80% HYPERTENSION CONTROL
A Three-Pillar Practical Approach

OVERVIEW
When the pandemic began in 2020, many health centers, including Miami Beach Community Health Center (MBCHC), had to think creatively about how to address hypertension when you can’t physically visit with most of your patients. In response, MBCHC created a three-pillar approach to addressing hypertension and were able to maintain a blood pressure control rate through June 2021 of 80% for their full adult population and improved their blood pressure control to 79% for their African American population during the pandemic.

WHAT WORKED WELL
Miami Beach Community Health Center's three pillars for addressing hypertension:

1. Fortify Hypertension Treatment Protocol
2. Advance Telemedicine
3. Population Health

PILLAR 1 Fortify Hypertension Treatment Protocol

- Take multiple readings if blood pressure is greater than 140/90 mmHg
- Consider Treatment Intensification at every visit
- Follow-Up Visit Protocol:
  - SBP 140-159/DBP 90-99—follow-up every 2 weeks
  - SBP 160/179/DBP 100-109—follow-up every week
  - SBP greater than 180/SBP greater than 110—follow-up every 2 to 3 days

MBCHC worked to get physicians on board with the new protocol and have since embedded that protocol into the EHR for clinical decision support.

“Treat hypertension with the same urgency as an infectious disease.”

Dr. Johan Torres
Chief Medical Information Officer/ Senior Medical Director
Miami Beach Community Health Center
A THREE PILLAR APPROACH TO ADDRESSING HYPERTENSION

**PILLAR 2 Advance Telemedicine**

- **Educated** providers and patients on the importance of telemedicine when the pandemic began
- **Trained** providers on how to conduct virtual visits
- **Created a program** to provide automatic upper arm home blood pressure monitors to patients with diagnosed hypertension

**PILLAR 3 Population Health**

- **Population health team doubles as case management team**, working to build a relationship with each patient by:
  - scheduling visits
  - calling a patient when an appointment is missed
  - checking in on medication adherence
  - arranging for transportation

**IMPACT**

What was the impact for Miami Beach Community Health Center patients?

During the pandemic, MBCHC:

- **MAINTAINED** overall blood pressure control through June 2021
  - Over 80%

- **INCREASED** the percentage of African American patients whose blood pressure is controlled
  - 75% Jan 2021, 79.1% Jun 2021

- **DECREASED** the average systolic blood pressure of African American adults with uncontrolled hypertension
  - 146.8 mmHg Jun 2020, 141.6 mmHg Jun 2021

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