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 drivers 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.

Adherence estimator tool scored pre-intervention

Interviews administered every two weeks:
- employing MI technique
- reviewing patient goals
- assessing barriers to adherence
- Questions re: BP monitor use
- Questions re: medication regimen

Adherence estimator tool re-administered post-intervention

Questions posed

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

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References

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