



August 2021

The Newsletter of the Michigan Cardiovascular Consortium

A Note from Hitinder Gurm

BMC2 has a rich history of creating new knowledge. BMC2 work has resulted in over 100 publications and has been presented nationally and internationally in over 100 venues over the past 25 years. Most recently, BMC2 data on smoking cessation and the effects of marijuana use on patients has been published. Data on smoking cessation and on disparities in health care was presented at the Vascular Annual Meeting in San Diego. You can learn more about the presentations and publications in this issue of the newsletter.

BMC2's website offers a database of publications that you can search based on keyword, journal, year, or registry. A list of BMC2 meeting and conference presentations can be found on the website as well. We invite you to reference these materials as you work toward improving the quality of care for your patients. THANK YOU for all you do each day.



Site Spotlight - Mercy Health Muskegon



Mercy Health Muskegon's Quinten Davis, BSN, RN, along with teammates Brandi Whitaker, BSN, RN, Sammie Cunningham, BSN, RN, and Physician Champion, Justin Eisenberg, DO, has set a goal to increase documentation of smoking cessation counseling at discharge to 100% by utilizing physician-delivered advice, access to nicotine replacement therapies, and referral to a community-based smoking cessation counseling.

They met with the education department and viewed a presentation of smoking cessation educational tools currently used by other hospitals. They then drafted their own to be distributed in the pre-surgical folder provided for physicians' offices. They discussed nicotine replacement therapies and referral to smoking counseling services with physicians and discussed standardization of discharge paperwork, revising the smoking cessation text.

The team also contacted community health organizations and assessed the organization's focus on smoking cessation which led to in-depth detailing of smoking counseling services offered. As a result, the smoking cessation at discharge is currently 100% for physician-delivered advice and 14% for nicotine replacement therapies. While the Quit Line is utilized at 100%, the community-based smoking counseling services have been on hold due to COVID-19 and they hope to initiate those services in the future.

BMC2 in the News

A new study out of BMC2, *Marijuana Use and In-Hospital Outcomes After Percutaneous Coronary Intervention in Michigan*, was just published in *JACC: Cardiovascular Interventions*.

Nearly 4,000 of the more than 100,000 people who underwent percutaneous coronary intervention in Michigan between 2013 and 2016 reported having used marijuana. Those patients had a significantly higher risk of bleeding and cerebrovascular accidents. However, risk of death was not significantly different between the two groups.

"Clinicians and patients should be aware of increased risk of post-PCI complications in these patients," the study authors wrote.

In addition, researchers found that patients who reported using marijuana had a lower risk of acute kidney injury.

"Although people who smoke marijuana may be at higher risk for complications such as stroke and post-PCI bleeding, this should not deter patients who use or have used marijuana from pursuing potentially life-saving PCI procedures," said lead author Sang Gune (Kyle) Yoo, MD, a resident physician at University of Michigan Health, in an American Heart Association story.

"With the increasing use of marijuana and cannabis products, continued research is desperately needed to understand the health effects of marijuana use so that we can have well informed conversations with our patients," said study author Devraj Sukul, MD.

The paper caught the attention of national media with articles in *TCTMD*, *ACC CV News Digest*, and *MedPage Today*.



Impact of a Regional Smoking Cessation Intervention for Vascular Surgery Patients was just published in the *Journal of Vascular Surgery*. Over the last few years, providers of nearly 14,000 patients undergoing vascular surgery in Michigan brought three components into exam rooms: physician counseling, nicotine replacement therapy, and referral to the Michigan Tobacco Quitline.

This study evaluated a smoking cessation initiative that BMC2 started in 2018 to help patients quit smoking after undergoing vascular surgery," explained senior author Peter Henke, MD.

More than a third of patients had ditched cigarettes a month after their vascular surgery procedure, and 43% had quit a year after their surgery – a large improvement to the average annual quit rates of below 10%, the authors said.

"These results tell us that patients can achieve impressive quit rates after surgery, that delivering smoking cessation interventions at a large scale is feasible, and that they are effective in helping patients quit in the short-term," said lead author Ryan Howard, MD, a general surgery resident.

However, Howard noted that the higher quit rate observed 30 days after surgery wasn't maintained after a year. "Clearly future efforts will need to focus on long-term effectiveness as well," he added.

Howard has said that the experience of going through surgery could be a teachable moment for patients who are more open to taking advice that will help them heal well, making it an ideal time to address smoking.

Staff Spotlight - Pam Benci



Administrative Specialist Intermediate, Pam Benci, was drawn to BMC2 by her interest in learning more about quality improvement in cardiology. A member of the coordinating center since April of 2007, Pam is integral in keeping BMC2 running. She schedules and manages meetings, creates and reconciles budgets, is involved with contracts and approvals, performs website maintenance, manages the office, and more.

Pam enjoys seeing the improvements being made in patients' lives through our QI goals, best practice protocols, and standard of care. She loves learning on the job as BMC2 changes and feels BMC2 is growing and on its way to bigger and better things.

When not working, Pam enjoys riding motorcycles with her husband, doing arts and crafts with her daughter, and walking their new dog. She also enjoys being outside, kayaking, camping, and bonfires.

New Website Tips

A visit to BMC2.org's "Quality Improvement" link and then to "External Resources" leads to a treasure trove of resources for PCI, Vascular Surgery, and Cardiac Rehabilitation. You'll find reports, guidelines, information on associations and societies, publications, smoking cessation resources, and cardiac rehabilitation resources. Visit this section of our website frequently to use this valuable tool.

BMC2 Meetings

The **PCI Coordinator Meeting** scheduled for August 12th from 10 am - 11 am was canceled due to statewide power outages. Our next PCI Coordinator Meeting is scheduled for September 9th from 10 am - 11 am.

The **VS Coordinator Meeting** was held on August 18th from 11am - 12 pm. Rebecca Fleckenstein welcomed the group and Annemarie Forrest went over tips for navigating the new BMC2 website. If you're trying to access both the member site, and the public-facing site, it can be helpful to open two tabs and toggle back and forth between the two. Rebecca also went over data entry deadline changes. All quarters will now be 63 days with the deadline for quarter 2 being moved to September 13th. The quarter 3 deadline will now be December 14th and the quarter 4 deadline is March 16th, 2022. The meeting included a Carotid Endarterectomy case review and ended with questions and discussion.

National Meetings

BMC2 data was presented at VAM21 in San Diego, CA on August 20th. "Direct and Indirect Effects of Race and Socio-economic Deprivation on Vascular Surgical Presentation and Outcomes" was presented by Dr. Chloe Powell. The presentation concluded that Black race and socioeconomically disadvantaged patients tended to have more advanced peripheral vascular disease on initial presentation with less preoperative medical optimization, indirectly leading to increased morbidity and death. A poster, "Impact of a Regional Smoking Cessation Intervention for Vascular Surgery Patients" was also presented by Dr. Ryan Howard.

Join Us on Social Media

Follow us on [Twitter](#) and [YouTube](#) as well as [LinkedIn](#).



Do you have something to share via our newsletter? We want to hear from you! Email Elizabeth Walker at ehorn@umich.edu.



Upcoming Meetings

PCI Coordinator Meeting – September 9th, 2021 from 10-11 am. Details coming soon.

VS Coordinator Meeting – September 15th, 2021 from 11 am - 12 pm. Details coming soon.

PCI Physician Meeting – September 23rd, 2021 from 6 – 7:30 pm.

Dr. Hitinder Gurm will provide BMC2 updates and a data review. We'll also hear about medical therapy for cardiology patients with SGLT2 inhibitors from Dr. Muthiah Vaduganathan. Dr. Vaduganathan is a cardiologist at Brigham and Women's Hospital and faculty at Harvard Medical School.

Dr. Vaduganathan's clinical interests surround the intersection between diabetes mellitus, obesity, and heart disease. The author of over 250 peer-reviewed publications, his research focuses on drug development and clinical trials of cardiometabolic therapies.

Dr. David Sutter of St. Joseph Mercy Hospital, Ann Arbor, will present on "new" to BMC2 CTO reports. Physicians are required, all are invited, to attend. Please extend this invitation to others at your hospital who may be interested in attending as well.



Call for Participation

BMC2 seeks to incorporate the patient voice into BMC2-PCI activities and we need your help! We're creating a patient advisory committee to improve the effectiveness and relevance of PCI quality improvement interventions. Patient representatives will join BMC2 meetings as speakers and discussants, and also join regular advisory council meetings. What we learn may shape our work in the future.

We are seeking 10 patients that represent the diversity of our State. Can you recommend a patient to this group? There is no up-front commitment and patients will be compensated for their time.

We're looking for patients who:

- Have been an active participant in their care
- Ask thoughtful questions during appointments
- Are good listeners
- Would likely be confident to speak among a group of patients

If your hospital has an Office of Patient Experience, or other way to organize patient volunteers, it may be helpful to utilize it. When you approach potential patients, share that we want the Patient Advisory Council to help us improve the quality of care for PCI patients, and that activities may include the following:

- Quarterly teleconference or zoom meetings of the patient advisory council
- Attending BMC2 meetings as speakers/discussants
- Advising on tools to help improve care delivery

Send patient's name and contact info to Annemarie Forrest, avassalo@umich.edu; or Pam Benci, plf@umich.edu



BMC2

2929 Plymouth Road, Suite 225
Ann Arbor, MI 48105
(734) 998-6400

Support for BMC2 is provided by Blue Cross and Blue Shield of Michigan and Blue Care Network as part of the BCBSM Value Partnerships program. Although Blue Cross Blue Shield of Michigan and BMC2 work collaboratively, the opinions, beliefs and viewpoints expressed by the author do not necessarily reflect the opinions, beliefs and viewpoints of BCBSM or any of its employees.