Support Your Patients Between Office Visits

Use these tools to supplement in-office hypertension management:

1. Reinforce the importance of self-measured blood pressure monitoring using home blood pressure monitors and community pharmacies.
   - Use the Guide to Self-Measured Blood Pressure for Health Care Providers, How to Take Your Blood Pressure Fact Sheet and Blood Pressure Tracking Card to support patients.

2. Highlight community pharmacy resources.
   - Counseling, including medication therapy management (MTM) when available
   - Self-measured blood pressure monitoring
   - Adherence support
   MTM is a patient service performed by pharmacists. It includes medication therapy review, development of a personal medication record, development of a medication-related action plan and intervention or referral. Follow-up communication with others in the provider team closes the loop. Some insurance plans and Medicare Part D cover this service for MTM-eligible beneficiaries.
   - Check with your local pharmacy to see what specific resources they offer.

3. Promote healthy lifestyle resources such as New York City farmers markets, low-cost recreation center memberships and Shape Up NYC fitness classes. Call 311 for healthy lifestyle print resources, including:
   - Healthy Eating and Active Living Guide
   - My Plate Planner
   - My Medication List
   - Sodium Health Bulletin

To download a list of references and all hypertension resources, visit nyc.gov/health and search for “high blood pressure.”

Who will identify local resources for patients?
Who will teach patients about self-measured blood pressure?
Who will educate or refer patients to healthy lifestyle resources?
Create a Hypertension Protocol

A protocol can help all members of the health care team reinforce the importance of blood pressure (BP) control to their patients. This includes adherence to healthy habits, medications and self-measured blood pressure monitoring, or out-of-office monitoring.

1. Follow a standard hypertension treatment algorithm that includes:
   a) A blood pressure treat-to-target goal
   b) Treatment adherence assessment and strategies
   c) Patient self-management support

2. Use your Electronic Health Record (EHR) to create patient lists for population management.
   a) Identify patients who are undiagnosed, out-of-care or need more intensive management.
   b) Implement an action plan for your at-risk patients (e.g., outreach to re-enroll in care).
   c) Know your potentially uncontrolled patients.

A protocol can help all members of the health care team reinforce the importance of healthy habits, medications and self-measured blood pressure monitoring, or out-of-office monitoring.

3. Establish a plan to monitor practice performance.
   a) Decide which measures (e.g., EHR data) you will use to monitor your performance.
   b) Choose how the measures will be displayed and shared with your practice.
   c) Determine how and when the practice will take action based on the measures.

Implement Your Hypertension Algorithm

Hypertension Diagnosis and Treatment for Adults

Aim for target systolic blood pressure of <140 and diastolic blood pressure of <90 for most patients, including patients over 60 years old.

Establish a plan to monitor practice performance.

- Who will create the hypertension protocol?
- Who will monitor the patient list?
- Who will champion the implementation of the algorithm?
- Who will counsel patients on lifestyle modification?
- Who will assess medication adherence?
- Who will ensure proper measurement techniques training for staff and patients?
- Who will monitor and document out-of-office blood pressure readings provided by patients?
A protocol can help all members of the health care team reinforce the importance of blood pressure (BP) control to their patients. This includes adherence to healthy habits, medications and self-measured blood pressure monitoring, or out-of-office monitoring.

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4. Implement Your Hypertension Algorithm Tools and Tips to Implement Your Hypertension Algorithm

5. Create a team-based workflow in your practice to optimize hypertension management.
A protocol can help all members of the health care team reinforce the importance of blood pressure (BP) control to their patients. This includes adherence to healthy habits, medications and self-measured blood pressure monitoring, or out-of-office monitoring.

1. Follow a standard hypertension treatment algorithm that includes:
   a) A blood pressure treat-to-target goal
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   See panel two for example.

2. Use your Electronic Health Record (EHR) to create patient lists for population management.
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   A patient list on an EHR-powered expert listing patients with a specific health condition. It can be used to manage your patient population, improve quality, provide outreach and reduce disparities.

   The hypertension algorithm was developed by the New York City Department of Health in partnership with NYC Health + Hospitals. It is designed to provide general guidance and assist clinical decision making and is not intended as a substitute for the clinical judgment of a qualified health care provider.

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   Create a team-based workflow in your practice to optimize hypertension management.

   "ACE-I may have a smaller blood pressure effect in Black patients."

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Blood Pressure Monitoring Tips

- Train staff and patients on proper measurement techniques.
- Document in-office and self-measured blood pressure readings in EHRs.
- Counsel on self-measured blood pressure recorders.
- Make sure patients know their blood pressure goals.
- Remember to encourage pharmacy use for self-measured blood pressure monitoring.

Medication Adherence Tips

- Switch to once-a-day dosing if possible.
- Try a fixed-dose combination pill.
- Recommend pill boxes or blister packaging.
- Prescribe a 90-day supply when possible.
- Provide patient education support (e.g., pharmacist, nurse or medical assistant).

Create a team-based workflow in your practice to optimize hypertension management.

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