

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.

[CLICK TO REGISTER →](#)

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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Cardi-OH CURRENTS

CAPSULE New!

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.

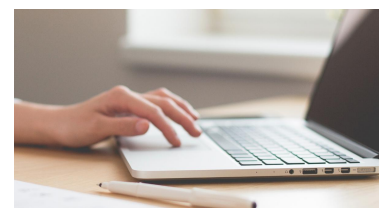
[CLICK TO VIEW →](#)

The thumbnail shows a document titled "Home Exercise for Patients with Disabilities" under the "CAPSULE" header. It includes a summary of the problem, a list of references, and a table of physical activity resources for patients. The table lists three types of activity: Aerobic Activity, Muscle-Strengthening, and Bone-Strengthening, each with a brief description and a link to resources.

Activity Type	Description	Resources
AEROBIC ACTIVITY	Is an endurance activity, also referred to as cardio activity, that requires sustained movement of the large muscles.	Aerobic Activity Resources
MUSCLE-STRENGTHENING	Includes resistance training and weight lifting.	Muscle-Strengthening Resources
BONE-STRENGTHENING	Includes weight-bearing or weight-loading to promote bone growth. Exercise to improve flexibility and balance is also recommended for all adults.	Bone-Strengthening Resources

Register Now! February 2021 Webinar

Integrating Behavioral Health and Primary



Care Services: Lessons Learned From Three Ohio Practices

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:

