

Controlling High Blood Pressure: A Systematic Approach to Improvement

Bryan Health, Lincoln, NE



Background

- First health system quality project focused on ambulatory clinics.
- 2021 baseline data demonstrated a blood pressure control rate of 66.2% (6th national decile)
- Project scope included primary, specialty, and urgent care clinics across four health system entities

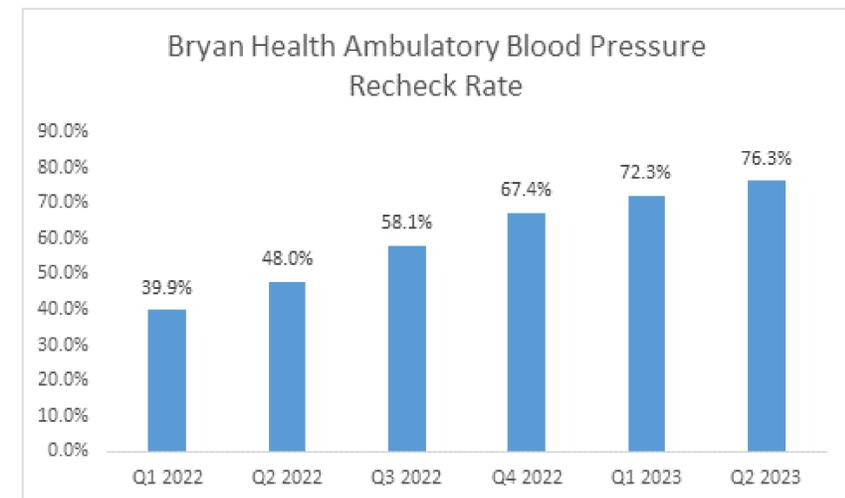
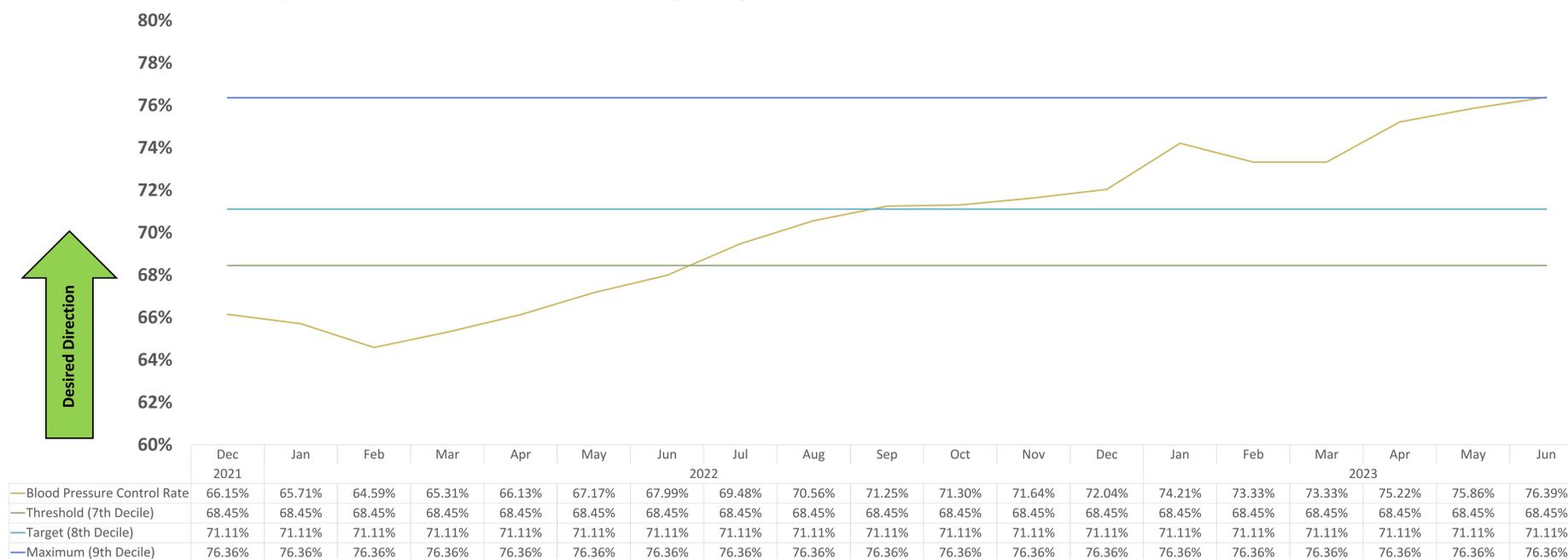
Plan

- **Measure accurately** - standardize staff education on proper blood pressure measurement, provide feedback to clinical staff through observations, and create a report that can be run on demand to provide data on recheck performance.
- **Act rapidly** – create a team of providers, clinical staff and support services to identify timeline for desired control from elevated measurement and follow best practice recommendations for possible interventions to manage elevated blood pressure, recognizing this will look different in primary care compared to specialty/urgent care
- **Partner with patients** – create patient materials focused on AMA/AHA guidelines for accurate measurement and control categories, utilize grant funding to update clinic machines and to purchase home monitors for self-measured blood pressure program at primary care clinics

Results

- Control rate: **76.39%** (YTD as of 7/1/2023, 9th national decile)
- Education: **99.1%** of clinic staff successfully completed a learning module on accurate measurement and completed a test
- Elevated measurement recheck rate: **76.3%** Q2 2023.

Bryan Health, Controlling High Blood Pressure - CMS-165 (YTD)



Aims

Improve blood pressure control for all patients with a diagnosis of essential hypertension to a rate of 72.04% (8th national decile) across in-scope Bryan Health ambulatory service lines by December 31, 2022.

Measure

- Outcome: Controlling High Blood Pressure Control Rate (CMS-165 eCQM)
- Process: Elevated Blood Pressure Measurement Recheck Rate

Next Steps

- Evaluate health equity data
- Collaborate with our OB/GYN clinics to improve maternal hypertension control
- Partner with Bryan Heart outreach clinics on accurate measurement education
- Continue to coach using metric data

Team

Lynne Nelson, Scott McClurg: Performance Excellence, Dr. John Trapp, Dr. Mike Sayers, Dr. Keith Miller, Dr. Brian Buhlke, Dr. Ryan Buse & Clinic Leaders