



Improving the Screening, Prevention, and Management of Hypertension

Beating hypertension one heart at a time!

According to the Centers For Disease Control, about 80 million American adults (29%) have high blood pressure – that's **1 in every 3 American adults**. Hypertension is also an adjustment risk factor for prevention of stroke and other cardiovascular diseases that are the leading cause of death in the United States. Blood pressure is an important vital sign. When blood pressure is measured with a “routine” mentality, perhaps inattentively or without consideration of accuracy, hypertension can be over- or under-diagnosed.



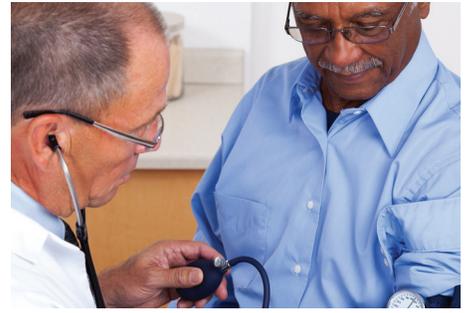
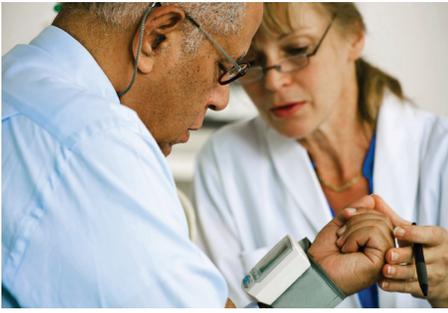
A TEAM-BASED APPROACH

Controlling blood pressure starts in the primary care office. By working with providers and clinical teams, we seek to improve quality of life for our members with hypertension, and prevent complications that may result.



PERFORMANCE IMPROVEMENT ACTIVITIES

The Centers for Medicare & Medicaid Services (CMS) mandates quality improvement projects. Performance Improvement is a criterion for board recertification by The Academy of American Family Practice.



KEY STRATEGIES & INTERVENTIONS

- **Train and practice** in performance improvement activities and data collection and analysis. The clinical team may use this experience to improve other processes and outcomes.
- **Learn about new American Heart Association Guidelines** and evidence-based medicine for diagnosis of hypertension.
- **Assess current blood pressure measurement technique** and rediscover methods to ensure accuracy of readings. Provider assessments made on accurate equipment may prevent over- or under-diagnosis of hypertension.
- **Ascertain components of “teach back”** method and literacy to confirm members understand complete treatment regimen.
- **Gain support** through networking with other primary practices.
- **Get advice for displaying data advances** to illustrate the team’s commitment to quality to patients.



Contact us directly if you have any questions or if you would like to participate in our upcoming hypertension training sessions.

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