2020

Hypertension Management

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Maine Medical PARTNERS

A department of Maine Medical Center

Hypertension Management

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Plan

Problem/Impact Statement

MMP has focused on increasing the frequency of follow up visits- either with a provider, MA, RN or pharmacist- with success. An opportunity exists to enhance home based blood pressure monitoring to allow for more rapid medication titration and achieve blood pressure control.

Scope

In Scope:
MMP Primary Care practices
Patients ages 18-75 with Hypertension

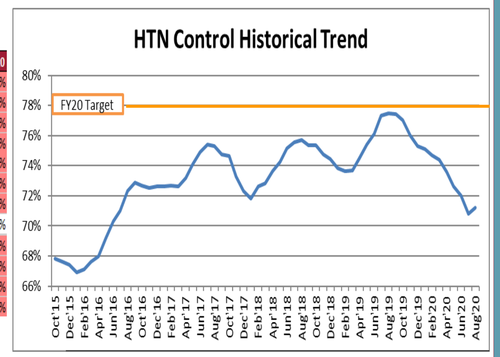
Out of Scope:
MMP Specialty practices
Pediatric patients

Goal/Objective

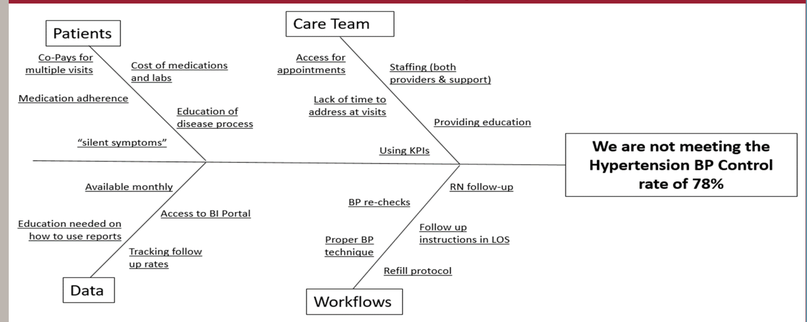
By September 30, 2020:
1. Improve Hypertension control rates to 78%
2. Develop updated workflow for BP follow up to include RN and Pharmacist co-visits for improved medication titration

Baseline Metrics/Current State

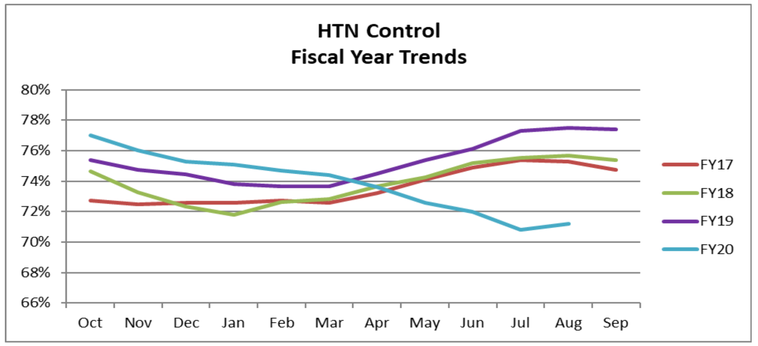
	Base	Target	Aug 2020
MMP	77.4%	78.0%	71.2%
MMP CAPE ELIZABETH INT MED	76.0%	78.0%	72.6%
MMP CLINIC ADULT IM	72.3%	78.0%	70.0%
MMP CLINIC IM PEDS	70.6%	78.0%	63.2%
MMP FALMOUTH INTERNAL MEDICINE	76.9%	78.0%	69.1%
MMP FMC FALMOUTH FM	71.0%	78.0%	64.3%
MMP FMC PORTLAND FM	74.3%	78.0%	67.0%
MMP LAKES REGION PRIMARY CARE	85.0%	78.0%	79.7%
MMP SCARBOROUGH FAMILY MEDICINE	77.4%	78.0%	69.7%
MMP SCARBOROUGH INTERNAL MEDICINE	79.0%	78.0%	69.5%
MMP WESTBROOK FM	79.6%	78.0%	74.2%
MMP WESTBROOK INTERNAL MEDICINE	82.6%	78.0%	77.3%



Root Cause Analysis



Frequent follow up for hypertensive patients improves the likelihood of blood pressure control. The COVID-19 pandemic further demonstrated this as we saw a significant decline in control rates when unable to see patients in the office. A telehealth based visit for Hypertension would be helpful to promote continuity during the ongoing pandemic.



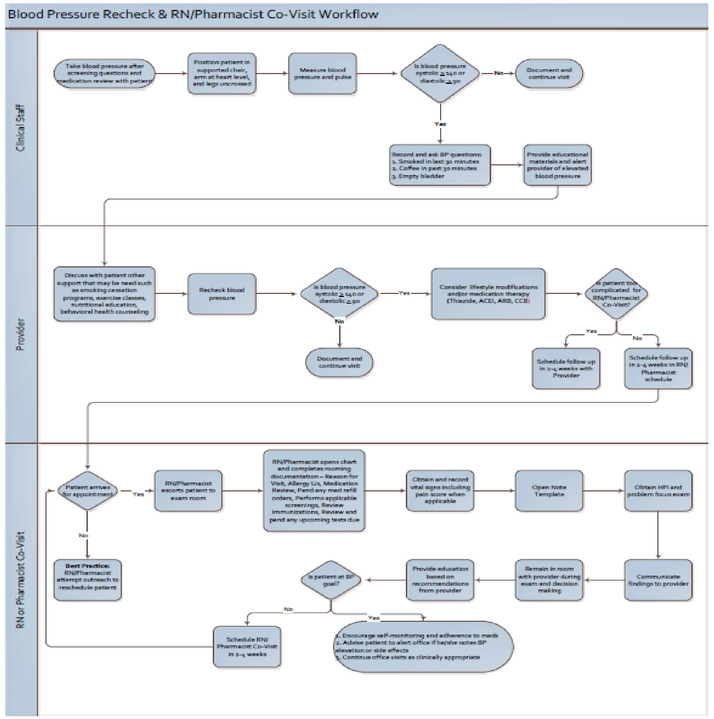
Do

Countermeasures

By When & Status*	Who	Deliverable
End Q1	Group	Edit RN follow up workflow based on pilot site feedback. Identify 1-2 more sites to pilot updated workflow, including a redesign site with RN co-visits.
End Q2	Group	Pilot updated workflow at identified sites.
End Q3	Group	Monitor progress of new workflow at pilot sites. Identify sites not meeting target and address barriers.
End Q4	Group	Continue monitoring Hypertension control rates at all sites and working with those not meeting the target. Prepare to further spread updated workflow.

Study

Outcomes



Act

Next Steps

FY21 Planning:
- Develop workflow for follow up visits via telehealth
- Develop workflow for BP loaner cuff program
- Develop improved workflow for patient use of MyChart BP flowsheet