

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.

Registration Extended!

FREE 12-week series. Space is limited.

*Spring 2021 TeleECHO Clinic:
Tackling Type 2 Diabetes*

Thursdays, January 14 to April 1, 2021

8:00 - 9:00 am



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.

Registration closes Friday, 12/18/2020.

No cost CMEs offered.

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Tune in to Cardi-OH Radio

Stronger Together: Connecting a

Cardi-OH  Radio

Community to Address Social Determinants of Health

Check out the latest podcast featuring Susan Fuehrer, MBA, from The MetroHealth System.

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

[CLICK TO LISTEN →](#)

News You Can Use

Black Patients with Apparent Treatment-Resistant Hypertension May be at Risk for Underutilizing Evidence-Based Pharmacologic Treatments

Currents provide brief summaries of the latest advances in medicine or clinical practice related to diabetes or hypertension and include links to additional resources.

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Home Exercise for Patients with Disabilities

Did you know that nearly 50% of all adults with disabilities do not participate in any aerobic physical activity?

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

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DECEMBER 2020 - CAPSULE 14
Home Exercise for Patients with Disabilities
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All people, including those with disabilities, can benefit from regular physical activity. During the coronavirus pandemic, patients may have experienced changes to their exercise and fitness routines, such as gym or pool closures. Despite these societal changes, national guidelines for exercise and fitness have not changed.¹

According to the Centers for Disease Control and Prevention, people with disabilities are three times more likely to have a chronic disease, such as hypertension, cardiovascular disease, and diabetes. Yet nearly 50% of all adults with disabilities do not participate in any aerobic physical activity.² Encouraging activity during the pandemic and beyond can occur in an office setting or via telehealth platforms. Recommended exercises programs should be individualized and based on the patient's health and function.

The National Center on Health, Physical Activity and Disability has detailed fact sheets on exercise and fitness recommendations by health condition.³ It also curates a series of fact sheets on various forms of exercise, such as adapted yoga or high-intensity weight training, specifically for patients with disabilities.⁴

For more information, access Cardi-OH's expanded resource on Increasing Physical Activity and Exercise in Adults with Disabilities and on Twitter @cardi_oh.

REFERENCES

1. U.S. Department of Health and Human Services. Physical Activity Guidelines for Americans, 2nd edition. <https://health.gov/physical-activity-guidelines>. Activity, American, 2nd edition. (2018). Available September 14, 2020.
2. Centers for Disease Control and Prevention. Disability Related to Chronic Disease in Adults with Disabilities. <https://www.cdc.gov/ncbddd/oddsr/oddsr-disability-related-chronic-disease.html>. (2019). Available September 14, 2020.
3. National Center on Health, Physical Activity and Disability. Disability-Related Chronic Disease. <https://www.nchead.org/health-physical-activity-disability>.
4. National Center on Health, Physical Activity and Disability. Exercise and Fitness. <https://www.nchead.org/health-physical-activity-disability>.

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There are three main types of physical activity that contribute to diverse health benefits:

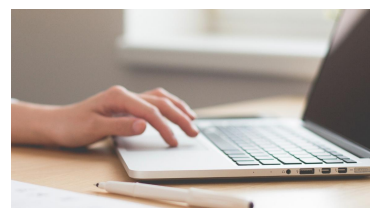
- AEROBIC ACTIVITY**
An endurance activity, also referred to as cardio activity, that involves sustained movement of the large muscles.
- MUSCLE-STRENGTHENING**
Activities that involve resistance training and weight lifting.
- BONE-STRENGTHENING**
Activities that involve weight-bearing to promote bone growth. Exercise to improve flexibility and balance is also recommended for all adults.

Physical Activity Resources for Patients

- An eight-minute, ability-inclusion workout video that includes aerobic, strength, and flexibility exercises can be performed on a work-from-home desk without equipment.
- Exercise benefits can be purchased online and facilitate aerobic and strength training.
- Certain exercise routines, such as parks, can be adapted for wheelchair users.
- At-home balance and strength exercises using common household items, ideally used for post-stroke patients and targeted toward older adults, can be helpful workout tools.

Register Now! February 2021 Webinar

Integrating Behavioral Health and Primary



Wednesday, February 10, 2021

12:00 - 1:00 pm

The webinar will highlight the evidence-base for integrated behavioral health in primary care and features a panel discussion on lessons learned from three Ohio practices experienced with integration. The program will include a special focus on telehealth.

No cost CME offered.

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Fall 2020 TeleECHO Clinic

Special Populations: Patients with Chronic Mental Illness

View highlights from the Tackling Type 2 Diabetes TeleECHO Clinic on November 19, 2020, featuring Martha Sajatovic, MD, from Case Western Reserve University.

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Learn More!

To learn more about the collaborative and read up on the latest best practices, visit cardi-oh.org or follow us on Twitter [@cardi_OH](https://twitter.com/cardi_OH).



Sharing best practices to improve cardiovascular health and diabetes.

In partnership with:

