



Increase Patient Engagement in Hypertension Self-Management with these Workflow Modifications

Below are some workflow modifications recommended by Quality Insights to help your practice improve patient engagement efforts around hypertension self-management.

- Implement a [Self-Management of Blood Pressure Program](#) in your practice.
- Improve self-management of blood pressure by participating in the [Home Blood Pressure Monitor Loaner Program](#) being offered by the Pennsylvania Department of Health and Quality Insights.
- Execute a report of patients with documented blood pressure $>140/90$, but have not been diagnosed with hypertension. Assign a clinician to identify patients that should have an appointment for hypertension based on past blood pressure readings and recall these patients.
- Review reports of patients with hypertension that have not had a visit in the past six months. Re-engage these patients in your practice and their care by calling them to schedule a follow-up appointment.
- Create and execute an electronic health record (EHR) report of patients with prehypertension/elevated BP (Systolic: 120–139 mmHg; Diastolic: 80–89 mmHg), and add a reminder to the EHR to address during the next visit.
- Distribute this [patient tip sheet](#) to engage patients in making healthier lifestyle choices that will lower their blood pressure and better manage hypertension.
- Refer patients to health club facilities, healthy food organizations, etc. within the community (see page seven of the Hypertension Module). Document these referrals in structured data fields to ensure the ability to track and obtain feedback reports on patient progress. Schedule ongoing follow-up with patients as needed.
- Share [American Heart Association's \(AHA\) instructional video](#) with your patients to help them accurately monitor their home blood pressure.
- Implement a [hypertension protocol](#) tailored to your practice.

- Utilize the [Hypertension Action Plan](#) when establishing action plans with your patients.
- Participate in the Million Hearts® Hypertension Control Challenge. Interested, qualifying providers may enroll annually during a designated time period (2020 date to be announced). [Click here](#) to learn more about the program and contact your Quality Insights representative if you would like to participate during the next period of enrollment.

Please consider selecting at least one workflow modification this year.

If you need assistance, Quality Insights is available to support your workflow modification efforts at **NO COST to your practice**. Please contact a Quality Insights Practice Transformation Specialist today.

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