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## 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, residents, patients, and community members you serve.

### Chief Medical Officer Corner

The start of a new year is typically a time of setting goals for the upcoming 12 months. In the workplace, this time of year is also a great moment to reset and keep the foundations of our work front and center.

Infection prevention is a cornerstone of long-term care clinical practice. The Centers for Disease Control offers guidelines and practice essentials for all of us to remember as we build a culture of infection prevention. The [CDC guide](#) can be found here.

[Read more about the five pillars of infection prevention.](#)



### Infection Prevention

- [Before You Vaccinate Adults, Consider Their "H-A-L-O"!](#)

### Health Equity

- [The Joint Commission Elevates Health Equity to National Patient Safety Goal](#)

- [Effective Antimicrobial Stewardship \(securerserver.net\)](https://securerserver.net)
- [NIH launches pilot COVID telehealth program | Reuters](#)

**Effective Antimicrobial Stewardship**

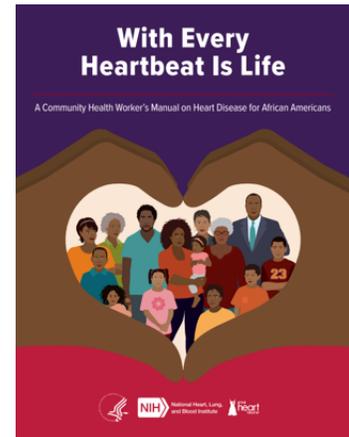
- 1 Appropriate antimicrobials** are essential to high-quality patient care
  - Timely diagnosis and clear reason for use (indication)
  - Clearly defined duration of therapy
- 2 Inappropriate antimicrobial use** is common and harmful
  - Increases antimicrobial resistance at your facility
  - Exposes patients to unnecessary medications
  - Focus of state survey agencies
- 3 Antimicrobial stewardship starts with YOU!**
  - Everyone should be involved in decreasing inappropriate use
  - Focus on unclear/missing diagnosis and on open-ended orders
  - Antimicrobial prophylaxis is rarely helpful and should be avoided
  - Instead focus on infection prevention activities and measures

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## Heart Health

- [Community Health Workers | NHLBI, NIH](#) - Community health workers (CHWs) play an important role in educating their communities about heart disease by implementing culturally tailored health promotion and disease prevention programs. As trusted members of their community, they can share information and encourage healthy lifestyle behaviors on a range of health issues that can help reduce health disparities. This is especially true in communities disproportionately affected by heart disease—African Americans, Hispanics/Latinos, American Indians, Alaska Natives, Asian Americans, Native Hawaiians and other Pacific Islanders.
- [Heart Disease and African Americans](#)
- [Heart Disease and Stroke in Black Women](#)



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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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