

ABCS Toolkit

Resource	Description (Including Multimedia)	Intended Audience
Aspirin		
American Academy of Family Practice (AAFP) <i>Aspirin Use to Prevent Cardiovascular Disease and Colorectal Cancer</i> http://goo.gl/gr6aLi	Summarizes the 2016 US Preventive Service Task Force (USPTF) recommendations (by age) for aspirin use in adults.	Health provider
American Heart Association / American Stroke Association <i>Let's Talk about Anticoagulants and Antiplatelet Agents</i> https://bit.ly/2Warrxc Spanish resources available. <i>Aspirin and Heart Disease</i> http://goo.gl/m00jMj 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
American Diabetes Association <i>Taking Aspirin to Protect Your Heart</i> English - http://goo.gl/puQYrU Spanish - http://goo.gl/kOhnA0	Resource describing why and how to take aspirin to protect your heart.	Layperson
U.S. Department of Veterans Affairs <i>Stroke Prevention: Using Blood Thinners (Anticoagulants)</i> http://goo.gl/nTxXmK	Online information about taking blood thinners safely.	Layperson
Circulation <i>2019 ACC/AHA Guideline on the primary Prevention of Cardiovascular Disease</i> https://bit.ly/2HQ9oni	A report of the American College of Cardiology /American Heart Association Task Force on Clinical Practice Guidelines	Clinician
Blood Pressure		
Target BP <i>What is High Blood Pressure</i> English – https://goo.gl/MNh8w2 Spanish – https://goo.gl/SqGbFk	Handout with meaning of blood pressure numbers, who is at risk, and what you can do about it.	Layperson

Target BP <i>What can I do to Improve Blood Pressure</i> http://goo.gl/eF8Tpd	This patient resource identifies five lifestyle modifications that can be made to improve blood pressure.	Layperson
Target BP <i>How to Measure Blood Pressure at Home</i> https://goo.gl/LWj1ss	This handout provides your patients with specific, step-by-step techniques to use to effectively take their own blood	Layperson
Target BP <i>Complications Related to High Blood Pressure English-Spanish and Chinese resources available</i> http://goo.gl/77J9vg	This infographic describes some of the consequences of high blood pressure	Layperson
Million Hearts® Resource Toolkits <i>Heart disease and stroke prevention and treatment tools</i> http://goo.gl/Q8xQjI 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 millionhearts@cdc.gov .	Layperson and health provider
Million Hearts® <i>High Blood Pressure: How to make control your goal</i> English – http://goo.gl/UJqph1 Spanish - http://goo.gl/M4uxYQ	Handout with steps to monitor and manage high blood pressure and work with one’s healthcare team.	Layperson
Million Hearts® <i>Supporting Your Loved One with High Blood Pressure</i> English – http://goo.gl/5V1UFz Spanish - http://goo.gl/5iDwu0	Handout with ideas of how to support individuals struggling to manage and control high blood pressure successfully.	Layperson
Million Hearts® Toolkit <i>Learn and Prevent</i> http://goo.gl/oo4g1 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
Million Hearts® <i>Improving Adherence Among Patients with Hypertension</i> http://goo.gl/q7XslU	Tip sheet for healthcare professionals – Empower your patients to take their medications as prescribed.	Health Provider
National Heart, Lung and Blood Institute <i>Your Guide to Lowering Blood Pressure With DASH</i> http://goo.gl/Qr5dDy	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

Million Hearts <i>High Blood Pressure Worksheet</i> https://goo.gl/BX5MN8	Downloadable worksheet for patient to use to prepare for an office visit	Layperson
Cholesterol		
American Heart Association/American Stroke Association <i>Managing Familial Hypercholesterolemia</i> Spanish version available https://bit.ly/2WogFfh	Podcast -- Familial Hypercholesterolemia, FH for short. It is an inherited disorder that leads to aggressive and premature cardiovascular disease. In FH patients, genetic mutations make the liver incapable of metabolizing (or removing) excess LDL (the bad kind of cholesterol). This includes problems like heart attacks, strokes, and even narrowing of our heart valves. With this series of podcasts, we will learn what FH is, how to manage it, FH and children, and women.	Layperson
American Heart Association <i>Cholesterol 101</i> http://goo.gl/ZdWgWx	Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. That's why it's important to have your cholesterol tested, so you can know your levels.	Layperson
American Heart Association <i>Downloadable cholesterol tools</i> https://goo.gl/mWZQkE	Downloadable PDF Handouts 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
American Heart Association: <i>Check, change, control Calculator</i> https://ccccalculator.ccctracker.com/	Learn risk for things like heart attacks and stroke and learn about healthy lifestyle modifications.	Layperson
Smoking		
Freedom From Smoking® Online or FFS Online http://www.ffsonline.org/	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
CDC <i>Electronic Cigarettes What's the Bottom Line</i> https://bit.ly/2Ws57OB	Infographic -- E-cigarettes produce an aerosol by heating a liquid that usually contains nicotine—the addictive drug in regular cigarettes, cigars, and other tobacco products—flavorings, and other chemicals that help to make the aerosol. Users inhale this aerosol into their lungs. Bystanders can also breathe in this aerosol when the user exhales into the air.	Clinician and Layperson
Nebraska State Health Department <i>Get Help to Quit</i> http://dhhs.ne.gov/Pages/Get-Help-to-Quit.aspx/	List of certified tobacco cessation specialists.	Layperson
American Lung Association http://www.lung.org/stop-smoking/ 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

<p>The Lung Help Line – 1-800-LUNG-USA Spanish resources available.</p>	<p>Call the Lung Help Line to access the <i>Freedom from Smoking Self Help Guide</i>.</p>	<p>Layperson</p>
<p>American Cancer Society <i>Stay Away from Tobacco Campaign</i> http://goo.gl/bDMcdV Spanish resources available.</p>	<p>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.</p>	<p>Laypersons and Health Providers</p>
<p>American Cancer Society <i>Tobacco and Cancer Resources</i> http://goo.gl/SomibE Spanish resources available.</p>	<p>American Cancer Society website that includes information on cigarette, cigar and smokeless tobacco use, and how they affect different groups of people.</p>	<p>Laypersons and Health Providers</p>

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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This material was prepared by the Great Plains Quality Innovation Network, the Medicare Quality Improvement Organization for Kansas, Nebraska, North Dakota and South Dakota, under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services. The contents presented do not necessarily reflect CMS policy. 11S0W-GPQIN-NE-B1-17/0519