

# FREE education that meets your needs



Your Healthcare Plus is a free benefit of the Illinois Department of Healthcare and Family Services that focuses on promoting and sustaining the patient-physician relationship and empowers a multi-disciplinary care team to:

- Help patients make informed health care decisions
- Improve patients' understanding of their chronic diseases through self-learning and management tools
- Help patients receive care coordination for complex health needs.

There are seven Your Healthcare Plus continuing medical education modules (listed below) available for **FREE** at [www.YHPlus.com](http://www.YHPlus.com). Each module offers:

- Disease Management tips
- Clinical education (except QI)
- Assistance from YHP nurse case managers
- Reports from YHP
- Data from IHC on Bonus Payment System

## **How to Conduct a Quality Improvement Program in Primary Care Practice**

- This course is a valuable resource for assisting your practice in completing a QI program. It focuses on identifying gaps in quality of care, aims for improving health care, the Chronic Care Model, the Plan- Do-Study-Act (PDSA) cycle and strategies for quality improvement, including flowsheets, chronic disease registries, electronic health records and e-prescribing.
- This course will also review: 1) The process of continuous QI starting with establishing goals and measures, and forming a team. 2) The process of implementing, analyzing and adapting change through cycles until the goal is met.

## **Managing Childhood Asthma in Primary Care: A Quality Improvement Program**

- This course focuses on the prevalence and guidelines for diagnosing asthma and asthma symptoms in children and young adults, and helps providers evaluate appropriate use of pharmacologic/non-pharmacologic therapies for acute and long-term therapy.
- This course will also review: 1) How to educate patients and caregivers in reducing environmental asthma triggers and 2) How to improve self-management with action plans.

## **Managing Adult Depression in Primary Care: A Quality Improvement Program**

- This course focuses on the epidemiology, etiology and symptoms of major depressive disorder (MDD), risk factors, screening tools and techniques and treatment.
- This course will also: 1) Evaluate the effectiveness of interventions 2) Review the indications and side effects of antidepressants and 3) State considerations for discontinuing therapy.

(See reverse side)

### **Managing Chronic Obstructive Pulmonary Disease (COPD) in Primary Care: A Quality Improvement Program**

This course focuses on 1) symptoms of COPD, 2) ways to assess and monitor COPD, 3) the usefulness of spirometry, 4) strategies for reducing risk factors, especially with regard to smoking cessation, 5) current guidelines for managing stable COPD and COPD exacerbations, including pharmacologic/non-pharmacologic therapies, and surgical options, 6) early intervention strategies using patient education and patient partnerships to promote healthy lifestyles, and 7) ways to utilize Your Healthcare Plus resources.

### **Managing Type 2 Diabetes in Primary Care: A Quality Improvement Program**

This course reviews 1) early intervention strategies to promote healthy lifestyles, 2) “stages of change” continuum, 3) indications for classes of oral anti-hyperglycemic agents, 4) appropriate selection and use of insulin, 5) treatment algorithm/decision tree for treating the newly-diagnosed patient and 6) ways to utilize Your Healthcare Plus resources.

### **Managing Heart Failure (HF) in Primary Care: a Quality Improvement Program**

This program focuses on the: 1) epidemiology and risk factors for chronic heart failure (HF); 2) difference between left and right heart failure and between systolic and diastolic failure; 3) signs and symptoms of heart failure, and tests of cardiac function; 4) management of HF patients according to evidence-based treatment guidelines, with focus on correct use of  $\beta$ -blockers and ACE inhibitors.

### **Managing Substance-Use Disorders in Primary Care: a Quality Improvement Program**

This program focuses on the 1) prevalence and nature of substance dependence and abuse, 2) clinical indications and screening methods 3) interventions for alcohol-use disorder and strategies for reducing alcohol consumption, 4) essential elements of an effective treatment program for drug addiction, 5) medications available to treat substance-use disorders and practice recommendations for their use, 6) chronic nature of substance dependence and abuse and strategies to support patients who relapse, and 7) essential elements of an effective treatment program for drug addiction.

The benefits of participating in the YHP modules are that you can:

- Earn CME credit (for **FREE**) in the comfort of your own home or office
- Improve your practice by gaining valuable knowledge about Quality Improvement and Disease Management
- Receive bonus payments from Illinois Health Connect
- Have access to Tools and Resources available at your fingertips via [www.YHPlus.com](http://www.YHPlus.com)

What's Available on [www.YHPlus.com](http://www.YHPlus.com)?

- QI worksheets
- Diagnostic and Treatment algorithms
- Latest information, such as the new asthma guidelines
- Resources and Assistance from YHP, IAFP and more!