
3. Decrease the prevalence of smoking among 11 th and 8 th graders from 12% and 6%, respectively to 9% and 3%, respectively (Baseline: Oregon Healthy Teens Survey, 2013).			√
4. Decrease the prevalence of adults who report no leisure time physical activity from 16% in Crook County, 14% in Deschutes County and 17% in Jefferson County to 14%, 12%, and 15 % respectively (Baseline: Oregon BRFSS, 2010-13).			
5. Decrease the prevalence of 11 th graders and 8 th graders who 0 days of physical activity from 11% and 6% to 10% and 5%, respectively (Baseline: Oregon Healthy Teens, 2013).			

1. **7:00-7:05** Introductions - All
2. **7:05-7:30** Blood Pressure Marketing Campaign Action Items – All
 - Review of Action Items
 - Fire Department Details and Actions
 - Senior Centers? Location in Crescent/Chemult?
3. **7:30-8:00** Eclipse GO LIVE Update – Brian Canady and Team

Funds Remaining: \$172,010

Next Meeting: 9.10.2019 from 7-8am, PacificSource: North Twin Lakes



Cardiovascular Disease: Clinical (11)	Organization
Karen Ard	Deschutes County Health Services
Mark Backus, MD, FACP	Cascade Internal Medicine Specialists
Brenna Francis	La Pine Community Health Center
Maria Hatcliffe, RN, MPH	Mosaic
David Huntley, MPH	Epidemiologist - Community Member
Alison Little, MD, MPH	PacificSource
Ann Ottesen	Community Member
Katie Plumb	Crook County Health Department
Robert Ross, MD, MScED, FAAFP	St. Charles Health System/St. Charles Medical Group
Divya Sharma, MD, MS	Mosaic & Central Oregon IPA
Shiela Stewart, RN, BSN	Central Oregon IPA

BP Campaign Action Items 6.11.19

BP Campaign Notice Dissemination Plan 7.9.19

Who	Where	How	By When	Status
Gwen	COHC contacts: Ops Council, workgroups	Email and flyer	6.26 (email). Aug 2 (flyer and email)	
Sheila	COIPA newsletter	email	7.9	
Sheila (and Divya?)	COIPA providers	email	7.9	
Gwen	Pharmacist email list	Email	6.26 (email) Aug 5 (email)	
Rob/Emily Salmon	SCMG (In the Know) Emergency Dept	Email		
Maria	Mosaic Clinics	Email and paper		
Allison	Pacific Source Provider Network	Email		
deselected	Redmond Pharmacies: Riteaid, Walmart, Fred Meyer, Safeway	Flyer drop off	deselected	
	Bend Pharmacies: RiteAid, Safeway Hwy 20	Flyer drop off		
	Madras Pharmacies: Safeway, Hometown	Flyer drop off		
	Sisters Pharmacy: Ray's Food Place	Flyer drop off		
	La Pine and South Pharmacies:	Flyer drop off		
	Prineville Pharmacy: Rite Aide			
All Pharmacies: Redmond, Bend, Madras, La Pine and South (2 nd notice)	Fax			

What:	Identify locations in CO that take Blood pressure, or have self-test available
Deadline:	Friday, June 14 th , 10am

Who	Where	Status	
Gwen	Warm Springs		Phone and email contact x2- Phone appt set up
Maria	Pharmacies in Prineville, Madras, Bend, Redmond, Mosaic Mobile Clinic		<p>Mosaic Medical Mobile Clinic – Because the Mobile functions much like our other clinics, they are not able to accommodate walk-ins for BP checks either.</p> <p>Below are my survey results of the pharmacies I called. I think it is safe to say that most Safeway, Rite Aids, Fred Myer and Hometown in Madras <u>DO</u> have machines. Bi-Marts and Walgreen’s do not. The folks who knew said they had Higi brand machines. Higi is a medical technology company.</p> <p>Redmond:</p> <ul style="list-style-type: none"> · Rite Aid – YES; it’s called an Higi · Walgreen’s – NO · Walmart – YES · Bi-Mart – NO · Safeway – YES; in the pharmacy waiting room · Fred Myer – YES <p>Bend:</p> <p>Rite Aid N Store – YES; it’s a Higi Westside – NO Safeway Hwy 20 – YES but have to ask Pharmacy staff for access to it Walgreen’s - NO</p> <p>Madras:</p> <p>Safeway – YES Hometown – YES</p> <p>Prineville:</p> <p>Rite Aid – YES Bi-Mart - NO</p>
Sheila	LaPine, Gilchrist, Chemult		Request made for infox3

			<p>(La pine Community Health Center) We offer B/P checks for our patients and there is also a self-check machine in the pharmacy off of our waiting room. So, I do not think that this would be needed here. I am wondering, though, if there could be one at the Senior Center in La Pine?</p> <p>Regarding Gilchrist and Chemult, I am forwarding this to Serena, our Outreach Worker that is familiar with those communities. <u>Answer:</u> There are very few businesses in this area that would be able to accommodate or be ideal for a prime location. The only ideal place that I can think of and may have room would possibly be the Dollar General in Crescent. It is open 7 days a week and has easy access. Serena McMichael Outreach and Enrollment Advisor</p>
Karen	Sisters		Sisters only has one blood pressure cuff available at Ray's Food place.
Sheila	Prineville		Crook Co Health Dept - Prineville has Monday walk-in clinic
Rebeckah	Redmond-non-pharmacy locations		<p><u>Redmond:</u></p> <p>I found four pages from either Primary Care (Summit BMC, etc) or chiropractor type places that had pages about high blood pressure, but it was aimed at patients or getting people to become patients. No mentions of blood pressure checks during unscheduled visits.</p> <p>Pharmacies in Redmond:</p>

			<p>Safeway Pharmacy: https://local.pharmacy.safeway.com/safeway-pharmacy/or/redmond/1705-s-hwy-97.html Walgreens: https://www.walgreens.com/locator/walgreens-1450+s+highway+97-redmond-or-97756/id=7971 Rite Aid: https://locations.riteaid.com/locations/or/redmond/1514-sw-highland-avenue.html</p> <p>Health Fairs: https://www.facebook.com/events/senior-center-of-redmond-oregon/free-redmond-health-fair/2613769175305796/ https://bendchamber.org/community/redmond-community-health-fair-to-help-senior-citizens/</p> <p>Deschutes County has a public health clinic located in Redmond here: https://www.deschutes.org/standard-location/becky-johnson-community-center For some reason they don't have their hours</p>

What:	Follow up with clinics about putting BP and info in clinic
Deadline:	Friday, June 14 th , 10am

Who	Where	Status	
Rob	SCMG clinics		Email sent
Shiela	Indep Practices		So, I've only heard back from a few COIPA clinics regarding their accessibility to do walk-in B/P checks. Most are

			<p>responding that they will only do walk-in check on their established patients and at this point, would not be interested in setting up stations in their lobbies. (I think there is still that liability factor that we brought up in the RHIP group).</p> <p>I'm still waiting to hear back from Muriel regarding other areas in Crook Co, that may offer walk-in checks or have the testing stations in place. Will let you know if she responds.</p>
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What:	Initiate or deepen relationship for new access points
Deadline:	Our next Clinical CVD meeting; July 9

Who	Where	Status	
Maria	COCC nursing school, Mosaic Mobile Clinic		<p>We did get a yes (below) from the School of Nursing to become involved. I'm not exactly sure how to proceed with them. We should set up a meeting to discuss but would you be the liaison for this engagement? What are your thoughts?</p> <p>I'm including Shiela because if we need an RN to be involved perhaps she could have a role as an RN with COIPA?? And also Shiela, maybe you could see what clinics might be interested in from the students for doing BP walk ins in their clinics?</p> <p>I would think we would need our MD reps to help develop some protocols for the nursing students in any setting. "What do they do if" scenarios.</p> <p>We need small group and point person to work with school to help develop this.</p>
Mark	Crook County Health		I talked to kylie at Crook county health but she though I needed to come by and show them the situation and get them to buy in. I'm off on vacation a few weeks but will try to set that up in July
Karen	LCA and partners (additionally ask		I spoke with LCA they have a meeting g today to discuss it and will get back to me afterwards.

	about video support)		
Ann	Fire Departments		<p>I did, however, touch base with the fire department (I can't remember whose idea that was). Doug Kelly at 541-504-5000. He is the EMS division head for Redmond Fire and Rescue and I think works at one of the Bend stations. He was totally open to hosting blood pressure cuffs at their fire stations with a table and pamphlets. I tried to get his opinion about it and he didn't readily give an opinion either way but said he thought more people might come to the station and ask about BP after our campaign. He said if we wanted to look into hosting at the more rural fire stations we should contact them individually (look on the internet). My idea (side bar) is that it would be so nice to have one contact at each of the rural fire stations that we run ideas by. A "community consultant" that has their eyes and ears in the rural community and can tell us what ideas might work and not work for those folks. An "ambassador" and "community expert" to consult with. They would also be helpful for spreading the word and implementing ideas as long as they liked them. I was thinking if we decided to try to host bp cuffs at these stations (or even just look into it if we decided not to host cuffs at these stations) that the REAL goal could be to develop partnerships/relationships with these rural community experts so we can consult with them when we are trying to get campaigns going. It would be nice to visit with them initially but then have them on speed dial/email.</p> <p>There are 12 fire departments in Central Oregon http://www.centraloregonfireservices.org/?zone=/unionactive/view_page.cfm&page=C020Fire20Depts</p> <ul style="list-style-type: none"> • Redmond Fire & Rescue • Jefferson County Fire District #1 • Sisters/Camp Sherman Fire • Black Butte Ranch RFPD • Crook County Fire & Rescue • Bend Fire & Rescue • Crooked River Ranch RFPD • Sunriver Fire Department • Warm Springs Fire • Cloverdale RFPD • Lapine Fire District • Lake Chinook Fire

Ann	Library		
Sheila	Crescent - dollar General, install an automated BP machine		Corporate does not allow

Outreach to Fire Departments re: BP testing

Fire Dept	Who	Outcome	Status
<u>Summary:</u>		<u>Pt Facing Materials:</u> Jefferson Co Fire Dist #1 Sunriver Fire La Pine Fire District <u>BP cuffs:</u> Jefferson Co Fire Dist #1 Lake Chinook Fire (pediatric and Large sz) <u>Training:</u> Jefferson Co Fire Dist #1 Warm Springs Health Center	
Redmond Fire & Rescue	Ann Ottesen		

<p><u>Jefferson County Fire District #1</u></p>	<p><u>Ann Ottesen</u></p>	<p>Mark Johnson was the contact person for Jefferson County fire district #1. He thought they would be interested but as EMS and the fire department are separate in Madras, he thought we should go through Mike LePin EMS Chief instead of the fire department FIRST for health related matters. Mike LePin is interested in the free materials and BP cuffs as well as the training by Dr Backus (and maybe he can include the fire department when it happens). They go to the senior center to follow up on blood sugars and blood pressure checks monthly. These guys might be key to include in diabetes programs and our HTN campaign.</p> <p>I spoke with Brad Robertson at Jefferson County EMS and he was excited to be involved with diabetes and blood pressure related stuff if needed (he checks blood sugars for seniors in culver AND blood pressures). I had the email wrong for mike. Now I have Brad Robertson and Mike Lepin</p>	
<p><u>Crooked River Ranch RFPD</u></p>	<p><u>Ann Ottesen</u></p>	<p>I've been playing phone tag with Alysaa. She is going to be the contact out there (see previous email). They are interested in partnering with us and being listed on the website. BUT, still haven't heard back specifically about training from Dr Backus and free stuff. Will try calling again but they want to be involved.</p>	
<p><u>Sisters/Camp Sherman Fire</u></p>	<p><u>Kelsey Seymour</u></p>	<p>FD captain is OOO until Aug 13. Message has been given to chief.</p>	
<p><u>Black Butte Ranch RFPD</u></p>	<p><u>Kelsey Seymour</u></p>	<p>Black Butte is interested in participating and they already regularly provide this service. 8-5 is the best time to come in for it. Want more information about training.</p>	
<p><u>Crook County Fire & Rescue</u></p>	<p><u>Katie Plumb</u></p>	<p>We have gone back and forth with CCFR – they are running it by all their chiefs to see how they want to proceed. I'm hoping to follow up with them in a couple days if I haven't heard back</p>	

Bend Fire & Rescue	Mark Backus	I got a hold of Bill Loller, head of the wellness committee. I'm planning on talking to them in the future about blood pressure stuff. Regarding checking blood pressures at the stations, he says they offer that, but only get a few drop ins a month. He thinks it would be ok for us to advertise to people about coming in, but wants to discuss it more with other staff before giving the green light. They use an automatic cuff, and re-check with manual if they are unsure.	
Sunriver Fire Department	Shiela Stewart	541-593-8622 Main contact: Tammie Waters (Admin assistant) tammiew@sunriverfire.org One firehouse in Sunriver located at 57475 Abbot Drive, Sunriver OR 97707 Their firefighters are trained to properly take B/P and take annual competency exams to keep up their skill sets. They release a monthly newsletter to the public on current events and campaigns and would like to have something from our workgroup to include in it . Basically explaining the campaign and why it's important to know your numbers. They have a deadline of the 12 th of the month prior to release the next month and prefer 700 words or less at 5 th grade reading level. So if we want something in the September newsletter, we'd need to get it to Susan by August 12th . Contact Susan Berger at susanb@srowners.org 541-593-2411 **Tammie would like the website to include Sunriver Fire Dept as a location for free to the public 24/7 Blood pressure testing! They would also accept patient facing materials to disseminate.	
Warm Springs Fire	Rob Ross	I talked to the assistant fire chief, and he promised me he would fill out the form and get it back, which he didn't. I will have to remind him	
Cloverdale RFPD	Karen Ard		
Lapine Fire District	Shiela Stewart	541-536-2935 They would also like have some type of information to post at the station for appropriate steps to take if person comes in for B/P check and has elevated reading but needs to establish with a doctor.	
Lake Chinook Fire	Karen Ard	One station fire house	

		<ul style="list-style-type: none"> -Have trained staff and provide in-house training and do not need additional training -Currently do take BP and are open Tues-Saturday (afternoons are best) -Are willing to be a hub for BP checks -Chief Don Colfels 541-629-8911 <p>Request:</p> <p>Peds BP cuffs (stated they have geriatric community members that come in for BP checks and adult cuffs are too large for them)</p> <p>Large BP cuffs</p>	

What:	OTHER
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Who	What	Details	Status
	Fund a BP machine in Crescent – Laundromat? Library?		
Gwen	Warm Springs- Fund BP machine in region	Conversation scheduled for 7/30 YES! Working through paperwork and details on their end.	

Who	What	When	Status	
Ann	Cost of free-standing, automated BP machines	Our next Clinical CVD meeting; July 9	6.12	https://secure.higi.com/locator?search=97701 I can't believe it! Higi is in bend, Redmond, prineville. Two right aides and Fred Meyer and shopko in bend, right aid and Fred

			<p>Meyer in Redmond, right aid in prineville. They have qualifications with American heart (follow updated guidelines). So good to know. They have programing and population health platforms.</p> <p>I emailed them to see what it would take to get them in LaPine, Madras, sisters, and warm springs. They are located in food, drug, and club stores...albertsons, Krueger, Sam's club, and much more.</p> <p>I asked if we could have input on the programming for Central Oregon (maybe health Dept already involved??). They also do marketing. Asked about machine maintenance and costs.</p> <p>They have a lot of metrics they track (including bmi, no), do goal setting, etc. There is some buzz about highi (good and bad) on the internet.</p> <p>a. Screen America Wellness: machines purchased by pharmacies. Contact 1-800-333-9355, 360-686-8031. Eileen 360-901-8100 was very informative. This company website is linked to pharmaceutical online company. There are 2 main machines available and different purchasing for them. Space Labs Medical made the vitastat 90550 which is the small basic machine that costs around \$5,695 new and \$2,995 reconditioned. State entities get about a \$400-\$500 discount. These machines do not require much maintenance. There is a tracker that keeps track of completed BP tests. For comparison, the computerized machines start at about \$8,600 and require more maintenance. There are 11 companies that have a dealer alliance with Space labs medical including Screen America Wellness. These machines can be found at Safeways (now albertson's), employee wellness sites, some hospital systems including Swedish and providence, state entities, county and city facilities. Potlatch clearwater has 17 machines (Idaho). Hanford nuclear site has 33 machines. They report that if a stroke is prevented, that saves an employer \$40K. There are 4 windows for printed materials. Safeway does their own custom inserts. Concerns are with having the data in the cloud and being breechable.</p> <p>i. Purchasing options:</p>
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				<ol style="list-style-type: none"> 1. Buy outright 2. Lease (about \$89/month initially): about 45% goes towards purchase price if deciding to buy later. 3. Installment program 4. They do have maintenance contracts but the small machines don't usually need much maintenance and don't push these anymore. <p>I asked for formal quotes from Eileen by email and I said two machines. She said that she plans to send health aware info for the 4 windows and that if we make something in microsoft publisher (the size is unusual 8 1/2 x 14), she can have them put the forms in upon installation. She also reports the machines are fairly easy to move. The size needed is 20"x24" of floor space and she will give us the GSA price. If we want the machines installed by Mid August, be sure to give at least 2-3 weeks notice.</p> <p>I'll forward the quotes when I get them. These would be for new machines.</p> <p>Ann</p>
Gwen	Provide visual 1-pager for distribution to impacted partners	Wed, July 19		

IDEAS:

Who	What
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Rebeckah	I wonder if we can partner with LWWCC to have blood pressure checks at their classes around the region (perhaps an hour before or after their class?) for the public to drop in? This would not be consistent though. I do prefer having a partnership with public health clinics if they'd be willing. https://www.deschutes.org/health/page/living-well-chronic-conditions

Detailed Summary from Ann:

1. Machines at Grocery Store and Beyond. Two main Brands

- a. Higi: Contact 626-256-6152, support@higi.com, 1-866-818-8793. They provide machines, software, service. Pharmacies (and beyond) provide the space.
 - i. Apps for tracking weight, height, BP
 - ii. Working on integration with Epic
 - iii. All across the country, growing. Have Kiosks in malls, universities, stadiums, and beyond. Based in Chicago
 - iv. Have partnerships with employers and employee health, insurance companies,
 - v. ACTION ITEM: Maybe software could be modified to include local information such as who to call if no PCP or insurance. Question out to them and waiting to hear back.
 - vi. ACTION ITEM: Would they consider hosting machines in rural communities (with low volume) such as rural fire stations? They sounded open but wanted to contact people higher up in the company.
- b. Screen America Wellness: machines purchased by pharmacies. Contact 1-800-333-9355, 360-686-8031. This company website is linked to pharmaceutical online company. Action Item: I left voicemails for more information. Waiting to hear back.

2. Locations

- a. Bend
 - i. Higi
 - 1. Rite Aid 1900 NE 3rd Street Bend, OR 97701
 - 2. Rite Aid 700 S.E. 3rd Street Bend, OR 97702
 - 3. Shopko 60 NE Bend River Mall Ave Bend, OR 97701
 - 4. Fred Meyer 61535 S Hwy 97 Bend, OR 97702
 - ii. Screen America Wellness
 - 1. ???
- b. Redmond
 - i. Higi
 - 1. Fred Meyer 944 SW Veterans Way Redmond, OR 97756
 - 2. Rite Aid 1514 SW Highland Avenue Redmond, OR 97756
 - ii. Screen America Wellness
 - 1. ???

- c. Prineville
 - i. Higi
 - 1. Rite Aid 1575 Northeast 3rd Street Prineville, OR 97754
 - ii. Screen America Wellness
 - 1. Clinic Pharmacy 198 NE Combsflatt Road, Prineville, OR 97754
 - d. Madras
 - i. Screen America Wellness
 - 1. Hometown Drug 65 NE Oak St, Suite 100 Madras, OR 97741
 - 2. Safeway 80 NE Cedar St, Madras, OR 97741
 - e. Warm Springs
 - i. ??
 - f. Rural Outliers ???
 - i. Sisters
 - ii. Culver
 - iii. ??
3. Fire Departments/Stations. Doug Kelly Redmond EMS division head for Redmond Fire and Rescue 541-504-5000. Open to hosting BP cuffs (if provided) at Bend station. Recommended contacting individual rural stations for input regarding hosting at those stations. **Action Item: even if not deciding to host at these stations, would be good to have a list of "rural community experts" when deciding on how to reach these communities and rolling out campaigns. Rural fire station volunteers are probably in touch and well respected in their communities and probably considered local health experts. Would be good to have a list of contacts (establish relationships) with one person at each community.** There are 12 fire departments in Central Oregon. Fire Districts are smaller components of this.
http://www.centraloregonfireservices.org/?zone=/unionactive/view_page.cfm&page=CO20Fire20Depts
4. Libraries. **Action Item: Contact about hosting BP cuff machines**
5. Primary Care Clinics.
6. Would it be easy to have a Central Oregon Health Council Email? Make things more efficient when doing tasks for the workgroup? If super easy to do, would be worth it I bet. Could also do Asana for organizing with the work group. <https://asana.com/>

Photo of Higi Station At Fred Meyer Bend. Note pamphlets to the left.

From: Dr. Lin <CLin@BMCTOTALCARE.COM>

Sent: Thursday, June 27, 2019 5:29 PM

To: 'sstewart@coipa.org' <sstewart@coipa.org>

Subject: RE: Blood pressure media campaign is coming- please share

Is there any funding for blood pressure cuffs that we could hand out to patients?

Dr Lin

Ops Survey Monkey Feedback:

How likely are you to support your clinic/agency in providing some type of complementary, self-service, walk-in blood pressure testing?		As responsible community partners, we want our clinical and ancillary care community to know about the BP campaign so they can be prepared to experience a volume increase of people seeking blood pressure testing and treatment. In addition to the traditional email and written letter, what social/professional networks and communication methods would you suggest we use to reach them?	We want to optimize the role out of the media campaign, and we value your broad experiences. What learnings can you share from other media campaigns your workgroup or organization has sponsored that would help us be successful? (If we may contact you for further discussion, please include your name.)
Response	Comments:	Open-Ended Response	Open-Ended Response
Unlikely		social media campaign	
Likely			
Likely		Phone call or in-person.	Media reach is limited outside of Bend.
Very likely		COIPA	
	cant afford to buy a self serve system, but would be happy to host one.	Central Oregon Medical Managers Group, coordinator is Tona Buck at Integrated Eye Care COIPA: Med Staff at the Hospital, Postings in the hospital	Not related to media campaigns, but some additional thoughts I have: Fire stations as a location for free screenings The lobby of the hospital Fairs and Festivals Schools and school events (football games and high school sporting events that bring in middle aged parents) Pop up location from Vacant storefronts (not a lot I realize, but there are a few) Fitness clubs This great list: https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20046974
Very likely			
Very likely		lunch and learn, any community meetings	I don't have direct experience with this.