

QIO Newsletter



Welcome to the monthly QIO eNews. We will provide you with the latest tools, resources and learning opportunities that can be shared with your staff and patients.

Alzheimer's Awareness Month

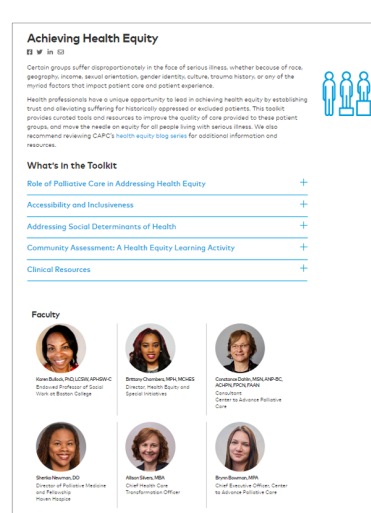
[The Truth About Aging and Dementia](#) | CDC - Minorities and Women Are at Greater Risk for Alzheimer's Disease - Hispanic and African Americans in the United States will see the largest increases in Alzheimer's disease and related dementias between 2015 and 2060. Dementia is not a specific disease but rather a general term for the impaired ability to remember, think, or make decisions that interferes with doing everyday activities. Understanding the disparities in Alzheimer's disease and related dementias is the first step toward developing prevention strategies and targeting services to those most at risk for developing the disease.



Diabetes Awareness Month

Despite its prevalence--more than one in three Americans has prediabetes--more than eight in ten people with prediabetes don't know they have it. To help people make that vital connection, the **Centers for Disease Control and Prevention (CDC) Imagine You Preventing Type 2** campaign takes viewers inside the real-life experiences of three participants in the [National Diabetes Prevention Program lifestyle change program](#). Through unscripted storytelling, participants share their progress, including overcoming plateaus, handling obstacles, and celebrating successes. [Learn More](#)

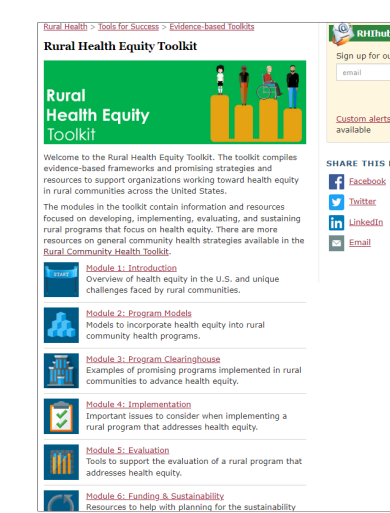
Health Equity Toolkits



Achieving Health Equity in Palliative Care

This toolkit can help palliative care professionals better understand disparities in palliative care outcomes and design more equitable, patient-centered palliative care focused on relieving suffering.

[Download Toolkit](#)



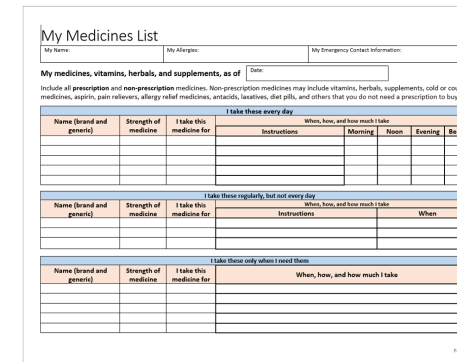
Rural Health Equity Toolkit

This new toolkit compiles evidence-based frameworks and promising strategies and resources to support organizations working toward health equity in rural communities.

[Download Toolkit](#)

Medications

This Health Literacy Month, Agency for Healthcare Research and Quality (AHRQ) has released a new "My Medicines List" to help people track all of their medications--prescription and over the counter. The resource makes it easy for patients to remember how and when to take their medicines. Available for free in both [English](#) and [Spanish](#), the "My Medicines List" can be printed by patients and kept alongside medications, brought to doctor visits, taken on trips or used in emergencies. Access more information from AHRQ about health literacy [tools](#), [training and education](#), and [publications](#).



Vaccinations

Vaccination Weeks of Action

The Department of Health and Human Services (HHS) kicked off the [Vaccination Weeks of Action](#) campaign this Fall, to encourage more people to get the updated COVID-19 booster. The following resources are available to help providers, community-based organizations and others actively promote the updated booster and build vaccine confidence during these weeks of action:

- Vaccination Weeks of Action Social Media Toolkit in [English](#) and [Spanish](#)
- Updated COVID Vaccines Toolkit in [English](#) and [Spanish](#)
- Older Adults Toolkit in [English](#) and [Spanish](#)
- Community-Based Organizations Toolkit in [English](#) and [Spanish](#)
- Resources for American Indian/Alaska Native Tribal Leaders
- Black/African American Civic Organizations Toolkit
- Rural Community Toolkit
- General Audience Toolkit is available in [English](#) and several other languages.



Additional resources and toolkits are available [here](#).

Healthcare Provider Toolkit: Influenza

Whether you're a primary care physician, nurse, pharmacist, or other health care professional (HCP), you play a significant role in helping protect your patients against influenza. The best available protection is annual influenza vaccination for all patients ages 6 months and older. Your strong influenza vaccine recommendation is one of the most important factors in patients accepting the vaccine. This page provides tools to prepare your practice to fight flu. The materials will:

- Equip you to make strong influenza vaccine recommendations
- Facilitate productive conversations with your patients
- Improve your influenza vaccination rates

[Download the Toolkit](#)

Pneumonia

- [Pneumococcal Vaccine Timing for Adults-April 1, 2022 \(cdc.gov\)](#)
- [Qsource COPD Zonal Tool](#)
- [Qsource Pneumonia Zonal Tool](#)

In Case You Missed It!

Managing Diabetes in Long-Term Care (LTC) Podcast

The health care cost of diabetes in the U.S. is about \$237 billion and the cost of care increases as patients age. Managing diabetes and a healthy lifestyle can be difficult for those in sedentary and high-risk settings. In this episode, the Conversation is about managing diabetes in long-term care, the complications of providing care and various treatments and newer agents such as oral medications and insulin that can benefit long-term care patients.



[Listen Now](#)

Designated as a [Quality Innovation Network-Quality Improvement Organization \(QIN-QIO\)](#) for Indiana, Qsource is contracted by the [Centers for Medicare & Medicaid Services \(CMS\)](#) to improve quality and achieve better outcomes in health and healthcare, at lower cost, for the patients and communities we serve.

The QIN-QIO Program is one of the largest federal programs dedicated to improving health quality at the local level. Qsource has served as a Medicare contractor since 1973. We provide our services **free-of-charge** to our collaborating providers, so you will not incur any charges for use of our staff and resources.



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