

Cardio Metabolic Syndrome

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Q-1. What is Cardio Metabolic Syndrome?

A-1. Having heart disease, high cholesterol, hypertension, and/or diabetes or any of their precursors in combination is called metabolic syndrome. It begins with high cholesterol starting as early as the 20s, being increasingly overweight, especially around the middle, having high blood pressure, showing symptoms of insulin resistance, followed by having a heart attack or a stroke.

Q-2. How significant a problem are the component diseases in Georgia?

A-2. In Georgia, between one in three and one in two adults are at risk of or have metabolic syndrome:

- Obesity rose 9% in adults between 2011 and 2013 in Georgia.
- Heart disease and diabetes together are the leading cause of premature death in Georgia.
- Together they cause more than 23,000 deaths a year in our state and more than 150,000 years of potential life are lost per year as a result of these two diseases.
- Costing us, as a state, billions of dollars a year—close to nine billion, and 600 million in missed days at work.

Q-3. What is the scope of the new initiative?

A-3. The scope of the new initiative is outlined in the DPH Strategic Plan, released in December 2015. The initiative has 3 primary strategies—one strategy focused on local health department capacity to treat the component diseases of cardio metabolic syndrome; one strategy focused on comprehensive approaches to prevention; and one strategy focused on partnering with external health systems that reach significant numbers of Georgians. For questions or concerns about how decisions were made regarding the strategic plan, please contact the Chief of Staff's Office (Christine.Greene@dph.ga.gov), or to discuss the specifics of the cardio metabolic syndrome priority area, please contact the Chronic Disease Prevention Director (Jean.OConnor@dph.ga.gov).

Q-4. Is the initiative the same thing as the old Stroke or Heart Attack Prevention Program (SHAPP)?

A-4. No, the Cardio Metabolic Syndrome Initiative is new. The Stroke or Heart Attack Prevention Program no longer exists.

Q-5. Why did DPH create a new statewide nurse protocol on diabetes and hypertension?

A-5. Hypertension and Diabetes are chronic, progressive diseases. If uncontrolled, these diseases can lead to various health complications. To address this problem, the Chronic Disease Prevention Section (CDPS) at the Georgia Department of Public Health (DPH) proposed increasing the knowledge and skill set of the Georgia public health nursing workforce via statewide nurse protocols.

Q-6. Who paid for the new protocols to be developed?

A-6. The nurse protocols for hypertension were funded utilizing ASTHO Million Hearts funding to work towards the goal of preventing one million heart attacks and strokes by 2016 by addressing hypertension and associated chronic diseases. The nurse protocols for diabetes were funded using "13-1305 State Public Health Actions" funding. State funds were also used.

Q-7. Where can I find the new statewide nurse protocols on diabetes and hypertension?

A-7. The nurse protocols are located on the Department of Public Health website on the Office of Nursing's webpage (<https://dph.georgia.gov/nurse-protocols>).

Q-8. Which districts are implementing the new nurse protocols?

A-8. Implementation is the decision of a District Health Director.



Q-9. Do districts need to offer both protocols, or may they choose one or none?

A-9. Districts may select which protocols they choose to implement.

Q-10. What trainings is the state office offering to district personnel?

A-10. The state office is offering 9 trainings to district personnel which include:

1. Blood Pressure Fundamentals Webinar
2. Pharmacology for Hypertension Webinar
3. Hypertension Nurse Protocol Pilot Workshop (East Central Health District Nursing Staff only)
4. Hypertension Nurse Protocol Workshop
5. Pharmacology for Diabetes Webinar
6. Diabetes Self Management Education 30-minute Webinar
7. Diabetes Nurse Protocol Workshop
8. Certified Diabetes Educator Training Workshop (Only individuals who deliver DSME)
9. Tobacco Cessation Training

To access training information and registration, please visit Saba.

Q-11. Who paid for the trainings?

A-11. The Chronic Disease Prevention Section utilized federal and state funding to develop and provide trainings.

Q-12. Who designed the trainings?

A-12. Trainings were developed by the Chronic Disease Prevention Section and other partners in the Division of Health Protection, such as the State Pharmacist and Division Director, with various experts within the Department of Public Health and key partners.

- *Blood Pressure Fundamentals Webinar*- State Office Nurse for Hypertension
- *Pharmacology for Hypertension Webinar/ Pharmacology for Diabetes Webinar*- Under the direction of the State Pharmacist and the University of South Carolina School of Pharmacy
- *Hypertension Nurse Protocol Pilot Workshop/ Hypertension Nurse Protocol Workshop*- DHD Medical Advisors for the Cardio Metabolic Syndrome Priority area and Georgia Regents University
- *Diabetes Self-Management Education 30-minute Webinar*- State Office Diabetes Program Manager
- *Diabetes Nurse Protocol Workshop*- DHD Medical Advisors for the Cardio Metabolic Syndrome Priority area and Georgia Regents University and Georgia Regents University
- *Certified Diabetes Educator Training Workshop* - Emory University and Grady Hospital
- *Tobacco Cessation Training*- Alere Wellbeing and State Office Tobacco Cessation Coordinator

Q-13. I am a nurse and my district is implementing the new protocols. If I want to work under the hypertension protocol, what training do I need to complete first?

A-13. The Blood Pressure Fundamentals, Pharmacology for Hypertension webinars and the Hypertension Nurse Protocol Workshop must be completed prior to implementing the hypertension protocol.

Q-14. I am a nurse and my district is implementing the new protocols. If I want to work under the diabetes protocol, what training do I need to complete first?

A-14. The Diabetes Self-Management Education Training, Pharmacology for Diabetes and the Diabetes Nurse Protocol Workshop must be completed prior to implementing the diabetes protocol.



Q-15. Do nurses working under the diabetes protocol need to attend the certified diabetes educator training?

A-15. It is highly recommended that nurses utilizing the diabetes protocol attend the CDE training, although it is not a requirement. The CDE training is also open to non-nursing staff. This training has a considerable cost to the state, so it is requested that only persons who may deliver diabetes education attend.

Q-16. Who should take the tobacco cessation training?

A-16. All medical professionals/providers and front office staff involved in a client’s care from appointment scheduling to billing are encouraged to participate in the tobacco cessation training. The purpose of the training is to increase provider’s competence in implementing and executing Georgia cAARds- Ask, Advise and Refer. Georgia cAARds is an abbreviated program of the evidenced based 5A’s model for treating tobacco use and dependence. The strategies were designed to be brief and require 3 minutes or less of direct clinician time. Continuing education credits are offered for a variety of health professional types for this training.

Q-17. I am not a nurse, but I want to be involved. What trainings are open to me?

A-17. There are three trainings available for non-nurse staff. Please see the table below for further eligibility.

Training	Eligible Staff
<i>Diabetes Self-Management Education 30-minute Webinar</i>	DHDs, Pharmacists, and health education staff
<i>Certified Diabetes Educator Training Workshop</i>	DHDs, Pharmacists, and health education staff
<i>Engaging Tobacco Users: Tips for Health Care Providers in Georgia</i>	Billing and administrative staff, District Nursing Staff, DHDs, Pharmacists, and health education staff

Q-18. How do I register for the trainings?

A-18. To register for the trainings, Department of Public Health employees will need to log onto the Saba website. Once logged on, employees should access the Browse menu and select “Browse Catalog”, then select the Health Promotion and Chronic Disease Prevention header. Once selected, the available nurse protocol trainings will appear.

Please note, the Engaging Tobacco Users: Tips for Health Care Providers in Georgia can be accessed utilizing the following link, www.GAtobaccointervention.org.

Q-19. Who pays for travel to the trainings?

A-19. The district or the participant is responsible for travel. Due to limited funding, the Chronic Disease Prevention Section will not be able to assist participants with travel cost.

Q-20. Can I come to the Workshops if I have not completed the prerequisites listed on Saba?

A-20. No, workshops are reserved for public health nurses who have completed the prerequisites. Please see the prerequisites field for each training on the attached list.

Q-21. I can’t see all the training options when I go on Saba. When will they be available?

A-21. All trainings will be available January 20th, 2015 on Saba. As future training dates are finalized, they will be posted on Saba in a timely manner and distributed to health districts via email.



Q-22. I am having problems getting my continuing education credits. Who do I contact?

A-22. Please contact the Chronic Disease Prevention Health Systems Manager Shana Scott at shana.scott@dph.ga.gov.

Q-23. What other new services or supports, beyond training, is the State Office offering to Districts around diabetes, hypertension, and/or cardio metabolic syndrome?

A-23. The Chronic Disease Prevention Section is assessing the possibility of providing additional recorded or online in-depth training around the new 2015 U.S. Dietary Guidelines as well as additional training on physical activity recommendations, which have changed in the last several years. DPH staff are also encouraged to work with their HPC to learn more about Chronic Disease University trainings, which are offered monthly on a variety of chronic disease topics. In addition, the section is looking into the possibility of supporting interested Districts in engaging in the Diabetes Prevention Program model; telehealth offerings of DSME; becoming DSME accredited sites for reimbursement purposes; and partnerships with EMS around hypertension control and diabetes management.

Q-24. How will our district be reimbursed for new services it offers?

A-24. Currently, there are no state funds available outside of Annex 170 for direct delivery of diabetes or hypertension services. The Department is investigating other options to pay for these services. Districts are encouraged to bill for services where possible, or charge a cash payment. In the spring of 2016, DPH will issue a recommended fee schedule for services offered under the protocol. A contract to ensure guaranteed rates for labs is also being explored.

Q-25. I have a problem with the trainings or the protocols that is not answered here or I have feedback or ideas about the topic of cardio metabolic syndrome. Who should I contact?

A-25. Please contact the Chronic Disease Prevention Director (Jean.OConnor@dph.ga.gov) to set up a meeting to discuss your thoughts by phone or by telehealth.

Q-26. Who should nurse's contact when they have questions about Nurse Protocols for Diabetes and Hypertension that can't be answered locally?

A-26. The Chronic Disease Hypertension and Diabetes nurse consultant. The anticipated start date for the nurse is February 1, 2016, or contact Barbara Crane, Chronic Disease Deputy for Screening and Treatment programs (Barbara.Crane@dph.ga.gov).

Q-27. Are state funds available for pharmaceuticals and laboratory services?

A-27. At this time, no funds are available for these items outside of Annex 170 (these are Preventive Health Block Grant Funds provided to only 5 districts that operate a Hypertension Management Outreach program). When more information is available, it will be provided to the District Health Directors.

Thank you.

