



Introducing Getting Down for Life

A Practice Toolkit for Controlling Hypertension

Welcome!

The MaineHealth Cardiovascular Health Team is pleased to introduce this toolkit. It is composed of evidence based tools and materials to educate and support both your staff and patient population. The tools and resources provided in the hypertension toolkit have been vetted by a committee of physicians, nurses and practice managers to confirm viability of use in practice.

How to Use the Hypertension Toolkit:

- Make a commitment to improving hypertension control.
- Talk with your team about opportunities in your practice where blood pressure control needs improvement.
- Use the toolkit as a menu of options for interventions that the team can select to improve the care of patients with hypertension and help them get their blood pressure in control.

Contact Us!

Please take a moment to familiarize yourself with the contents. Let us know if there are other resources that you need that are not in the toolkit. We are happy to work with you to find the resources that you need.

If you have any questions, please do not hesitate to contact our team.

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This toolkit is available online: www.mainehealth.org/htn



What Patients with Hypertension Want

The Cardiovascular Team at MaineHealth recently assembled a focus group of 14 patients (10 women, 3 men) with hypertension to discuss the struggle they face managing their disease every day. We used their discussion and feedback to help us decide what resources to develop and include in this toolkit – for patients and for staff. Most of the participants were on medications, and many have tried to make lifestyle modifications, including diet, exercise and meditation. Although they realized they need to take care of themselves, they found lack of time and education about the disease barriers to improving their health status.

Questions they want the practice team to answer upon hypertension diagnosis:

1. The cause of hypertension
2. What they can expect moving forward:
Am I going to die? What is the disease process? Is everyone affected the same way and for the same reason? Are there certain lifestyles that lead to it beside the obvious ones? Is the disease going to get worse over time? If I don't get this in check, will I develop diabetes? Who should I trust with all the changes in recommendations and research findings in the media?
3. Information or resources on what they can do to address it
4. Should they monitor at home and how often? Are home monitors accurate?

How they want their care to improve at the provider's office:

1. More personalized care and relationship building
2. More time to thoroughly explain what hypertension is and how it will impact them (especially with other coexisting conditions)
3. More consistency in how blood pressure is taken (to avoid conflicting blood pressure readings between nurse and doctor)
4. A report of how blood pressure has improved or gotten worse over the visits
5. Have referrals and resources for patients who are interested in more education, support groups, health coaching and nutritionists
6. Utilize health behavior specialists for those who show signs/symptoms of depression/anxiety
7. Handout educational materials on hypertension, including management (blood pressure logs, food and exercise logs, etc), disease progression and treatment options, as well as lifestyle changes, mental health impacts of managing a chronic disease, staying motivated and setting goals.

The next page lists what patients want, what is available in this toolkit, and next steps.

What patients want	What is available	Your next steps
Patient Education	<input type="checkbox"/> MH educational materials - Ordering Educational Materials tipsheet in toolkit	Hand out materials to patients
Support groups/education classes	<input type="checkbox"/> Learning Resource Center courses <input type="checkbox"/> Health Improvement Resource list in toolkit <input type="checkbox"/> Group Visit Operational Guide in toolkit	Refer patients to the LRC's health education classes – 866-609-5183
More education from provider	<input type="checkbox"/> Group Visit Operational Guide and Group Visit resources in toolkit	Contact Marin Johnson at MaineHealth for help to initiate a group visit at your office
More support from clinical staff	<input type="checkbox"/> Patient education section in toolkit <input type="checkbox"/> Blood Pressure Onsite Training and Support in toolkit <input type="checkbox"/> Health Improvement Resources for referrals in toolkit	Contact Marin Johnson at MaineHealth to set up a blood pressure training at your practice
Consistency in blood pressure technique in practice	<input type="checkbox"/> Blood Pressure Onsite Training and Support in toolkit	Make sure all practices receive accurate blood pressure technique training and competency testing, as well as correct room set up
More information on home monitoring	<input type="checkbox"/> Measuring Your Blood Pressure At Home in toolkit <input type="checkbox"/> Blood Pressure Self-Monitoring Apps in toolkit	Refer to tipsheet and encourage home monitoring
Regular check-in appointments	<input type="checkbox"/> ACC-AHA and JNC8 Hypertension Management Algorithms in toolkit <input type="checkbox"/> Clinical Blood Pressure Reading: Workflow for Patients with Hypertension in toolkit	Use algorithm and workflow to schedule visits at guideline-based interval



SECTION 1 CLINICAL SUPPORT

- 1.1 Algorithms for Hypertension.....
- 1.1a ACC-AHA Hypertension Management.....
- 1.1b JNC8 Hypertension Management.....
- 1.2 Auscultatory-Palpatory Technique for Blood Pressure Measurement.....
- 1.3 Automated Blood Pressure Cuff Guidelines.....
- 1.4 Measuring Orthostatic Blood Pressure Screening Tool.....
- 1.5 Measuring Orthostatic Vital Signs Guidelines.....
- 1.6 Hypertension Medications, Pricing and Pharmacies.....
- 1.7 Pediatric Blood Pressure Values Chart.....
- 1.8 Poster: Positioning your Patient for an Accurate Blood Pressure Measurement.....
- 1.9 Quick Tip Card for a Correct Blood Pressure Reading.....

SECTION 2 OPERATIONAL RESOURCES

- 2.1 Clinical Blood Pressure Reading: Workflow for Patients with Hypertension.....
- 2.2 Group Visit Operational Guide.....
- 2.3 Group Visit Task List and Timeline Checklist.....
- 2.4 Group Visit Staff Roles.....
- 2.5 Group Visit Letter Template.....
- 2.6 Group Visit Agenda.....

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SECTION 2 OPERATIONAL RESOURCES > continued

- 2.7 Group Visit Norms.....
- 2.8 Group Visit Vitals Record.....
- 2.9 Excellence in Hypertension Control Award.....
- 2.10 Ordering Educational Materials.....

SECTION 3 PATIENT EDUCATION

- 3.1 Blood Pressure Self-Monitoring Apps.....
- 3.2 Blood Pressure Wallet Size Log.....
- 3.3 Come Prepared for a Correct Blood Pressure Reading.....
- 3.4 Health Improvement Resources.....
- 3.5 How Can I Lower My Blood Pressure?.....
- 3.6 Improving Cardiovascular Health.....
- 3.7 Measuring Your Blood Pressure At Home.....
- 3.8 My Self-Care Action Plan.....
- 3.9 The DASH Eating Plan.....
- 3.10 The Trouble with Sodium.....
- 3.11 You Can Control High Blood Pressure.....

SECTION 4 TRAINING Accurate Blood Pressure Measurement

- 4.1 Blood Pressure Onsite Training and Support.....
- 4.2 Blood Pressure Training Agenda and Logistics.....
- 4.3 Blood Pressure Competency Checklist.....