Hypertension Best Practices

1. Follow the Measure Up Pressure Down protocol
2. Follow the Primary Care Hypertension Guideline Algorithm
3. Ensure patients have a follow-up Nurse appointment
4. Enroll all eligible BP patients in Digital Medicine Hypertension program
   a. If patient has consistently elevated BP, a Digital Medicine pharmacist will contact the patient to alter their medication and discuss alternative options
5. Any patient presenting at a clinic visit with an elevated BP should:
   a. Recheck patient BP at the end of the visit by the provider, their nurse, or MA
      If patient BP is still elevated, patient needs to have a follow up BP check appt with the nurse within 2 weeks
   b. At the 2-week Nurse BP Check Appt
      If patient BP is still elevated, medication changes are recommended, and the patient will need to have a visit with their provider
Primary Care Hypertension Guideline Algorithm
Measure Up Pressure Down

Heart on Door to Remind to Recheck B/P

Campaign Planks

Hypertension Campaign Goal: 80% of Patients at Goal

Process Planks for Achieving Goal

Primary Process Planks

- Direct Care Staff trained in accurate BP measurement
- Hypertension Guideline used and adherence monitored
- BP addressed for every hypertension patient, every primary care visit
- All Patients not at goal and with new Rx seen within 30 days
- Prevention, engagement and self-management program in place

Value-Added Process Planks

- Registry used to identify and track hypertension patients
- All team members trained in importance of BP goals
- All Specialists intervene with patients not in control