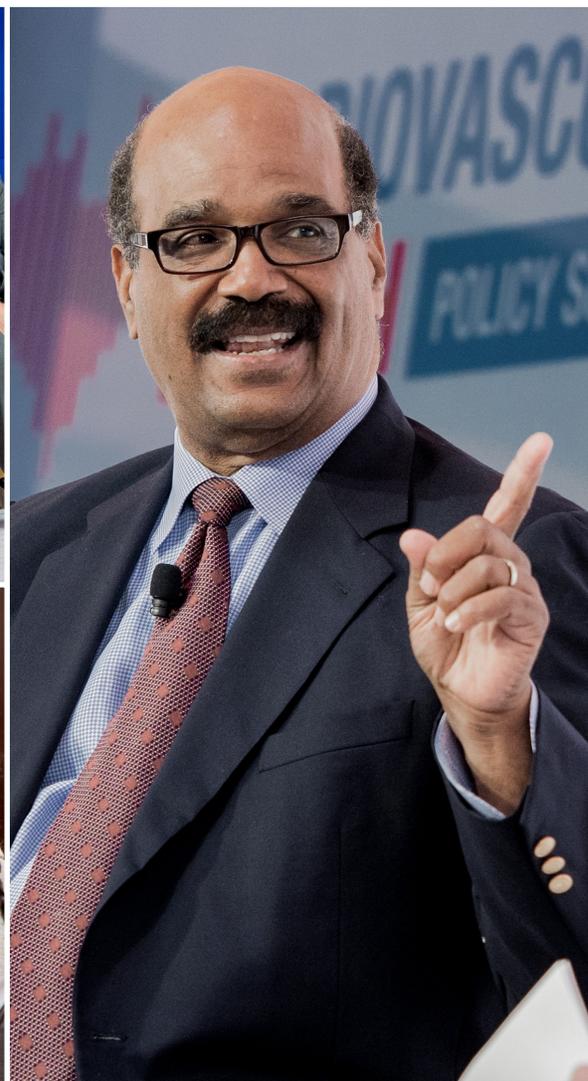


2018



CARDIOVASCULAR HEALTH POLICY SUMMIT



PARTNERSHIP TO ADVANCE
**Cardiovascular
Health**



Institute for
Patient Access

AfPA
Alliance for Patient Access

OVERVIEW



On May 15, 2018, the *Institute for Patient Access* convened its inaugural Cardiovascular Health Policy Summit in Washington, D.C. Patients, advocates, clinicians, Capitol Hill staff and government representatives used the day to explore how policies impact cardiovascular care across the country.

The day-long event was co-hosted by the *Partnership to Advance Cardiovascular Health* and the *Alliance for Patient Access*.

During a series of panels, onstage interviews and featured speakers, participants examined:

- ♥ Health plan barriers
- ♥ Ethnic and geographic disparities
- ♥ The role of technology in heart health
- ♥ The connection between diabetes and cardiovascular health
- ♥ The importance of the physician-patient relationship.



ACCESS



Moderated by AfPA Cardiovascular Disease Working Group chairman **Seth Baum, M.D.**, a panel discussion on access barriers examined why heart patients struggle to get the care they need.

Cynthia Bither, R.N., of the *American Association of Heart Failure Nurses* described her frustration with the insurance paperwork burden placed on clinicians. On the topic of formulary restrictions, Bither noted, “I can’t prescribe the drug I want to.”

Sue Koob of the *Preventive Cardiovascular Nurses Association* expressed concern about new co-pay accumulator adjustment programs. “How are patients supposed to stay on top of that?” Koob exclaimed.

Donnette Smith of *Mended Hearts* described her two-year battle to access the PCSK9 inhibitor prescribed by her physician. “I was almost ready to give up,” Smith recalls, adding, “It was insane.”



U.S. Rep. Larry Bucshon, M.D., (R-Ind.) explained that he ran for public office because he thought the nation needed more health care providers in the federal government. “Turns out I was right,” Rep. Bucshon noted.

Rep. Bucshon highlighted the challenges posed by the federal 340B drug pricing program. He also lamented that the health care system overall does not provide incentives to bring down costs.



DISPARITIES

A panel discussion on disparities considered how ethnicity, geography and gender impact cardiovascular care.



Michael Engelgau, M.D.,

of the *National Institutes of Health* described how the gap between African American and Caucasian American's heart health has begun to close as

Caucasians' health has worsened. "That's not a good thing," Dr. Engelgau explained of the narrowing gap, but "you can do something about it."



Jeanne Regnante of

Sustainable Healthy Communities described the importance of partnering with community leaders in areas where health

disparities exist. Of geographic disparities, Regnante explained that 70 percent of African Americans with heart failure live in only 1,800 out of the country's 38,000 zip codes.



Jovonni Spinner of

the *Food and Drug Administration's Office of Minority Health* emphasized the importance of

cultural competency and educational materials that

meet the health literacy needs of different populations.





DIABETES & CARDIOVASCULAR HEALTH

A panel discussion of diabetes and cardiovascular health explored how comorbid conditions heighten risks and shape patients' health care needs.



John Clymer of the *National Forum for Heart Disease & Stroke Prevention* explained that people with Type 2 diabetes are two-four times more likely to suffer a cardiac event. Clymer

referenced his organization's recent "Wrong Direction" report, which details the increase in preventable cardiovascular deaths.



Stewart Perry of the *National Diabetes Volunteer Leadership Council* described the importance of diabetes action plans, currently adopted by

roughly 30 states. The plans ask states to develop a strategy to "move the needle on fighting diabetes," Perry explained.



Ken Thorpe, Ph.D., of the *Partnership to Fight Chronic Disease* emphasized the need for care coordination. Patients need health care providers to have a comprehensive

strategy, Dr. Thorpe explained, not a "disease-by-disease" approach.





TECHNOLOGY

Patients who survive heart attack or stroke often leave the hospital with an armful of discharge paperwork. But do they read, understand or follow these instructions? Most likely not, according to *Johns Hopkins University's* **Francoise Marvel, M.D.**, and **Seth Martin, M.D.**



“It’s not working,” Dr. Marvel explained of the current system, ***“and nobody’s doing anything differently.”***

Nobody except Drs. Marvel and Martin, that is. The pair joined forces to create Corrie, a smart phone app that helps keep heart attack survivors on track. From alerting the patient with reminders about medication and medical appointments to providing up-to-date research articles and videos, the tool equips patients to self-manage in the aftermath of a cardiac event.

The interview highlighted the growing space for technology solutions to improve cardiovascular health.





PATIENT EXPERIENCE

A massive stroke marked a serious change in the weather for **Mark McEwen**, whose familiar face brought viewers the weather forecast on the 1990s' "CBS This Morning." McEwen keynoted the May 15 summit, describing how he struggled to regain speech, mobility and fine motor skills.

Despite obvious challenges in cardiovascular care, the summit's overarching tone was one of hope. From patients overcoming cardiac events to health care providers battling insurance barriers, Mark McEwen's parting advice rang true for all of the summit's attendees.

"Don't give up," McEwen emphasized, ***"Pull your sleeves up and jump back in."***





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