

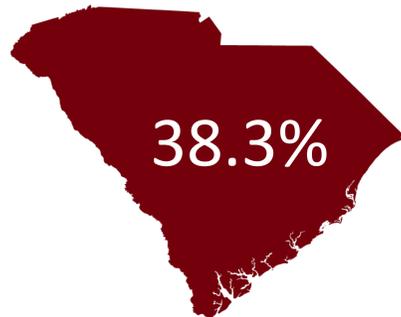


Provision of Blood Pressure Monitors to improve Hypertension Control and enhance patient self-management and empowerment

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Background

- Uncontrolled hypertension (HTN) is a major contributor to the burden of chronic disease in the United States.
 - South Carolina is currently one of the states with the highest prevalence of HTN (38.3%)



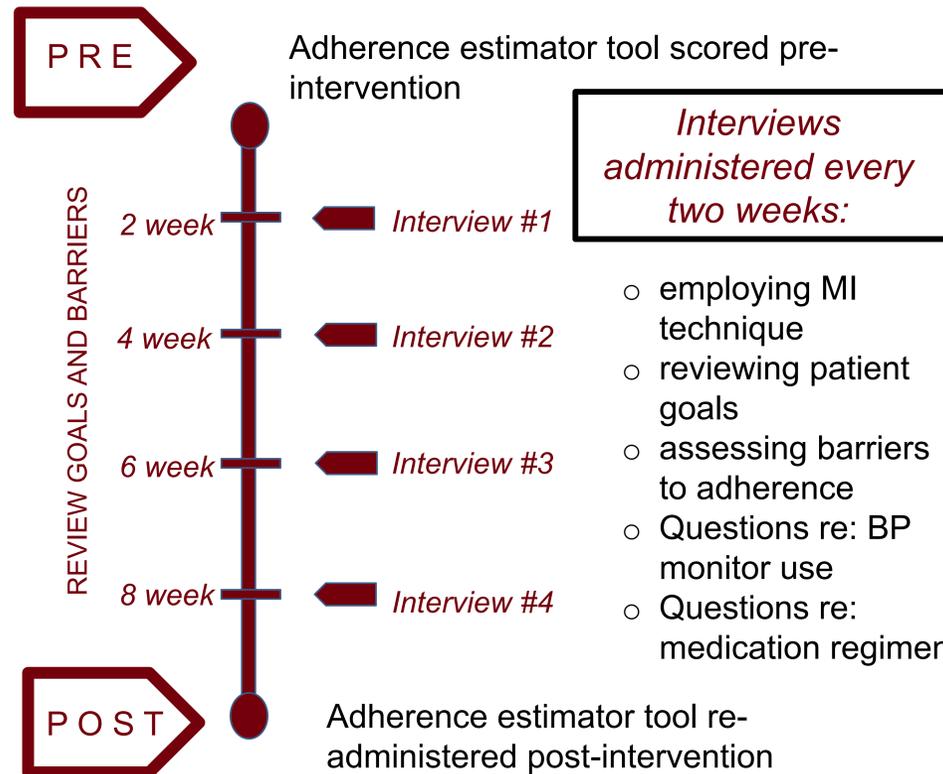
- Patient ability to adhere to blood pressure (BP) monitoring, medication management, and lifestyle changes are all drives in controlling chronic HTN.
- The American Medical Association has outlined the MAP strategy (Measure accurately, Act rapidly, Partner with patients/families/communities) as one method to ease the burden of chronic uncontrolled hypertension.
- Patient engagement in BP home monitoring is one strategy to engage and partner with patients. Frequent self-monitoring helps to assess progress, inform decision making and encourage adherence to treatment regimens.

Project Aims

- Improve hypertension (HTN) control and enhance self-management and empowerment of patients with uncontrolled hypertension
- Provide BP monitor for patients from underserved patient populations for at-home use
- Evaluate self-management, empowerment, and confidence in ability to adhere to treatment regimen using motivational interviewing-based techniques.
- Assess barriers to treatment plan adherence in underserved patient populations.

Methods

- 30 primary care patients of the Internal Medicine Residents Clinic with a diagnosis of HTN were provided with a BP monitor.



Questions posed	Agree (0) – Disagree (20)
I am convinced of the importance of my prescription medication.	0-20
I worry that my prescription medication will do more harm than good to me.	0-20
I feel financially burdened by my out-of-pocket expenses for my prescription medication.	0-20

Figure 1: Adherence Estimator Tool

Anticipated Results

- Previous studies have shown motivational interviews may improve level of adherence and decrease level of discontinuation in patients managing HTN through medication regimens.
- Frequent monitoring of blood pressure has been shown to enhance patients' understanding of their HTN and improve patient engagement with their treatment plan.
- As such, it is hypothesized that post-intervention adherence estimator questionnaires may show an improvement in treatment adherence in enrolled patients, as well as increased levels of confidence and motivation in monitoring BP and taking medication as prescribed.
- After 12-week intervention, patients will return to clinic for their subsequent visit, where BP will be re-checked and compared to pre-intervention BP to evaluate improvements to BP control
- Study limitations include small sample size, lack of control group for comparison, and lack of a standardized tool to quantify patients' barriers to monitoring BP regularly.



Acknowledgments

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