

What is Million Hearts®?

Million Hearts® is a national initiative to prevent one million heart attacks and strokes by 2017. Million Hearts® has the potential to help improve the health of millions of Americans by improving the ABCS:

Aspirin When Appropriate



Blood Pressure Control



Cholesterol Management



Smoking Cessation



Fast Facts About Heart Attacks and Strokes:



1 of every 3 deaths is caused by heart disease and stroke.

Nearly 1 in 3 American adults have high blood pressure, and more than half don't have it under control.

The majority of adults with high blood pressure are being treated with medicine, and have seen a doctor at least twice in the past year, yet their condition is still not under control.

What Can You Do?

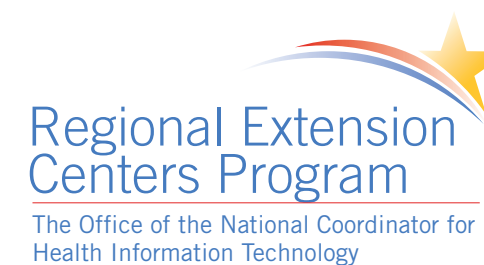
As health care professionals, you can educate patients, focus on the ABCS, and use Health IT to prevent one million heart attacks and strokes. Million Hearts® begins with you.

To learn more about Million Hearts®, visit www.millionhearts.hhs.gov.

Visit www.healthit.gov/providers-professionals/million-hearts to read up on the people, tools, and resources available to assist with Million Hearts®.



Regional Extension Centers (RECs) are inviting you to participate in ONC's Million Hearts® Call to Action. RECs are seeking to help 5,000 providers leverage Health IT to track and measure success on 2 Million Hearts® measures: Blood Pressure Control and Smoking Cessation. Contact your local REC for support with Million Hearts®. Visit www.healthit.gov/providers-professionals/million-hearts to learn more.



Million Hearts® Leads to Quality Improvement

Million Hearts® is a great opportunity for providers and practices to take part in clinical quality improvement. Quality improvement can sound complex, but it can be as simple as finding ways to work better, faster and easier, and Health IT tools can be great resources.

Did you know? Self-measured Blood Pressure Monitoring plus additional support was found to be more effective than usual care in lowering blood pressure among patients with hypertension.

RECs can help providers and practices improve health outcomes by leveraging Health IT, such as self-measured blood pressure monitoring devices, to take targeted but impactful action on the ABCS through Million Hearts®.

The Plan-Do-Study-Act (PDSA) model is a good framework for quality improvement.

A simple but powerful example could be:

1. Run a registry report on your electronic health record (EHR) system to proactively identify and track patients whose blood pressure is uncontrolled.

2. Implement an intervention that is appropriate for your practice

- **Example:** Have members of the care team review a hypertensive patient's record before the office visit to identify ways to improve blood pressure control.
- **Example:** Implement clinical decision supports in the EHR system to alert providers about patterns of high blood pressure readings taken by members of the care team.

3. Run another registry report on your EHR system at a later date to determine if blood pressure control has improved.

