



**Focus Areas for the Collaborative:**

**ADULTS : Asthma, Diabetes or Hypertension**  
**CHILDREN : Asthma, Medical Home or Obesity**

**The Washington State Collaborative to Improve Health** helps busy medical practices improve their systems of care for patients with chronic disease. A collaborative is a learning process where several medical teams work to improve the quality of care delivered by their practices. Pediatric and primary care practices of all sizes are encouraged to apply. First preference, however, will be given to small practices of five or fewer providers, and first-time participants.

**Getting ready for the Collaborative**

- ✓ Choose a focus area
- ✓ Decide who will participate on your clinical team
- ✓ Contact us for a registration packet

**How the Collaborative works**

- Most of the work happens in your office
- Three one-day sessions are held in the conference center at Seattle-Tacoma International Airport
- Technical assistance to install registry - January-May 2008
- 12-month Collaborative - May 2008-May 2009

**Mark your calendar**

Registration deadline: January 31, 2008  
Learning Session 1: May 15, 2008  
Learning Session 2: November 5, 2008  
Outcomes Congress: May 5, 2009

**To enroll in Adult Focus Areas:  
Asthma, Diabetes, or Hypertension:**

*Francisco Arias-Reyes*  
Washington State Department of Health  
Phone: 360-236-3738  
Email: [francisco.arias-reyes@doh.wa.gov](mailto:francisco.arias-reyes@doh.wa.gov)

**Benefits to your practice**

- Improve patients' health
- Help patients make healthy lifestyle changes
- Prevent or manage chronic disease
- Improve staff-patient relationships
- Increase staff job satisfaction
- Streamline clinical processes
- Access experts in quality improvement, chronic disease prevention and management

**Tuition and travel costs paid**

- Funding for tuition and travel expenses are underwritten for Collaborative clinical teams.
- Expense stipends - up to \$5,000 - are available for practices open to Medicaid clients.

**To enroll in Children's Focus Areas:  
Asthma, Medical Home or Obesity:**

*Nicole Van Borkulo, M.Ed.*  
NVB Consulting Inc.  
Phone: 206-963-5001  
Email: [nicole@nvbconsulting.com](mailto:nicole@nvbconsulting.com)



The Washington State Collaborative to Improve Health is sponsored by the Washington State Department of Health. The Collaborative is based on the nationally recognized chronic care model, developed by Improving Chronic Illness Care, a program of the Robert Wood Johnson Foundation.



## **Electronic Registry**

January through May 2008 is devoted to installing a registry, obtaining baseline data on patients, and establishing goals with the help of a practice coach.

Department Of Health (DOH) offers a free registry and technical support - Chronic Disease Electronic Management System (CDEMS) - to practices that need an electronic system for tracking and reporting for the Collaborative.

CDEMS is a Microsoft Access database application designed to help medical providers track the care of patients with chronic health conditions.

CDEMS is set up to track diabetes, asthma and adult preventive health, and can be customized to change tracking measures or define measures for other chronic conditions. More information about CDEMS is available at [www.cdems.com](http://www.cdems.com)

## **Learning Network**

Team learning through the Collaborative is supported through:

- Practice coaching
- Site visits
- Learning sessions
- Monthly teleconferences
- Web-based information
- Email list

## **Team Commitment**

- Complete preparatory work before first learning session
- Participate in learning sessions and teleconferences
- Use email list to share successes and ask questions
- Communicate team progress through monthly reports
- Present final results at the Outcomes Congress
- Maintain your improved system after the Collaborative ends

## **Collaborative Advisory Council**

Acumentra Health  
Aetna  
Children's Health Improvement Collaborative  
GlaxoSmithKline  
Northwest Physicians Network  
Premera Blue Cross  
Puget Sound Health Alliance  
Qualis Health  
Regence BlueShield  
University of Washington  
Washington Academy of Family Physicians  
Washington State Department of Social and Health Services  
Washington State Health Care Authority