

ORGANIZATIONAL APPROACH TO HYPERTENSION MANAGEMENT USING TEAM-BASED CARE

Recommendations for a Team-Based Care Approach to Hypertension Management

In order to obtain optimal control of hypertension across a patient panel, we recommend that clinics or health systems utilize a team-based approach for the management of hypertension. We recognize that different teams will have different team members and therefore recommend flexibility and cross-training in order to meet the needs of the care team and patient. Responsibilities should be assigned taking into account scope of practice specific to the team members' credentials and training.

Primary roles and responsibilities of team members, when present:

- Physician/Advanced Practice Clinicians
 - Diagnosis, treatment and management of hypertension
 - Team lead for provision of patient care
- Clinical Pharmacists
 - Medication Therapy Management including adjusting medications, dosing and advancing treatment regimens in collaboration with patient's primary care provider
- Nurses
 - Triage support when using self-measured blood pressure monitoring
 - Case management
- Medical Assistants and All Direct Patient Care Staff
 - Accurate blood pressure measurement according to a standard, validated process
- Community Health Worker
 - Peer-based support for patients
- Patients and Caregivers
 - Self-management of blood pressure monitoring

The following items are essential to hypertension management but not specific to a position within the clinical environment. We recommend these tasks be assigned to team members based on your particular team structure:

- Patient education
- Lifestyle counseling
- Assessment of medication compliance and adherence
- Assessment of barriers to treatment including social determinants of health