

HEARTBEATS

DEDICATED TO REDUCING CARDIOVASCULAR MORTALITY

SPRING 2003

LETTER FROM THE PRESIDENT

There is cause for celebration. As we approach the 10th anniversary of the foundation of COSEHC, our organization has grown substantially not just simply in terms of membership but importantly in terms of the objectives to increase awareness of the problems facing our communities and providing unique and novel examples of how we can creatively address the issue of reducing cardiovascular morbidity and mortality in the Southeastern USA. It is not just COSEHC's group of officers, but the dedicated group of physicians and health care providers who bought into the vision and made these achievements possible.

From the solo practice in a rural area to the large academic centers in the South, those who faced the difficult issues of practice management and the ravenous impact of cardiovascular risk factors in our population responded to COSEHC's call for action by contributing new ideas, forming new partnerships, and implementing new approaches in their practices. The momentum generated by COSEHC had a similar impact on other national professional organizations, as they increasingly dedicated additional resources to the medical recognition of hypertension management in the Southeast USA.

Throughout this time, COSEHC continued to test new ideas, continued to implement new initiatives and dedicated a finite pool of human and financial resources to provide assistance to those in need of recognition, medical education, and support. The unprecedented growth of COSEHC's-designated Cardiovascular Centers of Excellence™ from 4 to 21 within a mere span of 5 years is just one example of how a budding organization can cast the spell of progress among us.

Each Center has contributed their unique approach, their creative solutions and their unlimited expertise for the good of the whole to enrich programs and benefit those who we care for. The concept of developing a web-based medical electronic chart to catalog the nature of the cardiovascular risk factors affecting our patient population, and to then track the effect of best practice approaches to hypertension, dyslipidemia, and vascular disease was unique both when the idea was first conceived in 1999 and even today. *(Continued page 2)*

CENTERS RECEIVE NATIONAL ATTENTION

Within our strategy of building partnerships, COSEHC is proud to announce that 3 of its COSEHC Cardiovascular Centers of Excellence (21 Centers) have recently been awarded with The Enhanced Dissemination and Utilization Center (EDUC) grant funded by the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health (NIH). Only 12 centers in the nation have received this special funding.

The goal of this NIH funding is to eliminate cardiovascular disparities and improve health care in high-risk communities.

"These projects take what we have learned about prevention, identification and treatment of cardiovascular disease and apply that knowledge where it is most needed - in communities with the highest heart disease and stroke death rates," said NHLBI Director Claude Lenfant, MD.

COSEHC Cardiovascular Centers of Excellence grant awardees:

- Dr. Chip (Dan River Region Cardiovascular Health Initiative Program) (Michael Moore, MD)
- Wake Forest University School of Medicine (Carlos Ferrario, MD)
- Wright State University School of Medicine (Richard Schuster, MD)

COSEHC's Cardiovascular Centers of Excellence

The Lowcountry Medical Group

Huntington Internal Medicine

Medical University of South Carolina

Jacksonville Heart Center

Wake Forest University School of Medicine

Cardiovascular Center of South Florida

Clearwater Cardiovascular & Interventional Consultants

The Hypertension Institute

Holston Medical Group

CamCare Health Education & Research Institute

Dan River Region Cardiovascular Health Initiative Program (Dr. Chip)

Morehouse School of Medicine

University of Miami

Hattiesburg Clinic

University of Maryland

Carilion Health System

Wright State University School of Medicine

University of Kentucky

Presbyterian Center for Preventative Cardiology

University of Tennessee, Memphis

Tulane Hypertension & Renal Center of Excellence

To learn more about our centers visit:
www.coshec.org

COSEHC UPDATE

During COSEHC's annual Cardiovascular Centers of Excellence meeting held this past October 2002, a governance structure committee and a working committee were approved by the Board of Directors. The governance structure is lead by an Executive Committee, comprised of elected officials and an Advisory Council with one representative from each CV Center of Excellence. The Executive Committee meets regularly with the COSEHC officers for collaborative decision-making. The advisory council will meet at least annually as part of the COSEHC annual scientific meeting.

Seven committees were identified as the "workforce" to drive decision-making throughout the organization. The Executive Committee also approved a business plan with allocated funding to further develop the electronic record and database. This includes: 1) enhancement of the current website; 2) database and application upgrades which will convert the current database from purely a data collection instrument to a practice management tool with query, benchmarking, and reporting capabilities making it appropriate for use with all cardiovascular patients. Expected completion is year-end 2003.

The committees and chairs include:

CME	Dr. Michael A. Moore
Database/Electronic Record	Dr. Brent Egan
Finance	Dr. Paul Farrell (Dr. Moore as co-chair)
Clinical Trials	Dr. Jerry Miller
Membership	Dr. Richard Schuster
Best Practices	Dr. William Bestermann
Advocacy	Open



Visit us at the ACC
(American College of
Cardiology) on March
30-April 1 in Exhibit
Hall A1, Booth #4117.

PRESIDENT'S LETTER CONTINUED (CONTINUED FROM PAGE 1)

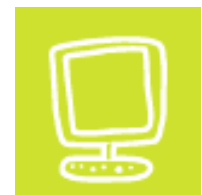
As the Cardiovascular Centers of Excellence™ have matured in their accomplishments, they have realized and have now implemented their own internal structure to continue to grow and achieve their clinical research objectives. Under the former leadership of Dr. Jerry Miller, and now under the new committed vision of Dr. Thomas Whayne, the Centers are entering a new phase of achievements with priority to develop specific guidelines to improve the web-based medical electronic chart and expand its use. COSEHC's Board of Directors is forever grateful to all of you, and to Mr. Mariano Ferrario and Mr. Clyde Getty for their direct and exemplary efforts in building the software and teaching us how to use it and access it.

Education is one other leg of COSEHC's mission. Under the superb and almost supra-human efforts of Dr. Michael Moore, our educational programs have reached more than 5,000 physicians. I am happy to announce that we have been designated by the Accreditation Council for Continuing Medical Education (ACCME) as a provider of Category 1 physician continuing medical education credits. COSEHC is now able to provide Category 1 CME for physicians participating in COSEHC CME programs.

A special thanks Dr. Moore for this enormous effort. I also need to stress my personal thanks to Ms Eva Johns (Program Coordinator), our newly appointed Executive Director (Ms Debra Wirth-Simmons) and all current and past Chairs of COSEHC annual scientific sessions for their superb dedication and unquestionable success in providing outstanding programs that continue to address the practical and theoretical basis of cardiovascular disease management. Need not be forgotten, that we owe a special gratitude to the pharmaceutical industry for their unrestricted support of our educational efforts.

I hope you find HEARTBEATS interesting and a vehicle to keep the membership involved in the processes. Do I need to remind you that COSEHC is not simply a professional society but a living effort in which each of us is dedicated to do something that can contribute to accomplishing the goal of reducing morbidity and mortality in the Southeast USA? I do not think so. Thanks for being a partner. I look forward to seeing you in Miami.

Carlos M. Ferrario, MD, President & CEO



www.cosehc.org
COSEHC hopes to unveil its new website
this Spring

CV CENTER UPDATE

This will represent our first COSEHC Centers of Excellence Newsletter as part of our more defined organization of the Centers with a specific Council and Committee structure. It is our hope to see our organization become ever more relevant to the challenges of modern cardiovascular medicine and to make full use of the diverse talents of the group. We have a vision which is to make a multifaceted contribution to the amelioration of cardiovascular disease. Also, our mission has been explicitly stated and it is to advance cardiovascular medicine through a focus on multiple defined programs. It is now our problem and privilege to carry out these goals.

We all need to be aware of the collaborative potential of COSEHC. Several of us have discussed ways to increase its prestige, value, importance and relevance. One way already discussed is for COSEHC to offer “one-stop shopping” for clinical research. We offer an impressive array of academic and clinical groups, all capable of contributing many patients to a particular project in an efficient organized way if we set up the right structure through our central office in Winston Salem and build the group reputation. A desirable goal is that, when a pharmaceutical company or other corporation desire to obtain clinical trial data rapidly and efficiently, they will contact COSEHC first. Obviously, we must first get starter projects, produce results and build our reputation in this potentially profitable clinical arena. We have begun the effort to make this dream a reality.

Data management is a major project for the Centers. This can be considered in two important ways. Individual center data is, of course, private until contributed by agreement of that center to the group. Therefore, providing a data repository for each individual center is a major initial goal. When that is achieved, the collaborative potential for answering major questions then multiplies for those centers desirous of group participation. An example of such potential can be seen in posing a specific question of how best to reduce the cardiovascular event rate in diabetes. Another example would be to render support or criticism to major controversies posed by such studies as ALLHAT regarding the issue of the initial use of a diuretic in hypertension versus other approaches more in vogue.

Even though our organization has been in existence for a few years, it is very young and very much in evolution. I believe we have just started to be aware of our potential much less realize it. We plan to publish a newsletter quarterly. There will be a general or specific commentary each time. I hope many of you will make suggestions about issues for discussion. For those with more detailed and specific concerns, please feel free to submit written material for consideration.

I wish all of you living north of the deep South, a speedy end to a disastrous winter and the coming of a glorious spring.

Tom Whyne, MD, PhD, Chair: Council of COSEHC's-designated Cardiovascular Centers of Excellence

CV Center Spotlight: Holston Medical Group

Provider organizations such as Holston Medical Group bring willing providers, deserving patients and tools to assure criteria adherence, implementation, and enrollment for multiple studies. HMG performs Phase II, III, and IV clinical drug trials as well as device trials. The main benefits aside from building evidence medicine are: 1) standardizing care in the group through clinical guidelines and/or algorithms, 2) providing care to patients through physical exams and visits, diagnostics, medicines and/or devices and direct remuneration, and 3) presenting a significant revenue stream to the medical group.

HMG has done clinical trials for six years. They have 48 ongoing trials throughout their multi-specialty group, approximately 600 patients enrolled, seven employed people in the department, and an income stream in the seven-figure range annually. HMG has received awards in excellence in several studies and are proud to have participated in studies such as ALLHAT, Accord, and others.

HMG takes the following steps to ensure quality control and compliance. The following areas are addressed: (1) Define the basic roles and responsibilities of the sponsor, monitor, investigators and FDA as they relate to the quality of clinical trials. (2) Implement the regulatory, source documentation and record-keeping requirements for clinical trials. (3) Ensure that clinical trials are compliant with GCP standards. (4) Define methods for integrating changes and updating SOPs. (5) Comply with 21 CFR Part 11 and audit computerized systems in clinical trials. (6) Maximize good design practices for medical documentation.

**“...COSEHC
to offer one-
stop
shopping for
clinical
research...”**

We are on the web:
www.cosehc.org

COSEHC

WFU School of Medicine
Medical Center Blvd
Winston-Salem, NC 27157-1032

Phone: 800-COSEHC-1
Fax: 336-716-2456
Web: www.cosehc.org

Breaking News: COSEHC is happy to announce that we have been designated by the Accreditation Council for Continuing Medical Education (ACCME) as a provider of Category 1 physician continuing medical education credits. COSEHC is now able to provide Category 1 CME for physicians participating in COSEHC CME programs.

COSEHC CALENDAR

March

30-April 2: COSEHC exhibit at the American College of Cardiology, Chicago, IL (Booth Number 4117)

April

29: New Frontiers in Cardiovascular Disease Management
San Antonio, TX
(CME Meeting)

May

1: Getting Good Hypertension & Lipid Management into Communities
San Antonio, TX (CME Meeting)

July

18: Cardiovascular Centers of Excellence Meeting (Closed Meeting)
Ballantyne Resort, Charlotte, NC

September

18: Centennial Anniversary of WFU School of Medicine, Hypertension & Vascular Disease Center Celebration Symposium
Winston-Salem, NC (CME Meeting)

October

16-18: 10th National Scientific Sessions, Cardiovascular Update 2003
Coral Gables, FL (CME Meeting)



To participate in any of these CME Meetings please call 800-COSEHC-1 or visit: www.cosehc.org

Check website for updated calendar
www.cosehc.org