



Identifying and Controlling Hypertension: What Works and What Does Not

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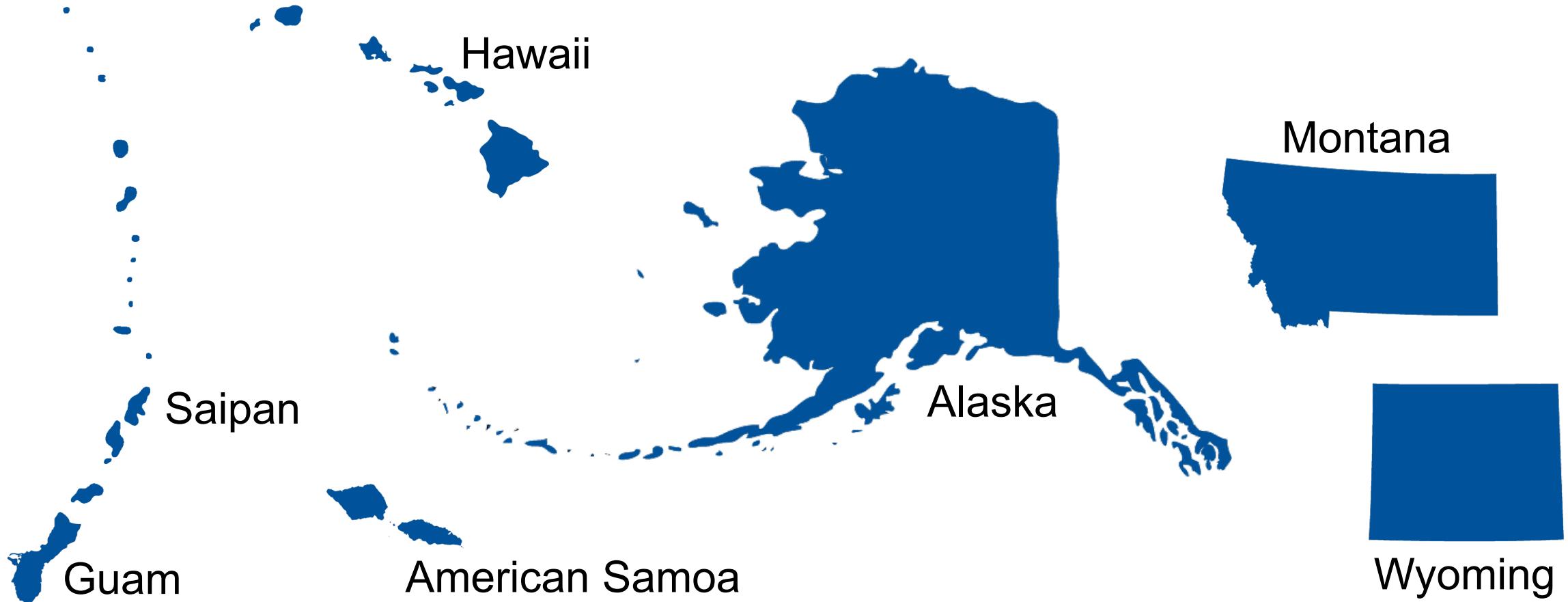


Objectives

At the end of this four-part session, attendees will be able to:

1. Discuss COVID-19-related current events in health care
2. Identify best practices for hypertension identification and management during the pandemic
3. Implement quality improvement project(s) designed to improve hypertension diagnosis and management during the COVID-19 pandemic
4. Engage and empower patients to foster continued health team participation

Mountain-Pacific Quality Health serves...



Engaging providers ◆ Encouraging collaboration ◆ Empowering patients



Questions from Session One



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COVID-19 Regional Updates



COVID-19 Updates

Alaska (as of 9/7)

0 new cases (95 cases 9/5)

3,635 active cases (+531)

42 deaths (+10)

<https://coronavirus-response-alaska-dhss.hub.arcgis.com/>

Guam (9/8)

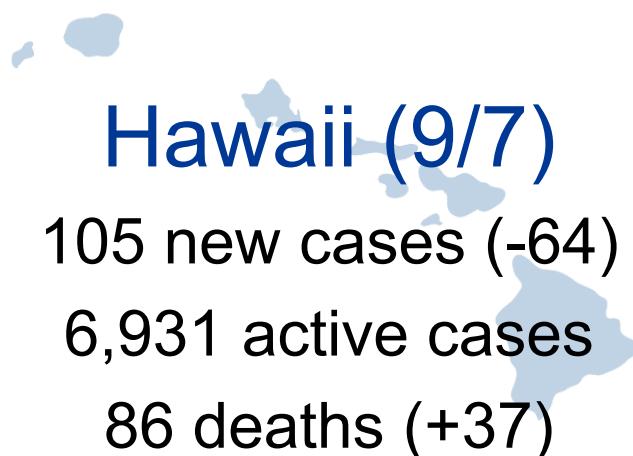
43 new cases (-44)

743 active cases (+271)

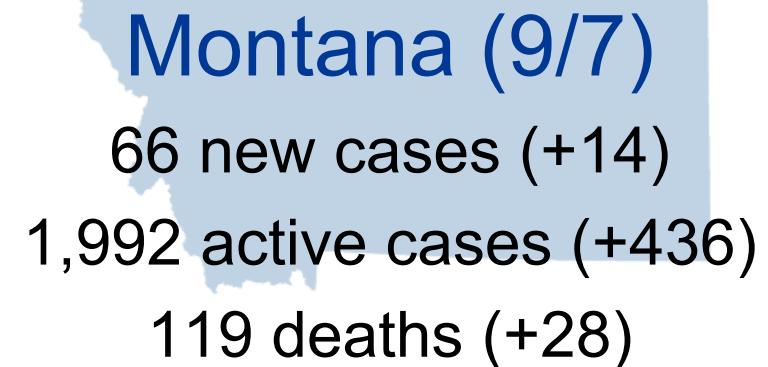
19 deaths (+12)

<https://ghs.guam.gov/infographics-and-fact-sheets-coronavirus-covid-19>

COVID-19 Updates



<https://health.hawaii.gov/coronavirusdisease2019/>



<https://montana.maps.arcgis.com/apps/MapSeries/index.html?appid=7c34f3412536439491adcc2103421d>
4b

COVID-19 Updates

Northern Mariana Islands (9/7)

1 new case(s) (+1)

2 deaths (+0)

<https://cnmichcc.maps.arcgis.com/apps/opsdashboard/index.html#/4061b674fc964efe84f7774b7979d2b5>

Wyoming (9/6)

39 new cases (+2)

616 active cases (-60)

42 deaths (+5)

<https://health.wyo.gov/publichealth/infectious-disease-epidemiology-unit/disease/novel-coronavirus/covid-19-map-and-statistics/>



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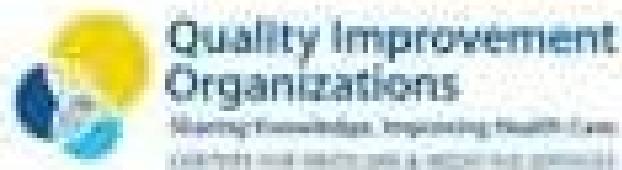
Check-Ups and Check-Ins

Patient Pandemic Perspectives



Dianne Luck

Mountain-Pacific Quality Health
Patient and Family Advisor



Stay home

Stay safe

Not going

Fear

Too scared to go

COVID-19 is worse

What if I get COVID-19

Not supposed to go

Lack of access

Worse than my chronic condition



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Getting to Goal

Hypertension Quality Improvement



Suggested Evaluation Measures

Payor Measures: Hypertension (HTN)

- CMS165
- NQF0018
- MIPS Quality ID 119

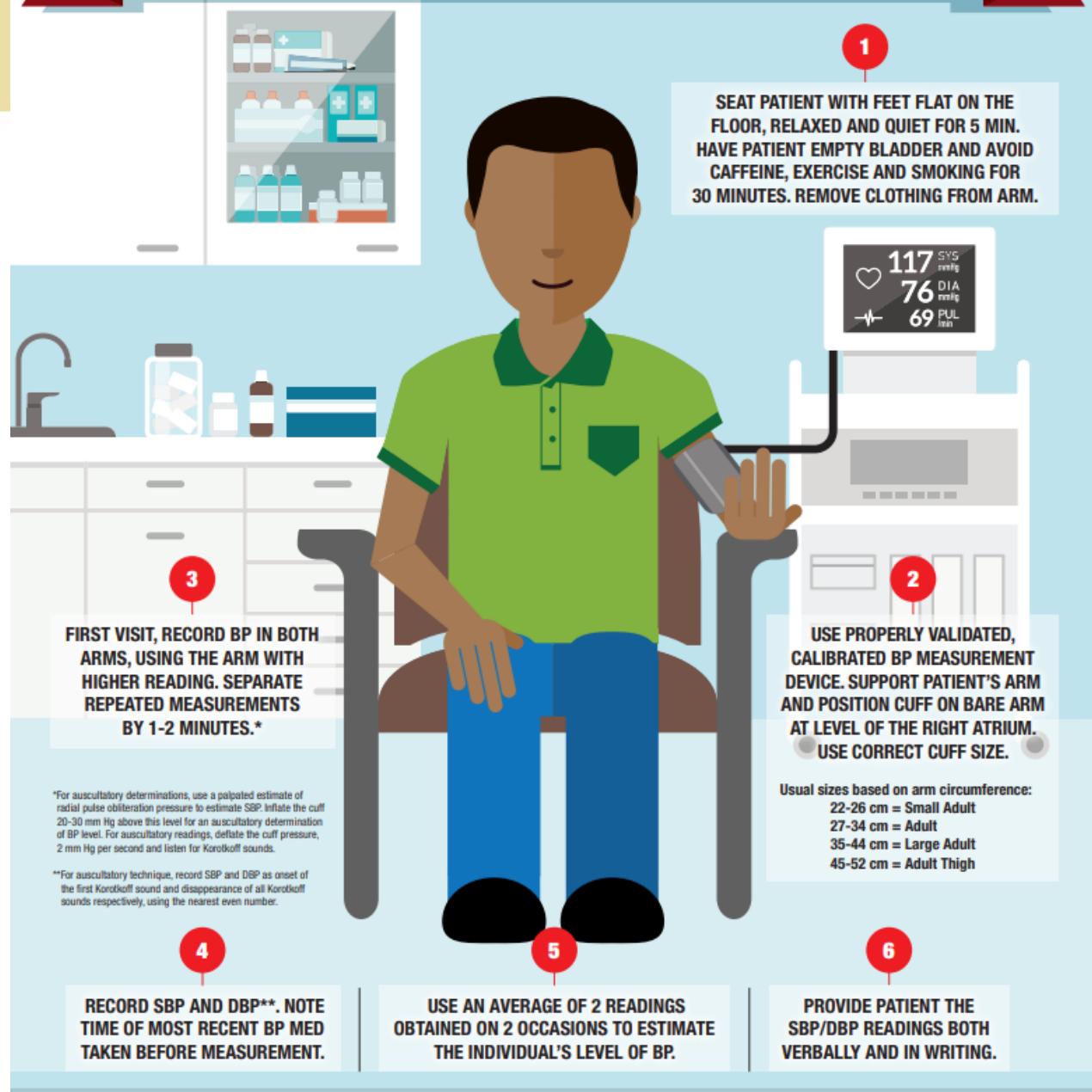
Payor Measures: Nephropathy

- CMS134
- NQF0062
- MIPS Quality ID 226

Clinic-Derived Measures (HTN or CVD)

- Patients with managed care plan and goals, longitudinal care management and/or chronic care management
- Patients participating in a self-monitored blood pressure monitoring program
- Patients enrolled in lifestyle classes
- Patients participating in shared-decision making

STEPS FOR ACCURATE BP MEASUREMENT



LEARN MORE AT
[HEART.ORG/BPTOOLS](https://www.heart.org/~-/media/files/health-topics/high-blood-pressure/tylenol-hbp/aha_toolkit_poster_final_102618.pdf?la=en)

https://www.heart.org/~-/media/files/health-topics/high-blood-pressure/tylenol-hbp/aha_toolkit_poster_final_102618.pdf?la=en

Self-Monitored Blood Pressure (SMBP) Programs

Prepare Care Team

- Standardize training and treatment
- Train relevant members of care team

Clinical Support System

- Use an existing model
- Establish a feedback loop

Empower Patients

- Discuss blood pressure, SMBP and provide training
- Provide written guidance



Self-Monitored Blood Pressure (SMBP) Programs

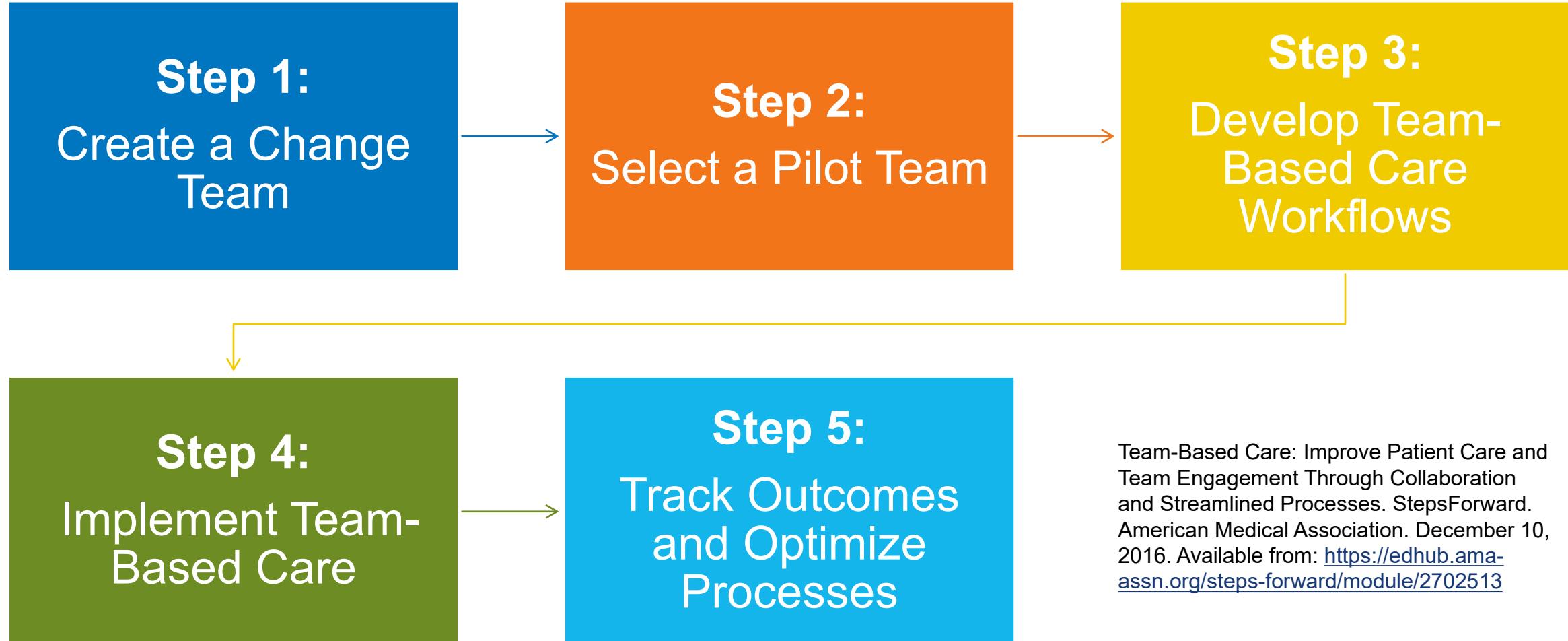
SMBP Program

- Defined as regular measurement of blood pressure by patient outside of clinical setting

Additional Patient Support

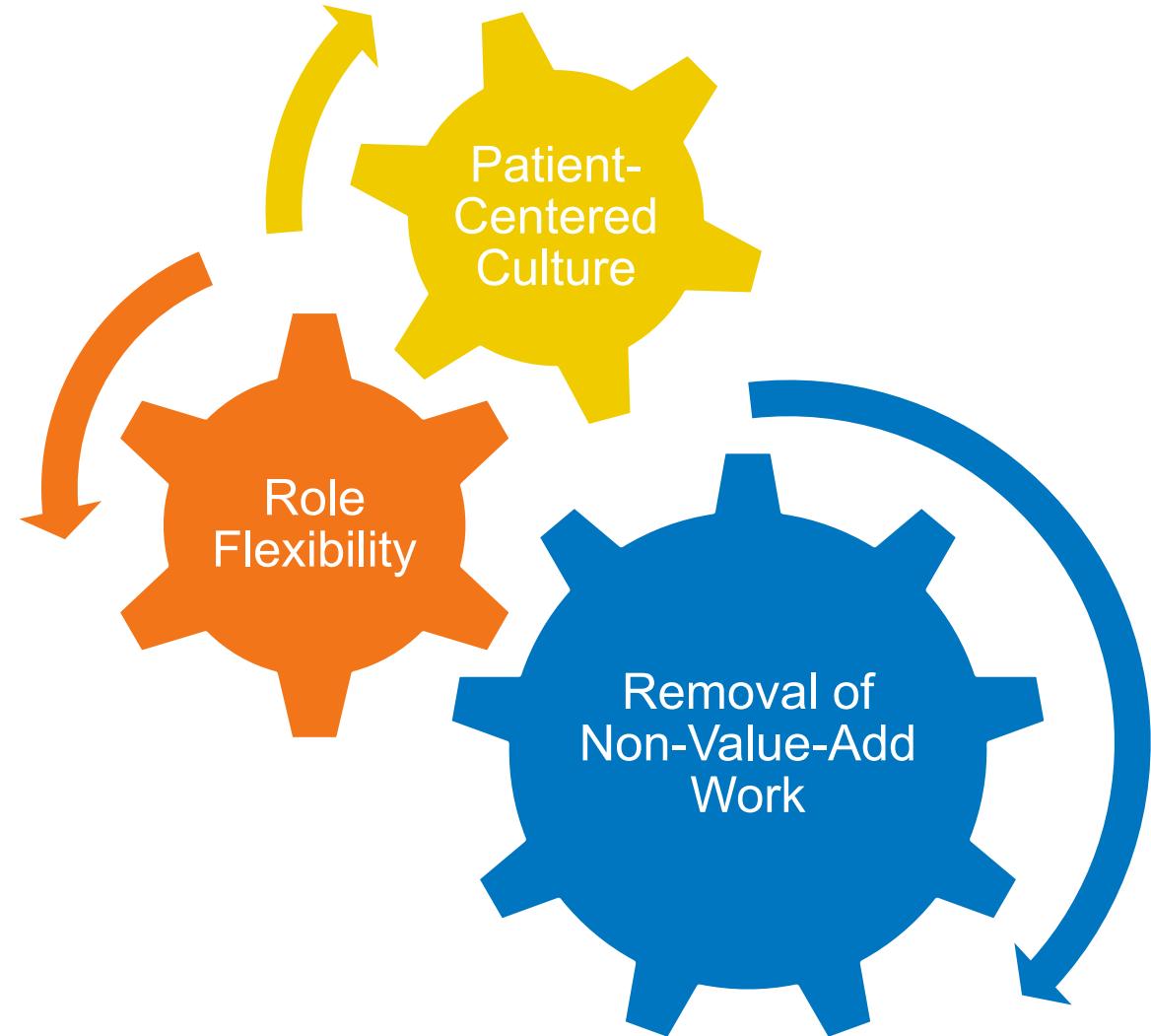
- One-on-one patient counseling
- Educational sessions on blood pressure and blood pressure self-management
- Access to electronic or web-based tools

Heart Healthy Team-Based Care



Heart Healthy Team-Based Care

Keys to success:



References and Resources

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Questions?



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