



PREVENTION AND MANAGEMENT OF CARDIOVASCULAR DISEASE IN MAINE HIGHLIGHTS ~ 2021



SUMMARY

In 2018, the Maine Center for Disease Control and Prevention (**Maine CDC**) received a five-year grant from the United States Centers for Disease Control and Prevention (**US CDC**) to prevent and manage heart disease, stroke, and diabetes. The University of New England (**UNE**) is the evaluator. This infographic highlights **high blood pressure** and **high cholesterol** results.

Maine CDC worked with partners to improve prevention and control of cardiovascular disease.

Interventions were piloted to:

- Promote the use of **team-based care**
- Provide **staff training** opportunities
- Implement and improve **referral systems**
- **Eliminate disparities**

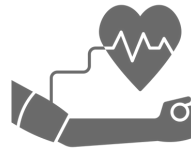
PARTNERS

Pilot Partners: Eastport Health Care, Harrington Family Health Center, Maine Mobile Health Program, United Ambulance Services

Planning Partners: Maine Community Health Worker Initiative, MaineCare, and the Accountable Care Organization Community Care Partnership of Maine (CCPM)

IMPROVED CONTROL AND MANAGEMENT

- **Pilot partners** implemented a **remote blood pressure (BP) monitoring program**.
- Eligible patients were **identified and referred**.
- The remote monitoring platform **improves care** by providing **individualized patient alerts per provider protocols**.



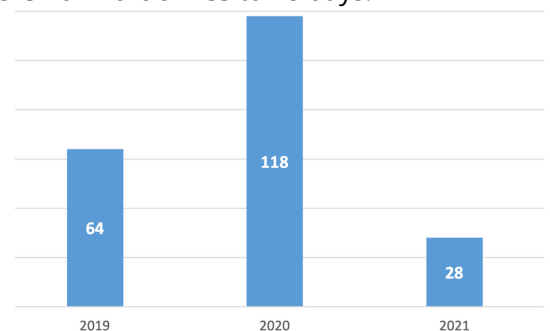
Patients in remote monitoring had **improved engagement and BP control**.

IMPROVED SYSTEMS

- United Ambulance Service's **hypertension dashboard** now allows for the collection, analyzing, and reporting of patient data into Maine's EMS patient care report.
- All pilot partners improved use of **clinical guidelines and processes**.



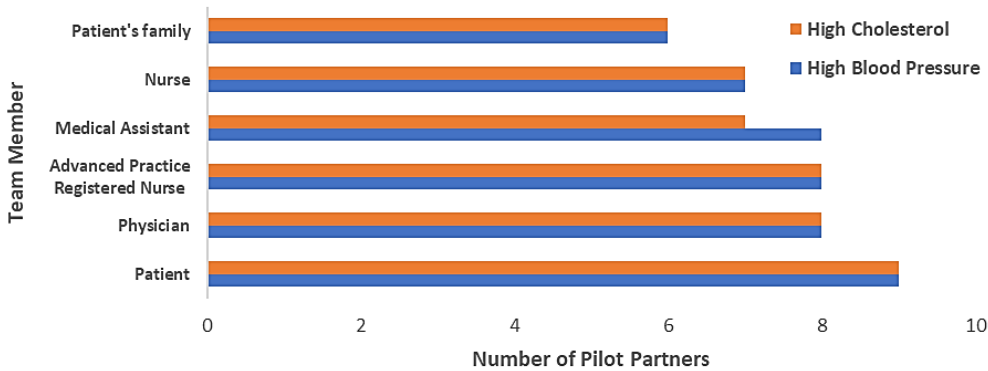
Improvements in referral management at a rural health center resulted in **reduced patient referral wait times** to 28 days.



Source: Harrington Family Health Center

TEAM-BASED CARE

Most common care **team members** for nine pilot partners



Increased the number of health workers completing the Tiered Team-Based Care online **training** (Tier 1 & 2)

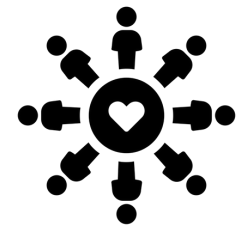
Expanded and reinforced **team-based approaches** for identifying and treating patients with chronic conditions

- Maine CDC added new Community Health Worker (**CHW**) **liaison** staff role.
- **40 new CHWs** joined the Maine CHW Initiative and 11 piloted a virtual core skills training.
- Partners and CHWs developed "**Principles of Engagement**" and "**Workforce Strategic Objectives**".

United Training Center developed a chronic disease management curriculum for EMS staff and programs. As of August 2020, **United provided training to 155 EMT students and 6 community paramedicine providers.**

ADDRESSING DISPARITIES

- Maine Mobile Health Program (MMHP) applied a chronic disease tool to identify **social determinants of health** to **reduce health care disparities** for **Maine agricultural workers**.
- MMHP hired first **Jamaican Patois-speaking CHW**.
- Eastport Health Center expanded food bag and fresh produce distribution to **225 patients**.
 - **47 family emergency food bags** and **1,050 pounds of produce**



MOVING FORWARD

Efforts will focus on working together to...

- build **awareness**
- increase **participation**
- improve **access**

for **cardiovascular health** services in Maine.

For more information:

Stace Meyer, Maine CDC
Cardiovascular Health Coordinator
Stacy.Meyer@maine.gov
(207) 287-4298
TTY 711 (Maine Relay)

Sources available upon request.