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## Tri-City Medical Center Recognized with Gold Plus Award for Heart Failure Care

OCEANSIDE, Calif.—Tri-City Medical Center has received the Get With The Guidelines®-Heart Failure Gold Plus Quality Achievement Award for implementing specific quality improvement measures outlined by the American Heart Association/American College of Cardiology Foundation’s secondary prevention guidelines for patients with heart failure.

This marks the fourth year that Tri-City Medical Center has been recognized with a Gold Plus quality achievement award for its heart failure care.

Get With The Guidelines-Heart Failure is a quality improvement program that helps hospital teams follow the most up-to-date, research-based standards with the goal of speeding recovery and reducing hospital readmissions for heart failure patients. Launched in 2005, numerous published studies have demonstrated the program’s success in achieving patient outcome improvements, including reductions in 30-day readmissions.

Tri-City Medical Center earned the award by meeting specific quality achievement measures for the diagnosis and treatment of heart failure patients. These measures include evaluation of the patient, proper use of medications and aggressive risk-reduction therapies, such as ACE inhibitors/ARBs, beta-blockers, diuretics, anticoagulants, and other appropriate therapies. Before patients are discharged, they also receive education on managing their heart failure and overall health, get a follow-up visit scheduled, as well as other care transition interventions.

“Tri-City Medical Center and its Cardiovascular Health Institute are dedicated to maintaining the highest quality of care for our heart failure patients, and implementing the American Heart Association’s Get With The Guidelines-Heart Failure program helps us to accomplish this goal by tracking and measuring our success in meeting internationally-respected guidelines,” said Steve Dietlin, CEO, Tri-City Medical Center.

Tri-City Medical Center also received the association’s Target: Heart Failure<sup>SM</sup> Honor Roll. Target: Heart Failure is an initiative that provides hospitals with educational tools, prevention programs and treatment guidelines designed to reduce the risk of heart failure patients ending up back in the hospital. Hospitals are required to meet criteria that improves medication adherence, provides early follow-up care and coordination and enhances patient education. The goal is to reduce hospital readmissions and help patients improve their quality of life in managing this chronic condition.

“We are pleased to recognize Tri-City Medical Center for their commitment to heart failure care,” said Paul Heidenreich, M.D., M.S., national chairman of the Get With The Guidelines Steering Committee and Professor of Medicine at Stanford University. “Research has shown there are benefits to patients who

are treated at hospitals that have adopted the Get With The Guidelines program. Get With the Guidelines research has demonstrated the impact of lowering 30-day readmissions and reducing mortality rates.”

According to the American Heart Association, about 5.7 million adults in the United States suffer from heart failure, with the number expected to rise to eight million by 2030. Statistics show that each year about 870,000 new cases are diagnosed and about 50 percent of those diagnosed will die within five years. However, many heart failure patients can lead a full, enjoyable life when their condition is managed with proper medications or devices and with healthy lifestyle changes.

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#### **About Tri-City Medical Center**

Tri-City Medical Center has served its community for over 50 years and is a 388-bed full service, acute-care hospital in Oceanside, Calif. with a primary care clinic and over 700 physicians practicing in 60 specialties. Its Gold Seal of Approval® from the Joint Commission recognizes its commitment to safe and effective patient care for the residents of the community it serves. It operates the only Level III Neonatal Intensive Care Unit (NICU) in North County as well as an Orthopedic & Spine Institute, a Cardiovascular Health Institute and a Neuroscience Institute along with the Tri-City Wellness Center in Carlsbad, Calif., recognized as one of the best wellness centers in San Diego County. It also specializes in women’s health, robotic surgery, cancer and emergency care. For more information about Tri-City Medical Center and Tri-City Healthcare District, please visit [www.tricitymed.org](http://www.tricitymed.org).

#### **About Get With The Guidelines**

Get With The Guidelines® is the American Heart Association/American Stroke Association’s hospital-based quality improvement program that provides hospitals with the latest research-based guidelines. Developed with the goal of saving lives and hastening recovery, Get With The Guidelines has touched the lives of more than 6 million patients since 2001. For more information, visit [heart.org](http://heart.org).