Hypertension Management

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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**

**Problem/Impact Statement**

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.

**Root Cause Analysis**

**Countermeasures**

<table>
<thead>
<tr>
<th>By When &amp; Status*</th>
<th>Who</th>
<th>Deliverable</th>
</tr>
</thead>
<tbody>
<tr>
<td>End Q1 Group</td>
<td></td>
<td>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.</td>
</tr>
<tr>
<td>End Q2 Group</td>
<td></td>
<td>Pilot updated workflow at identified sites.</td>
</tr>
<tr>
<td>End Q3 Group</td>
<td></td>
<td>Monitor progress of new workflow at pilot sites. Identify sites not meeting target and address barriers.</td>
</tr>
<tr>
<td>End Q4 Group</td>
<td></td>
<td>Continue monitoring Hypertension control rates at all sites and working with those not meeting the target. Prepare to further spread updated workflow.</td>
</tr>
</tbody>
</table>

**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