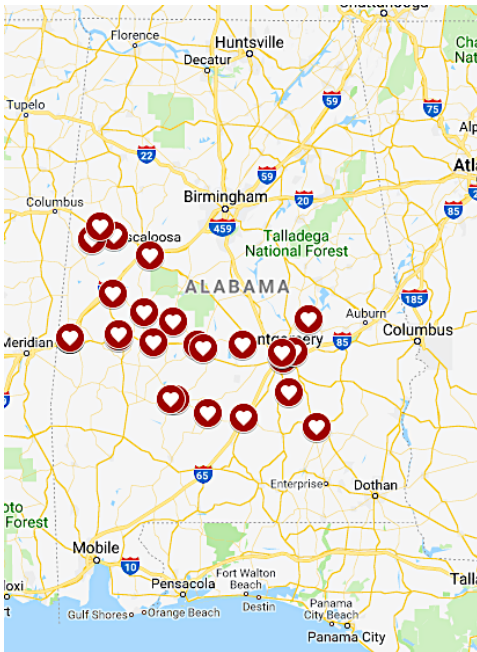
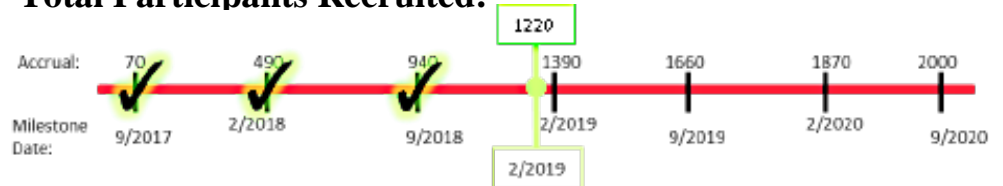


# Southeastern Collaborative to Enhance Blood Pressure Control

Alabama Newsletter: *Practice Facilitation* Edition



## Total Participants Recruited:



**Practices currently participating:  
31 out of targeted 50**

**THANK YOU for continuing to participate!**

### *Program Manager Highlight*

We are moving along with practice and patient recruitment and currently are at ~90% target with patient recruitment. Our goal is to reach 1250 patients from 50 practices in Alabama. As far as inclusion criteria for practice recruitment, the study requires that sites are located in the Black Belt counties or contiguous to the Black Belt, serve predominantly rural population, high proportion of underserved African Americans, and have a large population with uncontrolled hypertension.

UAB teams have visited and extended invitation to many practices including standalone and network practices, residency programs and community health centers to participate. Some of which have agreed to participate and some have declined.

Although, it is a little faster to engage and enroll a standalone site than a larger network because the latter usually demands more layers of decision making and approvals but when a network agrees to join it results in at least 3 enrolled sites. This ongoing involvement taught the UAB team a lot about the nature and the challenges that those practices in rural areas meet and have allowed us to build relationships with great people. UAB staff travels 1-2 hours almost daily to screen and enroll new patients or to conduct 6 & 12 month follow ups from enrolled sites. We do customize a recruitment plan that works best for each site and do our best to minimize any burden on their staff. We greatly appreciate our sites allowing us to see their patients and be at their clinic and for cooperating with us and understanding the travel difficulties and study goals.

It may take 3 weeks to 6 months to enroll 25 patients from a participating site depending on staff and patient's availability, space, internet and chart accessibility, geographic location and how busy each site is.




**Muna Anabtawi**  
Program Manager

# Southeastern *Collaboration*

www.southeasterncollab.org

## Meet our Change Agents!


Change Agents engage health care practices to facilitate changes that improve outcomes for patients and staff members



“AL practices used creative, customized activities. One AL practice made a 3-page heart health booklet and used the red foam hearts provided by the Practice Facilitator to write in heart health/blood pressure control tips. The “red hearts” were posted up around their clinic; At the end of their visits, patients tell a practice staff member how many hearts were found during their visit (and at least one blood pressure tip they found). This provides the patients with heart health information during their wait, increased staff-patient interaction and blood pressure control management tips.”

– Liza Nicholson MSM, CIRS-A/D

**ALABAMA AHEC**  
West Central Alabama AHEC



“To ensure best practice techniques for measuring and controlling BP, the clinic initially made important changes to their BP exam room to include: proper seating, a larger range of cuff size availability, educational resource availability for staff and patients, as well as obtaining updated BP measurement devices clinic-wide. The clinic began to implement monthly “huddles” to discuss their clinic’s BP control rate and what factors have led to success. We have created a workflow design for the clinical staff measuring BP to ensure standardized care.

– Macie Craft, MSN



**ALABAMA AHEC**  
Southeast Alabama AHEC



Empowering  
Alabama practices to  
help their patients  
achieve heart healthy  
goals

## WHAT IS PRACTICE FACILITATION?

A HIGHLY CUSTOMIZED, STAGED APPROACH TO HELPING A PRACTICE TO IMPLEMENT PROCESS AND STRUCTURAL CHANGES TO ENHANCE THE QUALITY OF CARE AND IMPROVE PATIENT AND STAFF SATISFACTION



Photo above is from activity during “heart month” implemented in primary care practices that are receiving the practice facilitation intervention.

Facilitators are **certified** to have 4 core competencies:

1. **Interpersonal skills to build and support for and facilitate change**
2. **Methods for accessing and using data to drive**
3. **Quality improvement and change management strategies**
4. **Health information technology optimization**

