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Blood Pressure Management Education

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Blood Pressure Measurement Education



Hinesburg, VT
Family Medicine - Hinesburg
Dr. Cangiano and Dr. Humphrey
Cara Rathmell and Lauren Gernon
October, 2020

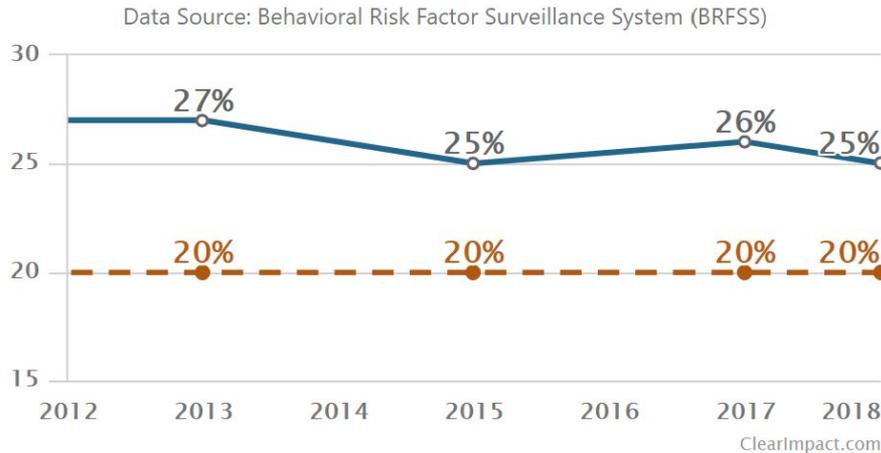


Need Identification

- The American College of Cardiology/American Heart Association recommends measuring out-of-office blood pressure to confirm the presence of hypertension and evaluate the effectiveness of BP meds (1)
- Family Medicine Hinesburg has identified an increased need for at-home BP monitors for two main reasons:
 1. Before COVID-19 restrictions, public BP cuffs were more widely available in pharmacies and grocery stores to be used while shopping
 2. Increased use of telehealth has meant fewer people are physically present at the office, and will not have their vitals checked

Public Health Cost

Percent of adults with hypertension in Chittenden county, compared to target (20%)



- Hypertension cost the U.S \$51.2 billion per year in 2012-13 (2)
- Individuals with hypertension pay an additional \$2,000 in health care costs (3)
- Estimated savings associated with home BP monitoring range from \$33 to \$166 per person in the first year and from \$415 to \$1364 over 10 years (4)

<https://www.healthvermont.gov/scorecard-heart-disease-stroke>

Community Perspective

- Rachel Humphrey, MD
 - Interested in concept of nurse education visits, and thinks BP monitoring and education would be a good start to break into this model in Essex
- Barbara Lindberg, RN
 - Involved with Essex pilot project for at-home monitoring of BP education visits -- provided dot phrase for charting purposes, educational handouts for patients, including BP log chart for at-home use
- Michelle Cangiano, MD
 - At home blood pressure monitoring especially important during COVID times when Kinney's is not available for blood pressure monitoring out of the office and many visits are done over telemedicine
- Melissa Ross (patient at Hinesburg)
 - Likes the flexibility of being able to take her blood pressure at different times of day and get an accurate reading since she struggles with some white coat hypertension

Intervention & Methodology

- Dot phrase for BP education visit
- PDFs for patients, including
 - Education visit BP checklist
 - Facts about high blood pressure
 - Directions for monitoring your BP at home
 - Blood pressure log
 - Blue Cross Blue Shield Federal Employee Program Hypertension Management Program providing cuffs to members
- Delivered files to Hinesburg office with outline of recommendations and pdfs for patient distribution

Results

Feedback from a patient that uses an at home cuff -- what would be useful to learn about BP mgmt?

- Wants to know what the best cuff is
- Wants reassurance that her execution is allowing accurate readings
- Education and recommendations make her feel more confident in her blood pressure management

Feedback from providers at Hinesburg -- what is useful information needed to pass on to patients about at-home BP monitoring?

- Want to know what to recommend patients
- Want them to feel confident in their at home readings (especially when they are coming to the office less frequently)

Going forward - does home BP monitoring allow for more accurate management of blood pressure with fewer office visits?

Evaluation and Limitations

Evaluation

- Patients and providers both expressed enthusiasm to have more information and resources on home blood pressure management
- A physician at Hinesburg, Dr. Humphrey, expressed previous interest in nurse education visits, and thinks BP education visits may be a good place to start

Limitations

- A nurse BP education visit program was not initiated at Hinesburg during our clerkship
- Could not evaluate the effects of patient education on blood pressure management

Recommendations

1. Interview patients and providers to see how often these educational resources (handout, RN visit, BCBS FEP Hypertension Management Program, etc) are utilized
2. Explore how to initiate nurse education visits in Hinesburg
3. Interview patients and providers to see how their approach to home blood pressure management changed due to these resources (i.e. recommending a certain cuff brand)
4. Provide a home visit option done by medical students for comparing home cuff to cuff brought from the office

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