



ASCVD Risk Management

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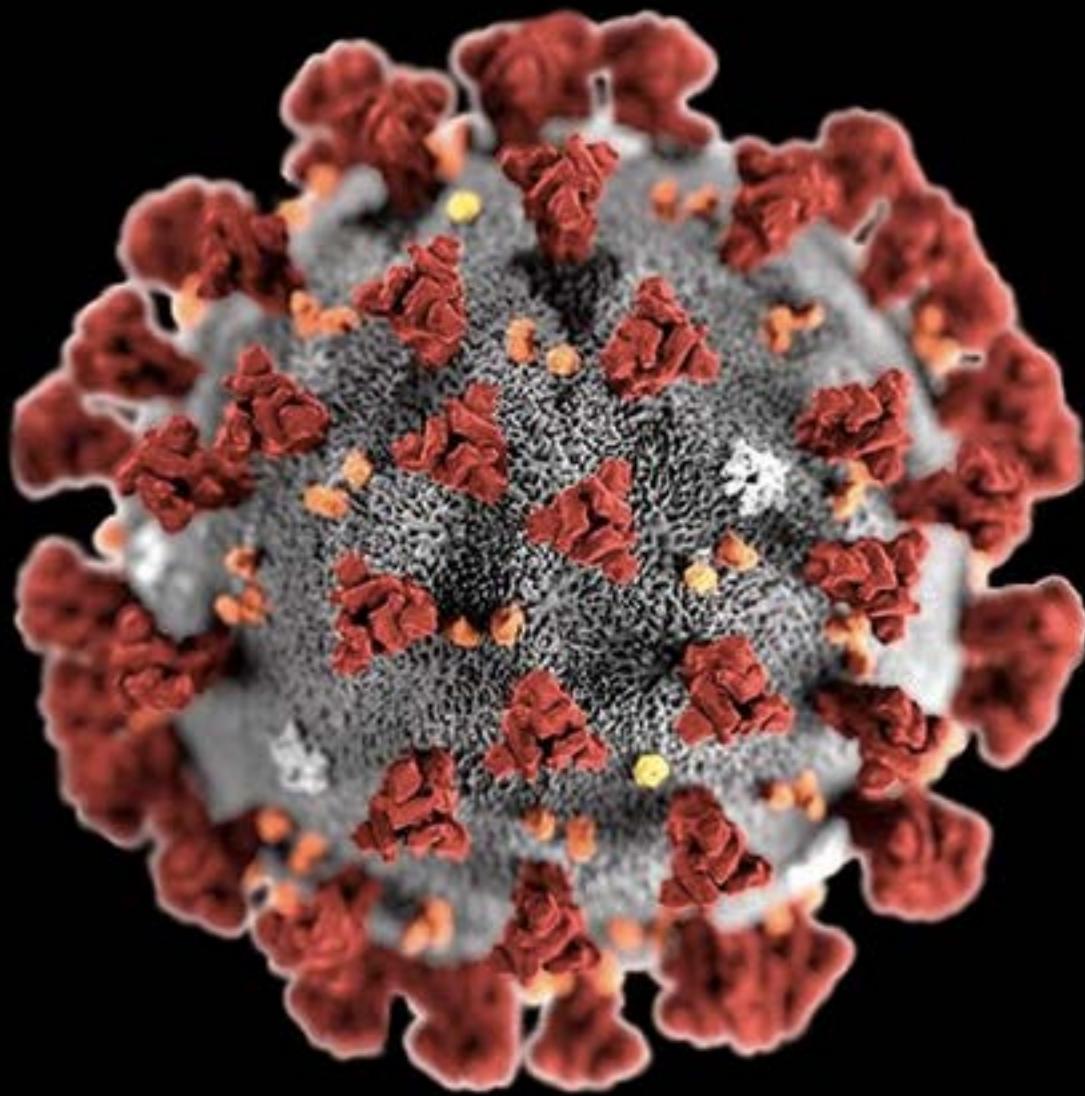
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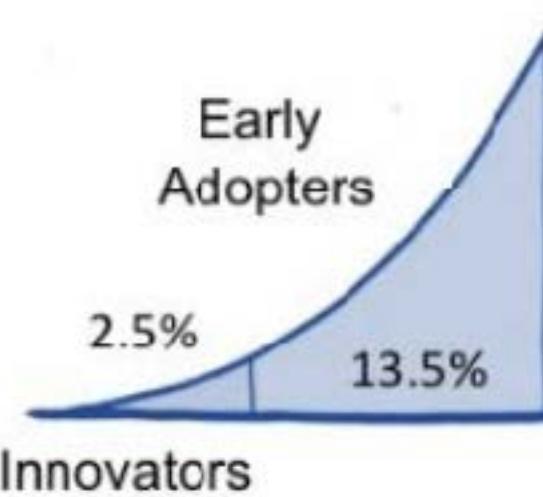
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Disclosures

- None







<5% 2019
CARDIOVASCULAR
PATIENT VISITS
WERE MADE
UTILIZING
TELEMEDICINE.

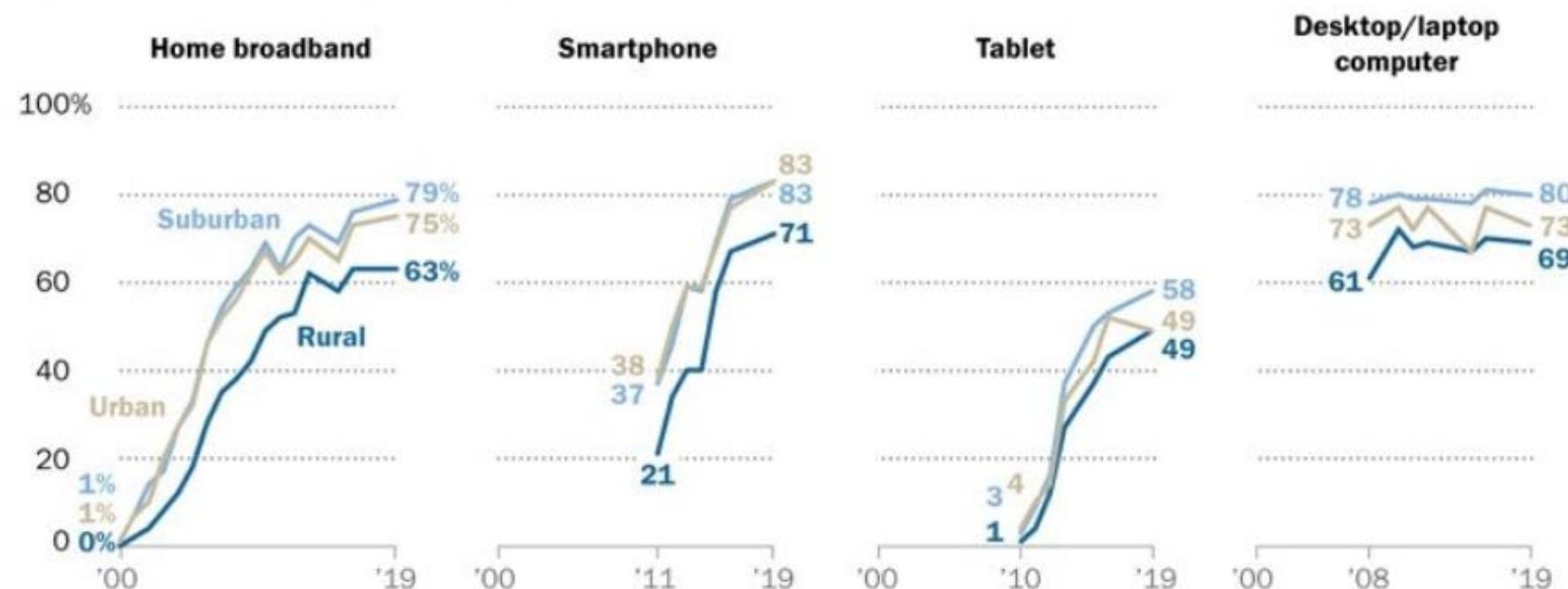
75% MARCH 30, 2020
OF ENCOUNTERS
WERE BY SOME
FORM OF REMOTE OR
TELEMEDICINE MEANS.

MedAxiom, 2020

Rogers adoption/innovation curve. Adapted from Rogers, E. (2003). The Diffusion of Innovations. Fifth Edition. The Free Press, New York.

Rural Americans have consistently lower levels of broadband adoption

% of U.S. adults who say they have ...

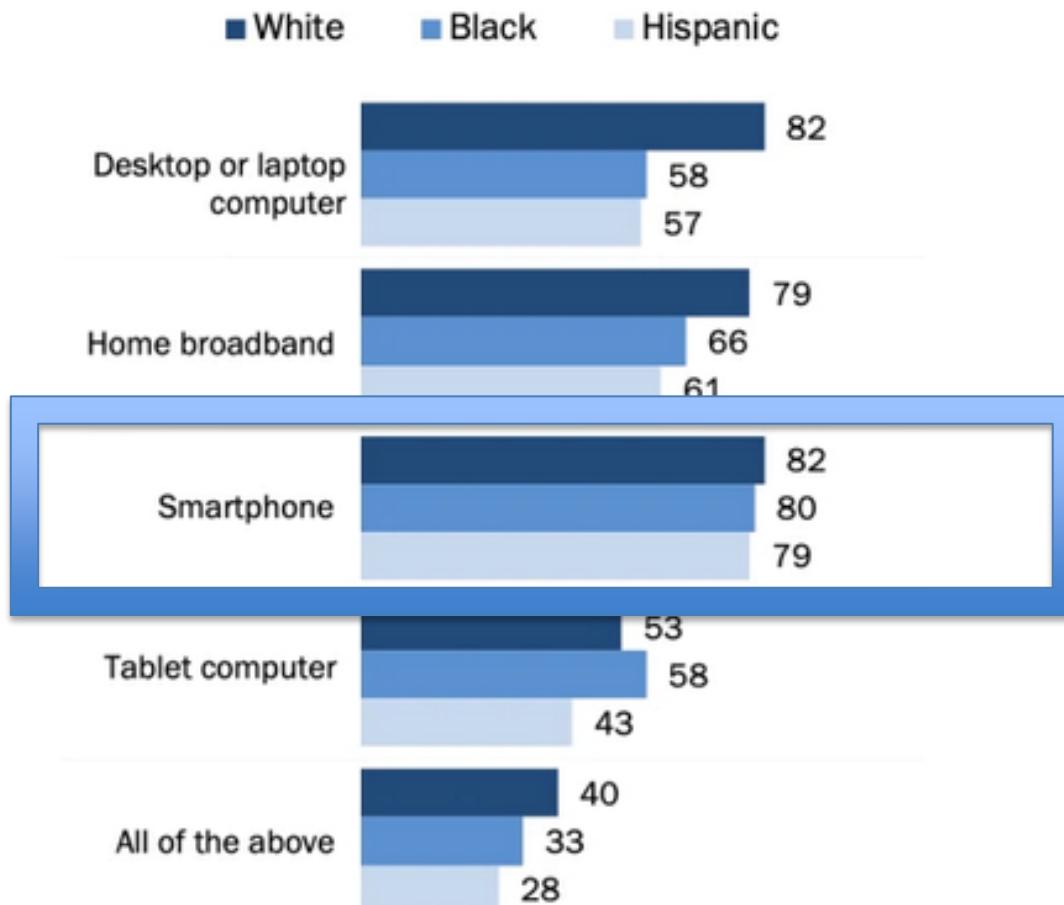


Note: Respondents who did not give an answer are not shown.

Source: Survey conducted Jan. 8-Feb. 7, 2019. Trend data from other Pew Research Center surveys.

Despite some lower adoption, blacks and Hispanics own smartphones at similar shares to whites

% of U.S. adults in each group who say they have the following



Note: Those who did not answer are not shown. Whites and blacks include only non-Hispanics. Hispanics are of any race.

Source: Survey conducted Jan. 8-Feb. 7, 2019.

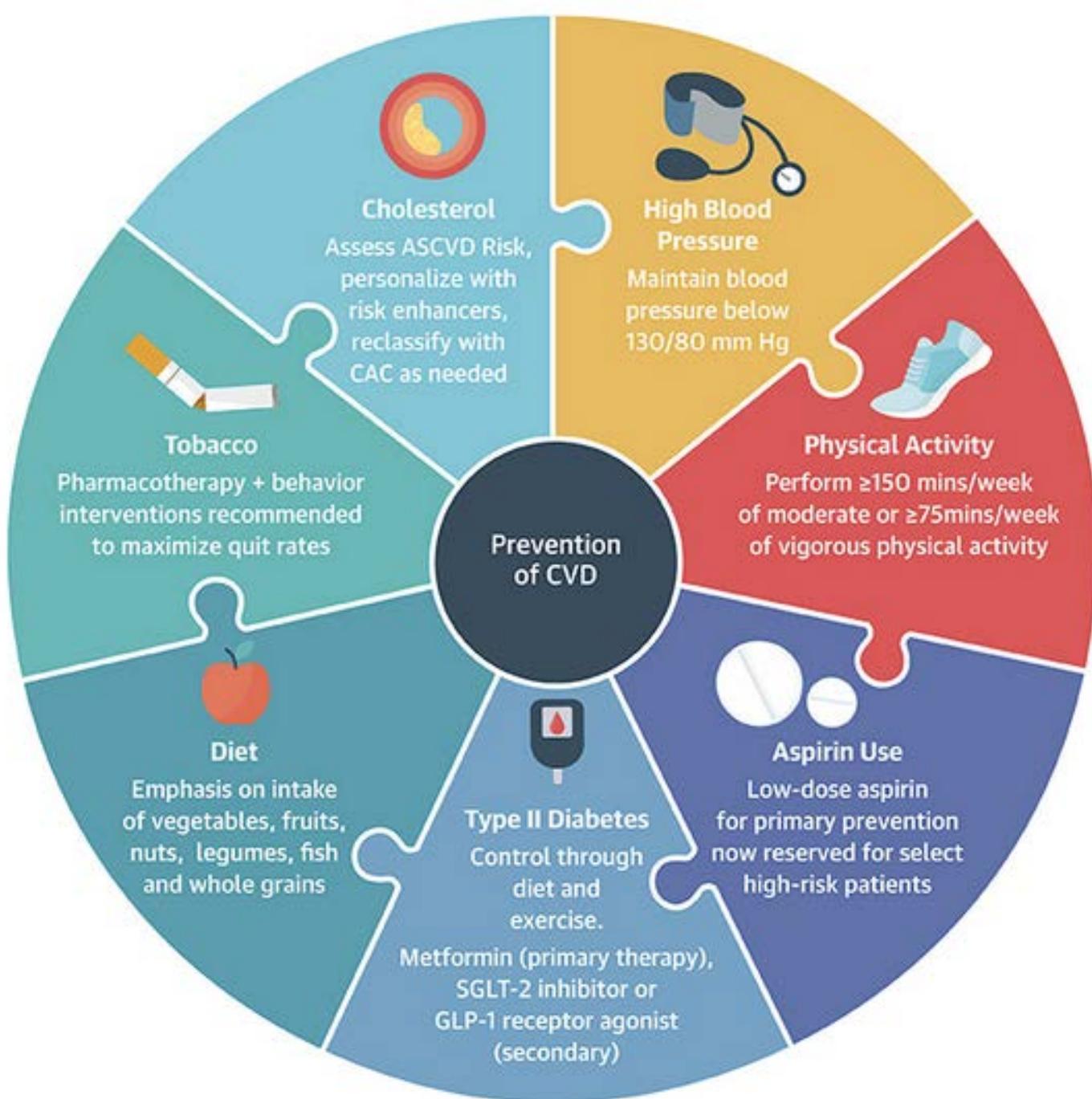


TABLE 2 Example Considerations for Addressing Social Determinants of Health to Help Prevent ASCVD Events

Topic/Domain	Example Considerations
Cardiovascular risk	<ul style="list-style-type: none"> ■ Adults should be routinely assessed for psychosocial stressors and provided with appropriate counseling (S2.1-31). ■ Health literacy should be assessed every 4 to 6 y to maximize recommendation effectiveness (S2.1-36).
Diet	<ul style="list-style-type: none"> ■ In addition to the prescription of diet modifications, body size perception, as well as social and cultural influences, should be assessed (S2.1-37, S2.1-38). ■ Potential barriers to adhering to a heart-healthy diet should be assessed, including food access and economic factors; these factors may be particularly relevant to persons from vulnerable populations, such as individuals residing in either inner-city or rural environments, those at socioeconomic disadvantage, and those of advanced age* (S2.1-39).
Exercise and physical activity	<ul style="list-style-type: none"> ■ In addition to the prescription of exercise, neighborhood environment and access to facilities for physical activity should be assessed (S2.1-30, S2.1-40, S2.1-41).
Obesity and weight loss	<ul style="list-style-type: none"> ■ Lifestyle counseling for weight loss should include assessment of and interventional recommendations for psychosocial stressors, sleep hygiene, and other individualized barriers (S2.1-42-S2.1-44). ■ Weight maintenance should be promoted in patients with overweight/obesity who are unable to achieve recommended weight loss.
Diabetes mellitus	<ul style="list-style-type: none"> ■ In addition to the prescription of type 2 diabetes mellitus interventions, environmental and psychosocial factors, including depression, stress, self-efficacy, and social support, should be assessed to improve achievement of glycemic control and adherence to treatment (S2.1-45-S2.1-48).
High blood pressure	<ul style="list-style-type: none"> ■ Short sleep duration (<6 h) and poor-quality sleep are associated with high blood pressure and should be considered (S2.1-49). Because other lifestyle habits can impact blood pressure, access to a healthy, low-sodium diet and viable exercise options should also be considered.
Tobacco treatment	<ul style="list-style-type: none"> ■ Social support is another potential determinant of tobacco use. Therefore, in adults who use tobacco, assistance and arrangement for individualized and group social support counseling are recommended (S2.1-50, S2.1-51).

*Advanced age generally refers to age ≥ 75 years.

ASCVD indicates atherosclerotic cardiovascular disease.

Cardiac Risk Program



Pillars of Health & Wellbeing

- Nutrition
- Exercise
- Stress management
- Sleep hygiene

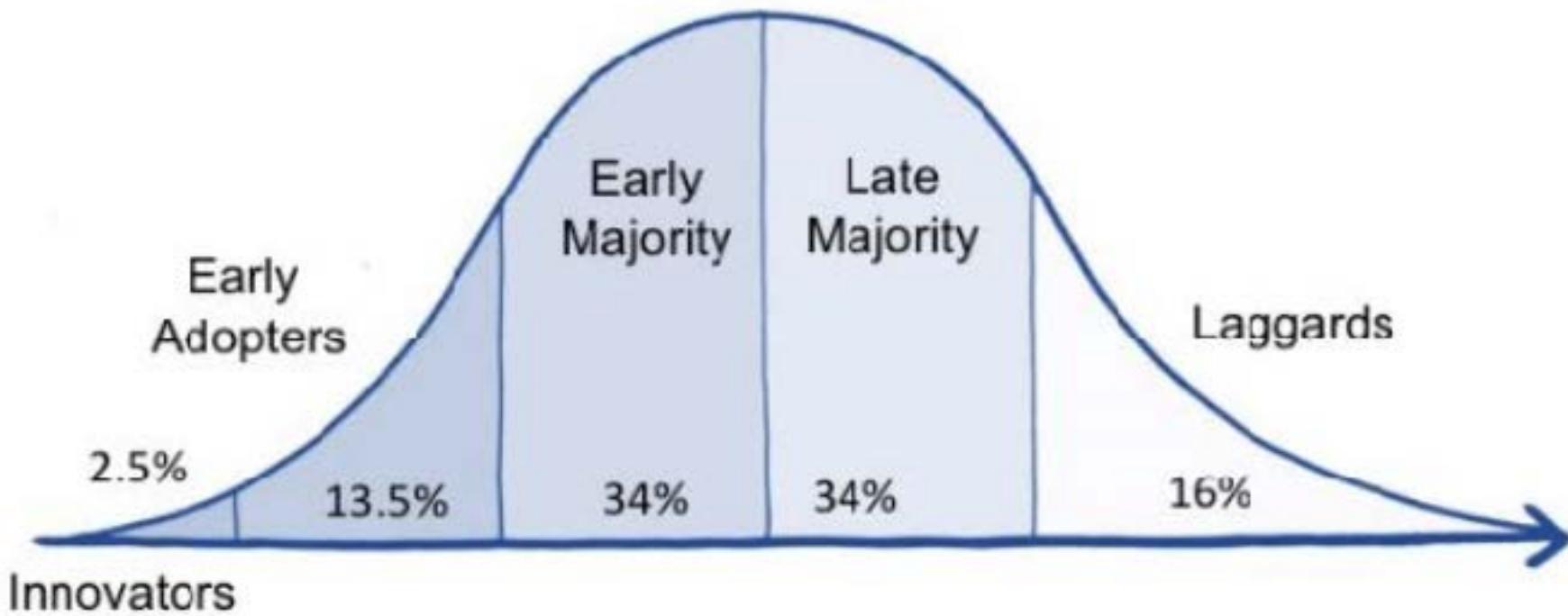
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Symptom Assessment



Medication Management

Telehealth → Virtual Care



Rogers adoption/innovation curve. Adapted from Rogers, E. (2003). *The Diffusion of Innovations*. Fifth Edition. The Free Press, New York.

LEADERSHIP PAGE



Telehealth Is Having a Moment Will it Last?



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Thank you