IDENTIFYING PATIENTS WITH UNDIAGNOSED HYPERTENSION

Opportunity: Decrease heart attacks and strokes in your patient population by identifying undiagnosed hypertensive patients.

Approach:

- Identify patients without a hypertension diagnosis who have at least two elevated blood pressure readings by developing a patient registry in your EHR.

- Contact patient and schedule them to come in for a blood pressure check.

- If patient has hypertension, implement the Be There San Diego Simplified Approach to Treating Hypertension.

- Schedule patient for follow-up appointment every four weeks until they have achieved control.

- Compare your organization's hypertension prevalence to the expected hypertension prevalence using this tool:

  CDC Million Hearts™ HTN Prevalence Estimator
  http://millionhearts.hhs.gov/tools-protocols/tools.html

1 in 3 adults with hypertension are undiagnosed (or unaware) and untreated.

Nearly half of those with hypertension are uncontrolled. Approximately 13 million people are neither aware they have hypertension nor are taking medication to treat it.

Of those who are unaware, untreated, and uncontrolled:

- 81.8% have health insurance
- 82.5% report having a usual source of care
- 61.7% have received care two or more times in the past year

Impact of High Blood Pressure:

A 5mm Hg reduction in blood pressure can reduce stroke risk by 34% and ischemic heart disease by 21%.

Antihypertensive medications are associated with a 35-40% reduction in stroke risk and 20-25% reduction in heart attack risk.

Reference Articles:

Wall HK, Hannan JA, Wright JS. Patients with Undiagnosed Hypertension: Hiding in Plain Sight. JAMA. 2014;312(19):1973-74.

Law M, Wald N, Morris J. Lowering blood pressure to prevent myocardial infarction and stroke: a new preventive strategy. Health TechnolAssess.2003;7(31):1-94

James PA, Ortiz E, et al. 2014 Evidence-based guideline for the management of high blood pressure in adults: (JNC 8). JAMA. 2014 Feb; 311(5):507-20