



Friday Focus 4 Health

A diverse and collaborative learning experience
designed to improve patient outcomes



Blood Pressure Control

Fridays | 12:30 - 1:00 pm CT

February 3, 10, 17, 24

One topic. 4 weeks. 30 minutes. YOUR pace.

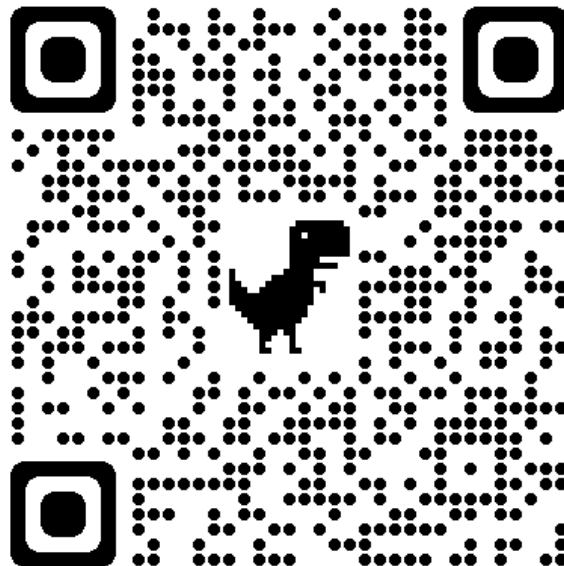


We Would Love Your Feedback



Scan the QR code to let us know how we did
OR...

Access the link (via chat) to complete the evaluation



Blood Pressure Control



The four weeks will include...

- Why this topic is important & how the 4M's, Health equity are intertwined
- HTN & complication prevention
- Target BP
- CPT coding and billing for SMBP

Apply Age-Friendly Principles



Examples of Age-Friendly Considerations High Blood Pressure

What Matters

-Ask! BP goals, care preferences, current symptoms, desire for treatment, interest in lifestyle changes

Medications

-Avoid high risk medications, affordability, frequency of med to fit lifestyle,

Mentation

-Ability to understand/follow treatment recommendations, to use a home BP monitor,

Mobility

-Ability/dexterity to open pill bottles, exercise, perform ADLs

Align care to What Matters most!



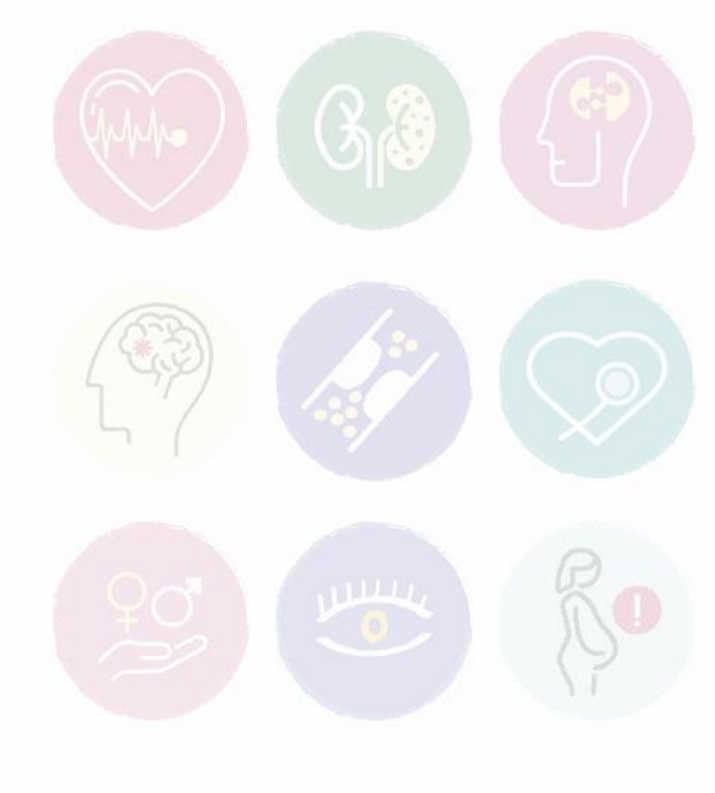
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Graphic: Yes and graphics at its.org/agefriendly

Blood Pressure Control - Why it Matters



- Heart attacks and stroke are two leading causes of death in the US.
- Major risk factor: High blood pressure
 - No signs or symptoms
 - *Screening* is important to know if treatment is needed- use every encounter as an opportunity to screen for early detection

Health Impact of High Blood Pressure



[Hypertension Communications Kit | cdc.gov](https://www.cdc.gov)

Poll Question




If I had to guess, I would say the portion of our patient population who has *controlled* BP is...

- < 25%
- 25-50 %
- 50-75%
- >75%

High blood pressure guidelines



- 140/90 mm HG  130/80 mm Hg
- Caveat: Treat to individual goal
 - Lower is better if can do it safely
- What guideline are you using?

ACC/AHA 2017



Blood Pressure Category	Systolic mm HG (top)		Diastolic mm HG (bottom)
Normal	Less than 120	and	Less than 80
Elevated	120-129	and	Less than 80
High blood pressure (Hypertension) Stage 1	130-139	or	80-89
High Blood Pressure (Hypertension) Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis (consult physician immediately)	Higher than 180	And/ or	Higher than 120

BP Rates in the Dakotas vs. US



High Blood Pressure	US	ND	SD
Statewide	32.4%	31.1%	33.5%
Male	35.0%	33.8%	38.9%
Female	30.7%	28.3%	28.0%
AN/AI	38.4%	41.0%	31.6%
White	34.5%	31.3%	35.4%
Multiracial	30.4%	32.9%	32.1%
Age 18-44	14.4%	14.1%	15.6%
Age 45-64	40.2%	38.7%	39.4%
Age 65+	60.6%	59.9%	59.9%

Resources



- [Million Hearts® \(hhs.gov\)](https://www.hhs.gov)
- Million Hearts Video: <https://www.youtube.com/watch?v=gNS7NOgaSjY>
- [Estimated Hypertension Prevalence, Treatment, and Control Among U.S. Adults | Million Hearts® \(hhs.gov\)](#)
- [Controlling HBP measure CMS 165 v 11 Q236 2023 # 236 Controlling High Blood Pressure | Healthmonix](#)
- [AHA High Blood Pressure Toolkit \(ascendeventmedia.com\)](#)
- [ADA issues 2023 ‘Standards of Care’ for diabetes: Focus on tight BP, lipids | MDedge EndocrinologyHypertension: New Guidelines from the International Society of Hypertension | AAFP](#)
- [Explore High Blood Pressure in North Dakota | 2022 Annual | AHR \(americashealthrankings.org\)](#)
- [Explore High Blood Pressure in South Dakota | 2022 Annual | AHR \(americashealthrankings.org\)](#)

Key take-aways



- BP screening at each outpatient encounter
- Identify what BP guideline is being used at your facility
- What triggers an alert for high BP? What is the next step?
- Identify disparities in blood pressure diagnosis and control

Leave in Action



- [Great Plains QIN Quality Improvement Project Guide and Tools](#)
 - Build team
 - Collect/Analyze Data
 - Define Problem (after looking at your data)

Office Hours

Questions & Sharing in a Safe Environment



Poll Question



Are you planning or currently working on blood pressure management initiatives or projects?

Yes

No

Poll Questions



Does your organization have a standing protocol for high or low blood pressure?

Yes

No

Leave In Action



- Do you know what your organizations current performance is compared to your states'? What are your opportunities for improvement?
- Have you viewed your data by demographic breakout - are there gaps? What could be possibly be contributing to those gaps and how can you impact closing those gaps?

Thank You For Joining | Share Your Feedback

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