

Measures for Quality of Preventive and Cardiometabolic Care

RAND Measures

Hypertension

- 1: Systolic and diastolic blood pressure should be measured on patients.
- 2: All patients with average blood pressures of >140 systolic and/or >90 diastolic as determined on at least 3 separate visits should have a diagnosis of hypertension documented in the record.
- 3: Patients with a new diagnosis of stage 1-3 hypertension should have at least 3 measurements on different days with a mean SBP>140 and/or a mean DBP>90.
- 4: Hypertension patients should not have the drug which could cause hypertension.
- 5: Initial lab test should include at least 5 of the following:
 - a. Urinalysis
 - b. Blood glucose
 - c. Serum creatinine
 - d. Serum cholesterol
 - e. Serum triglyceride
 - f. Serum Potassium
- 6: For patients with stage 1-3 hypertension, the medical record should indicate counseling for at least 1 of the following interventions
 - a. Weight reduction if obese
 - b. Increased physical activity if sedentary
 - c. Low sodium diet.

Hyperlipidemia

- 1: Men under age 70 with preexisting heart disease should have cholesterol level documented.
- 2: Men under age 70 with coronary disease should have total cholesterol documented.
- 3: Men under age 70 with preexisting coronary disease should have a measure of their LDL cholesterol document.
- 4: Patients without preexisting coronary disease who are on pharmacological treatment for hyperlipidemia should have had measurements of their cholesterol (total or LDL) documented.
- 5: Men under age 70 with preexisting coronary disease who have an LDL cholesterol level >130mg/dl should have diet or drug therapy.
- 6: Men under age 70 with preexisting coronary disease who have an LDL level >130mg/dl should receive one of the following:
 - a. Pharmacological therapy for hyperlipidemia; or
 - b. LDL measurements.

Diabetes

- 1: Patient with fasting food blood sugar >126 or postprandial blood sugar >200 should have a diagnosis of diabetes noted in progress notes or problem list.
- 2: Patients with the diagnosis of diabetes should have all of the following:
 - A. Eye and visual exam
 - B. Total serum cholesterol and HDL cholesterol tests
 - C. Measurement of urine protein
 - D. Examination of feet
 - E. Measurement of blood pressure
- 3: Diabetics should receive dietary and exercise counseling.
- 4: Diabetics should receive oral hypoglycemic therapy.
- 5: Diabetics should be offered insulin.
- 6: Hypertensive diabetics should be offered an ACE inhibitor or a calcium channel blocker.
- 7: All patients with diabetes should have a follow-up visit.

Table S1. Preventive Services Indicators

Gender	Age	Service	Frequency
A	18+	Blood pressure screening	Every 1-2 years
F	40+	Mammogram	Every 1-2 years
F	21+	Pap Smear	Every 3 years
F	< 24	Chlamydia and Gonorrhea Screening	Varies
M	35+	Cholesterol abnormalities screening	Every 5 years
A	50-75	Colorectal cancer screening (fecal occult blood testing, sigmoidoscopy, or colonoscopy)	Varies
A	18+	Diabetes Screening	3 year interval
A	15-65	HIV screening	Varies depending on risk
A	18+	Obesity screening and counselling	N/A
A	18+	Tobacco use counselling and interventions	N/A
A	18+	STI counselling	N/A

Table S2. Comparison of Study Participants With and Without Missing Data at 12-Month Follow-Up

<i>Lost to Follow-Up Versus Completed Follow-Up: Baseline Demographics</i>			
<i>Characteristic</i>	<i>Completed (n=345)</i>	<i>Lost to Follow-Up (n=83)</i>	<i>p</i>
Age, years, mean (SD)	47.74 (9.63)	44.81 (9.16)	0.01
Male	133 (38.55)	34 (40.96)	0.69
Single	119 (36.73)	24 (31.17)	0.36
racegroup			.
White	191 (55.36)	47 (56.63)	0.84
Black	141 (40.87)	33 (39.76)	0.85
Other Race	13 (3.77)	3 (3.61)	0.95
Hispanic	5 (1.45)	3 (3.61)	0.19
Education, years, mean (SD)	12.77 (2.38)	12.76 (2.18)	0.97
Stable Housing	298 (86.38)	68 (81.93)	0.3
Stable Employment	124 (35.94)	29 (34.94)	0.86
Total monthly income, \$, mean (SD)	530.69 (653.88)	457.10 (560.25)	0.3
Disability	35 (10.20)	8 (9.64)	0.88
Medicaid	32 (9.33)	4 (4.82)	0.38
Medicare	33 (9.62)	2 (2.41)	0.1
Private Insurance	10 (2.90)	3 (3.61)	0.73
sourcegroup			.
Other (not ER)	133 (38.55)	27 (32.53)	0.31
Emergency Room	68 (19.71)	22 (26.51)	0.17
None	143 (41.45)	34 (40.96)	0.94
medgroup			.
Diabetes	132 (38.26)	38 (45.78)	0.21
Heart Disease	25 (7.25)	4 (4.82)	0.43
Hyperlipidemia	223 (64.64)	48 (57.83)	0.25
Hypertension	270 (78.26)	73 (87.95)	0.05
Number of Medical Diagnoses, mean (SD)	1.88 (0.85)	1.96 (0.82)	0.44
mentgroup			.

Lost to Follow-Up Versus Completed Follow-Up: Baseline Demographics

<i>Characteristic</i>	<i>Completed (n=345)</i>	<i>Lost to Follow-Up (n=83)</i>	<i>p</i>
Schizophrenia/Schizoaffective Disorder	76 (22.03)	9 (10.84)	0.02
Bipolar Disorder	173 (50.14)	46 (55.42)	0.39
Depression	93 (26.96)	27 (32.53)	0.31
Anxiety	2 (0.58)	1 (1.20)	0.54
Substance Abuse	1 (0.29)		0.62
Systolic Blood Pressure	137.05 (18.36)	139.48 (19.32)	0.29
Diastolic Blood Pressure	89.46 (12.30)	91.60 (12.45)	0.16
Total Cholesterol	203.21 (42.03)	196.76 (47.27)	0.22
LDL	125.19 (40.67)	118.04 (40.11)	0.17
HDL	45.07 (17.73)	46.26 (14.00)	0.52
triglycerides	176.00 (112.63)	169.70 (111.90)	0.65
Blood Glucose	112.92 (41.73)	120.60 (53.99)	0.23
Weight, lbs	211.89 (55.86)	214.37 (50.41)	0.71
Body Mass Index	33.82 (8.45)	33.64 (7.08)	0.84
