

# ASTHO MILLION HEARTS

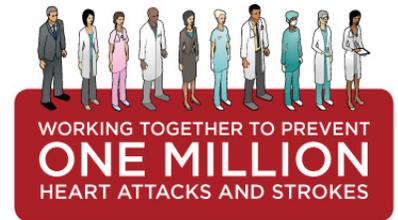
## MAKING A DIFFERENCE IN HYPERTENSION CONTROL IN MINNESOTA

### MILLION HEARTS INITIATIVE

The Million Hearts® initiative focuses, coordinates, and enhances cardiovascular disease prevention activities across the public and private sectors in an unprecedented effort to prevent one million heart attacks and strokes by 2017.

Million Hearts® scales-up proven clinical and community strategies, bringing together existing efforts along with adding new programs to improve health across communities. In the end, helping Americans live longer, healthier, more productive lives.

The Million Hearts Initiative is a collaborative effort of the Centers for Disease Control and Prevention and Centers for Medicare and Medicaid Services. The Minnesota Department of Health is proud to be a Million Hearts partner.

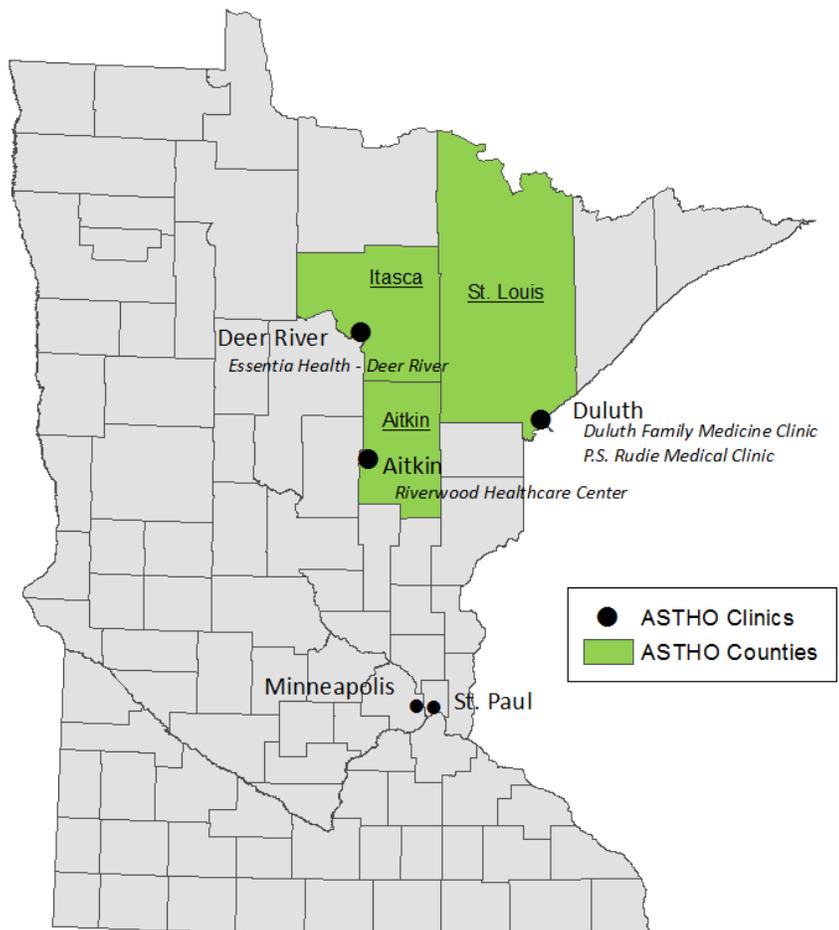


### THE MINNESOTA PROJECT

The project goal was to enhance clinics' ability to identify and manage patients with hypertension using a team based approach. To measure clinic performance, we supported the implementation of the NQF-endorsed quality measure entitled NQF 18: Controlling High Blood Pressure. We supported clinics and their staff in developing a process to pull the NQF 18 data and identifying patients with undiagnosed hypertension.

### PROJECT PARTNERS

- Minnesota Department of Health
- Carlton-Cook-Lake-St. Louis County Community Health Board
- Duluth Family Medicine Clinic
- P.S. Rudie Medical Clinic
- Essentia Deer River Clinic
- Riverwood Healthcare Center
- Stratis Health



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## MAKING A DIFFERENCE IN HYPERTENSION CONTROL IN MINNESOTA

### PROJECT RESULTS

#### DATA

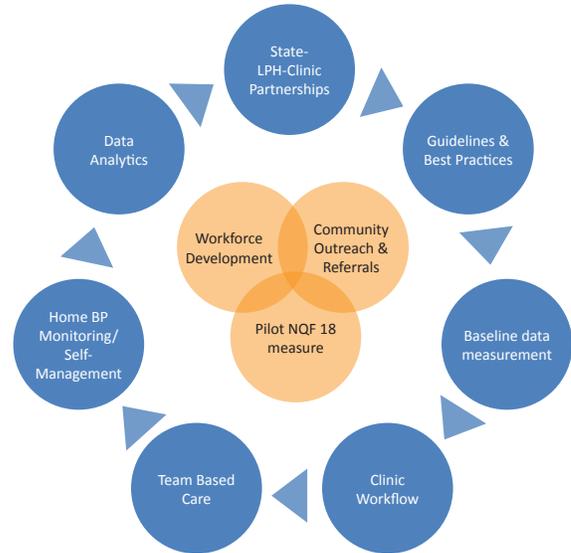
- Piloted the NQF 18 measure in four clinics. The clinics used their EHR systems to identify patients with hypertension and to establish baseline and post project NQF 18 measures. There was a +4.2% change in blood pressure control; an additional 547 patients have their blood pressure under control.
- Three clinics pulled and reported data on patients with undiagnosed hypertension. 1,361 additional patients with potentially undiagnosed hypertension have been identified across three sites.

#### STANDARDIZING PRACTICE

- The clinics have developed processes to 1) pull NQF 18 data from the EHR and 2) to identify patients with undiagnosed hypertension.
- A total of 18 protocols have been developed addressing accurate blood pressure measurement, treatment, home monitoring, follow-up, and referrals.
- Two of the clinics with the same EHR vendor have developed a process for documenting counseling for healthy lifestyle changes as retrievable structural data.
- The clinics have adopted protocols for accurate blood pressure measurement technique and blood pressure treatment.

#### CLINICAL INTERVENTION

- The clinics are developing and adopting protocols for home blood pressure monitoring.
- Some clinics are using clinical health coaches and others are using a care team model including care coordinators to manage blood pressure.



### BENEFITS OF PARTICIPATING LOCAL PUBLIC HEALTH (LPH)

- Strengthens LPH – clinic relationship, which aligns with strategies being disseminated through national and federal health organizations and agencies

#### CLINICS

- Clinics get access to public health expertise in their own community, helping them to meet the specific public health challenges in the communities they serve
- Clinics share best practices, successes, and challenges with their peers

### FOR MORE INFORMATION

Please contact one of us if you are interested in learning more about this work.

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