

Community Wellness Grant (CWG)

Engaging Community Paramedics and Pharmacists in Self-Measured Blood Pressure Monitoring Loaner Programs – Challenges and Successes

Health Care Home (HCH) Statewide Improvement Model (SIM) WebEx- March 30, 2017

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Community Wellness Grant (CWG)

Learning Objectives

After this presentation, learners will be able to:

- Describe a Self-Measured Blood Pressure Monitoring Loaner Program
- List at least two benefits of a Self-Measured Blood Pressure Monitoring Loaner Program
- Identify at least two non-physician team members that can be engaged in hypertension management



Local Public Health

Kristin Erickson, MS, APHN-BC, RN

- Fergus Falls, MN
 - Otter Tail County Public Health Nurse
 - Assigned to *PartnerSHIP 4 Health* (PS4H) – local public health and community partners
 - Funded by the Minnesota Statewide Health Improvement Partnership (SHIP) and Community Wellness Grant (CWG) Dollars



Clinical Pharmacist



Brody Maack, PharmD, BCACP, CTTS

- Assistant Professor of Practice and Clinical Pharmacy Specialist at NDSU
- Family Healthcare, Fargo, ND



Community Paramedic

Jason Jordahl, NRP-CP

- Community Paramedic
- F-M Ambulance Service, Fargo, ND



SANFORD
HEALTH

Today's WebEx Agenda

- Why Self-Measured Blood Pressure (SMBP) Monitoring?
- What is SMBP Monitoring?
- PartnerSHIP 4 Health Partner Opportunity
- Clinical Pharmacist Journey
- Community Paramedic Journey
- Outcomes
- Questions



Why



Why a Self-Measured Blood Pressure Monitoring Program?

- Intel from Community Paramedics Network Meeting
 - “If we only had access to BP cuffs for our patients with high blood pressure...”
- Community Wellness Grant (CWG) Strategy 2.4
 - “Increase use of self-measured blood pressure monitoring tied with clinical support”
- Evidence
 - Strong scientific evidence shows that self-measured blood pressure monitoring (SMBP), also known as home blood pressure monitoring, plus clinical support, helps people with hypertension lower their blood pressure (<https://millionhearts.hhs.gov/tools-protocols/smbp.html>)

Summary of the Evidence Supporting Self-Monitoring



SMBP



ADDITIONAL
CLINICAL SUPPORT

=

A PROVEN APPROACH TO REDUCING THE RISK OF
DISABILITY OR DEATH DUE TO HYPERTENSION



ADDITIONAL CLINICAL SUPPORT INCLUDES:



ONE-ON-ONE COUNSELING



TELEPHONIC OR
WEB-BASED SUPPORT

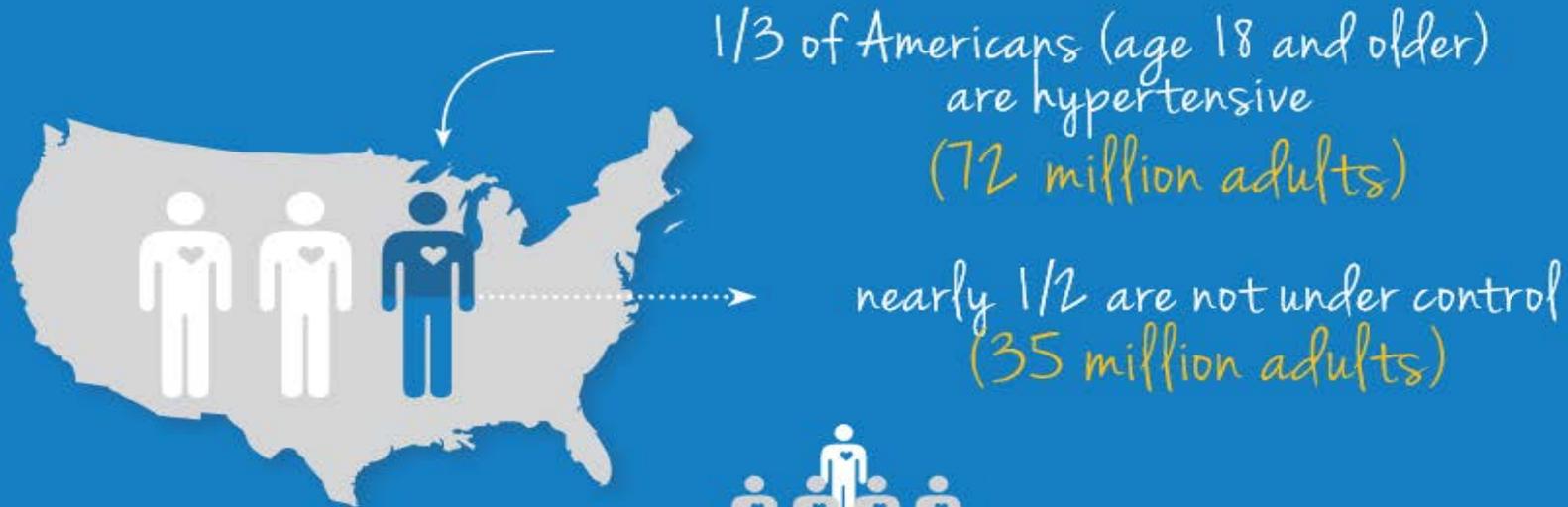


EDUCATIONAL CLASSES

https://www.healthit.gov/sites/default/files/final_smbp_sect_508_tested_no_watermark.pdf

Why Implement an SMBP Program in Your Practice?

Burden of the disease



Hypertension
is the most common reason
chronically ill patients visit a provider.



17 million people are aware of their hypertension and are being treated, but their blood pressure is still not under control.

\$131 billion each year
Direct health care costs related to hypertension.

Payment reform and how providers may be reimbursed for SMBP

Health care payment reform is shifting from fee-for-service to pay-for-value reimbursement, which supports compensation for self-measured blood pressure monitoring.



GROUP PURCHASING PROGRAMS FOR MONITORS

Some medical practices loan monitors to patients or offer group purchasing programs for monitors at cost.



COMPENSATION FOR SMBP MONITORING

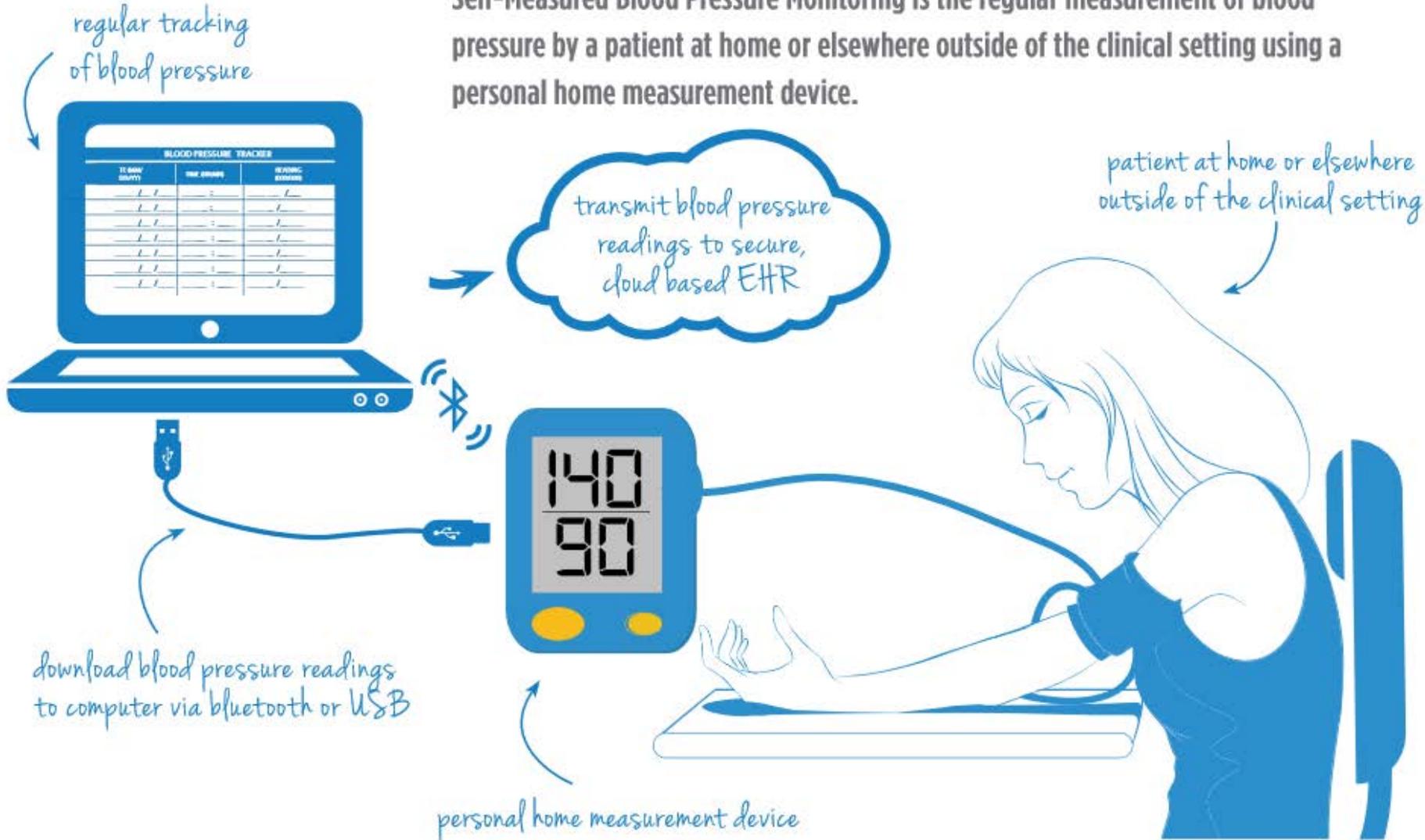
Currently, reimbursement for SMBP varies by health plan for both blood pressure monitors and the service of monitoring blood pressure.



LOANING PROGRAMS FOR MONITORS

What is Self-Measured Blood Pressure Monitoring (SMBP)?

Self-Measured Blood Pressure Monitoring is the regular measurement of blood pressure by a patient at home or elsewhere outside of the clinical setting using a personal home measurement device.



How to Successfully Implement an SMBP Program in Your Practice

CLICK ON THE BUTTONS TO LEARN MORE



LEARN METHODS FOR MONITORING



TEACH SMBP TO PATIENTS



USE EHR TECHNOLOGY EFFECTIVELY



COMMUNICATE WITH PATIENTS



DEVELOP PRACTICE WORKFLOW STEPS



GET INVOLVED

Why



Why Community Paramedics and Pharmacists?

Community Wellness Grant (CWG) Strategy 2.3

- “Increase engagement of non-physician team members in hypertension management in community health care systems”

Community Wellness Grant (CWG) Strategy 2.7

- “Increase engagement of community pharmacists in the provision of medication –self management for adults with high blood pressure”

Knowledge Check



What is a Self-Measured Blood Pressure Monitoring Program?

- A. The regular measurement of blood pressure by a patient at home using a personal home measurement device
- B. The regular measurement of blood pressure by a patient outside of the clinical setting using a personal home measurement device
- C. Plus clinical support
- D. A, B, and C

Knowledge Check



What is a Self-Measured Blood Pressure Monitoring Program?

- A. The regular measurement of blood pressure by a patient at home using a personal home measurement device
- B. The regular measurement of blood pressure by a patient outside of the clinical setting using a personal home measurement device
- C. Plus clinical support
- D. **A, B, and C**

SMBP Partner Opportunity

PartnerSHIP 4 Health Deliverables

- 7 Blood Pressure Cuffs*
- \$4,000*
- Technical Assistance*

Partner Deliverables

- Self-Measured Blood Pressure Monitoring Loaner Program Policy and Protocol*
- One Screening Event with a Vulnerable Population*
- Completion of MDH Pharmacy Survey*
- Completion of PartnerSHIP 4 Health Pre and Post-Intervention Survey*



SMBP Program Partners

Community Paramedic Partners

- F-M Ambulance Service*
- Perham Area EMS*
- Ringdahl EMS*

Pharmacy Partners

- Family Healthcare – Clinical Pharmacist*
- Moorhead Medical Pharmacy*
- Perham Health Pharmacy*



Spotlight: Pharmacy



Brody Maack, Family Healthcare - Clinical Pharmacist

- Overview*
- Program Development*
- Challenges*
- Successes*
- Lessons Learned*
- Moving Forward*



Success Story: Blood Pressure Program Empowers Patients

http://www.partnership4health.org/assets/etoFileBrowser/FHC_BP_CWG_final.pdf

Overview



Family Healthcare

Clinical Pharmacist SMBP Program

- High Blood Pressure is common among patients at Family HealthCare (Fargo, ND)*
- Wishlist: help with accurate diagnosis of hypertension and empower patients to monitor their blood pressure at home*
- Partnered to offer a Self-Measured Blood Pressure Monitoring Loaner program*

Development



SMBP Monitoring Program Development Process

- reviewed best practices*
- engaged pharmacy students*
- created a patient education protocol*
- created a patient follow-up protocol*
- created a cleaning and re-lending policy*
- developed a referral system*

Challenges and Supports



- Implementation Challenges: Low utilization*
- Implementation Supports*
 - Medication adherence problems*
 - Lack of ability to purchase a BP monitor*
 - Lack of any current home BP monitoring program*
 - Best practice*

Successes



- identified several patients previously undiagnosed with hypertension*
- helped patients identify additional lifestyle methods*
- connected patients with services like FMACP*
- partnering with PS4H has enabled FHC to intentionally engage patients in self-management activities, which in turn helps keep patients at home, out of the hospital and emergency departments, as well as improve individual patient outcomes*

Lessons Learned



Collaborative management = key to patient health

NDSU pharmacy student interns

Fargo-Moorhead (F-M) Ambulance Community Paramedics (FMACP)

FHC dietitian

FHC providers + clinical pharmacist = medication therapy management

Moving Forward



- ❑ *Continue to educate provider and nursing staff about the program*
- ❑ *Promote program use among provider and nursing staff*
- ❑ *Continue to expand upon collaboration with the local community paramedic programs to help with home BP monitoring and medication reconciliation/adherence*

Knowledge Check

What are some of the benefits of the Family Healthcare Self-Measured Blood Pressure Monitoring Loaner Program? (Select all that apply)

- A. Identification of patients previously undiagnosed with hypertension
- B. Provider collaboration with the clinical pharmacist in regards to medication therapy management
- C. Improved patient outcomes
- D. All of the Above

Knowledge Check



What are some of the benefits of the Family Healthcare Self-Measured Blood Pressure Monitoring Loaner Program? (Select all that apply)

- A. Identification of patients previously undiagnosed with hypertension
- B. Provider collaboration with the clinical pharmacist in regards to medication therapy management
- C. Improved patient outcomes
- D. All of the Above**

Spotlight: Community Paramedic

F-M Ambulance Service

- Overview*
- Development*
- Patient Scenarios*
- Challenges/Supports*
- Lessons Learned*
- Moving Forward*



Success Story: Partnering For Better Blood Pressure Control

http://www.partnership4health.org/assets/etoFileBrowser/CWG_Partnering%20for%20Better%20Blood%20Pressure%20Control.pdf



Overview



- ❑ *January 2016 - Sanford Health's F-M Ambulance (FMA) Service Community Paramedic Program met with PartnerSHIP 4 Health (PS4H)*
- ❑ *PS4H offered funds and guidance to develop and implement the Self-Measured Blood Pressure (SMBP) Monitoring Loaner Program*
- ❑ *FMA partnered with a clinical pharmacist and pharmacy students from Family Healthcare in Fargo, North Dakota*
- ❑ *Promoted the program in conjunction with Sanford Health, and started offering it to patients in August 2016*
- ❑ *Referrals are made through Sanford Health's primary care clinics, walk-in clinic, and inpatient settings*



Development



- ❑ *According to Jason Jordahl, FMA Community Paramedic, “Many patients did not realize they could check their blood pressure at home. Now that they are doing it, seeing their numbers on a daily basis gives them peace of mind.”*
- ❑ *Patients are encouraged to bring their daily pressures to their medical appointments and share them with their medical team.*
- ❑ *Sherm Syverson, FMA senior director, understands the value of this program for vulnerable populations and explains, “Many of the patients in the SMBP program are not able to access care due to mobility or transportation issues. This program offers another way these patients can partner to manage their own care in their own home.”*



Patient #1



- 89-year-old female with history of high blood pressure*
- No primary care provider*
- On a medication to control her blood pressure with little effect*
- After enrolling in SMBP, had consistent morning readings of 179/90-190/110 with slightly lower readings in the evening of 150/90-160/100*
- Urged to connect with a provider to manage her blood pressure.*
- CPs continue to visit*



Patient #2



- ❑ *78-year-old female with cognitive issues*
- ❑ *Referred by provider who wanted insight into the patient's home environment*
- ❑ *The patient's blood pressure readings varied*
- ❑ *initial home visit, patient had difficulty using the blood pressure cuff, but the CP continued to help.*
- ❑ *After a few days of home blood pressure monitoring, readings decreased from 190/100 to 130/80.*



Patient #3



- ❑ *74-year-old female with moderate to severe anxiety triggered by high blood pressure readings*
- ❑ *Older wrist-style blood pressure cuff replaced with a new cuff*
- ❑ *Consistently well-controlled pressures*
- ❑ *Doctor adjusted her medication*
- ❑ *Average reading 120/70 - controlled daily pressures along with the bi-weekly CP visits lowered her anxiety level*



Challenges and Supports



- Implementation Challenges: finding our own work flow*
- Implementation Supports: increase community knowledge and encourage people to be more accountable for their own health*



Lessons Learned



- ❑ *According to EMS Director Sherm Syverson, “Prolonged unmanaged high blood pressure often leads to stroke and prolonged nursing home stays, which is an expensive way to manage health care.”*
- ❑ *PartnerSHIP 4 Health connects the dots, and together, we are teaching patients how to manage their care at home. It also increases patient satisfaction and lowers overall health care costs.”*



Moving Forward



- ❑ *Continue our current plan and increase as we can. We want to partner with clinics and physicians and APP's to continue to do this - it helps when we have a focused population.*
- ❑ *PartnerSHIP 4 Health promotes preventive care, innovatively bringing community paramedics, pharmacists and clinics together to make an impact on blood pressure.*



Knowledge Check



What are some of the benefits of the F-M Ambulance Self-Measured Blood Pressure Monitoring Loaner Program? (Select all that apply)

- A. Teaches patients how to manage their care at home
- B. Increases patient satisfaction
- C. Lowers overall healthcare costs
- D. All of the above

Knowledge Check



What are some of the benefits of the F-M Ambulance Self-Measured Blood Pressure Monitoring Loaner Program? (Select all that apply)

- A. Teaches patients how to manage their care at home
- B. Increases patient satisfaction
- C. Lowers overall healthcare costs
- D. All of the above**

Joint Screening Event



July 2016: *F-M Ambulance Community Paramedics* Chris Neu and Jason Jordahl, *Family Healthcare Clinical Pharmacist* Brody Maack and *NDSU Pharmacy Students* spent the day at the local Emergency Food Pantry checking blood pressures for those who may not have access to healthcare, or those who don't actively seek it out. They also educated participants about the importance of continuing to monitor their blood pressure.

<http://www.fmambulance.com/files/pdf/2016%20Fall.pdf>

Outcomes



August-December 2016 SMBP Monitoring Outcomes

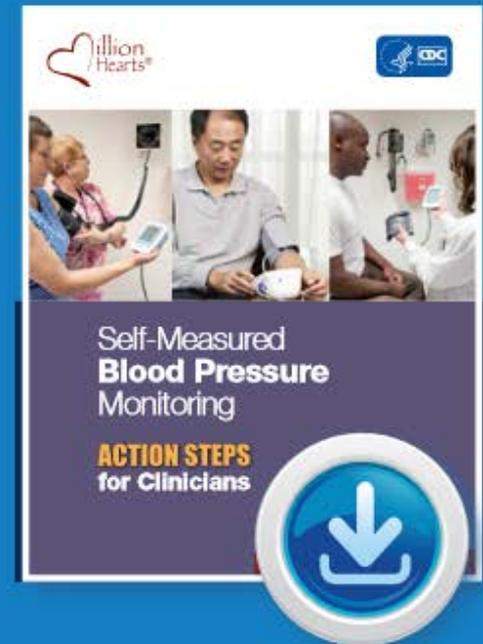
Item	Family Healthcare	F-M Ambulance
Referral sources	Physicians Nurse Practitioners Physician Assistants	Clinics Hospitals Community Paramedics Pharmacists Home Health Agency Physicians Nurse Practitioners Physician Assistants Health Coach
# referrals	NA	20
# patients receiving BP cuff	9	14
# SMBP patients better able to manage BP	7	10
# SMBP patients able to decrease BP medications	0	5
% return rate of BP cuffs	100%	60%

Improve Your Patients' Health:

CDC REPORT:

“SELF-MEASURED BLOOD PRESSURE MONITORING: ACTION STEPS FOR CLINICIANS”

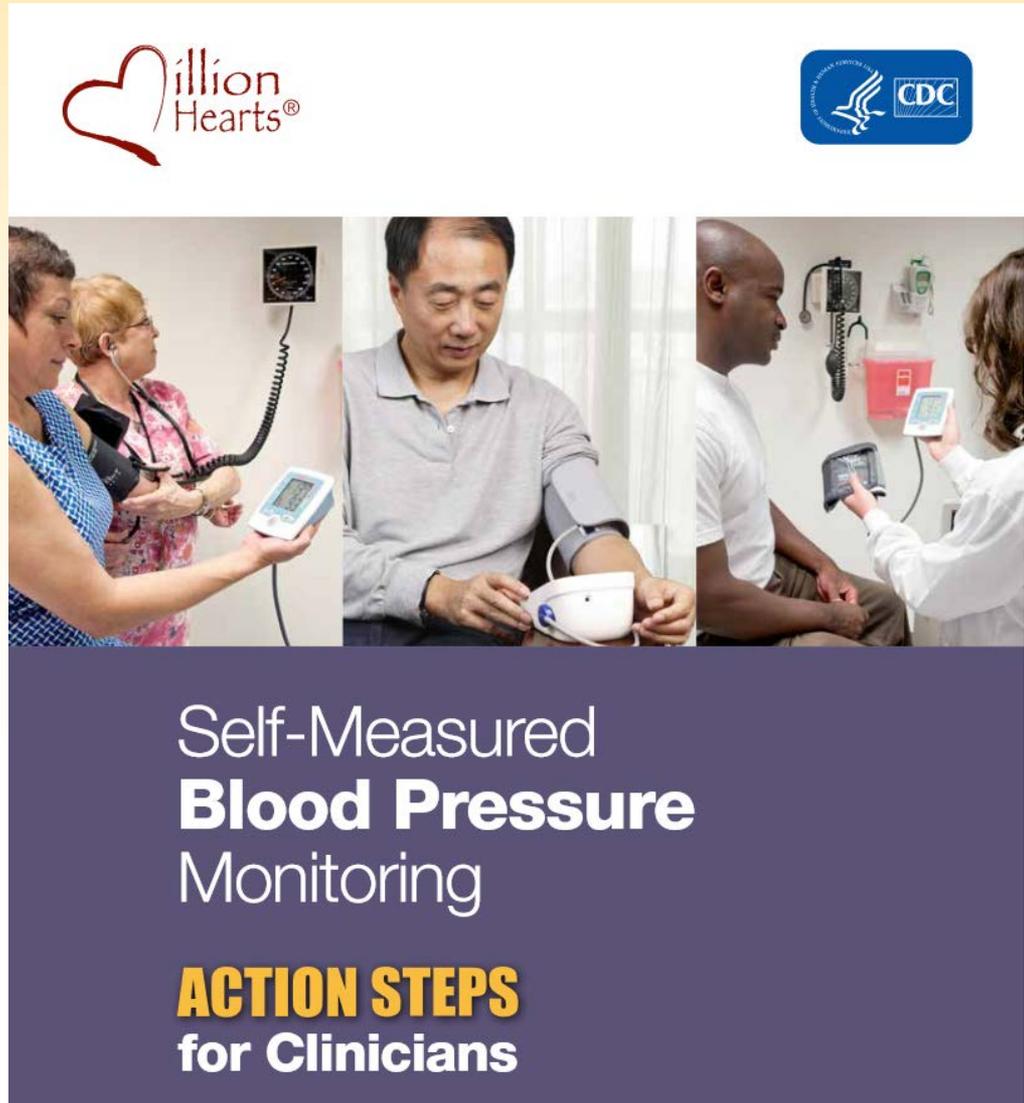
Be sure to read this very worthwhile report to learn more about how self-measured blood pressure monitoring can effectively improve your patients' health.



https://www.healthit.gov/sites/default/files/final_smbp_sect_508_tested_no_watermark.pdf

Self-Measured Blood Pressure Monitoring: Action Steps for Clinicians

SMBP plus additional clinical support is one strategy that can reduce the risk of disability or death from high blood pressure. The purpose of this CDC guide is to help clinicians implement SMBP in their practices by providing evidence-based action steps and resources.



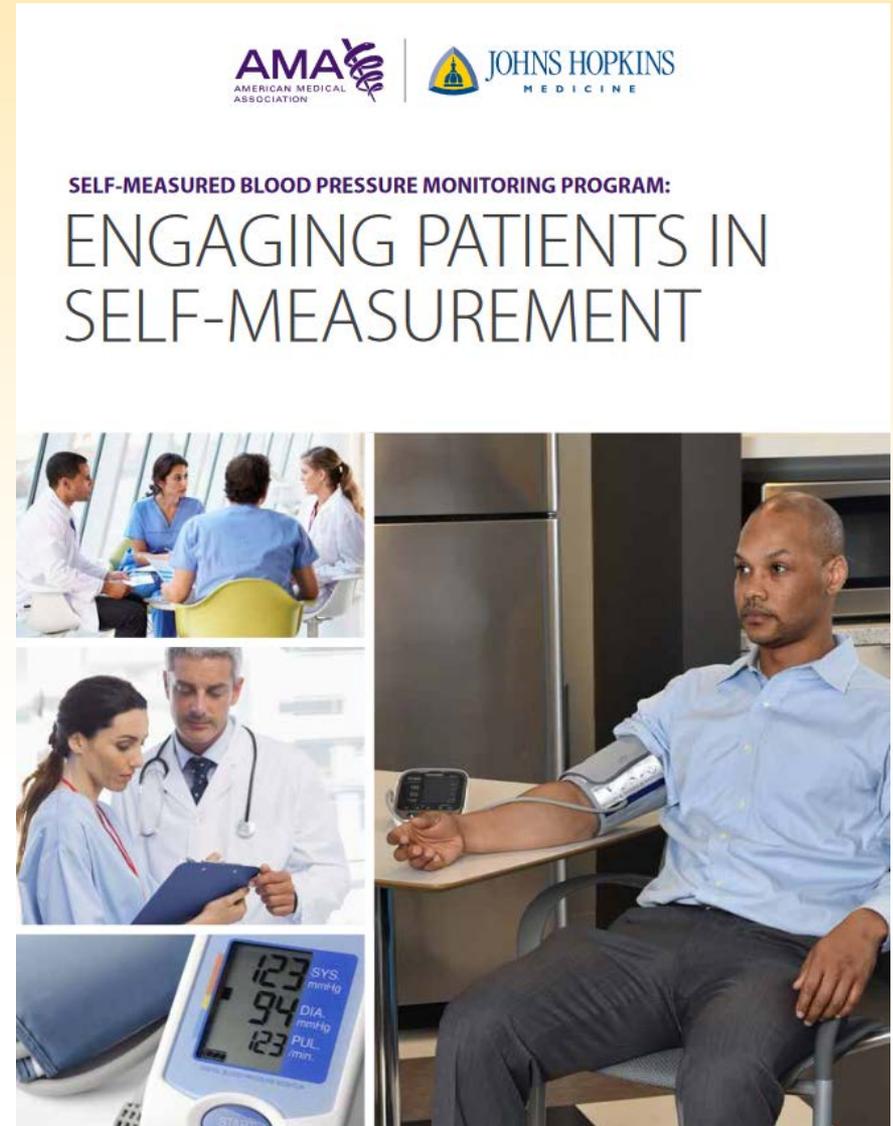
The image shows the cover of a CDC guide. At the top left is the 'Million Hearts' logo, which consists of a red heart shape and the text 'Million Hearts'. At the top right is the CDC logo, which is a blue square with a white eagle and the text 'CDC'. Below the logos is a photograph of three people in a clinical setting. On the left, a woman in a blue patterned top is holding a white blood pressure monitor. In the center, a man in a grey polo shirt is sitting and looking at the monitor. On the right, a woman in a white lab coat is holding another white blood pressure monitor. The background shows a clinical room with a stethoscope on the wall and a red first aid kit. Below the photograph is a dark blue banner with white text that reads 'Self-Measured Blood Pressure Monitoring' and 'ACTION STEPS for Clinicians'.

<https://millionhearts.hhs.gov/tools-protocols/smbp.html>



Self-Measured Blood Pressure Monitoring Program: Engaging Patients in Self-Measurement

This program, from the American Medical Association and Johns Hopkins Medicine, is designed for use by physician offices and health centers to engage patients in SMBP. This program describes various ways that the patient can obtain blood pressure measurements outside of the clinical office either through the purchase of a device or a physician-led blood pressure monitor loaner program.



<https://millionhearts.hhs.gov/tools-protocols/smbp.html>

Self-Measured Blood Pressure Monitoring: Action Steps for Public Health

Strong evidence suggests that SMBP—when combined with regular support from trained health care professionals—is effective in lowering blood pressure among hypertensive patients. This Centers for Disease Control and Prevention (CDC) guide outlines action steps that public health practitioners can take to support SMBP.



Self-Measured **Blood Pressure** Monitoring



<https://millionhearts.hhs.gov/tools-protocols/smbp.html>



Discussion



