

Hypertension and Health: Involving Patients in their Medical Care through Decision Support and Workflow Efficiency



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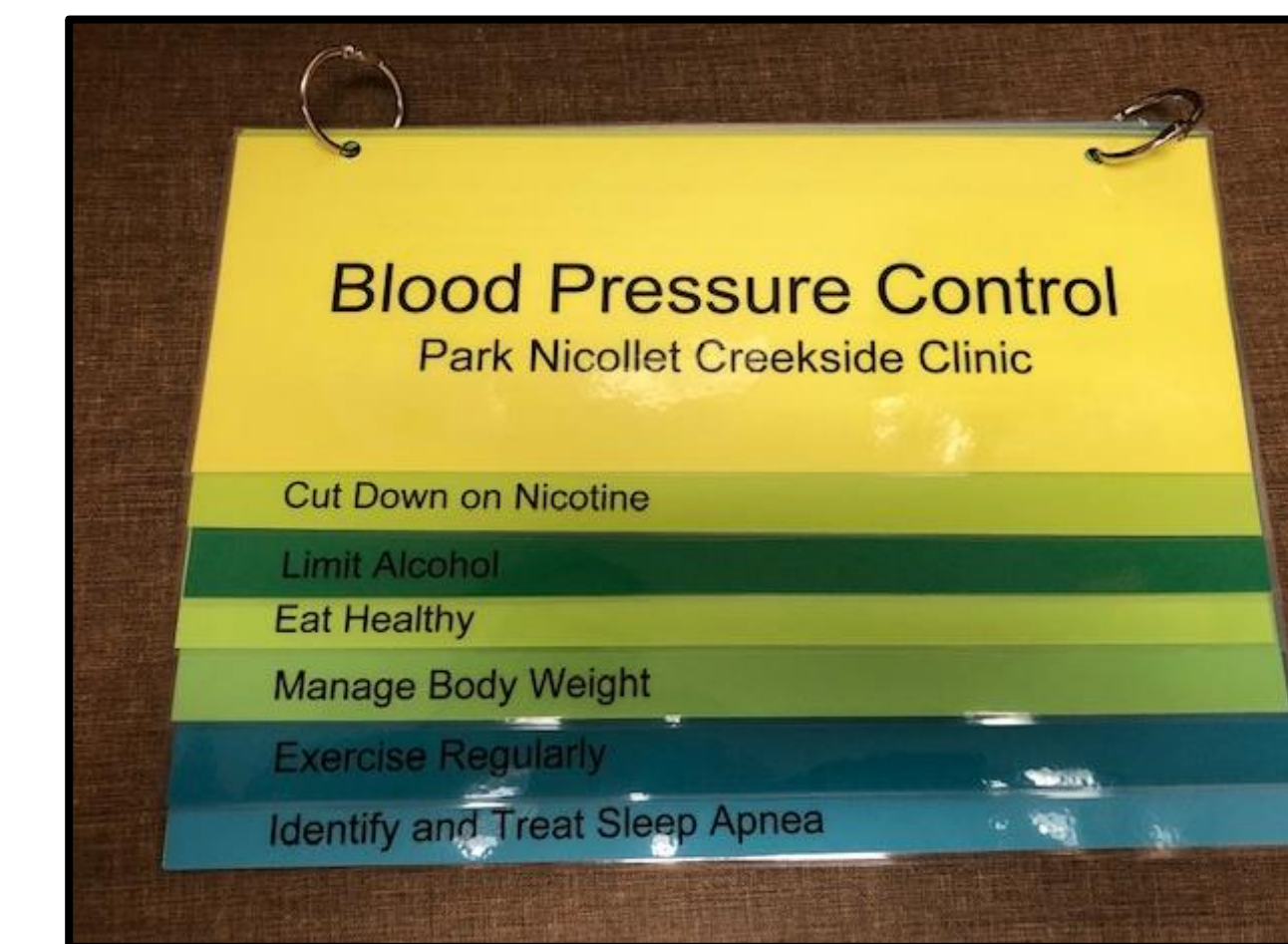
Background

- 1 in 3 American adults has high blood pressure (BP) and only 54% of over 75 million adults have BP controlled
- High BP increases risk for heart attack and stroke. Studies suggest that hypertension is further associated with lower grey matter volume in the brain.
- Numerous factors contribute to high BP, including lifestyle factors, genetics, obstructive sleep apnea, age, sex, and race.

Decision Tool

Developed to facilitate discussions with patients to self-identify their priorities to improve BP control

- Cut down on Nicotine - Smoking/Vaping
- Limit Alcohol
- Eat Healthy
- Manage Body Weight
- Exercise Regularly
- Identify and Treat Sleep Apnea



Challenges

1. Follow up requires from patient's: time, transportation, and additional clinic visits
2. Resident, faculty, and clinic staff engagement is hard to maintain
3. Additional time needed on clinic to complete BP nurse checks
4. Registry updates for patients with a diagnosis of HTN

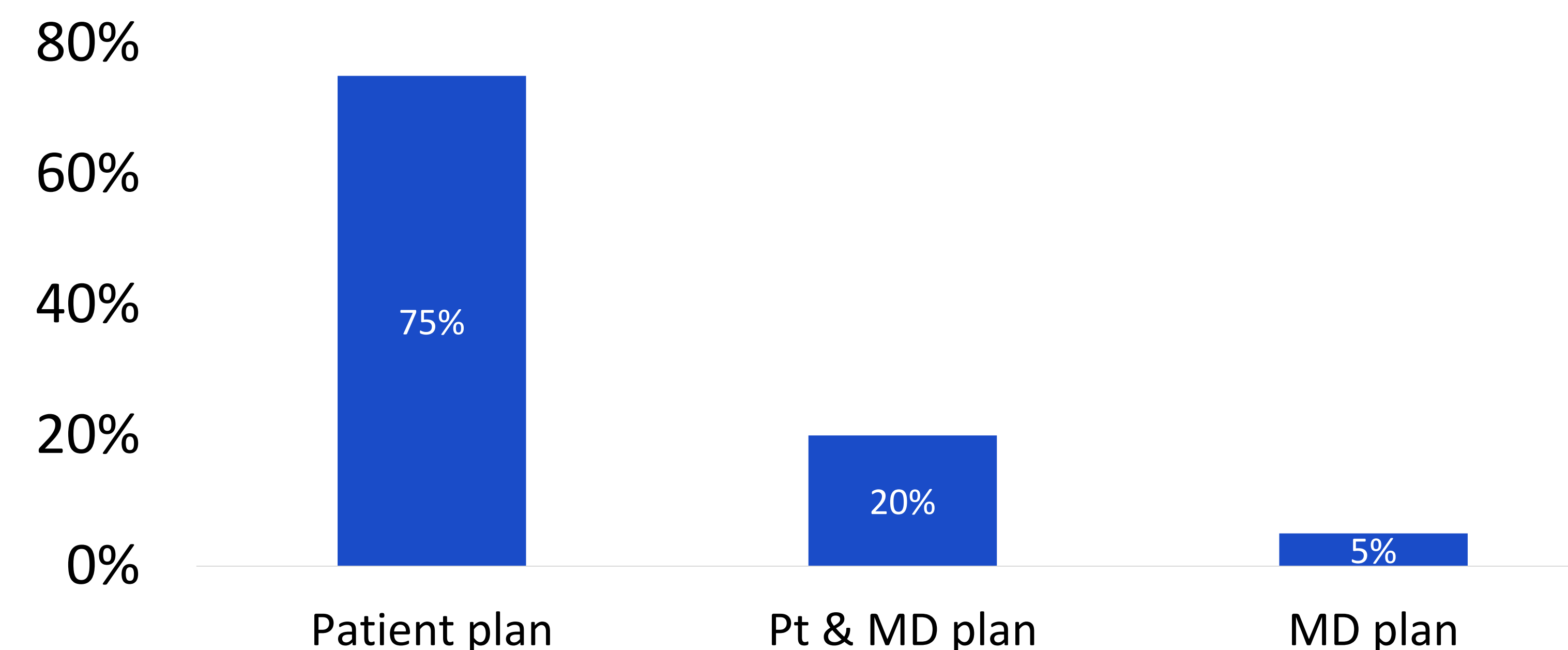
Proposal

Develop a multi-step approach to BP management:

- Identify patients who require BP management - aged 18-85, diagnosed with hypertension (HTN) & not currently at goal (<140/90)
- Develop a decision tool for patient shared decision-making
- Utilize standardized workflow for accurate BP readings
- Engage patients in shared decision-making discussions utilizing decision tool on diet, exercise and other HTN risk factors

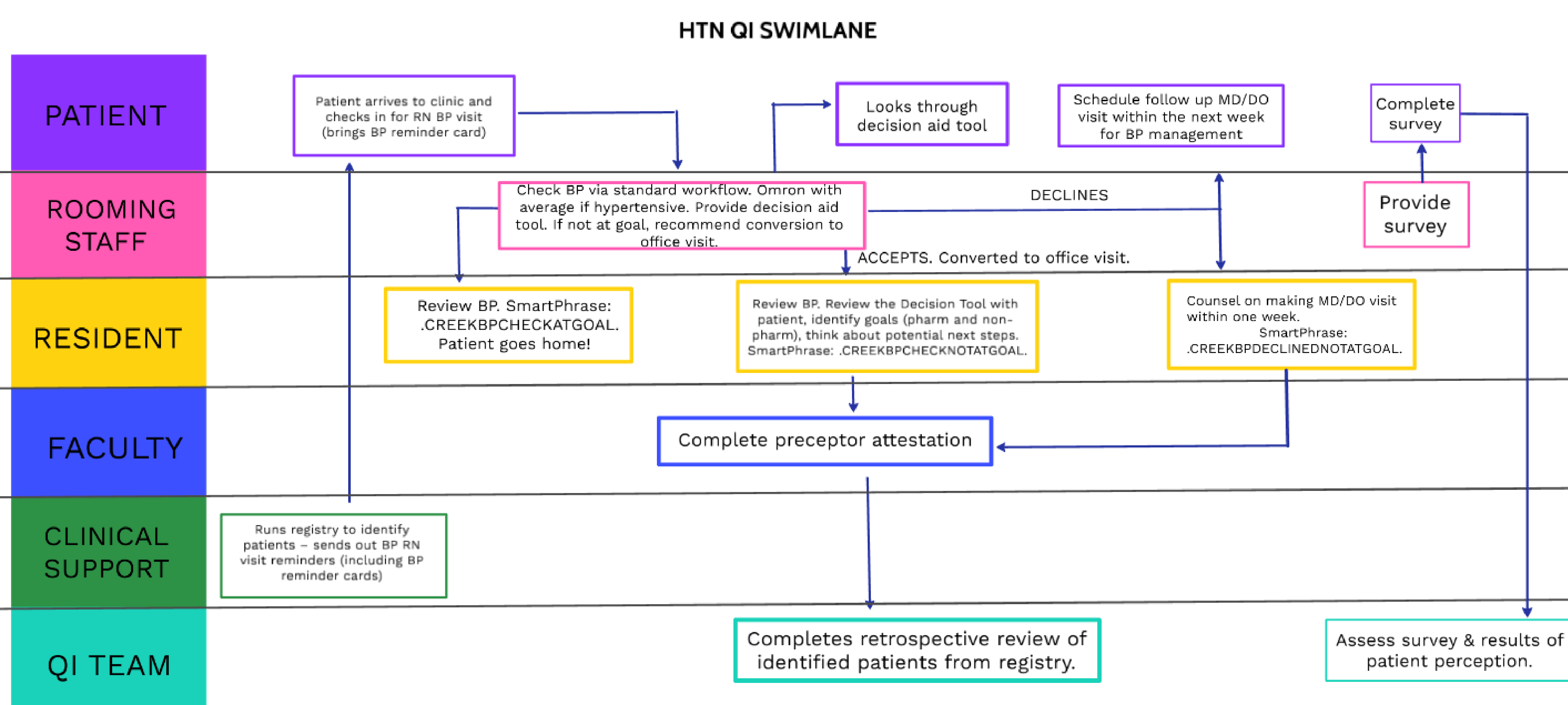
Results

Patient Perception



- Patients (n=15) have a positive opinion about being involved in their BP management with 80% reporting the shared decision making cards were "very helpful."
- 75% percent of the patients reported that they made the plan (solo), 20% collaboratively, and only 5% felt the resident made the plan.
- Residents reported ease of documentation/conversations using templates and shared decision making cards.

Standardized Workflow



Future

- Engaging patients in their own medical care allows them to take part in the medical decision making process and increase their investment in their health
- Setting goals and adequate follow up does show to have some improvement in quality measures
- Standardize blood pressure management in clinics throughout our health system using a decision aid tool

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