

The Pulse

Keeping a pulse on healthcare integration at RBH



About 366,000 Americans die from Coronary Heart Disease each year. February is American Heart Disease Awareness month. High blood pressure is the leading cause of Heart Disease and stroke. 40% of African American men have high blood pressure which puts African American men at a higher risk for Heart Disease. The term "Heart Disease" is often used interchangeably with the term "cardiovascular disease" which generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Coronary heart disease occurs when plaque (a combination of fat, cholesterol, calcium, and other substances found in the blood) builds up in your arteries. **Many forms of heart disease can be prevented or treated with healthy lifestyle choices.** Risk factors for developing Heart Disease include: age, gender, family history, smoking, poor diet, high blood pressure, high blood cholesterol levels, diabetes, obesity, physical inactivity, stress, and poor hygiene. Complications of Heart Disease include: heart failure, heart attack, stroke, aneurysm, peripheral artery disease, and sudden cardiac arrest. **Seek emergency medical care if you experience the following Heart Disease symptoms chest pain, shortness of breath, and fainting.** Heart Disease is easier to treat when detected early, so talk to your doctor. For more information visit the website of The National Institutes of Health (NIH) at <https://www.nhlbi.nih.gov/education/american-heart-month>

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Taking Care of Our Hearts, Together

#OurHearts
are healthier together

Heart disease is the leading cause of death in the United States, causing one in four deaths each year. But there's a lot you can do to live a heart-healthy life—and connecting with others can make your efforts even more successful.



Studies show that if you join forces with people at home or online, you have a better chance of staying motivated. Best of all, you don't have to make big changes all at once. Small steps can get you where you want to go. Gather your friends and family and make a commitment to your heart health, together.

Here's How to Start:

Move more

Get at least 2½ hours of physical activity each week—that's just 30 minutes a day, 5 days a week. In addition, do muscle strengthening exercises at least 2 days a week. Can't carve out a lot of time in your day? Don't chuck your goal, chunk it! Try 5, 10, or 15 minutes a few times a day. Some physical activity is better than none.

Be active, together:

Get creative. Invite a colleague to keep you on track. Text each other a reminder to go for a walk or take an online exercise class together. Grab your kids and do jumping jacks, shoot some hoops, or dance. People with friends or family who support their efforts to be physically active are more likely to be successful, studies show.



Eat healthy foods

A healthy diet that is low in sodium and saturated fat is key to heart disease prevention. Try the highly rated Dietary Approaches to Stop Hypertension (DASH) eating plan. It recommends:

- Eating vegetables, fruits, and whole grains
- Eating fish, poultry, beans, nuts, vegetable oils, and fat-free or low-fat dairy products
- Limiting foods that are high in saturated fat and sodium
- Limiting sugar and other sweeteners.

Find heart-healthy DASH recipes at:
healthyeating.nhlbi.nih.gov

Eat healthy, together:

When you get fast food, ask for a salad instead of fries, and don't get the "deluxe" sandwich. Start your meal with a salad or appetizer of veggies so you'll have something healthy first. Studies suggest that we tend to eat like our friends and family. Your healthy choices may inspire those around you.



Aim for a healthy weight

Being overweight is hard on your heart. It increases your risk of having heart disease, a stroke, high cholesterol, high blood pressure, and diabetes. Choosing heart-healthy foods and getting regular exercise will help you achieve and maintain a healthy weight.

Quit smoking

The chemicals in tobacco smoke harm your heart and blood vessels in many ways. Quitting is hard, but many people have succeeded, and you can too. Set a quit date and let those close to you know about it. Ask your family and friends for support in your effort.



National Heart, Lung,
and Blood Institute



hearttruth.gov

RICH Referral Profiler Workflow

1. Click the Clinical Assessments Button located at the Company Level of Navigator.
2. Click green plus button.
3. Select RBHA: RBHA from the Assessment Category drop-down menu.
4. Select PCP 01: RICH Referral (or Primary Care) from the Assessment Type drop-down menu.
5. Select RICH Referral: RICH Referral from the Assessment drop-down menu.
6. Select the most recent Diagnostic from the Clone From drop-down menu.
7. Click Open
8. The Primary Care Referral (RICH Referral) will populate.
9. Complete all required fields of the form.
10. Click the Save Draft Button.
11. Click the Effective Date box/Select Effective Date.
12. Click Save.
13. From current Clinical Assessments window, double click RICH Referral to reopen to task to Care Coordinator. Please do not use the Bookmark tool.
14. Task the Referral to RICH Care Coordinator (Sara Hilleary) by clicking on the Tasks tab located at the top of the assessment window.
15. Click the green plus button to add the Task.
16. Change CM/PSP name to Care Coordinator's name from the Provider drop-down.
17. Click Save.



The task will populate on the Care Coordinator's Dashboard for review and to create Primary Care service plan. The referral is then sent to reception for scheduling.

NOTE: It is the PSP's responsibility to check the Patient-At-a-Glance or Appointments report to confirm appointment and inform consumer.

Referring to SUD Services (OBOT only, in addition to RICH Referral)

1. From the Navigator, at the Individual level, select Referrals.
2. Click the green plus button.
3. Select Type: Service Request.
4. Complete all appropriate information, providing detail in Presenting Problem field.
5. Select Notes/Dates tab at top of box.
6. Click the Effective Date box/Select Effective Date.
7. Bookmark referral to Andre Plummer.
8. Client will be contacted by SUD staff to initiate OBOT services.

The OBOT Induction appointment will be coordinated after contact with SUD staff is made.

NOTE: SUD referral is not necessary for Women's Services. Please complete RICH Referral and task to Sara Hilleary if your client is receiving services from the Women's SUD Services unit.





Remember to do your part!

Vaccines work with the body's natural defenses to lower the chance of getting sick.

The RICH Recovery Clinic provides a wide range of immunizations for its patients including: HPV, Hepatitis A & B, Influenza/Flu, and COVID 19!

To make an appointment have your Case Manager email Chandra McMillan at mcmillanc@rbha.org or Inga Robinson at inga.robinson@rbha.org.