



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 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 set up an upcoming appointment.
- Distribute this [patient tip sheet](#) to engage patients in making healthier lifestyle choices that will lower their blood pressure and better manage hypertension.
- Promote non-clinical partnerships with health club facilities, healthy food organizations, etc. within the community.
- Implement a [hypertension protocol](#) tailored to your practice to control hypertension in your patients.
- Utilize the [Hypertension Action Plan](#) when establishing action plans with your patients.

- Review these [tips for taking an accurate blood pressure](#). You can also share this list with your patients so they are always taking an accurate reading as well.
- Jump-start your practice's hypertension quality improvement initiatives by using the guidance, tools, and educational resources included in the [Measure Up/Pressure Down Provider Toolkit to Improve Hypertension Control](#).
- Review the [Practitioner's Guide: Community-Clinical Linkages for the Prevention and Control of Chronic Diseases](#) to improve clinical outcomes in heart disease, blood pressure, cholesterol, diabetes and asthma.
- Encourage patients to review [these lifestyle changes](#) to improve their cholesterol, blood pressure and weight.
- Refer patients with hypertension or prehypertension to [Take Off Pounds Sensibly \(TOPS\)/Weight Watchers \(WW\)](#) weight loss programs which will further support improved blood pressure management.
- Create an alert in your electronic health record (HER) for patients that have a blood pressure over 140/90 and do not have a hypertension diagnosis; review this at the patients next appointment
- Review blood pressure [self-management apps](#) with patients.

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.

- Ashley Biscardi: abiscardi@qualityinsights.org, 1.877.987.4687, ext. 137
- Marti Deacon: mdeacon@qualityinsights.org, 1.877.987.4687, ext. 120
- Danielle Nugent: dnugent@qualityinsights.org, 1.877.987.4687, ext. 132
- Sarah Toborowski: stoborowski@qualityinsights.org, 1.877.987.4687, ext. 130
- Ryan Williamson: rwilliamson@qualityinsights.org, 1.877.987.4687, ext. 119

