

Implementing Hypertension Management Protocols



Bureau of Health Promotion
Kansas Department of Health and Environment



This guide will assist providers in leading their team in delivery of care for Blood Pressure Management:^{1, 2}

For the Provider:

Recommendations from the *Million Hearts Project* for implementing Blood Pressure protocols:

- Change the concept
- Change ideas

For the Patient:

Guide to self-management of Blood Pressure monitoring at home, along with:

- Lifestyle changes
- Preparing for your appointment
- Proper blood pressure measurement technique



Source: Dukes Memorial Hospital

Assist Staff to Properly Measure Blood Pressure²

Remember to:

- Calibrate devices regularly
- Choose the proper cuff size

While taking blood pressure, advise the patient to:

- Sit calmly for 5 minutes before measurement of the blood pressure
- Sit in a chair with back supported
- Abstain from talking
- Support their arm at heart level (i.e., resting on a desk or exam table)
- Keep feet flat on the floor with legs uncrossed

Assist Patients in Preparing for Their Appointments²

Advise patients to be prepared for their next appointment:

- No vigorous physical activity 30 minutes before the appointment
- No caffeine and no smoking 30 minutes before the appointment

Hypertension Care is the single most effective clinical intervention for saving lives: How should we reframe it?

Hypertension Control Change Package ¹	Key Foundations and Population Health Management ¹
Change Concepts	Change Ideas
Make hypertension control a practice priority	Designate a Hypertension Champion in the practice Ensure care team engagement in hypertension control If possible, provide BP checks without an appointment or copay
Train and evaluate direct care staff on accurate blood pressure measurement and recording	Provide guidance on measuring BP accurately Assess adherence to proper BP measurement technique
Equip direct care staff to facilitate patient self-management	Ensure team is skilled in identifying/promoting patient medication adherence Establish a program to support self-measured BP monitoring
Use a registry to identify, track, and manage patients with hypertension	Implement a hypertension registry Identify patients with elevated BP yet without a hypertension diagnosis; diagnose hypertension as appropriate
Use clinician-managed protocols for medication adjustments and lifestyle recommendations	Use protocols to cover proactive outreach driven by registry use Respond to patient-submitted home BP readings
Use practice data to drive improvement	Determine hypertension control metrics for the practice Regularly provide a dashboard with BP goals, metrics, and performance

Lifestyle Change Messaging For Patients with Hypertension^{2, 3}

Live Well to Manage Your High Blood Pressure:

- Take prescription medications as instructed by your health care provider.
- Quit smoking, visit www.KSquit.org or call 1-800-QUIT-NOW (1-800-784-8669).
- Follow a low salt (sodium) diet. When cooking at home, you can use other spices to flavor the food.
- Participate in at least 2 hours and 30 minutes of moderate-intensity physical activity a week.

Nourish Your Health:

- Choose whole foods: eat fresh fruits and vegetables with every snack and meal.
- Select leaner meats, like chicken, fish, and turkey, however, watch out for salty lunchmeats.
- Identify proper portions: read food labels and check the intended serving sizes.
- Cook at home because it will allow you to control the amount of salt used in your food.
- Drink water or low-fat milk instead of sugary soft drinks and juices.

Manage Your Stress:

- Use stress management techniques.

BP Measurement Messaging for Patients With Hypertension^{1, 2, 4}

Before Appointment - Contact Patient and Remind Them to Prepare:

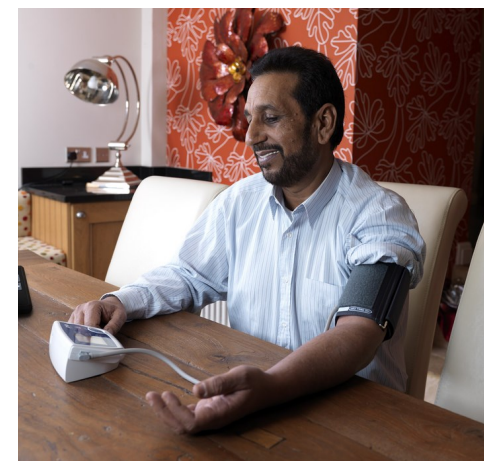
- Do not take caffeine or smoke for 30 minutes before arriving.
- Bring a record of your home blood pressure readings.

Blood Pressure Measurement at Home:

- Sit in a chair with your back supported and relax for 5 minutes.
- Put the correct sized cuff on your bare arm above your elbow.
- Keep your arm supported, relaxed and at heart level.
- Uncross your legs and keep your feet flat on the floor.
- Sit still and do not speak.
- Record the numbers from your blood pressure monitor.



Source: Womensheart.org



Source: Flickr

References

1. Centers for Disease Control and Prevention. *Hypertension Control Change Package for Clinicians*. Atlanta, GA: Centers for Disease Control and Prevention, US Dept. of Health and Human Services; 2015. *Updated August 2017, adapted Tables 1 & 2.*
2. New York City Health and Hospitals Corporation. *Adult Hypertension Clinical Practice Guidelines: Managing High Blood Pressure*. New York City: Multimedia Solutions; June 2013. *Adapted p. 2, 11, 13-15.*
3. Managing Stress to Control High Blood Pressure. *Heart.org*. 2016. Available at: http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/MakeChangesThatMatter/Managing-Stress-to-Control-High-Blood-Pressure_UCM_301883_Article.jsp#.WoHFIK6nFtQ. Accessed August 17, 2017.
4. Centers for Disease Control and Prevention. *Self-Measured Blood Pressure Monitoring: Actions Steps for Clinicians*. Atlanta, GA: Centers for Disease Control and Prevention, US Dept. of Health and Human Services; 2014.

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