

# Cardi-OH Update



The Ohio Cardiovascular Health Collaborative (Cardi-OH) is a statewide initiative of health care professionals who share knowledge to improve Medicaid patient outcomes and eliminate health disparities across Ohio.

## **CAPSULE** NEW!

Capsules provide busy clinicians brief summaries of best practices that are ready to be implemented in clinical care.

### Did you know?

Did you know that more than 1/3 of US adults have 'basic' or 'below basic' health literacy?

### Check out the latest!

*Tips for Engaging Patients With Low Health Literacy*

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APRIL 2020 - CAPSULE

### Tips for Engaging Patients With Low Health Literacy

CONTRIBUTING AUTHORS: Joseph Siskin, PhD, and Joseph Depina, PhD, on behalf of Team Best Practices

**How can we improve clinician-patient communication with lower literacy patients?**

Nearly 34% of US adults have "basic" or "below basic" health literacy, and may lack the literacy skills needed to effectively manage their cardiovascular health. These adults often have limited understanding of medical labels and instructions, are more likely to report their health as poor, and have higher mortality rates compared to adults with "sufficient" health literacy. Adults who cannot read or cannot read well often rely on verbal sources of information, and may be reluctant to ask clarifying questions. This puts them at greater risk for poor health outcomes, including hypertension and diabetes control.

To engage clinical teams on health literacy, Cardi-OH has developed this interactive presentation. Consider using this as a starting point at your next practice meeting. This presentation includes the below brief American Medical Association video.

**Consider these 3 strategies to engage patients with lower health literacy:**

1. Focus on the message and repeat it verbally several times. Consider limiting to just 1-2 key messages per visit.
2. Use "teach back" techniques, asking patients to repeat in their own words what they need to know or do. This is to test how well you explained a concept.
3. Use appropriate educational materials to enhance attention and serve as visual reminders. Choose patient handouts with clear graphics to depict instructions. Evaluate all written materials for appropriateness.

**Additional information on social determinants of health is available at [this link](#) and [this link](#). Additional information on health literacy is available at [this link](#).**

FOR MORE INFORMATION HEAD TO [CARDI-OH.ORG](#)

## Tune in to Cardio-OH Radio

Podcasts highlight national, state and local leaders discussing timely topics for primary care clinicians.

Listen to the second in a series of quality improvement education podcasts designed for primary care practice teams.

**Check out the latest featuring  
Mamle Anim, MD**



**Chief Medical Officer,**

**Five Rivers Health Centers**

*Developing a Culture of Quality in Your Practice*

[CLICK TO LISTEN →](#)

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## Practice Spotlight: Spring 2020 Cardi-OH ECHO Cohort



Recognizing the contributions and collegiality of the clinical practices successfully completing the Spring 2020 TeleECHO Clinic, Reducing the Burden of Hypertension.

**Cincinnati Health Department Community Health Center** (Cincinnati, Ohio)\*

**University of Toledo Internal Medicine Residency Program** (Toledo, Ohio)\*

**PrimaryOne Health** (Columbus, Ohio)\*

**MetroHealth Bedford** (Cleveland, Ohio)\*

**Tina Joyce, DO LLC Family Medicine** (Concord, Ohio)\*

**University Hospitals Otis Moss, Jr. Health Center** (Cleveland, Ohio)

**CCC Family Medicine and HVC Anticoagulation Clinic** (Toledo, Ohio)

**Hopewell Health Center, Inc.** (Nelsonville, Ohio)

\*denotes a repeat, participating practice

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## Fall 2020 TeleECHO Clinic Update

Cardi-OH has partnered with Project ECHO<sup>®</sup> to support primary care providers to safely and effectively treat cardiovascular disease and diabetes.

Using simple video conferencing technology and case-based learning, Cardi-OH ECHO creates a unique partnership between community healthcare providers and a team of multidisciplinary specialists from Ohio's leading medical centers.

**View the flyer for the upcoming Fall 2020 TeleECHO Clinic, Tackling Type 2 Diabetes featuring Kathleen Dungan, MD, MPH. Registration opens Summer 2020.**

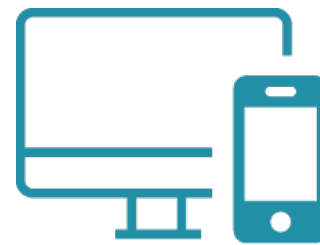


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# Learn More!

Visit [cardi-oh.org](http://cardi-oh.org) to learn more about the collaborative and read up on the latest best practices.



## *Sharing best practices to improve cardiovascular health.*

In partnership with:

