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CARDI•OH
Ohio Cardiovascular and Diabetes Health Collaborative

Cardi-OH Update

HAPPY

Holidays

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.

Spring 2024 Cardi-OH ECHO Clinic: Last Chance to Register!

Health Equity and Cardiovascular Risk

February 1 - April 18, 2024

Thursdays, 8-9 a.m. ET

Limited spots available.

CME credits offered at no cost.

Cardi-OH has partnered with Project ECHO® to increase the capacity of primary care providers to safely and effectively treat cardiovascular disease and diabetes. **Cardi-OH ECHO** uses a hub and spoke model featuring expert-led didactics and case-based learning in a 12-week virtual clinic.



View flyer

Tune in to Cardi-OH Radio

Podcast 40 - Overcoming Barriers to Statin Use With Your Patients

Listen to Bree Meinzer, PharmD, BCACP, from the University of Toledo, and Shalina Nair, MD, MBA, from

CARDI-OH
RADIO

the Ohio State University.

Cardi-OH Radio podcasts highlight national, state, and local leaders discussing timely topics for primary care clinicians.

Want to be the first to know when a podcast is released? [Subscribe to our channel.](#)



Bree Meinzer, PharmD, BCACP



Shalina Nair, MD, MBA

February 2024 Statewide Webinar: *Register Now!*

Fatty Liver Disease: A Silent Epidemic

**Wednesday, February 28, 2024
12 - 1 p.m. ET**

1.0 CME credit offered at no cost.

KEYNOTE SPEAKER

Lanla F. Conteh, MD, MPH, MBA
The Ohio State University

OBJECTIVES

- Screen and identify patients with metabolic dysfunction-associated steatotic liver disease (MASLD) and metabolic dysfunction-associated steatohepatitis (MASH).
- Describe current disparities in care in MASLD risk, assessment, and management.
- Manage contributing risk factors to MASLD in patient care.
- Counsel patients on current risks, treatment options, and prognosis.



Cardi-OH WEBINAR

STATEWIDE WEBINAR - REGISTER NOW!



Wednesday, February 28, 2024 | 12 - 1 p.m. ET

Fatty Liver Disease: A Silent Epidemic



KEYNOTE SPEAKER

Lanla F. Conteh, MD, MPH, MBA
Director, Hepatology
Program Director, Transplant Hepatology Fellowship
The Ohio State University

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ADVANCE REGISTRATION REQUIRED



ABOUT CARDI-OH: This free, interactive and evidence-based educational event will be a valuable resource for healthcare providers who want to learn more about the latest research and clinical practice in cardiovascular medicine. The event will be held on Wednesday, February 28, 2024, from 12:00 PM to 1:00 PM ET. Registration is required and free of charge. Space is limited, so register now!



[View flyer](#)

Pearls for Clinical Practice

Capsule 39 - Non-Pharmacologic Treatments for Insomnia: More Than Just Sleep Hygiene

Did You Know?

Cognitive Behavioral Therapy is as effective as medication for treating insomnia.



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

RESEARCH IDEAS • CAPSULE BY
Non-Pharmacologic Treatments for Insomnia: More Than Just Sleep Hygiene
Cardi-OH CAPSULE

Sleep quality impacts brain function and mental health, as well as cardiovascular and metabolic health. Prospective studies of women with insomnia found that sleeping 5 or fewer hours per night, compared with 8 hours per night, was associated with a 28% increase in cardiovascular disease. In population studies of male shift workers, there is a two- to three-fold increase in risk of cardiovascular events for patients with an average sleep duration of 5 hours per night.¹

Treatment for insomnia has evolved. Sleep hygiene, which targets modifications in patient behavior and environment (e.g., limiting caffeine, eliminating excess noise, and maintaining a regular sleep schedule), was initially developed for the treatment of mild insomnia.² While individual components of sleep hygiene have demonstrated benefits in studies, there is no consistent evidence supporting it as a primary intervention for insomnia. It is now only recommended as part of a behavioral therapy plan for sleep disorders.^{3,4}

Cognitive Behavioral Therapy for Insomnia (CBT-I) is now considered the first-line treatment for chronic insomnia. It is 50-75% effective, and at least as effective as medications. CBT-I is typically performed with a trained mental health provider, but group-based and internet options are increasingly available. This treatment is covered by most insurances.^{5,6}

The American Academy of Sleep Medicine currently recommends the following non-pharmacologic components of behavioral plans for insomnia:⁷

Approach	Components
Cognitive Behavioral Therapy for Insomnia (CBT-I)	• If a multidisciplinary behavioral treatment approach, based on evidence-based sleep science, that includes sleep hygiene education, stimulus control, sleep restriction, and relaxation therapy. ⁸
Brief Therapies for Insomnia (BTIs)	• Abbreviated CBT-I, 1-4 sessions using treatment sleep diaries
Stimulus Control	Behavioral changes that reduce associations between bedroom and insomnia: • Use bed only for sleep and sex • Get awake/bedtime • Go to bed only when sleepy • Limit bedroom use before bedtime • Get up after 20 minutes if unable • Avoid daytime napping • No cell phone
Sleep Restriction Therapy	• Limit time in bed to less than typical sleep, then gradually increase time until sleep duration is restored
Relaxation Therapy	Exercise to reduce physical/mental tension: • Breathing exercises • Progressive muscle relaxation • Imagery training

Recommendations: **Strong** (High-quality evidence that the intervention is effective), **Weak** (Moderate-quality evidence that the intervention is effective), **Uncertain** (Low-quality evidence that the intervention is effective), **Not Recommended** (Evidence that the intervention is ineffective or harmful).

For more information, access Cardi-OH's expanded resource on [sleep disorders](#).

News You Can Use

Current 34 - Cardiovascular-Kidney-Metabolic Syndrome: Definition, Staging, and Care for a New Multisystem Disorder

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



Congrats to the Cardi-OH ECHO Fall 2023 Cohort!

Health Equity and Cardiovascular Risk

Recognizing the 9 clinical practices that participated in the Fall 2023 Cardi-OH ECHO Clinic:

- Crossroad Health Center, Over-the-Rhine
- MetroHealth Bedford Family Medicine
- Ohio University Diabetes Institute
- Salem Regional Medical Center, Internal Medicine Center
- Southeast Healthcare, Columbus
- Summa Health Family Medicine Center, Akron
- University Hospitals Harrington Heart & Vascular Institute, Cleveland
- University of Toledo Comprehensive Care Center, Internal Medicine
- University of Toledo Comprehensive Care Center, Family Medicine

Want to see more? [View videos](#) of previous clinics led by our content experts.



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Sharing best practices to improve cardiovascular and diabetes health

In partnership with



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