VA SIG Agenda

Date: June 20, 2017, 1200-1300 (EST)
Modality: Lync and dial in 1-800-582-3014 Participant Passcode: 875843813#

1. Welcome and introduction
   Mary Kate Sweeney

2. Board Updates
   Dr. Anne Jessie

3. Welcome new members
   Amy Fulwood

4. 2017 Conference Wrap-up
   Amy Fulwood

5. VA SIG Website Updates/Connected Community
   Mary Kate Sweeney

6. Presentation
   Elaine Shestokas, BSN, RN-BC
   PACT RN Care Manager-Hines, IL
   "Metabolic Syndrome"

7. Closing Comments
   Mary Kate Sweeney

Next Meeting
   August 22, 2017

Thank you for your participation and please contact us with any questions.
VA SIG Leadership Team 2015 - 2017

Julie Alban, MSN, MPH, CCCTM, RN-BC, Co-Chair

Sarah Espin, MSN, RN-BC VHA-CM Co-Chair

Anne Jessie, DNP, RN Board Liaison

Mary Kate Sweeney, MSN, RN-BC Secretary

Kathy Andersen, MSN, RN-BC, CCM Webmaster
VA SIG Leadership Team
2017 - 2019

Kathy Andersen, MSN, RN-BC, CCM
Co-Chair

Mary Kate Sweeney, MSN, RN-BC
Co-Chair

Anne Jessie, DNP, RN
Board Liaison

Amy Fulwood, BSN, RN-BC, VHA-CM
Secretary

Laila Navarro, BSN, RN-BC, VHA-CM
Webmaster
2018 AAACN CONFERENCE

Save the Date
May 9-12, 2018 • Lake Buena Vista, FL
Walt Disney World Dolphin Hotel

***** Abstracts for poster submissions accepted through December 15, 2017 *****
Metabolic Syndrome

PACT A Team
2016 Performance Improvement Project
PACT A TEAM

- Harish Bhatia, MD
- Mike Egan, NP
- Christine Erickson, MD
- Joanne Haralampopoulos, MD
- Hepsi Kalapala, MD
- Riesa List, MS, RD
- Timothy Long, DO
- Beverly Ponulak, MSN, RN-BC
- Christina Quillian, PharmD. FASHP, BCPS
- Elaine Shestokas, BSN, RN- BC
- Jovisa Stevlic, MD
- Marianne Tully, BSN, RN-BC
https://www.youtube.com/watch?v=LqSBrVbVBVQ
Project Guiding Question

“Can intervention by education and lifestyle counseling by Ambulatory Care Nurses, using motivational interviewing, positively contribute to altering outcomes for patients with Metabolic Syndrome?”
## Metabolic Syndrome

<table>
<thead>
<tr>
<th></th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central obesity</td>
<td>Waist &gt; 40 inches</td>
<td>Waist &gt; 35 inches</td>
</tr>
<tr>
<td>Fasting triglycerides</td>
<td>&gt;150 mg/dL</td>
<td>&gt;150 mg/dL</td>
</tr>
<tr>
<td>Low HDL</td>
<td>&lt;40 mg/dL</td>
<td>&lt;50 mg/dL</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>&gt;130/85</td>
<td>&gt; 130/85</td>
</tr>
<tr>
<td>Fasting glucose</td>
<td>&gt; 100mg/dL</td>
<td>&gt; 100mg/dL</td>
</tr>
</tbody>
</table>
Background

In 2015 the American Heart Association estimated 34% of U.S. adults have Metabolic Syndrome.

One person in the United States dies every 52 seconds from heart disease. (https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_heart_disease.htm)

Metabolic Syndrome is research proven to be a major risk factor for the development of cardiovascular disease.

Metabolic Syndrome is under recognized and under treated (Michael J. Blaha, MD, MPH, Johns Hopkins Ciccarone Center for the Prevention of Heart Disease, Baltimore, MD)
2016 ICD-10 Code for

Metabolic Syndrome: E88.81
The Diabetes Prevention Program (DPP) study

A landmark NIH research study involving 3234 individuals proved that diet and exercise can stop or significantly delay the onset of insulin resistance and pre-diabetes.
Consider a U-Turn Now!
Patient Education

- Waist: Men > 40 in, Women > 35 in
- Fasting Sugar > 100 mg/dL
- Blood pressure over 130/85
- Triglycerides > 150 mg/dL
- HDL-C < 40 mg/dL Men; <50 mg/dL Women

LABS LIPID PANEL:
- Total Cholesterol: 195 mg/dL
- Triglycerides: 200 mg/dL
- HDL-C: 35 mg/dL
- LDL-C: 715 mg/dL
Patient Education

THINK WHEN YOU DRINK

77 G = 19.25 tsp sugar  
75 G = 18.75 tsp sugar  
64 G = 16 tsp sugar  
52 G = 13 tsp sugar  
44 G = 11 tsp sugar  
42 G = 10.5 tsp sugar  
27 G = 6.75 tsp sugar

4 Grams (G) = 1 Teaspoon
RESULTS—Girth & Weight
Number of Patients: 105

<table>
<thead>
<tr>
<th>RISK FACTORS</th>
<th>Number of Patients</th>
<th>Median BEFORE</th>
<th>Median AFTER</th>
<th>CHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABD CIRC</td>
<td>50</td>
<td>46</td>
<td>45</td>
<td>-1 Inch</td>
</tr>
<tr>
<td>WEIGHT</td>
<td>60</td>
<td>242</td>
<td>235</td>
<td>-7 Pounds</td>
</tr>
</tbody>
</table>

Note: Data Collection 1Q16 to present, and Number of patients across Risk Factors varies based on actual data capture.
## RESULTS
Number of Patients: 105

<table>
<thead>
<tr>
<th>RISK FACTORS</th>
<th>BEFORE</th>
<th>AFTER</th>
<th>% CHANGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>HDL</td>
<td>46.4</td>
<td>43.85</td>
<td>-5.50%</td>
</tr>
<tr>
<td>ABD CIRC</td>
<td>47.6</td>
<td>46.42</td>
<td>-2.48%</td>
</tr>
<tr>
<td>TRIG</td>
<td>255.4</td>
<td>192.59</td>
<td>-24.59%</td>
</tr>
<tr>
<td>WEIGHT</td>
<td>247.2</td>
<td>240.9</td>
<td>-2.55%</td>
</tr>
<tr>
<td>SBP</td>
<td>133</td>
<td>129</td>
<td>-3.01%</td>
</tr>
<tr>
<td>GLUCOSE</td>
<td>122</td>
<td>114</td>
<td>-6.56%</td>
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RESULTS

RISK FACTORS

BEFORE

AFTER

HDL
ABD CIRC
TRIG
WEIGHT
SBP
GLUCOSE

46.4
43.85
47.6
46.42
255.4
192.59
247.2
240.9
133
129
122
114
RESULTS - PERCENT CHANGE

<table>
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<th>RISK FACTOR</th>
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Abdominal Obesity: The Key Determinant of the Metabolic Syndrome?

Arya M. Sharma, MD, PhD, FRCPC
Canada Research Chair for Cardiovascular Obesity Research and Management
McMaster University, Hamilton General Hospital
Hamilton, Ontario Canada
The DANGERS of Visceral Fat

- Subcutaneous fat
- Stomach
- Abdominal cavity
- Intra-abdominal fat
- Liver
- Kidney
- Gall bladder
- Colon
- Small intestine
This initial investigation and preliminary results suggest two Standard Practice Recommendations:

• **Require:** abdominal girth be included in vital signs, at least annually, and documented in CPRS, in Vitals, under Circumference/Girth

  **Note:** Abdominal girth is documented in inches and in the drop down box to the right of Circumference/Girth, ABDOMINAL is checked for the location

• **Implement:** a new Nursing Clinical Reminder for Metabolic Syndrome (Per next slide)
Proposed Clinical Reminder—Version B (Recommended)

Clinical Maintenance: N: Prevention   Metabolic Syndrome   due annually

Abdominal girth measurement____”
   + If > 40” in men and 35” in women
Triglycerides ____mg/dL
   + If > 150 mg/dL
HDL ____mg/dL
   + If < 40mg/dL in men and <50mg/dL in women
B/P_____mm/Hg
   + If >130/85
FBS_____mg/dL
   + If > 100mg/dL

Any 3 metabolic risk factors ➔ Metabolic Syndrome
If   + Alert   Primary Care Provider (PCP) ______
PCP may consider referrals to:
   PACT RN for Education/Lifestyle Counseling_______
   Prediabetes counselor_______
   Dietician________
   MOVE program________
   Mindfulness workshop_______
   Other__________
References


