



Friday Focus 4 Health

A diverse and collaborative learning experience
designed to improve patient outcomes



Frequently Used Resources:

- [Friday Focus 4 Health Webpage](#)
- [April Evaluation Form](#)
- [Great Plains QIN Quality Improvement Guide](#)

Age Friendly Health Systems:

- [IHI Age Friendly Health Systems 4Ms Model](#)

Health Equity:

- [CMS MLN Health Equity Training](#)
- [CMS Framework for Advancing Health Care in Rural, Tribal, and Geographically Isolated Communities](#)

April Series 2023

Life's Essential 8

- [American Heart Association's \(AHA\) Life's Essential 8](#)
- Tim Nikolai, Sr. Rural Health Director; Midwest American Heart Association
E-Mail: tim.nikolai@heart.org
- [American Diabetes Association – Diabetes: Glycemic Targets Standards of Care](#)
- [American Diabetes Association – Older Adults Standards of Care](#)
- [Institute for Healthcare Improvement \(IHI\) Model for Improvement](#)
- [Health Leaders: 5 Strategies for Quality Improvement Project Success](#)