Improving Cardiovascular Screening and Management Through a Bidirectional Personal and Technological Interface

Project Overview
This project utilizes a bi-directional text messaging intervention integrated with a web-based CV Prevention Registry to improve participation in a statewide community cardiovascular screening and navigation program, Colorado Healthy Heart Solutions (CHHS). The intervention will be piloted to assess feasibility, acceptability, effect on participation and retention in the program, and effect on health-promoting behaviors, weight, blood pressure and cholesterol. The study will take place in the San Luis Valley and Mesa County.

The bi-directional text messaging intervention will be developed in collaboration with EMC Consulting. Focus groups with the community will inform the content for the messages. The messages will include “tips of the day” aimed at behavioral strategies such as weight control, home blood pressure monitoring, smoking status, and physical activity and reminders aimed at contacting or visiting their CHHS Community Health Worker (CHW). Text messages will be interactive, soliciting responses from participants such as “did you take your walk today?” or “what is was your blood pressure today?” This information will be used to provide feedback reports to participants, their CHW’s and providers.

The CV Prevention Registry will be an expansion of the Achieving Cardiovascular Excellence (ACARE) hypertension registry. This registry will be expanded to allow for increased use by patients, pharmacies, community health workers and practices.

Colorado Healthy Heart Solutions (CHHS)
CHHS is a collaborative CV risk assessment and follow-up program funded through the Colorado Department of Public Health and Environment. CHHS is a statewide network that was created to provide barrier-free CV risk factor screenings and education, with strong outreach to the medically underserved. The screenings are followed by navigation of individuals with a >10% Framingham Risk Score (FRS), uncontrolled BP and/or lipid levels into medical care and lifestyle modification programs. CHHS utilizes local CHW’s to provide ongoing navigation and case management services with CHHS participants. CHHS partners include local public health departments; federally qualified health centers (FQHCs), rural health clinics, community clinics and hospitals as well as a visiting nurse association. Check out their website for more information: http://hearthealthysolutions.org/.

Timeline
October 2011 – September 2014

Project Team
University of Colorado
Jack Westfall, MD (Principal Investigator)
Montelle Tamez
Karen Albright, PhD
Brenda Beaty, MSPH
Miriam Dickinson, PhD
Page Backlund-Jarquin

Denver Health
Raymond Estacio, MD
Mori Krantz, MD
Lauren DeAlleaume, MD

Colorado Prevention Center
Stephanie Coronel, MPH

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For more information about this study please contact Montelle Tamez at Montelle.Tamez@ucdenver.edu or 303.724.5736