



Request for Proposals

Cardiac Rehabilitation Utilization Quality Improvement Award

Round Two - August 2024

Issued by

Michigan Cardiac Rehabilitation Network ([MiCR](#))

Introduction and Background

Brief Description

- MiCR will award funding for quality improvement (QI) programs aimed at increasing participant utilization of cardiac rehabilitation (CR).
- Eligible awardees include care teams (in-hospital or CR facility) affiliated with MiCR's partner CQIs (BMC2-PCI, MISHC, MSTCVS, MVC).
- We will select up to four proposals to fund for up to \$5000. Should QI proposals request less than \$5000, MiCR may fund additional proposals to distribute all available funding.
- Proposals will be scored using a rubric evaluated by representatives from all partner CQIs.

Purpose of RFP

CR is a multifaceted intervention that includes monitored exercise training, education on heart-healthy living, counseling on stress management, and emotional support. Participation in CR is strongly recommended in international guidelines for a spectrum of cardiovascular conditions and procedures including coronary artery disease, percutaneous coronary intervention (PCI), coronary artery bypass graft (CABG) surgery, heart valve repair/replacement such as aortic valve replacement, and heart failure. For many of these conditions, CR is associated with lower mortality and readmissions, and higher quality of life. Despite its many benefits, overall CR participation remains low.

There are a variety of documented challenges to CR utilization at the patient, provider, and hospital levels, including a lack of funding for CR QI initiatives and coordination among in-hospital care teams and CR center staff.

MiCR will grant funding to teams for activities dedicated to increasing CR utilization in Michigan.

About MiCR

MiCR is a collaboration among a suite of BCBSM-funded Collaborative Quality Initiative (CQI) teams, including:

- Blue Cross Blue Shield of Michigan Cardiovascular Consortium (BMC2)
- Michigan Structural Heart Consortium (MISHC)
- Michigan Value Collaborative (MVC)
- Health Behavior Optimization for Michigan (HBOM)
- Michigan Society of Thoracic and Cardiovascular Surgeons Quality Collaborative (MSTCVS-QC)

Support for BMC2, MVC, HBOM, and MSTCVS-QC is provided by Blue Cross Blue Shield of Michigan and Blue Care Network as part of the BCBSM Value Partnerships Program.

Eligibility and Award Terms

Eligibility for Award

Eligible awardees include care teams (in-hospital or CR facility) affiliated with MiCR's partner CQIs (BMC2-PCI, MISHC, MSTCVS, MVC). Project proposals can be submitted for either new ideas or to fund existing quality improvement projects. Sites may submit more than one award proposal.

Expectations/Scope of work

Awardees will provide 6- and 12-month progress reports to MiCR. See Progress Report Template, Appendix C.

Awardees will present their work (e.g., successes, challenges, outcomes) to MiCR participants to promote cross-site sharing and learning.

The MiCR team will work with awardees to publish the experience, if appropriate.

Application Process

Submission of Proposals

Proposals should be submitted using this online [form](#). You may review a summary of the proposal submission form in Appendix A.

The application form has three required sections.

- 1. General Information**
 - a. Facility name and primary contact
 - b. Proposal name
 - c. Total amount requested
- 2. Project description**
 - a. Project overview and timeline
 - b. Goals and impact of the project
 - c. Stakeholder involvement
 - d. Plans for sustainability
 - e. Project evaluation
- 3. Budget**
 - a. Budget narrative
 - b. Budget document

Evaluation

Proposals will be evaluated using the enclosed scoring rubric (Appendix B).

Reviewers will include representatives from the partner CQI coordinating centers as well as the MiCR Advisory Board. The MiCR Advisory Board is comprised of CR clinicians and patients from across the state of Michigan.

Reviewers will prioritize activities that:

- drive education of potential referral clinicians (physicians, APPs) about the clinical benefits associated with CR,
- target improving both enrollment and attendance in CR, including those that target cohorts often not included in CR projects (e.g., female patients, patients who identify as Black),
- demonstrate sustainability beyond the funding period,
- are multidisciplinary, and/or
- have a planned timetable and measurable metrics.

Activities that are purposefully planned for CR-related research (descriptive or hypothesis testing) are not eligible for an award.

Please note: MiCR cannot fund the purchase of new exercise equipment. Food and drink expenses may not be eligible for funding if not directly related to the QI project.

Suggested resources for project planning (also available at <https://michiganocr.org/providers/>)

- [MiCR CR Best Practice Toolkit](#)
- [Million Hearts CR Change Packet](#)
- [AHRQ Take Heart Training Curriculum](#)

An information session webinar is scheduled for August 27th at 12:00 pm. Click [here](#) to register or email Mary Casey at marycol@med.umich.edu.

Timeline and submission

Proposal Due Date: September 13, 2024

Award Announcement Date: mid-November 2024

Mid-Year Progress Report Due Date: June 2025

Year-End Progress Report Due Date: November 2025

Appendix A – Proposal Submission Form Description

Appendix B – Scoring Rubric

Appendix C – Progress Report Template

Appendix D – Sample Budget Template

Appendix A



Proposal Submission Form Description

General Information

Name of organization:

Primary contact (first and last name):

Primary contact email address:

Proposal Name:

Total Budget \$:

Project Description

Project overview and timeline

Please describe the components, activities, and anticipated timelines of the project for which you are requesting funding.

Goals and impact of the project

Please highlight the goals and intended outcomes of your project.

Stakeholder involvement

Please describe stakeholders involved in your project.

Plans for sustainability

Please detail your roadmap for sustainability beyond initial funding.

Project evaluation

Please detail how you will measure the progress, success, return on investment, and value delivery of the funding.

Budget

Budget Narrative

Please provide a brief overview of how the funds will be allocated and spent. Full details can be provided in the accompanying proposal budget.

Budget Document

Please include any additional information in support of your application.

Appendix B



Scoring Rubric

Criteria	Excellent	Good/Fair	Poor	Score
Overall strength of project plan	Proposal clearly communicates a project objective consistent with the goal of increasing CR utilization. Includes all project details within a realistic and attainable timeline. Proposed activities are clearly related to program objectives.	Proposal includes a description of the project's activities, but detail is limited. Some of the project activities are not clearly tied to program objectives.	Proposal is missing a significant amount of detail, or plan is confusing or not tied to objectives.	
(max 20 points)	Points: 20	Points: 10	Points: 0	
Goals and Impact	Proposal includes SMART goals - specific, measurable, achievable, realistic, and time-bound. Proposal includes a clear, measurable and realistic description of the project's intended impact.	Project goals are partially defined but lack important components of SMART goals. The connection between SMART goals and intended impact is included, but is somewhat confusing or unclear.	Proposal lacks SMART goals and does not include information on how goals linked to intended outcomes.	
(max 15 points)	Points: 15	Points: 10	Points: 0	
Stakeholder Involvement	Multiple stakeholders in the program have an active role in carrying out the proposed project, thereby increasing its impact.	Relevant stakeholders in the program have a limited role in carrying out the proposed project, potentially limiting the project's impact.	A single stakeholder will carry out the proposed project with limited participation from or impact on other stakeholders in the program	
(max 15 points)	Points: 15	Points: 10	Points: 0	

Criteria	Excellent	Good/Fair	Poor	Score
Sustainability	Demonstrates the potential for widespread applicability. The project has potential to involve a great number of stakeholders and staff and will have a significant, positive impact on CR utilization. Proposal includes a clear and detailed plan for ongoing sustainability past the initial award period.	Possible plan for sustainability and adaptability is addressed but is limited. Project has potential to impact a small number of stakeholders. Proposal mentions ideas for possible long-term sustainability but includes no clear defined plan for continuing project work after the initial award period.	Sustainability is not addressed and there is no clear plan adaptability. Potential impact on stakeholders is not addressed. A plan for long-term sustainability is missing from the proposal.	
(max 15 points)	Points: 15	Points: 8	Points: 0	
Project Evaluation Methodology	Proposal describes clear data collection and benchmarking processes and includes a detailed plan for evaluating the impact of project activities.	Proposal includes a data collection and benchmarking plan but the process for evaluating the impact of activities is unclear.	Very limited or no monitoring to ensure a clear focus on goals and that the action plan is executed.	
(max 15 points)	Points: 15	Points: 8	Points: 0	
Budget & Financial Responsibility	The budget narrative provides a clear explanation of budgeted expenses and how they relate to planned activities. Budget document is thorough and shows evidence of research into costs. Supporting documentation is provided, as needed.	The budget narrative supports the project activities, but requires more detail or justification. The application contains an itemized budget, but evidence of research into costs is unclear.	The budget narrative is confusing or lacks relevant detail. Budget document is incomplete, or contains unrealistic costs.	
(max 15 points)	Points: 15	Points: 8	Points: 0	



Progress Report Template

Site Name:	
Project Focus:	
Project Lead:	
	<i>Additional staff involved:</i>
Actions Taken/Changes Implemented (provide supporting or developed materials, if applicable):	
Current Status/Results/Improvement (must include numeric data and source of data (report):	
Opportunities for Additional Improvement or Maintenance/Next Steps:	
Have you encountered any difficulties or challenges? Do you need to adjust the scope or design of your QI project?	