



# The SYNC Capstone Project Portfolio

*42 Capstone Projects Conducted by SYNC Teams  
Across Virginia*





Each SYNC team conducts a Capstone Project in which they identify a current challenge in their organization or community, and go to work on creating a solution.





42 SYNC Capstone Projects have been conducted by interprofessional teams from hospitals, health systems, medical practices, free clinics, rural health centers, community behavioral health organizations, pharmacies, and public health agencies.





Collaboration is key to the SYNC Capstone Project experience, as professionals collaborate across disciplines, and organizations collaborate across sectors.





As one result, SYNC has become a state and national model for generating clinical-community partnerships with public health organizations.





Click forward to view the topics and organizations for 30 SYNC Capstone Projects conducted to date.





# SYNC

Transforming Healthcare Leadership

*Joint Partnership of VHA, VNF & MSV*

## Creating Community-Clinical Linkages Through A Garden-Based Patient Nutrition Education Lifestyle Change Program

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VDH – CRATER HEALTH DISTRICT – PETERSBURG TEAM

SYNC CAPSTONE TEACH-BACK: MARCH 11, 2016





# Patient-Centered Interdisciplinary Rounds

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MEMORIAL REGIONAL MEDICAL CENTER, BON SECOURS RICHMOND  
HEALTH SYSTEM

SYNC CAPSTONE TEACHBACK: MARCH 11, 2016





# Integrative Oral Health Education

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EDWARD VIA COLLEGE OF OSTEOPATHIC MEDICINE

SYNC CAPSTONE TEACH BACK: MARCH 11, 2016

BRIAN DICKENS, DO LAWRENCE KYLE, DDS

C. KAY LUCAS, RN WATSON EDWARDS, RN





# Medication Reconciliation: A Pilot Program

UVA Culpeper Hospital  
SYNc capstone Teach back  
March 11, 2016





## IMPROVING COMMUNICATION AND HANDOFFS DURING TRANSITIONS OF CARE FOR ICU PATIENTS.

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CENTRA HEALTH – INPATIENT TEAM

SYNC CAPSTONE TEACH BACK: MARCH 11, 2016





# The Hopewell Model of Healthcare

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VDH – CRATER HEALTH DISTRICT – HOPEWELL TEAM

SYNC CAPSTONE TEACHBACK: MARCH 11, 2016





# Diabetes Prevention

*A Public Health Collaborative*

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MASON AND PARTNERS CLINIC & PRINCE WILLIAM HEALTH DISTRICT

MSV SYNC CAPSTONE TEACH BACK





# Prescription Refill Best Practices and Procedures

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CENTRA SOUTHSIDE MEDICAL CENTER

SYNC CAPSTONE TEACHBACK: MARCH 10, 2017





# Barriers to Breast Cancer Screening Valley Health

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[WINCHESTER MEDICAL CENTER]

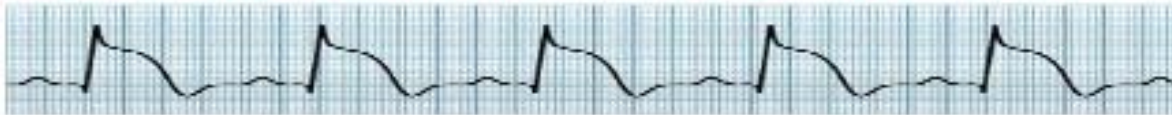
SYNC CAPSTONE TEACH BACK: MARCH 10, 2017





# **SURVIVE, DON'T DRIVE: CALL 911**

## **Can Strategic Marketing Produce Sustained Success?**



**WINCHESTER MEDICAL CENTER CARDIOVASCULAR SERVICE**

**SYNC CAPSTONE TEACHBACK: MARCH 10, 2017**





# **A Multidisciplinary Approach to Reduce COPD Readmissions**

**Centra Southside Community Hospital**

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**Pavan Annamaraju, MD**

**March 10, 2017**





# Hypertension: Community Collaboration to Manage Portsmouth's Greatest Health Need

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BON SECOURS MARYVIEW MEDICAL CENTER

VIRGINIA DEPARTMENT OF HEALTH, PORTSMOUTH HEALTH DEPARTMENT

SYNC CAPSTONE TEACHBACK: MARCH 10, 2017





# Interprofessional Care Consultation Team

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CENTRA LYNCHBURG GENERAL HOSPITAL

SYNC CAPSTONE TEACHBACK: MARCH 10, 2017





# ED SYNC Team: Patient Flow

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CENTRA

SYNC CAPSTONE TEACHBACK: MARCH 10, 2017





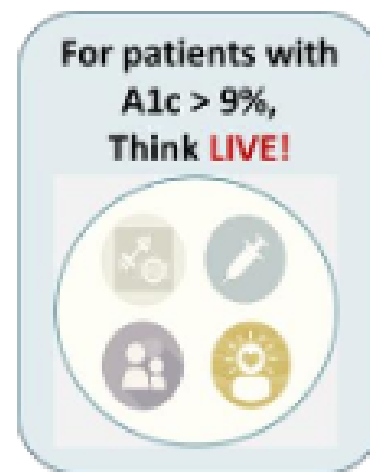
# Promoting Community Hypertension Management Through Self-Monitoring

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CRATER HEALTH DISTRICT WITH SOUTHSIDE REGIONAL MEDICAL CENTER

SYNC CAPSTONE TEACHBACK: MARCH 10, 2017





# The LIVE! Campaign:

## Leading Quality Improvement in the Primary Care Management of Poorly-Controlled Diabetes

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CARILION CLINIC

DEPARTMENT OF FAMILY & COMMUNITY MEDICINE

SYNC CAPSTONE TEACHBACK: NOVEMBER 10, 2017





# Diabetes: Finding the Sweet Spot of Patient and Community Engagement

EASTERN VIRGINIA MEDICAL SCHOOL

SYNC CAPSTONE TEACHBACK: NOVEMBER 10, 2017





# Increasing Colorectal Cancer Screening Rates Among Employees

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HCA- (HENRICO DOCTORS', PARHAM AND RETREAT HOSPITALS & WEST CREEK AND HANOVER FREESTANDING EMERGENCY ROOMS)

SYNC CAPSTONE TEACHBACK: NOVEMBER 10, 2017





# Food Farmacy



CLINIC-BASED PRESCRIPTIVE NUTRITION

HEALTH BRIGADE AND SHALOM FARMS

SYNC CAPSTONE TEACHBACK: NOVEMBER 10, 2017





## Improving Community Health-One Patient at a Time: *Diabetes and Pre-Diabetes in Woodbridge, VA*

LAKE RIDGE OPHTHALMOLOGY & SENTARA FAMILY  
HEALTH CONNECTION MOBILE HEALTH CLINICS

**SYNC Capstone Teach back: November 10, 2017**





# Community-Based Hypertension Management

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SRMC Team: HLLC, SPN, SRMC-SON & VDH

SYNC CAPSTONE TEACHBACK: NOVEMBER 10, 2017





# Improving Lung Cancer Screening Across The Valley Health System

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VALLEY HEALTH- LDCT TEAM

SYNC CAPSTONE TEACHBACK: NOVEMBER 10, 2017





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## Improving Transitions in Care: Utilizing a Community Health Worker to Reduce 30-day Readmissions for Patients with COPD or CHF

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VALLEY HEALTH SYSTEM AND THE FREE MEDICAL CLINIC

SYNC CAPSTONE TEACH-BACK: NOVEMBER 10, 2017



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& HEALTHCARE  
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VIRGINIA NURSES  
FOUNDATION



VIRGINIA  
DEPARTMENT  
OF HEALTH

[VDHLiveWell.com](http://VDHLiveWell.com)



C E N T R A

# Critical Medicine Access

*Centra Health Lynchburg, VA*

*October 26, 2018*





# A Church-Based Strategy to Live a Healthier Lifestyle

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[EVMS-SENTARA HADSI/HAGUE PHARMACY]

SYNC CAPSTONE TEACHBACK: OCTOBER 26, 2018





# Using Health Coaches to Improve Diabetes and Hypertension Management in Community Health Center Populations

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OLDE TOWNE MEDICAL AND DENTAL CENTER (OTMDC)

COLONIAL BEHAVIORAL HEALTH (CBH)

SYNC CAPSTONE TEACH BACK: OCTOBER 26, 2018

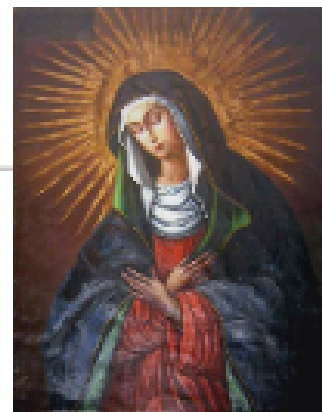




# Diabetes Prevention and Early Detection

MOTHER OF MERCY FREE MEDICAL CLINIC

SYNC CAPSTONE TEACHBACK: OCTOBER 26, 2018





# Linking Virginia to “All of Us”

HAMPTON UNIVERSITY

SYNC CAPSTONE TEACH-BACK

OCTOBER 26, 2018





# RIVERSIDE

Improving wellness of cancer patients  
through increased distribution of cancer  
survivorship plans.

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RIVERSIDE HEALTH SYSTEM, NEWPORT NEWS VIRGINIA

SYNC CAPSTONE TEACHBACK: OCTOBER 26, 2018



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& HEALTHCARE  
ASSOCIATION

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# “Under Pressure”

## Intense Team Intervention for Patients with Uncontrolled Hypertension

CARILION RIVERSIDE INTERNAL MEDICINE, ROANOKE, VA

SYNC CAPSTONE TEACHBACK: OCTOBER 26, 2018





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## Prediabetes: Screening and Referral Process at Augusta Health

AUGUSTA HEALTH SYNC CAPSTONE

TEACHBACK: 9/26/19



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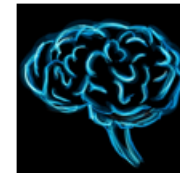


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[VDHLiveWell.com](http://VDHLiveWell.com)



# Wheel of Misfortune: Don't Bankrupt Your Brain



SENTARA PRINCESS ANNE HOSPITAL

SYNC CAPSTONE TEACHBACK: SEPTEMBER 26, 2019





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## Implementation of a Statewide Extension for Community Healthcare Outcomes Stroke “ECHO” Project

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UNIVERSITY OF VIRGINIA HEALTHSYSTEM

SYNC CAPSTONE TEACHBACK: 09/26/2019





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# The Application of Telemedicine to Improve Post Stroke Care

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UNIVERSITY OF VIRGINIA MEDICAL CENTER

SYNC CAPSTONE TEACHBACK: 09/26/2019





# Increase Patient Volume for Oncology Clinical Trials

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VALLEY HEALTH – WINCHESTER MEDICAL CENTER

SYNC CAPSTONE TEACH-BACK: SEPTEMBER 26, 2019





# A new CARE plan: An innovative approach to secondary stroke prevention

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VCU HEALTH

SYNC CAPSTONE TEACHBACK: SEPTEMBER 26, 2019





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# Pharmacists Improving Diabetes and Cardiovascular Outcomes <sup>I</sup>(PIDCO)

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ACP- CARILION CLINIC

SYNC CAPSTONE TEACHBACK: MARCH 6<sup>TH</sup>, 2020





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# LEVERAGING RESOURCES TO IMPACT CARDIOMETABOLIC OUTCOMES

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CARDIAC HEALTH MANAGEMENT NETWORK, PC

SYNC CAPSTONE TEACHBACK: MARCH 6, 2020





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# PICU Nurse-driven Sedation Guideline Roll-out

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UVA PICU

SYNC CAPSTONE TEACHBACK: MARCH 6, 2020





# Survivorship Care Plan

UVA HEALTH

SYNC CAPSTONE TEACHBACK: MARCH 6, 2020





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# Patient Centered Approach for Mitigating Stroke Risk Factors through Education

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MCGUIRE VAMC RICHMOND, VA

SYNC CAPSTONE TEACHBACK: MARCH 6, 2020



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MSV<sup>SM</sup>  
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## Redesigning Diabetes Care: Outcome driven Team Approach

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DIVISION OF ENDOCRINOLOGY AND METABOLISM: VCU HEALTH

SYNC CAPSTONE TEACHBACK

MARCH 6, 2020





Visit [SYNCVA.org](http://SYNCVA.org) to learn more about  
SYNC!

