



MILLION HEARTS® 2014 CHAMPIONS: EXCELLENCE IN BLOOD PRESSURE CONTROL

Million Hearts®—Success in Blood Pressure Control

Many health care providers, practices, and systems across the nation are focusing on controlling blood pressure. This challenging effort requires engagement from patients and family members/caregivers as well as teamwork from doctors, nurses, physician assistants, pharmacists, community health workers, and other professionals.

High blood pressure, also called hypertension, is a major risk factor for heart disease and stroke, the first and fifth leading causes of death in the United States. About 70 million U.S. adults—about 1 in every 3—have high blood pressure. Every day, hypertension contributes to nearly 1,000 American deaths, but many of these deaths could be prevented with proper treatment and adequate blood pressure control. Unfortunately, only about half of people with hypertension have their condition under control.

The Centers for Disease Control and Prevention (CDC) launched the Million Hearts® Hypertension Control Challenge to recognize doctors and health practices that achieve blood pressure control for at least 70% of their adult patients with hypertension. Million Hearts® is a national initiative of the U.S. Department of Health and Human Services to prevent 1 million heart attacks and strokes by 2017, and blood pressure control is crucial to achieving that ambitious goal.

CDC and Million Hearts® are recognizing 30 providers, health care practices and systems, who together care for more than 3.5 million adult patients, as 2014 Hypertension Control Champions.

“The key to treating hypertension is making patients active partners in their care and helping them understand how they personally can improve their health outcomes.”

—Reginald Parker, MD
Northlake Family Medical Practice

SUCCESSFUL STRATEGIES FOR BLOOD PRESSURE CONTROL

The 2014 Champions used the following evidence-based strategies to help control their blood pressure:



- **Take the time.** Spend time with patients to measure their blood pressure and explain hypertension risks, building trust and engagement. Educate patients about lifestyle factors like a healthy diet, exercise, and not smoking, and provide materials patients can take with them for reference. Be aware that any patient—even younger patients—can have high blood pressure, and screen accordingly.
- **Measure, measure, measure.** Use proper blood pressure measurement technique, and educate patients about how to check their own blood pressure properly at home. Encourage patients to keep a record of their blood pressure readings and bring this “homework” to follow-up visits.
- **Address medication adherence.** Work with patients to develop a treatment plan that fits their health goals and addresses barriers to taking medicines as directed, including medication cost and side effects. Emphasize the importance of following a treatment plan and discussing any challenges with the health care team.
- **Use health information technology.** Track patient progress using standardized hypertension treatment protocols and electronic health records, with alerts for missed steps or gaps in follow-up and a dashboard to quickly visualize trends over time.
- **Collaborate and communicate.** Encourage buy-in from staff at every level, and distribute blood pressure control duties among team members. Tap community programs and resources—such as pharmacists, health coaches, and community health workers—for additional support, including tracking patient progress and identifying potential gaps in care. Find ways to reward providers for positive outcomes.

2014 MILLION HEARTS® HYPERTENSION CONTROL CHAMPIONS

- Arsalan Shirwany, MD, FACC, Stern Cardiovascular Foundation, Germantown, Tennessee
- The Baton Rouge Clinic, AMC
Baton Rouge, Louisiana
- Brett Gray, MD, Cherokee Nation Health Services
Salina, Oklahoma
- Colorado Springs Health Partners
Colorado Springs, Colorado
- Daniel Otten, MD, FACC, Stern Cardiovascular Foundation, Germantown, Tennessee
- Denver Health Community Health Services
Denver, Colorado
- East Jordan Family Health Center
East Jordan, Michigan
- Esse Health, St. Louis, Missouri
- Essentia Health, Duluth, Minnesota
- Family Health Centers of San Diego
San Diego, California
- Green Spring Internal Medicine, LLC
Lutherville, Maryland
- Holger Salazar, MD, FACC, Stern Cardiovascular Foundation, Germantown, Tennessee
- Jennifer Morrow, MD, FACC, Stern Cardiovascular Foundation, Germantown, Tennessee
- Kaiser Permanente, Southern California, California
- Kelsey-Seybold Clinic - Cypress, Houston, Texas
- Kelsey-Seybold Clinic - Pasadena
Pasadena, Texas
- Lexington Family Practice
Lexington, South Carolina
- Mark Backus, MD, FACP
Bend, Oregon
- Methodist Primary Care Group
Memphis, Tennessee
- Michael Rakotz, MD, FAAFP, Northwestern Medical Group, Evanston, Illinois



Credit: Jeff Lendrum Photography.

- P.S. Rudie Medical Clinic, Duluth, Minnesota
- Peninsula Community Health Services
Bremerton, Washington
- Premier Medical Associates
Monroeville, Pennsylvania
- Presbyterian Healthcare Services,
Albuquerque, New Mexico
- PriMed Physicians, Dayton, Ohio
- Reginald Parker, MD, Northlake Family Medical Practice, Columbia, South Carolina
- Roane County Family Health Care
Spencer, West Virginia
- Southwest Montana Community Health Center
Butte, Montana
- Upper Valley Family Care, Troy and Piqua, Ohio
- WinMed Health Services, Cincinnati, Ohio

