Yakama Healthy Heart Program
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SDPI Diabetes Prevention and Healthy Heart Initiatives
National Indian Health Board
National Tribal Public Health Summit 2016
Sharing Ideas

Describe examples of successful clinical case management activities in innovative patient care scenarios.

Explain how a SDPI Healthy Heart programs overcame challenges to deliver care in interdisciplinary settings such as medical homes.

Describe how SDPI C-D programs can integrate clinical patient care to expand their reach and impact on the community.
**Yakama Nation**

Reservation Size: 1.1 million acres
Population: 10,000+ enrolled

**Yakama IHS**

Medical Ambulatory Clinic:
7 Medical Providers
3 Vacancies

Population Served: 19–20,000 patients
Annual Medical Visits: 15,000 visits
Prescriptions: 750–1,000 daily
Patients utilizing minor acute care for chronic conditions

“Actually, there is nothing wrong with me, but by the time I see the doctor there will be.”
High Pharmacist Turn Over
Before HEALTHY HEART

3.
Overworked Medical Providers
Identification of Improvement Needs

1. Clinical Diabetes Program
2. Pharmacist Retention
3. Medical Provider Workload
4. Patient Perceptions
Empanel patients with Clinical Pharmacist Case Managers

Provide Services through Collaborative Practice Agreements

Serve as the Director/Coordinator of the Yakama IHS Diabetes Program
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<th>Monday</th>
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<tr>
<td>8:00 - 12:00</td>
<td>Aaron Meushorn</td>
<td>Mark Iseri</td>
<td>Scott Wiegand</td>
<td>Clinic Closed for Administrative Meetings</td>
<td>Ryan Pett</td>
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<td>1:00 - 5:00</td>
<td>Ryan Pett</td>
<td>Ryan Pett</td>
<td>Shane Nye</td>
<td>Mark Iseri</td>
<td>Scott Wiegand</td>
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**For an Appointment Call**

509-865-1724
Treatment
Collaborative Practice Agreements
Medication Ordering
Lab Monitoring
Self-Management
Education

Evaluation
Blood Pressure
Weight
Foot Exams
Immunizations
JVN
Goals

Coordination
Primary Care Provider
Purchased Referred Care
Referrals for -Dental, Optometry, Mammograms, Fitness, Cardiac Specialists, Mental Health, Home Health, Nutrition
Yakama IHS

1, 250+ Type 2 Diabetes

600+ Baseline Healthy Heart

475+ Active Healthy Heart
- Gate Keepers
- Motivated & Compliant
- Community Leaders
- Provider Recommended
Standards of Care Diabetes Audit 2002 - 2015

- A1c < 7%
- BP < 130/80
- LDL < 100
- BP < 140/90
Standard of Care Exam Rates 2002 - 2015

- Retinopathy Accessed
- Dental Exam
- Foot Exam
Kick Diabetes

Mr. Eneas, a Healthy Heart Participant at Yakama Indian Health Services, has always tried to lead an active lifestyle for his health. He began taking karate lessons about 55 years ago. Since then, with a lot of hard work, dedication, and discipline, Mr. Eneas has become the only Native American in the Northwest to earn his Black Belt, the highest rank in karate.

Mr. Eneas plans to continue karate as a healthy way to maintain and to control his diabetes. Practicing three times a week for several hours at a time, he has been able to meet and maintain his diabetic goals of an A1C < 5.6%, Blood Pressure under 130/80, and total cholesterol level under 100. Paired below, Mr. Eneas is performing moves with his sensei.
Marian Dick Squeoch "Lowlut"

Blending traditional activities with medical guidance, Marian has controlled her diabetes, blood pressure, and cholesterol. Marian stays active following traditions taught by her family. She still picks huckleberries, digs roots and dances at the longhouse. With the help of her mother and aunt's teachings, she is passing on the traditions to her daughter, Dette Benson, who shares her Indian name.
EXERCISE for LIFE

RAY JAMES

As a young man in the United States Marine Corp, Ray James never thought he would need to exercise for the rest of his life. But now, he realizes that his continued health depends on routine exercise. Mr. James visits the Yokama Nation Diabetes Center fitness room three times weekly for at least an hour each time. He also enjoys walking outside as the weather permits. He understands that one of the best ways to control his diabetes is routine exercise with both a cardio workout and strength training. With increased exercise, he has had to make adjustments in his insulin dose to avoid hypoglycemia (low blood sugar). But as a participant in the Healthy Heart Program, he was able to work with his care manager to ease the process.
Buffalo Return to Yakama Nation

A COMPREHENSIVE TRIBAL PROJECT HELPS TO RESTORE THE SOUTH-CENTRAL WASHINGTON LANDSCAPE WHILE PROVIDING LEAN, NUTRIENT-DENSE MEAT TO TRIBAL MEMBERS

BY KERRY NEWBERRY

Flores Del Geffen

Minnick tells a story of a buffalo in Walla Walla that was surrounded by a fence fashioned from old railroad ties. As soon as the cow was complete, one bull ran through it. We continued to run through fences all the way from Walla Walla to Pendleton, the distance of about two marathons.

A few days later, the bull returned to the same spot where he had originally broken free. “That’s what they say— wherever they break out from the fence, brace it open for a while, they’ll usually return back to that exact spot.”

After ten years with the stelwart creatures, Minnick has experienced many moments of否则会. “When something is wrong, you can see it,” he says.

Once morning a few years ago, Minnick remembers seeing the buffalo running, with nothing chasing them. “They made a great big circle around the pasture and then, they turned making that circle be around. “As the buffalo were circling, they moved the calves to the center.

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The Yakama Healthy Heart Program: Embracing Traditions to Manage Diabetes in American Indian/Alaska Natives

Scott Giberson, with Robin John and Heather Peterson

The Yakama Indian Health Center Healthy Heart program, created in 2004 by a Special Diabetes Program for Indians (SDPI) grant, was developed and influenced through the vision of Dr. Rex Queemets, who is a physician, current clinical director at Yakama HHS, and a member of the Confederated Tribes and Bands of the Yakama Nation. Dr. Queemets recognized that patient medication compliance and understanding was a major obstacle in achieving target clinical goals in the prevention and treatment of cardiovascular disease. Acknowledging this quandary, pharmacists were the preferred medical professional to launch the Yakama Healthy Heart program, which is the only program amongst the other 30 SDPI Healthy Heart grantees to solely utilize pharmacists to provide chronic care management. With the programs addressing the clinical sources, community member buy-in was essential to its future success.

Medical provider support and promotion was an indispensable component that has led to success of the Yakama Healthy Heart Program. The pharmacist clinical practice was enhanced by the introduction of activities based upon the first foods and traditions of the Yakama people. With over 3300 Yakama, patients enrolled in the Yakama Healthy Heart Program, participants are selected to play leading roles in the production of traditional activities such as root digging, huckleberry picking, and traditional dancing.

A key component to implementing cultural activities was the employment of Yakama or Yakama descendants with a history of cultural activities and family structures. Under the direction of Dr. Rex Queemets, Lydia George-Meares, Data Coordinator, Cynthia Harris, first Elta Goodnorton, Robin John, RhD, CDE,
Public Health Practice Stories from the Field

Pharmacists Help Improve Health of Yakama Indians Living with Diabetes

2.3
AI/ANs are 2.3 times more likely than non-Hispanic whites to have type 2 diabetes

1/3
One-third of Yakama Nation patients with diabetes take part in the pharmacy case management program

30%
Controlled glucose levels rose from 17% in 2004 to 30% in 2014

99%
Of enrolled patients, 99% had their A1C tested, compared with 85% of nonenrolled patients

Diabetes is a manageable disease, and with proper medication and monitoring, patients can avoid expensive, painful, and fatal complications. American Indian and Alaska Native (AI/AN) teens and young adults have the highest rate of newly diagnosed diabetes among youth of all races and are more likely to have complications or die from the disease.1 AI/AN adults are 2.3 times as likely to non-Hispanic whites to develop diabetes.2 The type 2 diabetes rate among adults on the Yakama Nation Reservation in Washington is double that of the rest of the state (14.8% versus 7.7%).3,4

Since 2004, the Indian Health Service (IHS) Special Diabetes Program for Indians has continuously funded 33 Healthy Heart demonstration projects to reduce cardiovascular disease risk in patients with diabetes. The Yakama Indian Health Service used IHS funding to create the Yakama Healthy Heart Program (Y3HP), the only demonstration project to rely on clinical pharmacists. In Y3HP, patients are scheduled for pharmacist appointments coinciding with medication refill dates. The program has established collaborative practice agreements with medical providers for pharmacists to:
- Prescribe and adjust medication for treatment of diabetes, hypertension, and hyperlipidemia
- Order and interpret laboratory results
- Perform breast exams and foot exams
- Give immunizations
- Educate patients about cardiovascular disease risks
- Refer patients to specialists

1 CDC. National Diabetes Fact Sheet, 2011.

The information in Public Health Practice Stories from the Field was provided by organizations external to CDC. Provision of this information by CDC is for informational purposes only and does not constitute endorsement or recommendations by the US government or CDC.
Cultural & Community Events
TRADITIONS

LIVE ON....

Despite the destruction of Celilo Falls over 50 years ago, community members continue to make salmon the main staple of their diet. Current recommendations state consuming fish at least twice weekly have positive effects on your heart health.

Respected elder Lola Stahl is enjoying a long, healthy life by following her traditional ways.

Learn from our Elders

Gather the Natural Foods and Stay Physically Active
Dance Away Diabetes
Since Healthy Heart

Pharmacist Retention
Recruitment
Job Satisfaction
Improved Patient Outcomes
Since Healthy Heart

Provider Approval

Increased Referrals

Expanding CPA’s

Workload Decreased

Fewer Gaps in Patient Care
Since Health Heart

Patient Response

Increased Involvement

Improved Coordination of Care

Ease of Access to Medical Home
Now the BIG Question

How do you continue the program?
Elements of Sustainability

Training
- Staff
- Continuing Education

Communication
- Team Meetings Monthly
- Advisory Board
- Reports to Stakeholders

Quality Improvement
- Monthly Chart Review
- Peer Review
- Productivity Reports
- CQI Projects
Sustaining Program

Bill for Services
- Accreditation
- Incident to
- Utilize Recognized Providers
- Advocate
  WA law

Landmark Legislation Paves Way for Pharmacists to Improve Patient Care
(May 11, 2015)
SDPI Diabetes Best Practices

- Aspirin or Other Antiplatelet Therapy in Cardiovascular Disease
- Blood Pressure Control
- Chronic Kidney Disease Screening and Monitoring
- Dental Exam
- Depression Screening
- Diabetes-related Education
- Eye Exam – Retinopathy Screening
- Foot Exam
- Glycemic Control
- Immunizations: Hepatitis B
- Immunizations: Influenza
- Immunizations: Pneumococcal
- Immunizations: Tetanus/Diphtheria
- Lipid Management in Cardiovascular Disease
- Nutrition Education
- Physical Activity Education
- Tobacco Use Screening
- Tuberculosis Screening
Summary

- Integrate program within medical home using team approach
- Build support for your program through participants and stakeholders
- Bill for services
- Develop partnerships with multiple entities
- Provide support and expertise to providers and community
- Be flexible and creative so you can adapt to changes
- Continuous Improvement
Questions?