Controlling Hypertension Through Planned Interventions

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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 50% (37 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

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 (≥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.

Uncontrolled blood pressure rates in a cohort of 90 hypertension patients.

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