

80% HYPERTENSION CONTROL A Three-Pillar Practical Approach

OVERVIEW

When the pandemic began in 2020, many health centers, including **Miami Beach Community Health Center** (MBCHC), had to think creatively about how to address hypertension when you can't physically visit with most of your patients. In response, MBCHC created a three-pillar approach to addressing hypertension and were able to maintain a blood pressure control rate through June 2021 of 80% for their full adult population and improved their blood pressure control to 79% for their African American population during the pandemic.

WHAT WORKED WELL

Miami Beach Community Health Center's three pillars for addressing hypertension:

- 1 **Fortify Hypertension Treatment Protocol**
- 2 **Advance Telemedicine**
- 3 **Population Health**

"Treat hypertension with the same urgency as an infectious disease."

Dr. Johan Torres
Chief Medical Information Officer/
Senior Medical Director
Miami Beach Community Health Center

PILLAR 1 Fortify Hypertension Treatment Protocol

- **Take multiple readings** if blood pressure is greater than 140/90 mmHg
- **Consider Treatment Intensification** at every visit
- **Follow-Up Visit Protocol:**
 - SBP 140-159/DBP 90-99—follow-up every 2 weeks
 - SBP 160/179/DBP 100-109—follow-up every week
 - SBP greater than 180/SBP greater than 110—follow-up every 2 to 3 days

MBCHC worked to get physicians on board with the new protocol and have since embedded that protocol into the EHR for clinical decision support.

PILLAR 2

Advance Telemedicine

- **Educated** providers and patients on the importance of telemedicine when the pandemic began
- **Trained** providers on how to conduct virtual visits
- **Created a program** to provide automatic upper arm home blood pressure monitors to patients with diagnosed hypertension

PILLAR 3

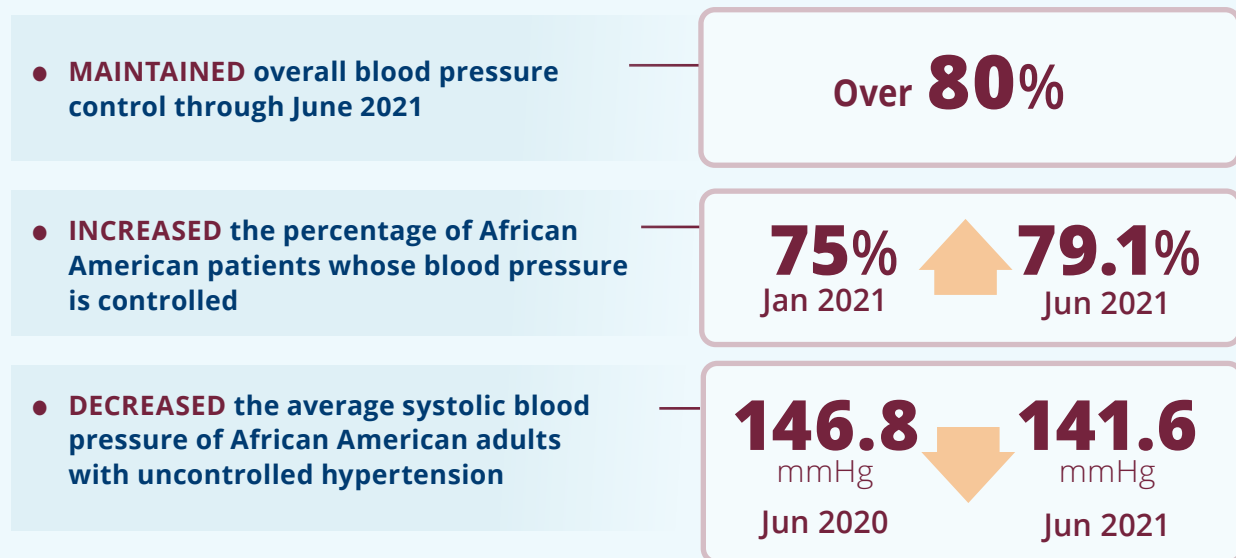
Population Health

- **Population health team doubles as case management team**, working to build a relationship with each patient by:
 - scheduling visits
 - calling a patient when an appointment is missed
 - checking in on medication adherence
 - arranging for transportation

IMPACT

What was the impact for Miami Beach Community Health Center patients?

During the pandemic, MBCHC:



This publication was developed with support from the Centers for Disease Control and Prevention (CDC) cooperative agreement #NU38OT000310. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, the CDC or the U.S. Government.

The Million Hearts® word and logo marks, and associated trade dress (“Marks”), are owned by the U.S. Department of Health and Human Services (HHS). Use of these marks does not imply endorsement by HHS. Use of the Marks also does not necessarily imply that the materials have been reviewed or approved by HHS.