

Controlling Hypertension Through Planned Interventions

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Organization Overview

Montefiore Medical Center is renowned for its long-standing commitment to provide high-quality care to all. Montefiore's unique care delivery model combines innovation, dedication, and collaboration with academic and community partnerships. As part of the Montefiore Health System, Montefiore Hudson Valley Collaborative (MHVC) is charged with leading a group of nearly 250 healthcare providers, community-based organizations, local government officials and more, from across Westchester, Rockland, Orange, Sullivan, Dutchess, Ulster and Putnam counties to fulfill our overarching mission to heal, to teach, to discover and advance the health of the communities we serve.

Program Overview

Uncontrolled hypertension rates are notoriously challenging to curb. Lack of dedicated staff and financial resources make it difficult for providers to consistently monitor and educate hypertension patients and provide them with the tools to keep their blood pressure under control.

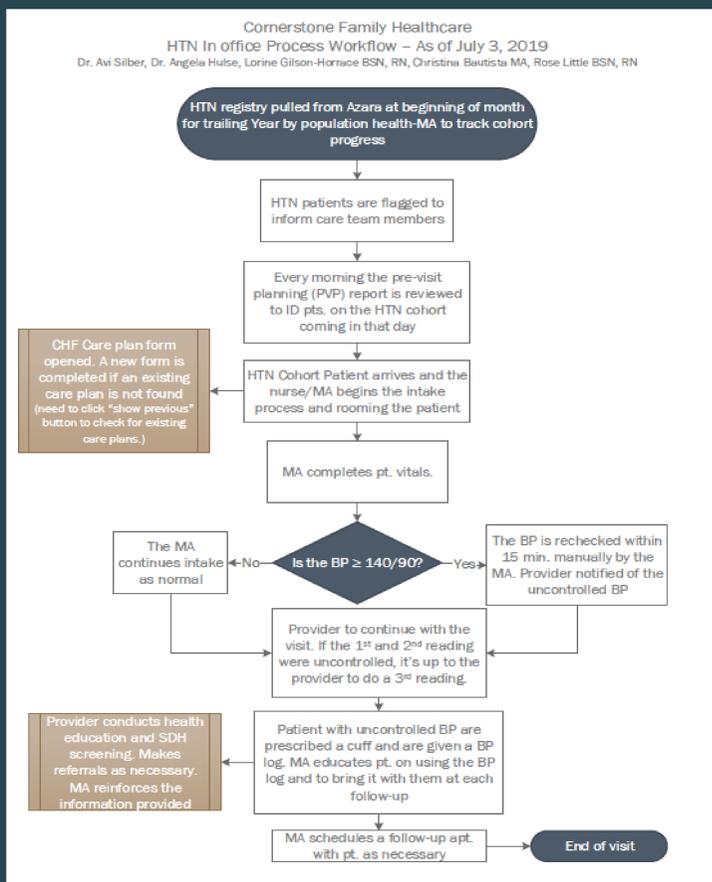
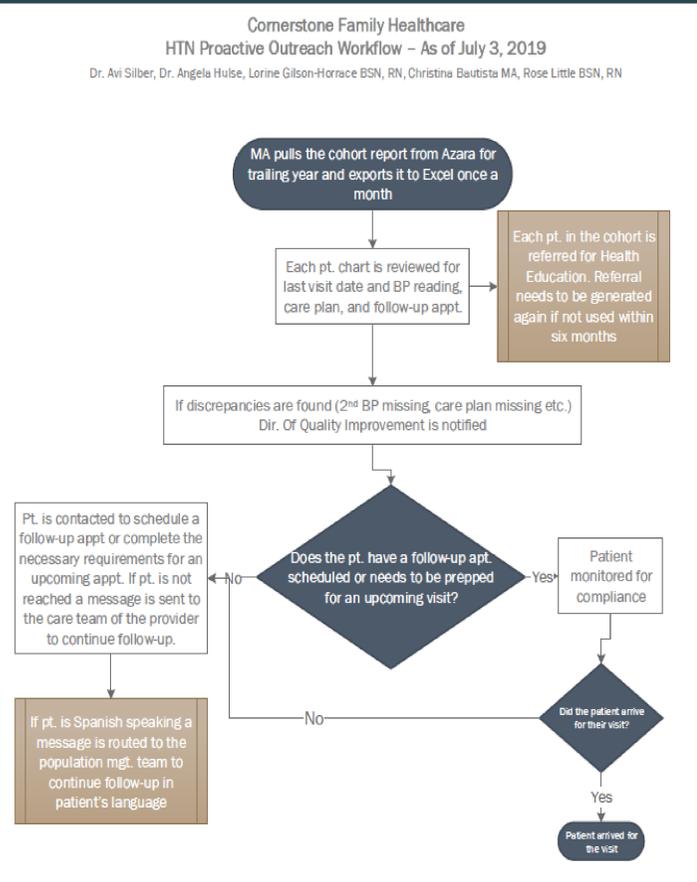
In early 2019, MHVC incentivized five partners to design a Hypertension project to build the foundation to reduce rates of hypertension patients with uncontrolled blood pressure ($\geq 140/90$). This poster will capture how one partner, Cornerstone Family Healthcare, used innovative solutions to overcome common barriers and in six months, achieved a remarkable 57% reduction in uncontrolled blood pressure rates in a cohort of 90 hypertension patients.

Impacted Communities and Populations

The Hypertension project specifically targeted Medicaid patients between the ages of 18 – 64 with a hypertension diagnosis and a visit with a primary care provider between July 2018 – December 2018.

Opportunity for Collaboration

We can share materials and provide guidance on our project framework for improving hypertension control in the clinical setting.



Outcomes

At the onset of the HTN project, Cornerstone's goal was to reduce the rate of uncontrolled patients by 30% (27 patients) over the course of the project (January 2019 – June 2019). However, the team achieved this goal by the end of month two (February 2019). Based on their final cohort report, the data showed that the team had achieved an astonishing 57% reduction in the rate of patients with uncontrolled blood pressure. This outcome translates to 51 out of the cohort of 90 patients with blood pressure that is now under control.

Successes

- A Hypertension Registry was built to track patients with hypertension
- A dedicated resource was used to outreach patients and assist with continuity of care
- Medicaid patients with hypertension were empowered to manage their blood pressure using education and tools such as take-home BP monitors and BP logs
- Medicaid patients with hypertension were connected to community resources such as educators and nutritionists

Challenges or Lessons Learned

- Patients appreciate playing an active role in managing their chronic condition(s) and take pride in improved outcomes
- Patient compliance with keeping appointments and following medical advice continues to be a big challenge
- Sharing patient success stories is a good strategy to engage and motivate patients

My Blood Pressure Log

Name _____

My Blood Pressure Goal _____ mm Hg

Instructions

- Take at least two blood pressure readings one minute apart - once in the morning before taking medications and in the evening before dinner.
- For best results, remain still for at least 5 minutes. Sit with your back straight and supported and your feet flat on the floor.
- When you measure your blood pressure, rest your arm on a flat surface (such as a table) so your upper arm is at heart level.
- Record your blood pressure on this sheet and show it to your doctor at every visit.
- You can also use AHA's Check, Change, Control® Tracker (cctracker.com/aha), a free online tool to help you track and monitor your blood pressure.
- You will need a campaign code to sign up for the CCC Tracker. Find the campaign code on the map for your state and sign up.

Date	AM	PM	Date	AM	PM

Operationalizing Our Program

A comprehensive Hypertension Program starts with identifying patients at risk for or with hypertension using a patient registry. Next, a standardized process for outreach is recommended to engage patients. At Cornerstone, these fundamental steps enable interventions such as pre-visit planning, alerts, and chart audits to ensure that patients received concentrated attention to help manage their BP.

Another critical component is a standardized patient visit flow. Cornerstone created a workflow to outline the steps that clinicians should follow during a patient's hypertension visit including appropriate interventions. Cornerstone trained clinicians in best practices in monitoring and treating hypertension and ensured that they had the necessary tools to do their job.

Lastly, it is essential to educate patients to manage their BP and hold them accountable. Cornerstone provided educational materials and referred patients to health/nutrition educators. Patients were given self-management tools such as BP monitors and logs to track their progress at home.

It should be mentioned here that innovative and strategic partnerships with CBOs and MCOs should be explored to help shore up care and resource gaps. Cornerstone partnered with Shoprite grocery stores to refer patients to Shoprite nutritionists and is exploring similar opportunities with CHCANYS, YMCA, and AHA.

Let's Do Lunch

Presented By
Cardiovascular Institute

Montefiore
St. Luke's Cornwall

Know Your Numbers!
Free Blood Pressure Check

Life's Simple 7
Seven Simple Ways to Improve Health and Enhance Quality of Life

Farm Stand

FREE FRUITS AND VEGETABLES FOR COMMUNITY MEMBERS

Bring your shopping bag to the Farm Stand, which will offer FREE fruits and vegetables to community members who are in need. All produce has been generously donated. While supplies last. First-come, first-served.

Made possible by the Community Foundations of the Hudson Valley, through a grant from the New World Foundation's Local Economies Project and coordinated by Cornerstone Family Healthcare.

Dates:
Wednesday, August 14th
Wednesday, September 11th
Wednesday, October 16th
Wednesday, November 13th
Wednesday, December 11th

Time:
4 p.m. - 5:30 p.m.

NEW Location:
Newburgh Recreational
401 Washington Street, Newburgh, NY 12550

For more information, please call (845) 563-8043.

@MontefioreNYC Visit us at montefiorehvc.org

@CornerstoneFH Visit us at cornerstonefamilyhealthcenter.org



bit.ly/TPONYCSummit