
You've Made It To the END!!!!

Eileen Handberg, PhD, ARNP-BC, FAHA, FACC
Associate Professor of Medicine
Division of Cardiovascular Medicine
University of Florida

Top TEN Things From the Course to Take To Work On Monday?

1. BEST ADVICE FOR PATIENTS

- Eat only on the days you exercise
- Plants are your best friends
- COMPLIANCE with medical and lifestyle recommendations are the only sure way to reduce risk – there is no magic to this- as a patient you must be an active participant in your own care

2. The key to Care is a complete History and Physical Exam

- a. There is no shortcut for this
- b. Don't let the EMR compromise your care

3. Harness the Positives of Technology

- a. Download appropriate apps to enhance your ability to provide evidence based care
- b. At a minimum you should have the following at your fingertips
 - a. ASCVD Risk Calculator
 - b. STS Risk Score
 - c. CHADS₂VASC Score

4. Know YOUR PRACTICE Numbers

- How many of your patients are at goal for or on the right therapy for:
 - Hypertension
 - Hyperlipidemia
 - Heart Failure
- Do you get all of the patient vital signs at every visit?
 - BMI
 - Weight
 - Blood pressure using the right technique

5. Optimize Your Practice to Take a Prevention Focus to Patient Care

- **Look at your practice processes on Monday to see if you are utilizing all members of the team to the fullest extent of their licensure**
 - **Make sure you optimize the contributions of the MA, LPN, RN in the office, on the floor**
 - **Assess the staff to find out what their skills are and take advantage of that**
 - **There are existing resources that can help you**
 - **Million Hearts- HTN**
 - **ACC.org, Cardiosmart.org, Heart.org, PCNA.net**
-

6. Skills Require Repetition

- Utilize experts to help you master skills
- **PRACTICE-** sit and read ECG's along side cardiologist
- **PRACTICE-**share physical exam findings
- **PRACTICE-**purchase heart songs

7. Consult Services Are the Backbone of a Practice

- **“Thank you for that great consult, Happy to Help.”**
- **There is no consult too ridiculous- there are but....**

8. Ordering Imaging Requires Knowledge of Appropriate Use

- Annual imaging is no longer recommended
- All imaging requires clinically relevant symptoms, exam findings to justify
- Practitioners are going to federal prison for medicare fraud

9. Engage Professionally

- **Join one or more professional organizations**
 - **Consider one that is specifically your professional group**
 - **Consider one that is an interdisciplinary society**
- **Consider taking on a leadership role**

10. You ARE WONDERFUL

- I don't care what everyone else says about you
- We need your input for the program to continue to make it better