

# Would you like to contribute to the evidence base for **innovative uses of telehealth** to prevent and manage cardiovascular disease?

Reach out to your health system partners, encourage them to nominate themselves, or submit a nomination on their behalf.

The Centers for Disease Control and Prevention's (CDC) Division for Heart Disease and Stroke Prevention (DHDSPP) seeks to identify and evaluate health systems and healthcare providers delivering innovative telehealth\* services to prevent and manage cardiovascular disease (CVD) by addressing hypertension, high blood cholesterol, or stroke. The COVID-19 pandemic accelerated the widespread adoption of telehealth among health systems, creating a new landscape of healthcare delivery.

DHDSPP is especially interested in evaluating how the broad expansion of telehealth has affected populations and communities disproportionately affected by CVD. Nominating a health system or provider (or encouraging your health system or provider partners to nominate themselves) will help CDC build practice-based evidence and identify the opportunities and challenges of using telehealth to prevent and manage CVD.

## Health systems, healthcare providers, or partners that meet the following criteria are eligible:

- 1 Are currently offering telehealth services to prevent and manage cardiovascular disease (CVD) that might include:
  - a. Use of team-based care approaches to include non-physician team members as part of the virtual care team (e.g., community health workers, nurses, pharmacists, nutritionists, or social workers)
  - b. Use of telehealth technologies to link community resources and provide clinical services that support self-measured blood pressure monitoring, lifestyle change programs, medication therapy management, and cardiac rehabilitation programs
  - c. Use of telehealth technologies to virtually connect remote providers with patients and care teams to improve treatment and quality of care for patients with geographic or other barriers to health care (i.e., primary care, telestroke)
- 2 Have been implemented for 12 months and have been collecting data for at least 6 months (e.g., blood pressure control, social determinants of health, health disparities, etc.).
- 3 Have not yet undergone a comprehensive evaluation of telehealth services for hypertension or high blood pressure.
- 4 Are located within the United States of America.

\***Telehealth** is the use of electronic information and telecommunications technologies to support long-distance clinical health care, patient and professional health-related education, public health, and health administration. Technologies include video-conferencing, the internet, store-and-forward imaging, streaming media, and terrestrial and wireless communications.

*CDC will review interested health systems and select a subset of nominees to participate in an evaluability assessment (EA) and potentially a rigorous evaluation. Programs submitting nominations can expect to receive a notification of their status (whether or not they are selected to participate in an EA) in late Fall 2021.*

Please reach out to [JJordan1@cdc.gov](mailto:JJordan1@cdc.gov) by October 22nd to submit a nomination!



## Selected Health Systems will:

- Collaborate with CDC for about 2 years during the evaluation. Health systems will meet regularly with CDC, host CDC for a virtual site visit, and provide CDC with patient- and system-level data for the evaluation.
- Receive an honorarium for providing patient- and systems-level data for evaluation. Additionally, the evaluation will investigate the sustainability and cost-effectiveness of the health system's telehealth strategy. All evaluation results will be shared with the health system during and after the evaluation. Findings from the evaluation will be disseminated through CDC's website and partner channels.



## Health systems are asked to provide the following information.



- When the nominee started providing telehealth services to address hypertension, high cholesterol, cardiovascular disease, or stroke and the approximate number of patients reached through these services.
- A description of the implementation and/or expansion of telehealth and virtual healthcare delivery during the COVID-19 pandemic aimed at preventing and managing cardiovascular disease.
- A detailed description of the specific telehealth services provided and how they are implemented to manage and treat patients with hypertension, high blood cholesterol, cardiovascular disease, and stroke. This should include detailed information about how telehealth technologies are used to do the one or more of the following:
  - Use team-based care approaches to include non-physician team members as part of the virtual care team (e.g., community health workers, nurses, pharmacists, nutritionists, or social workers)
  - Use telehealth technologies to link community resources and provide clinical services that support self-measured blood pressure monitoring, lifestyle change programs, medication therapy management, or cardiac rehabilitation programs
  - Use telehealth technologies to virtually connect remote providers with patients and care teams to improve treatment and quality of care for patients with geographic or other barriers to health care (i.e., primary care, telestroke)
- The extent to which the nominated health system has observed changes in patient outcomes over time using telehealth services (e.g., blood pressure control, cholesterol control, stroke quality of care, healthcare access).
- How EHRs or other data systems have been used to track these telehealth services for at least 6 months. The extent to which data are available for analysis in an evaluation and staff capacity to pull the data.
- A description of the geographic location covered, population served, measured health disparities, and relevant social determinants of health. Please include data if possible.
- How the nominee is addressing health disparities, social determinants of health, and/or health equity to address the needs of their patients who are disproportionately affected by cardiovascular disease.
- The sustainability of telehealth services including strategies for reimbursement.

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