

Cardi-OH Update



The Ohio Cardiovascular & Diabetes 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.

Tune in to Cardi-OH Radio



Personalizing Diabetes Care to Optimize Outcomes

Check out the latest podcast featuring Karen Bailey, MS, RD, LD, CDE, from Ohio University.

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

[CLICK TO LISTEN →](#)

CAPSULE New!

Partnering with Patients to Manage Stress

Did you know that exposure to stress, especially chronic stress, is associated with a host of unhealthy behaviors?

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

[CLICK TO VIEW →](#)

SEPTEMBER 2020 - CAPSULE 8
Partnering With Patients to Manage Stress
 CONTRIBUTOR: KAREN BAILEY, MS, RD, LD, CDE, FROM OHIO UNIVERSITY
 AND KAREN BAILEY, MS, RD, LD, CDE, FROM OHIO UNIVERSITY

Did you know exposure to stress, especially chronic stress, is associated with a host of unhealthy behaviors?

These behaviors collectively worsen cardiovascular health and diabetes control because some individuals will turn to drug or alcohol use, excessive amounts of time eating, sleeping too much, or other less-than-optimal mechanisms as a way to manage stress.^{1,2}

Screening and providing treatment for mental health comorbidities, such as depression, anxiety, or substance use disorders, will improve how severely patients experience stress. Partnering with patients to help them effectively cope and manage their stress ultimately can contribute to enhanced quality of life and improved health outcomes.³

A practical, four-step approach to screen for and manage patient-reported stress can be found at cardi-oh.org/best-practices/lifestyle/talking-with-patients-about-stress.

More information on stress is available at cardi-oh.org/best-practices/lifestyle and on Twitter (@cardi_oh).

Stress Management in Your Life
Below are some healthy ways to cope with stress.⁴

- Avoid drugs and alcohol**
While these substances can provide short-term effects that may appear to be helpful, they have both long-term and immediate negative effects on cardiovascular stress and other health problems.
- Connect with others**
A strong, positive social network can greatly support when times are hard. Spend quality time with the ones you love. If you do not have many friends or family, try to join a support group. These centers or other community groups meet people and create a support network for you and your loved ones.
- Exercise**
Exercise can reduce symptoms, which are chronic in the body that help improve your mood. Exercise improves mood and reduces symptoms of depression, anxiety, and depression. Even a short walk with a brisk pace can improve your mood and reduce stress.
- Meditation**
Meditation is a practice that is used to calm and slow the mind. There are different types of meditation, many of which have shown a benefit in lowering blood pressure.
- Sleep**
Getting enough good sleep is important for overall stress and for better health. Try to get a minimum of seven hours of sleep each night.

REFERENCES

1. American Psychological Association. Stress and health: How stress affects your body. <https://www.apa.org/topics/stress>. 2019.
2. American Psychological Association. Stress and health: How stress affects your body. <https://www.apa.org/topics/stress>. 2019.
3. American Psychological Association. Stress and health: How stress affects your body. <https://www.apa.org/topics/stress>. 2019.
4. American Psychological Association. Stress and health: How stress affects your body. <https://www.apa.org/topics/stress>. 2019.

FOR MORE INFORMATION VISIT US AT CARDI-OH.ORG

Fall 2020 TeleECHO Clinic

Overview of 2020 Standards of Medical Care in Diabetes

View highlights from last week's Tackling Type 2 Diabetes TeleECHO Clinic featuring a welcome message from Mary Applegate, MD.

Cardi-OH has partnered with Project ECHO® 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.

[CLICK TO VIEW →](#)



Learn More!

Visit cardi-oh.org to learn more about the collaborative and read up on the latest best practices.



Sharing best practices to improve cardiovascular health and diabetes.

In partnership with:

