



The MetroHealth System  
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## News Release

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**MetroHealth receives American Heart Association's  
Get With The Guidelines-Heart Failure Gold Plus Quality Achievement Award**  
*Award demonstrates MetroHealth's commitment  
to quality care for heart failure patients*

(Cleveland, OH) The MetroHealth System has received the Get With The Guidelines®–Heart Failure Gold Quality Achievement Award from the American Heart Association. The recognition signifies that MetroHealth has reached an exceptional goal of treating heart failure patients according to the guidelines of care recommended by the American Heart Association/American College of Cardiology.

This marks the ninth year that MetroHealth has been recognized with a quality achievement award.

Get With The Guidelines–Heart Failure helps MetroHealth's staff develop and implement acute and secondary prevention guideline processes to improve patient care and outcomes. The program provides hospitals with a web-based patient management tool, best practice discharge protocols and standing orders, along with a robust registry and real-time benchmarking capabilities to track performance.

The quick and efficient use of guideline procedures can improve the quality of care for heart failure patients, save lives and ultimately, reduce healthcare costs by lowering the recurrence of heart attacks.

"Recent studies show that patients treated in hospitals participating in the American Heart Association's Get With The Guidelines-Heart Failure program receive a higher quality of care and may experience better outcomes," said Lee H. Schwamm, M.D., chair of the Get With The Guidelines National Steering Committee and director of the TeleStroke and Acute Stroke Services at Massachusetts General Hospital in Boston, Mass. "The MetroHealth team is to be commended for their commitment to improving the care of their patients."

Following Get With The Guidelines–Heart Failure treatment guidelines, heart failure patients are started on aggressive risk-reduction therapies if needed, including cholesterol-lowering

drugs, beta-blockers, ACE inhibitors, aspirin, diuretics and anticoagulants while in the hospital. Before discharge, they also receive education on managing their heart failure and overall health, including lifestyle modifications and follow-up care. Hospitals must adhere to these measures at a set level for a designated period of time to be eligible for the achievement awards.

“MetroHealth is dedicated to making our care for heart failure patients among the best in the country. The American Heart Association’s Get With The Guidelines–Heart Failure program helps us to accomplish this goal,” said William Lewis, MD, Chief of Cardiology at MetroHealth. “This recognition demonstrates that we are on the right track and we’re very proud of our team.”

According to the American Heart Association, about 5.7 million people suffer from heart failure. Statistics also show that, each year, 670,000 new cases are diagnosed and more than 277,000 people will die of heart failure. However, many heart failure patients can lead a full, enjoyable life when their condition is managed with proper medications and devices and with healthy lifestyle changes.

### **About The MetroHealth System**

The MetroHealth System is a public health system committed to providing health care to everyone in Cuyahoga County, Ohio, and improving the health of the community overall. Its 6,000 employees deliver care to everyone at its main campus, just west of downtown Cleveland, and at 16 community health centers. MetroHealth is home to Cuyahoga County’s only Adult Level I Trauma Center and Comprehensive Burn Care Center. In the past year, MetroHealth provided more than one million patient visits in its hospital and community health centers.

MetroHealth is also an academic medical center committed to teaching and research; each of its active physicians holds a faculty appointment at Case Western Reserve University School of Medicine. MetroHealth has earned Magnet status, which places it in the top seven percent of all hospitals nationwide for nursing excellence.

MetroHealth’s mission is, “Leading the way to a healthier you and a healthier community through service, teaching, discovery and teamwork.” For more information, visit [www.metrohealth.org](http://www.metrohealth.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 empowers healthcare teams to save lives and reduce healthcare costs by helping hospitals follow evidence-based guidelines and recommendations. For more information, visit [heart.org/quality](http://heart.org/quality).