

Practice Meeting – A Great Way to Learn – and Win!

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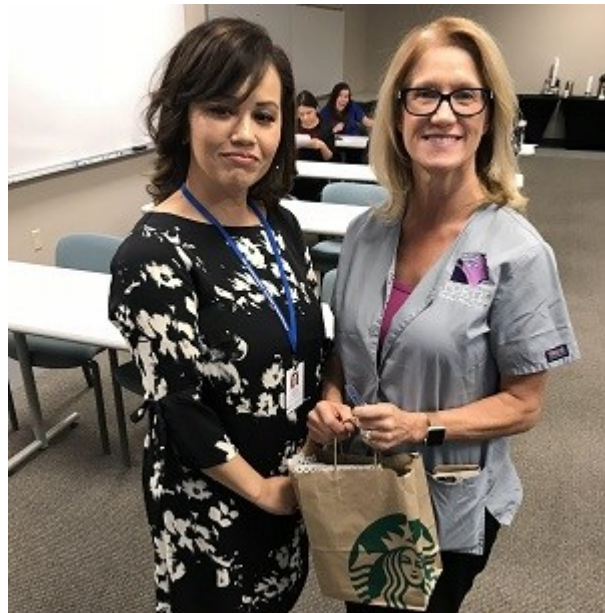
Newsletters, who we are, who our members are, preferred providers, hospitalists, board of directors, management, results

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Carissa Cabazas (SSACO Quality Coordinator) with Kim Moore (Forte Family Practice), winner of the Starbucks gift bag at our April 18th Practice Meeting. It's easy to win. Just respond to the email to which this newsletter was attached with the phrase "Everyone Wins with Silver State ACO" in the subject line. And, be sure to join us at our next meetings on Wednesday, June 6th at Summerlin Hospital.

Jesse Jackson, right, made a presentation on behalf of Carepointe, Silver State ACO's Preferred Provider for Chronic Care Management Services (CCM). CMS now pays for providing CCM services as it has been proven that addressing chronic conditions on a regular basis helps reduce the incidence of acute episodes, improve health for these patients, and reduce overall costs. Any patient with two or more chronic conditions is eligible. SSACO recommends that all Participants provide CCM services to their patients, either on their own or by engaging a company, such as Carepointe, to partner with them. Please talk to your quality coordinator or call the SSACO office directly.



Hold the Date:

Next 2018 Practice Meeting:

Wednesday,
June 6, 2018
– Summerlin Hospital –
7:30 a.m. and 11:30 a.m.

- Meet other participants and SSACO staff
- Learn
- Win Prizes

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CMS Posts Update of Medicare part D Opioid Prescribing Mapping Tool

The Centers for Medicare & Medicaid Services (CMS) just released an updated version of the Medicare Part D opioid prescribing mapping tool. The mapping tool is an interactive, web-based visualization resource that presents geographic comparisons- at the state, county, and ZIP code levels - of Medicare Part D opioid prescribing rates. It allows users to understand and compare opioid prescribing at the local level and better understand how this critical issue affects communities across the country.

The updated version of the mapping tool presents Medicare Part D opioid prescribing rates for 2016 as well as the change in opioid prescribing rates from 2013 to 2016. In total, for Medicare Part D, there were approximately 78 million opioid claims for 97 distinct opioid products in 2016, accounting for \$4 billion in spending.

The updated Medicare Part D Opioid Prescribing Mapping Tool can be accessed at: <https://go.cms.gov/opioidheatmap>

NATIONAL DIABETES PREVENTION PROGRAM

Led by the Centers for Disease Control and Prevention

Did you know that one out of three U.S. adults has prediabetes? Most don't know it. In an effort to control prediabetes from developing into type 2 diabetes, the Centers for Disease Control has partnered with the National Diabetes Association to develop this new program. Silver State ACO is encouraging its Participants to identify those patients at risk and work with them to get enrolled in the program. The program costs little to nothing, depending on location and circumstances. In addition, CMS has recently approved the program and will soon cover the costs.

What is prediabetes?

This means that the blood sugar (glucose) level is higher than normal, but not high enough to be diagnosed as diabetes. Nearly 90 percent of adults who have prediabetes don't know they have it.

Those who have prediabetes combined with poor weight management and/or minimal physical activity could develop type 2 diabetes within five years.

Patients enroll in this 12 month program which is given in 16 weekly sessions, followed by monthly maintenance sessions, for a total of 22 sessions (minimally). The patient is matched to a specially trained lifestyle coach and to the most appropriate location. The lifestyle coaches are typically Registered Dietitians or Registered Nurses. Classes generally have fewer than 20 people and will help the patient develop healthy eating habits, increase physical activity, and help keep them motivated to make positive, healthy changes to their lifestyle.

Participating in this program will help patients:

- Learn the skills needed to lose weight, be more physically active, and manage stress
- Connect with a lifestyle coach to guide and encourage good behavior
- Gain support from other members who have similar goals.

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How does one enroll? How to refer your patients?

To participate in the National Diabetes Prevention Program, a patient must be at least 18 years old and fall within one of the eligibility criteria:

- BMI \geq 25 kg/m² (\geq 23 if Asian)
- Diagnosis of prediabetes or GDM based on the following:
 - Fasting blood glucose between the range of 100-125 mg/dl
 - 2-hour glucose range of 140-199 mg/dl
 - HbA1c range of 5.7 – 6.4
 - Previous history of gestational diabetes (GDM)

This is a quick and easy way to engage your prediabetic patients and help them take control of their health!

Refer your patients by completing the Prediabetes Risk Test and Referral Form and faxing to the National Diabetes Foundation. Full details, and the risk test and referral form, are attached to this Newsletter's email.

Friends Help Friends...

Silver State ACO announces the beginning of our recruitment for 2019. CMS has specific guidelines and deadlines for signing up new groups, and we will now begin the process. (We should note that existing Participants need do nothing to continue to be part of SSACO).

Have you gained something from participating in Silver State ACO? Do you appreciate the quality reporting assistance you get year round and, especially, not having to do the filing yourself at year-end? Do you value the help you receive understanding MIPS, MACRA, etc? Have you received a check for Shared Savings Earned from SSACO? If so, why not share your recommendation with other groups you deal with? If you know of other PCP groups who would benefit from being part of Silver State ACO, please let us know. We'll be happy to reach out to them. You may email Rena@silverstateaco.com or call the office (702)608-0417. We thank you and are sure that the group will thank you, as well.

Featured Research from the National Institute on Aging: Leafy greens linked with slower age-related cognitive decline

A recent report in the journal *Neurology* found that a diet containing approximately one serving of green leafy vegetables per day is associated with slower age-related cognitive decline. Researchers at Rush University in Chicago and the Tufts Human Nutrition Research Center in Boston followed 960 older adults enrolled in the Rush Memory and Aging Project. The research team focused on the level of consumption of green leafy vegetables which have been suggested in previous research to have protective factors against cognitive decline, and looked at the association with performance on cognitive tests.

The average age of the participants was 81 years and all were dementia-free at the beginning of the study. Over an average of nearly 5 years, participants underwent an annual battery of tests that assessed cognition in five domains (episodic memory, working memory, semantic memory,

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visuospatial ability, and perceptual speed). Data from food frequency questionnaires administered at the beginning of the study were used to assess how frequently people ate some 144 items over the previous 12 months. Dietary intake levels of the nutrients of interest were estimated from responses to all food items. The three green leafy vegetable items included in the questionnaire were: spinach, kale/collards/greens, and lettuce salad. Additional diet, health, and demographic information was collected during annual visits.

In the study, consumption of green leafy vegetables was positively and significantly associated with slower cognitive decline. When comparing the highest daily consumption with the lowest, the rate of cognitive decline among those who consumed the most to those who consumed the least was equivalent to being 11 years younger cognitively, based on average global cognitive scores over time. There was no evidence that the association was affected by cardiovascular conditions, depressive symptoms, low weight, or obesity.

The researchers also examined the relationship between cognitive change and nutrients for which green leafy vegetables are a rich source. Intake of these nutrients were each individually positively and significantly associated with slower rates of cognitive decline and were not due to other underlying health issues.

This study indicates that consumption of green leafy vegetables is associated with a slower rate of cognitive decline in older adults, possibly due to the neuroprotective actions of specific nutrients. As research continues, the researchers suggest that adding a daily serving of green leafy vegetables to one's diet may contribute to brain health.

For more details, and more interesting articles, visit the National Institute on Aging's website: www.nia.nih.gov.

Quote of the Month

"Never cut a tree down in the wintertime. Never make a negative decision in the low time. Never make your most important decisions when you are in your worst moods. Wait. Be patient. The storm will pass. The spring will come."

Robert Harold Schuller (September 16, 1926 – April 2, 2015) was an American Christian televangelist, pastor, motivational speaker, and author.

Fun Math of the Month

The average human walks
900 MILES PER YEAR,
and drinks
22 GALLONS OF BEER,
Which means...
The average human gets
41 MILES PER GALLON.
Not bad!

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