

## CONTROLLING HIGH BLOOD PRESSURE

The purpose of the HMO Controlling High Blood Pressure QI Fund Project is to promote blood pressure control in members age 18-85 diagnosed with hypertension. The 2007 goal was to establish a baseline.

A Network rate is not reported because this project represents results from 77 random samples combined.

Results for the 77 IPAs that participated in the project are summarized in the following table:

Year	# of Sampled Members For All IPAs Combined	Exclusions	Final # of Sampled Members	# of Members Identified Having Blood Pressure Control (<140/90)
2007	9,320	575	8,745	5,208

### Identified Barriers to Improving Controlling High Blood Pressure

Members:

- May be non-compliant and not follow practitioner's advice on medication, diet, stress reduction, or exercise
- May not understand the complications that may develop as a result of hypertension such as cardiac disease, renal disease/and or stroke
- May not follow up with a practitioner within appropriate timeframes

Physicians:

- May not take appropriate action if the member's BP is not controlled
- May not track services on a flowsheet or electronic medical record for easy review of the member's blood pressure measurements

IPAs:

- May not have previously reviewed blood pressure control, as controlling high blood pressure was not a quality improvement activity monitored by BCBSIL until 2007
- May not realize how many members have uncontrolled hypertension
- May not have a method to motivate their physicians to improve care

### Interventions Implemented to Address Identified Barriers:

Members:

- Published an article which discussed the importance of blood pressure monitoring in the Special Issue 2007 of *blueprints for health* entitled: "Practice Prevention Now for a Healthier Future"
- Provided online resources, including Personal Health Manager and Ask a Nurse

Physicians/IPAs:

- Made a QI Fund payment to IPAs with project results that met or exceeded established thresholds
- Updated and made available the BCBSIL Guidelines for Primary and Secondary Prevention of Atherosclerotic Cardiovascular Disease.
- Provided a summary report of members in the IPA-specific sample from the Controlling High Blood Pressure QI Fund Project who:
  - did not have blood pressure control
  - had no blood pressure documented within the required timeframe
- Conducted IPA HMO QI Fund Training in March 2007 and held quarterly QI Forums

This was a new QI Fund Project for 2007. The Controlling High Blood Pressure QI Fund Project will be continued in 2008.