SIHF Healthcare Home Blood Pressure Monitoring Program

Aaliyah Dent, Pharm.D. Candidate
Co-authors: J. Christopher Lynch, PharmD. and Patrice Howard
School of Pharmacy, Southern Illinois University Edwardsville

Background

• According to the CDC, nearly 50% of all adults in the United States are affected by uncontrolled hypertension
• Uncontrolled hypertension disproportionately affects minorities and disadvantaged communities
• SIHF aims to serve underserved populations throughout Central and Southwestern Illinois
• The Health Resources & Services Administration (HRSA) provided a grant for patients throughout SIHF locations for cell enabled self-measured blood pressure devices.

OBJECTIVES

• Address hypertension among racial and ethnic minority populations
• Improve health disparities and promote healthier lifestyles

Project Overview

• Project will be implemented for 2 years
• Patients issued blood pressure devices
• Patient results will be uploaded to the electronic health records system for patient and provider access
• Healthcare providers follow-up periodically with patients

Device Selection

• Patients will utilize A & D Medical UA-651BLE Premium Wireless Blood Pressure Monitor
• Monitor selected due to ability to integrate with the electronic health records system

Health Care Provider Training

All members of the healthcare team will be trained and assessed on protocols and proper blood pressure monitoring technique adapted from 2017 ACC/AHA guidelines

Key Steps for Proper Blood Pressure Measurements in Office

1. Properly Prepare the Patient
2. Use Proper Technique for Blood Pressure Measurements
3. Take the proper measurements needed for diagnosis and treatment of elevated blood pressure
4. Properly document accurate blood pressure readings
5. Average the readings

Patient Eligibility

• Patients will be considered if they meet the following criteria:
  • Have average blood pressure ≥ 140/90 OR
  • Clinical ASCVD or 10-year CV risk ≥ 10% with average blood pressure ≥ 130/80 AND
  • Have access to Bluetooth enabled device (cell phone or tablet)
• Ineligible patients include those who:
  • Live an assisted living facility
  • Patients with home health care assistant
  • Have terminal illnesses
  • Those who have the inability to self-monitor in any way (eg: dementia)

Operation Workflow

Select Eligible Patients

Discuss Program with Patients

Patients Enroll in Program

Patients Trained and Distributed Blood Pressure Monitors

Community Health Workers Follow Up

Financial Analysis

Budget: ~$1.1 million

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<thead>
<tr>
<th>Product</th>
<th>Charge</th>
<th>Estimated Quantity</th>
<th>Total</th>
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<tbody>
<tr>
<td>BP Monitor</td>
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<tr>
<td>Tri-Fold Brochures</td>
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Salaries for 2 community health workers: $252,600
Monthly electronic health records system maintenance fees (2 months): $124,000
Total remaining balance: $205,620

References


