

## CHRONIC DISEASE MANAGEMENT

### Sentara Obici's Winning Formula BY GLORIA SEITZ

Larry Land, 57, credits the care he's received at Sentara Obici Hospital and through Sentara Community Health Outreach Program (CHOP) with saving his life.

"I know I wouldn't be here if it weren't for them," he said. Mr. Land, who has had heart problems for many years, has lived in Suffolk most of his life.

His physician referred him to the 12-year-old program that helps individuals living at or below 200% of the federal poverty level, who have diabetes and/or heart failure and do not qualify for home health care.

By monitoring patients at home and teaching them good health habits, the program helps improve their quality of life and helps them

**"...what we do is empower people with the knowledge and resources needed to manage their disease."**



**SENTARA COMMUNITY OUTREACH**  
*- Larry Land says that it saved his life: "I know I wouldn't be here if it weren't for them (Sentara Obici Hospital's Community Outreach program)."*

avoid the hospital.

Four nurses see approximately 100 patients (a case load of 25-30 patients each), and Barbara Morris, R.N., is Larry's nurse. She visits him weekly to teach him how to monitor and manage his chronic heart disease. If she detects something unusual, such as high blood pressure, elevated sugar or swelling in the feet, she and Larry consult with the doctor to determine if any changes in medication or treatment should occur.

"Every patient is different, and their needs are different," Barbara said. "But what we do is empower people with the knowledge and resources needed to manage their disease."

The CHOP Program, partially funded by the Obici Healthcare Foundation, is based upon the premise that the individuals with diabetes or heart failure will stick to their medical plan if they have (1) knowledge of their disease process, (2) resources to obtain medication and food and (3) effective family/social support.

This winning formula also caught the attention of the Jackson Healthcare National Hospital Charitable Award as a terrific example of a program that has real community and individual impacts. Earlier this year, Sentara Obici's Community Outreach Program was selected as one of the ten programs nationwide to receive the National Charitable Award. The benefit of the program can best be summed up in Larry Land's remark, "I would not be living today if my doctor had not sent the nurse to show me how to take care of myself."

## YOU ARE INVITED...

If you are in search of funding for your good ideas to improve health in Western Tidewater, join us at the Request for Proposal Announcement Breakfast. The Foundation staff will offer suggestions that can help turn your concept (those good ideas) into a well developed plan that may result in a funded program. Your ideas may be tomorrow's health solutions.

**Tuesday, November 8, 2011**

**8:30 a.m.**

**Hilton Garden Inn**

**100 East Constance Road, Suffolk**

**Concept Paper Deadline: Dec. 5, 2011, 2:00 p.m.**

**Pre-registration is a must: [www.obicihcf.org](http://www.obicihcf.org)**

# NEW PHARMACY OPENS AT THE FREE CLINIC

Foundation Grant Provides Uninsured with Greater Access to Prescription Drugs BY RICK SPENCER

Western Tidewater Free Clinic patients now have improved access to prescription medications with the opening of its in-house pharmacy.

“Thanks to an affiliation between the Free Clinic and Rx Partnership and a grant from the Obici Healthcare

Foundation, our patients can have prescriptions filled before they leave (10-15 minutes) or by the next day,” said Free Clinic Executive Director Miriam Beiler.

“Previously, patients went to retail drug stores to have prescriptions filled. Now their physician can look at a list of medications available in the pharmacy, write a prescription and patients can leave their doctor’s appointments with their medicine in hand,” said Margaret Rosner, RPh, Free Clinic Pharmacist-in-Charge.

“Rx Partnership is a public/private partnership created to increase access to free prescription medications for Virginia’s eligible uninsured,” said Gina Pitrone, Foundation Executive Director and Rx Partnership Chairman. “The agency solicits free medications in bulk from pharmaceutical companies and arranges for their distribution directly to nonprofit, licensed affiliate pharmacies that it credentials and monitors. These pharmacies are typically operated by free clinics and community health centers.”

A Foundation grant paid for hiring part-time pharmacy staff and converting a storage room into the pharmacy.

The renovation included the addition of shelving, a refrigerator and a computer system running QS1 software.

This software allows the pharmacist to track filled prescriptions, maintain the patients medical history, look for drug interactions, print leaflets that

describe the indication for use of the medication, the dosage, side effects, and print labels and receipts.

“The Free Clinic currently has six volunteer pharmacists, and we are actively recruiting more,” Ms. Rosner said. For more information about the Free Clinic, call 757-923-1060.

“...patients can leave their doctor’s appointments with their medicine in hand...”



Margaret Rosner, RPh, MBA, gave a tour of the Western Tidewater Free Clinic Pharmacy to Wayne Harris, PhD. Ms. Rosner is the Free Clinic Pharmacist-in-Charge, and Dr. Harris is the Hampton University Dean of Pharmacy.

## BLOOD PRESSURE NUMBERS YOU NEED TO KNOW

Blood pressure is measured as systolic and diastolic pressures. Systolic refers to blood pressure when the heart beats while pumping blood. Diastolic refers to blood pressure when the heart is at rest between beats. These blood pressure numbers normally appear with the systolic number above or before the diastolic number, such as 120/80 mmHg. The adjacent table shows normal blood pressure numbers for adults. It also shows the various stages of hypertension.

Blood Pressure Category	Systolic Mm Hg (upper#)		Diastolic Mm Hg (lower #)
Normal	Less than 120	and	Less than 80
Pre-hypertensive	120-139	or	80-89
High Blood Pressure (Hypertension) Stage 1	140-159	or	90-99
High Blood Pressure (Hypertension) Stage 2	160 or higher	or	100 or higher
Hypertensive Crisis Emergency Care Needed	Higher than 180	or	Higher than 110

## REDUCING RISK FACTORS FOR CHRONIC DISEASE

To lower risk factors for heart disease and diabetes, the American Heart Association recommends moderate physical activity of 30 minutes per day, 5 times per week; however, similar benefits can occur if the time is divided into two or three segments of 10 -15 minutes per day. Weight loss is another way to lower risk factors associated with chronic disease. According to the American Diabetes Association, “one truth remains in the battle of weight loss: You must eat and drink fewer calories than your body burns off.”