

Every Woman Matters Community Health Hub Cholestech Project

Questions and Answers

Q: Why is Every Woman Matters implementing the use of a cholestech machine for Every Woman Matters clients?

A: Every Woman Matters has communicated with all CHH the importance of collecting pre and post cholesterols on EWM clients. The Centers for Disease Control and Prevention in conjunction with the WISEWOMAN Program are placing emphasis on cholesterol screening for female clients' age 40-64 going forward in FY 19-20. CDC wants all women through our Program to have knowledge regarding their CVD risk. Cholesterol screening is performed by a finger prick and does require training but it is not limited to a nurse to perform. It will truly be a benefit to the women you are serving.

While we understand CHH had no input on how to best carry out this expectation, the program is/has developed an Evidence Based Intervention document that CHH can utilize for Cholesterol. This document is similar to the other Special Project Templates that CHH should already be used to using and implementing. See the website for additional information on this document. Assistance by the local health department through health coaching and screening strengthens your role in impacting health outcomes. We are wanting to show CDC that local health department involvement is making an actual difference in the lives of our clients and women from community venues.

Cholesterol Protocol would be to **input pre biometrics, initial assessment and medical questions** for women from population based venues meeting age parameters. Health coach must also **complete medical questions and post biometrics with client following week 12 to reflect any behavior change.**

Q: What are the expected outcomes of this project? (case management is not done, no movement in screening numbers can be tied to anything with health coaching)

A: Cholesterol screening is a good indicator of CVD risk within the age range of women we are trying to serve. The reason we also need to include women served through community venues, is these women are not otherwise eligible to receive blood work through our program. We are trying to create a data string similar to EWM/WW clients so CDC can also see the changes being made with women from community venues who are navigated and/or health coached.

Q: What cholesterol guidelines is Every Woman Matters utilizing?

A: After review of multiple sources (National Heart Lung and Blood Institute, Centers for Disease Control and Prevention and American Heart Association) the Every Woman Matters will be utilizing the chart below for allowable cholesterol screening guidelines:

National Cholesterol Education Program Cholesterol Guidelines				
		Desirable	Borderline High	High
Cholesterol Eligibility	Total Cholesterol	Less than 200	200 – 239 <i>May offer Cholesterol Test</i>	240 and higher <i>WW REQUIRED Cholesterol Test</i>
	LDL Cholesterol <i>(the "bad" cholesterol)</i>	Less than 130	130 – 159 <i>May offer Cholesterol Test</i>	160 and higher <i>WW REQUIRED Cholesterol Test</i>
Education Use Only	HLD Cholesterol <i>(the "good" cholesterol)</i>	50 and higher	40 – 49	Less than 40
	Triglycerides	Less than 200	200 – 399	400 and higher

Q: When will CHH receive training on the use of the cholestech machines?

A: Tuesday, November 12th in Bridgeport, NE at the Prairie Winds Community Center
 Wednesday, November 13th in Hastings, NE at South Heartland District Health Department
 Thursday, November 14th in Norfolk, NE at Elkhorn Logan Valley District Health Department
 Friday, November 15th in Lincoln, NE at Nebraska Association of Local Health Directors (NALHD)

Q: Is there compensation for CHH when cholesterol screenings are performed pre and post on clients (staff time, training, maintenance, capacity)?

A: There will be a stipend to cover all training, travel and costs associated with the additional time required to provide cholesterol screening to EWM/WW clients and women from community based venues. Our Program also is planning to cover cholesterol supply costs moving forward, to alleviate this expense for local health departments.

There is a budget form that is a part of the 2019-20 CHH Template: Evidence Based Interventions Project for Cholesterol.

Q: There are other programs within the CHH that could utilize the cholestec machine. Are CHH able to utilize the machine in other capacities for other programs?

A: Yes, Every Woman Matters purchased the cholestech machines and supplies for woman within the Every Woman Matters/WISEWOMAN Program and women who meet our age parameters from community venues to alleviate out of pocket expenses for the local health departments. We understand you may use the machine for additional screening purposes, we just ask that you use the testing strips and supplies we provide for EWM/WW clients and women age 40-64.

Q: Will there be educational resources for clients if their cholesterol is high?

A: Yes, currently on the website there is a Guide to Lowering Cholesterol as well as a Foods to Choose to Lower Your Cholesterol which are both located on the Community Health Hub Site under Community Health Hub Resources tab and then under General Resources.

Materials in Spanish are currently being researched.

EWM would prefer that consistent messaging and education be distributed by the CHH.

Q: Will EWM Providers receive education on the importance of providing cholesterol screening for patients that they see?

A: Yes, EWM will be putting a provider education piece together on the importance of providers providing cholesterol screening for clients that are being seen. We anticipate that education to go out to providers by the end of November/December 2019.

Q: Do I have to attend one of the in-person cholestech trainings the week of November 11th through November 15th if I have had previous training?

A: The answer is YES. We want everyone on the same page with testing and protocols. The morning session will focus on the cholestech training and actual practice. The afternoon session will be spent discussing Hub activities, priorities and networking. We are encouraging Hubs to send more than one person to the training to help with capacity building and any staff changes moving forward.

Q: What clients will require a post cholesterol?

A: 1-Women from population based venues who had an elevated cholesterol at the time of screening

2-Women on your Every Woman Matters/WISEWOMAN Health Coaching list who are engaged in health coaching and had an elevated cholesterol at the time of their provider visit (above 200 mg/dl). Losing 10 lbs. can have an 8% reduction in total cholesterol.