



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

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## Chief Medical Officer Corner

Let's talk about treating COVID-19 outside of the hospital. In addition to vaccinations, we have novel treatments in our arsenal that benefit individuals infected with COVID-19 who are at risk to progress to severe disease. Age alone is a major risk factor for progression to severe disease. Many experts recommend treatment for anyone over age 65 and for those over age 50 who are unvaccinated. Obesity, certain chronic diseases, and immunosuppression are also risk factors. It's safe to assume that most residents of long-term care fall into this category, and these residents should be given the opportunity to receive one of these medications in a timely manner if indicated.

[Keep reading for information on therapies available and key facts about Paxlovid.](#)



## Infection Prevention

### Updated Immunization Schedules

The Centers for Disease Control and Prevention (CDC) has updated versions of the recommended U.S. immunization schedules for children and teens as well as for adults. Several additional formats of the schedules, including parent-friendly versions, are available on the [CDC Immunization Schedules website](#).

### New Virtual Learning Program

Qsource has partnered with Viven Health, a nurse-led behavior change company, to provide innovative, virtual learning programs to complement our nursing home infection prevention practices. The two programs have simple objectives: stop the spread of infection and increase bivalent booster rates. Join the more than 500 individuals in Indiana who have taken the first step to change the trajectory of infection in their nursing home facilities. The best part is it is **FREE** to you. Contact Natasha Dickinson at [n.dickinson@vivenhealth.com](mailto:n.dickinson@vivenhealth.com) to get started.

## Health Equity

### Plain Language for Public Health

The Public Health Communications Collaborative has created a new [Plain Language for Public Health guide](#) to support public health communicators in creating messaging to advance health literacy, build trust in your organization as a source of information, and promote overall community health. You'll find plain language principles, simple techniques that can make your communications more accessible, and resources to learn more about plain language to help build your communications skills.

### Further Advancing Racial Equity

The Biden Administration has taken critical steps to support underserved communities that have been locked out of opportunity for generations. [View the fact sheet](#) on the executive order recently signed by President Biden.

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## National Kidney Health

### Kidney Disease Can be Treated

Kidney disease does not happen overnight. It happens slowly over many years and in stages. There are [five stages of kidney disease](#). In each stage, the kidneys don't work as well as the stage before. With treatment and lifestyle changes, you can help slow or stop your kidney disease from getting worse.

### Kidney Numbers and the CKD Heat Map

Many people know their cholesterol and blood pressure numbers. But they also need to [know their kidney numbers](#), to see if their kidneys are healthy or if they have chronic kidney disease, also called CKD. You can lose kidney function for many years without symptoms. Many people find out they have CKD only when their kidneys have failed and it's too late for preventive treatment. At this point, they usually need dialysis or a kidney transplant.

### **Know Diabetes by Heart**

There is a [link between Type 2 Diabetes and Chronic Kidney Disease](#). Kidney disease is a common complication of type 2 diabetes. If you have type 2 diabetes and kidney disease, you're at 3x higher risk of dying from a cardiovascular event like heart attack or stroke. There are actions you can take to reduce your risk.

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## **National Nutrition Month**

National Nutrition Month is a [nutrition education and information campaign](#) sponsored annually by the Academy of Nutrition and Dietetics. The campaign is designed to focus attention on the importance of making informed food choices and developing sound eating and physical activity habits.



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## **Qsource Communities on Facebook**

Qsource launched a new Facebook page called "[Qsource Communities](#)" where our partners and stakeholders can find upcoming events, relevant tools to download, announcements to share, and much more. Join the quality improvement community!

## **Visit Qsource's New QIO Website**

Check out [QIO.Qsource.org](#)! Here you'll find our resource library, curated toolkits, event registration, and more. Stay tuned as we continue to add more value through this new site!

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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.



[Learn More](#)

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