

Measure Tip Sheet: Blood Pressure Controlled

From QHP physicians

1. If the patient's initial blood pressure is higher than expected, consider repeating the blood pressure check and enter the second result.
2. If the patient's blood pressure is high on any visit unexpectedly, make it a priority to evaluate the blood pressure and treat accordingly.
3. Not controlling someone's high blood pressure will lead to complications even 20 to 30 years later. Be aggressive in treating high blood pressure.
4. Use smart sets for Epic (or other EMR) lab order entry so important labs aren't missed.
5. Watch med refill requests and phone messages and if someone hasn't been seen in several months, ask them to get labs and come see you in a few weeks.
6. Establish a culture of excellent care that patients expect.
7. Ensure appropriate cuff size.
8. Ensure patients have rested for several minutes before checking pressure (not after walking back to exam room from lobby).
9. If still elevated, ensure they are adherent to the current regimen. If not explore why (cost, intolerance etc)
10. Ensure they are following recommended lifestyle modification (there is dash diet handout that can be added to AVS and can be made a quick button for easy access)
11. Maximize current therapy if not at maximum dose
12. Consider consulting UpToDate pathway for resistant hypertension