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Minds for Hearts - A Targeted Education Project Focused on Cardiovascular Health in the Psychiatric Community

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BACKGROUND

Individuals with serious mental illness have a decreased life expectancy of 20-25 years. Cardiovascular disease accounts for a significant portion of natural deaths of those with serious mental illness, a risk which is modulated by many of the antipsychotic medications and can be tempered by a plurality of lifestyle and adjunctive medications as indicated by patient risk factor. Heart health is the responsibility of all providers given the high morbidity and mortality of cardiovascular disease and well-studied resources available to modulate this risk.

AIMS STATEMENT

By March 30 have 5% increase in overall awareness of ASCVD risk stratification and initial treatment for the Psychiatry Residency Spokane (PRS).

METRICS

Outcome Measure: Self reported improvement in Awareness of ASCVD Stratification

Process Measure: Self reported sense of understanding ASCVD Stratification and future work seen in discussion

Balance Measures: Need for more education treating elevated ASCVD scores.

PDSA CYCLE

2/24/2023: Initial Survey sent
3/4/2023: Slide deck vetted by esteemed IM residents
3/3/2023: Slide deck and follow up survey sent
3/6/2023: Reminder to complete slide deck and survey sent

INTERVENTION

Educational and humorous slide deck completed in collaboration with IM residents increased Awareness of ASCVD stratification by a weighted average of 64%.

OUTCOMES

Weighted average is 64%

PROJECT SUMMARY

Conclusion from Survey:

- Educational information found to be influential
- Humor noted to be helpful
- Consistent improvement in knowledge
- Only one respondent noted to strongly disagree about improved understanding

Conclusion from Data collection:

- Would benefit from follow up PSA on best implementation of ASCVD scoring into practice
- This project improved awareness by the stated goal by the stated time
- Unclear of long term retention or implementation

Future Plans:

- Follow up on potential spontaneous implementation after education
- Addition of ASCVD scoring dot phrases into templates

DISCUSSION

Limitations:

- Only one PDSA cycle
- Small resident population

REFERENCES

