

## Welcome to the Right Care Initiative Virtual University of Best Practices

- Meeting starts promptly at 12:00 PM
- Session is currently being recorded
- All participants are muted
- Please submit questions using the Q&A tab - bottom center of screen
- Speakers will be prompted with a bell/chime to help keep the meeting on schedule
- Please see [rightcare.berkeley.edu](http://rightcare.berkeley.edu) for slides and reference materials.
- Please fill out the CME survey by 3.8.21 11:59PM:  
<https://www.surveymonkey.com/r/3821CME>
- For any CME questions, please direct them to Alissa Maier.  
[Alissa.Maier@med.usc.edu](mailto:Alissa.Maier@med.usc.edu)

Thank You to Our Right Care Initiative Supporters!



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At all Right Care Initiative gatherings, we follow the Warren Barnes Principle:

*We compete against disease and not each other!*



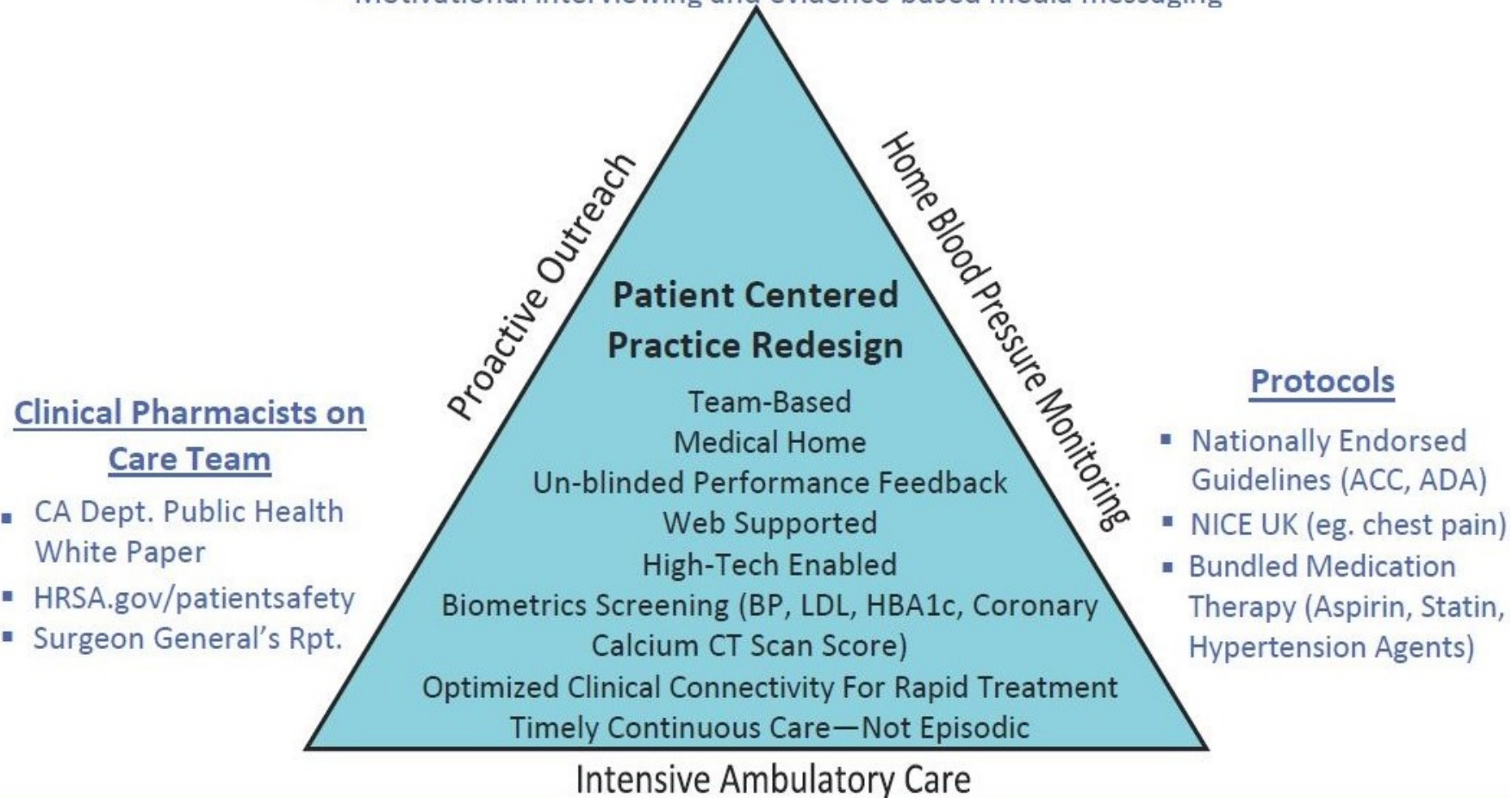
**Warren Barnes, JD, M.Div.**

Former Chief Lawyer, California Department of Managed Health Care;  
Co-Author, Patient Bill of Rights; Minister &  
Co-Founder, Right Care Initiative

# Promising Interventions to Reach Right Care Control Targets for Heart Attack, Stroke, and Diabetes Prevention and High Quality Management

## Patient Activation

- Stress reduction, medication adherence, healthy sleep, nutrition & physical activity, smoking cessation
  - Evidence-based patient education (e.g., Project DULCE; Stanford Patient Self-Management)
  - Motivational interviewing and evidence-based media messaging





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**Right Care Initiative Goal: Drive Toward Zero Preventable Heart Attack, Stroke, Diabetes, and Heart Failure Deaths & Disabilities Through Best Available Science Combined with Proactive Screening & Outreach**

**Achieve 80 % in good control, or "A Grade" (90th Percentile) HEDIS levels for Cardiovascular Disease and Diabetes, whichever is greater.**

**Priority Targets:**

- + 80% of hypertensive patients with blood pressure (BP) controlled: <140/90 mm Hg**
  - o (Optimally 130/80 mm Hg per 2017 American College of Cardiology Guidelines, endorsed by ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA)**
- + 80% of diabetic patients with blood sugar controlled: Hemoglobin A1c<8**
- + 80% of patients with diabetes and/or cardiovascular conditions on appropriate cholesterol therapy (proxy, LDL controlled: LDL-C<100mg/dL. Or for very high risk ASCVD, LDL-C<70mg/dL or lower)**
- + Proactive Community Outreach to Screen & Identify Vulnerable Patients to Connect to Treatment & Support**