

## **Blood Pressure 101: Refresher for Healthcare Providers**

Produced by the Alabama Department of Public Health  
Distance Learning and Telehealth Division

## **Faculty**

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## **Why is BP Taken First in Every Clinic Visit?**

- Quickest and cheapest screening available
- Screens for hypertension and hypotension
- Monitors current condition
- Hypertension—the silent killer
  - Often no symptoms
  - Many unaware of condition
  - Many stop taking medications believing it cured

## **Risks of Uncontrolled BP**

- Stroke
- Heart attack
- Heart failure
- Dementia
- Kidney (renal) disease
- Vision problems (retinopathy)
- Erectile dysfunction
- Some forms of cancer

## **American Heart Association**

- MAP Framework
  - Measure BP accurately
  - Act rapidly to manage uncontrolled HTN
  - Partner with patients, families, and communities to promote self-management

## **Measure BP Accurately**

- Measure accurately using consistent technique
- Important to measure the same way every time
- Record measurements accurately over time

### Measure BP Accurately

- Some clinics create a BP room, with soothing colors, 1 or 2 armchairs of differing heights, and reading materials so patient can relax 3-5 minutes prior to BP reading

### Act Rapidly to Manage HTN

#### Hiding in Plain Sight

- Patients with HTN that are not diagnosed and treated
- White Coat Syndrome
- May need to schedule quick repeat visit
- Use a BP Protocol and Algorithm

### Alabama's Blood Pressure Protocol

- Alabama is the first state to adopt a BP protocol and algorithm
- Customizable according to the doctor's preferences
  - JNC 7 Guidelines
  - JNC 8 Recommendations built in

### Alabama's Blood Pressure Protocol

- Can be embedded in EHR or EMR
- Will alert doctor to potential HTN diagnosis
- <http://adph.org/cvh/Default.asp?id=7168>

### Partner with Patients, Families and Communities

#### Promote Self-Management of HTN

- Medication
  - Adherence to medication schedules
  - Understanding that there are no symptoms

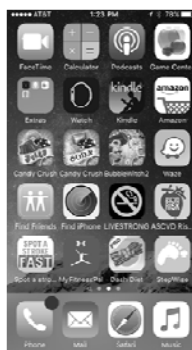
### Partner with Patients, Families and Communities

- Lifestyle Interventions
  - DASH diet (Dietary Approaches to Stop Hypertension)
  - Mediterranean Diet
  - Increase activity – exercise
- Lifestyle Interventions are only possible with cooperation of the family

## Self-Monitoring Programs

- YMCA programs and other community resources
- AHA website
- Helpful apps to record BP and share with doctor
- Goal is to improve BP control and prevent heart attacks and strokes
  - Prevents other chronic diseases and cancers

## Check Out Helpful Phone Apps



- New AHA On-the-Go, for healthcare providers
- Apps available for all types of lifestyle changes: smoking cessation, diets, exercise, recording BP, blood sugar, or foods, etc.

## Barriers to Success

- Non-adherence to medication schedule
  - Cost
  - No symptoms
  - Can't read medication labels due to literacy or poor eyesight

## Barriers to Success

- Hard-to-follow lifestyle change plans
  - Lack of time
  - Cost
  - Bored with diet
  - Ego or pride – do not want to acknowledge problem

## Performance Metrics

- Medicare / Medicaid systems award practices that succeed in lowering overall BP of patient base (NQF0018 or PQRS measures)
- More than a cost containment metric, but one that helps people to live longer, more productive lives

## Questions?

- Alabama Department of Public Health



- Cardiovascular Health Program
- <http://adph.org/cvh/index.asp?ID=938>