



Summaries of UW ICTR Funded Dissemination Supplement Awards, 2016

1. PI: Heather Johnson, MD, MS, UW School of Medicine & Public Health – Department of Medicine & Cardiology

Title: *Reaching MyHEART: Website Design and Evaluation to Disseminate Young Adult Hypertension Education*

Academic Collaborators: None

Community Collaborators: Community Advisors, UW Health

Summary

In the U.S., over 10 million 18-39 year-olds (1 in 5 men; 1 in 6 women) have hypertension, increasing their risk of heart failure, stroke, and chronic kidney disease. Hypertension control reduces morbidity, mortality, and future healthcare costs, yet only 35% of young adults with hypertension in the U.S. have achieved blood pressure control (defined as a blood pressure <140/90 mmHg). To address the unmet need in the delivery of hypertension care for young adults, Dr. Johnson's research team developed the MyHEART program (My Hypertension Education and Reaching Target). MyHEART is a multi-component, theoretically-based intervention designed to increase hypertension education and self-management skills among young adults with uncontrolled hypertension. This award supports the development of a MyHEART website which will be disseminated locally and nationally to clinical providers, healthcare systems, and organizations committed to hypertension control.

2. PI: Sarina Schrager, MD, MS, UW School of Medicine & Public Health – Department of Family Medicine and Community Health

Title: *Development of a toolkit to support shared decision making in breast cancer screening*

Academic Collaborators: None

Community Collaborators: UW Health

Summary

B~CARE is an interactive EMR-embedded shared-decision making tool that provides individual breast cancer risk assessment based on risk factors and breast density from previous mammogram as well as demonstrating risks and benefits of mammograms. The tool is designed to be used within a primary care encounter with joint input from the clinician and the patient. This dissemination award supports the development of a toolkit to support the implementation of B~CARE in primary care settings, including dissemination of the toolkit to primary care clinicians and patients within UW Health clinics.

