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CARDI•OH
Ohio Cardiovascular and Diabetes Health Collaborative

Cardi-OH Update

Summer
JUNE EDITION



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

Podcast 57 - Pediatric Hypertension: An Overview for Primary Care

Listen to Ryan Farrell, MD, from Case Western Reserve University.

Moderated by Colin Crowe, MD, Case Western Reserve 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.](#)



**Cardi-OH
RADIO**



Ryan Farrell, MD

Pearls for Clinical Practice

Capsule 56 - Using the 4 C's to Facilitate Patient Conversations and Improve Understanding

Did You Know?

The 4 C's of Culture is a mnemonic designed for clinicians to use when talking with patients to better understand their point of view.

Cardi-OH

CAPSULE

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

Using the 4 C's to Facilitate Patient Conversations and Improve Understanding

Effective, patient-centered care is highly dependent on a foundation of understanding and respect for a patient's health care beliefs.^{1,2} Open communication about each patient's personal values, goals, and challenges is crucial for building trust, addressing misconceptions, and promoting adherence.

Table 2 outlines the 4 C's of Culture framework for assessing the patient's perception of their problem.³ It is important for clinicians to remain non-judgmental during the cultural assessment process and exhibit a sincere interest that encourages patients to share their personal beliefs.^{2,3}

Table 1. Quick Cultural Assessment Checklist: The 4 C's of Culture

4 C's of Culture	Sample Questions
What do you CALL the problem?	• What do you think is wrong?
What do you think CAUSED the problem?	• What might be the source (or cause) of the problem?
How do you COPE with your condition?	• Why do you think it started when it did?
What are your CONCERNS regarding the problem?	• What have you done to try to make it better?
	• How have you been coping with your illness?
	• What effect has it had on your physical routine?
	• How serious do you think this is?
	• How does it interfere with your life or your ability to function?

For more information, access Cardi-OH's expanded resource on health care beliefs.

What You Need to Know

Enhancing Patient Engagement Through Cultural Competence

Patients' beliefs about health, illness, and treatment play a critical role in how they engage with the health care system. Read about current communication strategies and tools designed to assess patients' diverse cultural perspectives, ultimately building trust and improving communication.

Articles focus on high-priority topics in cardiovascular and diabetes care designed for primary care clinicians.

Cardi-OH ARTICLES

Enhancing Patient Engagement Through Cultural Competence

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Health care beliefs are the attributions, values, and attitudes people hold regarding health, sickness, treatment, and healing. These beliefs may be wide-ranging and are influenced by many factors, including culture, religion, ethnicity, literacy, self-efficacy, past experiences, personal autonomy, and degree of trust in health care providers.¹ Effective, culturally sensitive, and patient-centered care is highly dependent on the foundation of understanding and respecting an individual's health care beliefs.²

Studies have shown that patient beliefs have a greater impact on medication adherence than external barriers, such as cost or transportation.³ When patients doubt the efficacy of prescribed treatments or their ability to follow through, they may be less likely to engage in their treatment. Effective communication is essential to address misconceptions and build trust in the treatment plan.⁴

Respect for people from diverse cultures, combined with an understanding of one's own beliefs and limitations, is foundational to fostering the open communication that is vital to improving both initial and ongoing adherence to treatments.⁵

News You Can Use

Current 51 - Heart Disease Remains Leading Cause of Death in U.S.

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

Cardi-OH CURRENT

Using the Cardi-OH Web App is Simple!

- Access Cardi-OH's library of cardiovascular and diabetes care resources.
- Bookmark your favorites.

Welcome!

Access our library of cardiovascular and diabetes care resources developed for primary care teams.

Search bar with "Diabetes" entered.

Ohio Cardiovascular and Diabetes Health Collaborative

- Share best practices with colleagues.

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Learn More

Visit Cardi-OH.org to read more about the collaborative and our latest best practices.



Sharing best practices to improve cardiovascular and diabetes health

In partnership with



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