

## ABCS Toolkit

Resource	Description (Including Multimedia)	Intended Audience
<b>Aspirin</b>		
<b>American Academy of Family Practice (AAFP)</b> <i>Aspirin Use to Prevent Cardiovascular Disease and Colorectal Cancer</i> <a href="http://goo.gl/gr6aLi">http://goo.gl/gr6aLi</a>	Summarizes the 2016 US Preventive Service Task Force (USPTF) recommendations (by age) for aspirin use in adults.	Health provider
<b>American Heart Association / American Stroke Association</b> <i>Let's Talk about Anticoagulants and Antiplatelet Agents</i> <a href="http://goo.gl/luX6g8">http://goo.gl/luX6g8</a> Spanish resources available.  <i>Aspirin and Heart Disease</i> <a href="http://goo.gl/m0oJmJ">http://goo.gl/m0oJmJ</a> Spanish resources available.	Resource for patients; contains facts what medicines are to be used, how to take them and problems that can occur.  Article on aspirin therapy risks, questions to ask the doctor and frequently asked questions.	Layperson   Layperson
<b>American Diabetes Association</b> <i>Taking Aspirin to Protect Your Heart</i> English - <a href="http://goo.gl/puQYrU">http://goo.gl/puQYrU</a> Spanish - <a href="http://goo.gl/kOhnA0">http://goo.gl/kOhnA0</a>	Resource describing why and how to take aspirin to protect your heart.	Layperson
<b>U.S. Department of Veterans Affairs</b> <i>Stroke Prevention: Using Blood Thinners (Anticoagulants)</i> <a href="http://goo.gl/nTxXmK">http://goo.gl/nTxXmK</a>	Online information about taking blood thinners safely.	Layperson
<b>Blood Pressure</b>		
<b>Target BP</b> <i>What is High Blood Pressure</i> English – <a href="http://goo.gl/8JXA2g">http://goo.gl/8JXA2g</a> Spanish – <a href="http://goo.gl/mCN7cS">http://goo.gl/mCN7cS</a>	Handout with meaning of blood pressure numbers, who is at risk, and what you can do about it.	Layperson
<b>Target BP</b> <i>Steps to Improve Blood Pressure</i> <a href="http://goo.gl/eF8Tpd">http://goo.gl/eF8Tpd</a>	This patient resource identifies five lifestyle modifications that can be made to improve blood pressure.	Layperson
<b>Target BP</b> <i>How to Measure Blood Pressure at Home</i> <a href="http://goo.gl/azQpRn">http://goo.gl/azQpRn</a>	This handout provides your patients with specific, step-by-step techniques to use to effectively take their own blood	Layperson

<b>Target BP</b> <i>Medical Complications Related to High Blood Pressure</i> English- <a href="http://goo.gl/77J9vg">http://goo.gl/77J9vg</a> Spanish- <a href="http://goo.gl/bXJeqX">http://goo.gl/bXJeqX</a>	This infographic describes some of the consequences of high blood pressure	Layperson
<b>Million Hearts® Resource Toolkits</b> <i>Heart disease and stroke prevention and treatment tools</i> <a href="http://goo.gl/Q8xQij">http://goo.gl/Q8xQij</a>  Spanish resources available.	Million Hearts® toolkits were designed to help partners incorporate Million Hearts® into their everyday work and enhancing their heart disease and stroke prevention efforts. They are available for download and to be used as individual components or as an entire toolkit. To request permission to use the Million Hearts® logo, email the Million Hearts Campaign at <a href="mailto:millionhearts@cdc.gov">millionhearts@cdc.gov</a> .	Layperson and health provider
<b>Million Hearts®</b> <i>High Blood Pressure: How to make control your goal</i> English – <a href="http://goo.gl/UJqph1">http://goo.gl/UJqph1</a> Spanish - <a href="http://goo.gl/M4uxYQ">http://goo.gl/M4uxYQ</a>	Handout with steps to monitor and manage high blood pressure and work with one’s healthcare team.	Layperson
<b>Million Hearts®</b> <i>Supporting Your Loved One with High Blood Pressure</i> English – <a href="http://goo.gl/5V1UFz">http://goo.gl/5V1UFz</a> Spanish - <a href="http://goo.gl/5jDwu0">http://goo.gl/5jDwu0</a>	Handout with ideas of how to support individuals struggling to manage and control high blood pressure successfully.	Layperson
<b>Million Hearts® Toolkit</b> <i>Learn and Prevent</i> <a href="http://goo.gl/oo4gl1">http://goo.gl/oo4gl1</a> Spanish resources available.	Million Hearts® toolkit section including Risks, costs and consequences, prevention, healthy eating and Health is Strong, designed to help patient’s heart disease and stroke prevention efforts. They are available for download and to be used as individual components or as an entire toolkit.	Layperson and health Provider
<b>National Institute of Neurological Disorders and Stroke (NINDS)</b> <i>Know Stroke Toolkit</i> <a href="https://goo.gl/UD1559">https://goo.gl/UD1559</a>	Contains materials needed for planning and conducting a stroke education event.	Community workers and health provider
<b>Million Hearts®</b> <i>Improving Adherence Among Patients with Hypertension</i> <a href="http://goo.gl/q7XslU">http://goo.gl/q7XslU</a>	Tip sheet for healthcare professionals – Empower your patients to take their medications as prescribed.	Health Provider
<b>National Heart, Lung and Blood Institute</b> <i>Your Guide to Lowering Blood Pressure With DASH</i> <a href="http://goo.gl/Qr5dDy">http://goo.gl/Qr5dDy</a>	Handout explaining the healthy DASH diet plan that was developed to lower blood pressure without medication in research sponsored by the US National Institutes of Health.	Layperson
<b>Cholesterol</b>		
<b>American Heart Association/American Stroke Association</b> <i>Understanding and Improving Cholesterol Brochure</i> <a href="http://goo.gl/xOCbok">http://goo.gl/xOCbok</a>	Interactive Brochure – Audio and Video Helps patients understand how cholesterol affects the body and what they can do to improve their cholesterol and reduce their risk of heart disease and stroke	Layperson

<b>American Heart Association</b> <i>Cholesterol Quiz</i> <a href="http://goo.gl/ZdWgWx">http://goo.gl/ZdWgWx</a>	Online Quiz	Layperson
<b>American Heart Association</b> <i>Downloadable cholesterol tools</i> <a href="http://goo.gl/ONmN7G">http://goo.gl/ONmN7G</a>	Downloadable PDF Handouts	Layperson
<b>Smoking</b>		
<b>Freedom From Smoking® Online or FFS Online</b> <a href="http://www.ffsonline.org/">http://www.ffsonline.org/</a>	FFS Online is a program designed for adults who want to quit smoking. It's an adaptation of the American Lung Association's gold standard, group clinic that has helped thousands of smokers to quit for good.	Layperson
<b>Nebraska State Health Department</b> <i>Tobacco Cessation Programs</i> <a href="http://goo.gl/A6Qx7U">http://goo.gl/A6Qx7U</a>	List of certified tobacco cessation specialists.	Layperson
<b>American Lung Association</b> <a href="http://www.lung.org/stop-smoking/">http://www.lung.org/stop-smoking/</a> Spanish resources available.	Want to stop smoking or help a loved one quit? We're here for you every step of the way with tools, tips and support. The important thing is to keep trying to quit, until you quit for good	Layperson
<b>The Lung Help Line – 1-800-LUNG-USA</b> Spanish resources available.	Call the Lung Help Line to access the <i>Freedom from Smoking Self Help Guide</i> .	Layperson
<b>American Cancer Society</b> <i>Stay Away from Tobacco Campaign</i> <a href="http://goo.gl/bDMcdV">http://goo.gl/bDMcdV</a> Spanish resources available.	Landing page on the American Cancer Society website for tobacco cessation resources (includes downloadable handouts). Quitting tobacco is not easy, but it can be done. Whether you're a smoker, someone who uses smokeless tobacco or just someone trying to help a friend or loved one, you'll find the information you need in this section.	Laypersons and Health Providers
<b>American Cancer Society</b> <i>Tobacco and Cancer Resources</i> <a href="http://goo.gl/SomibE">http://goo.gl/SomibE</a> Spanish resources available.	Landing page on the American Cancer Society website that includes information on cigarette, cigar and smokeless tobacco use, and how they affect different groups of people.	Laypersons and Health Providers

Please note: Since this document will be available in printed form; we have shortened the hyperlinks to make this document more user-friendly.



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