



A Low-Pressure Approach to Controlling High Blood Pressure: **Healthy Heart Ambassador Blood Pressure Self-Monitoring Program**

May 26, 2021

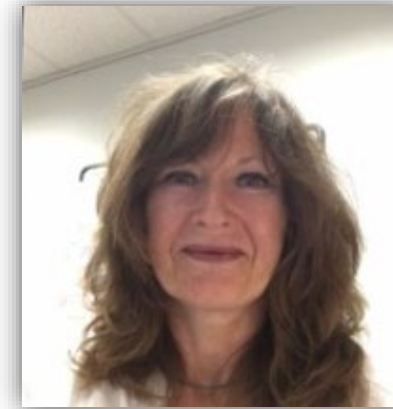
Welcome

- Purpose of webinar
 - Introduction to Healthy Heart Ambassador Blood Pressure Self-Monitoring Program
- Presenter:
 - Cindy Biederman, MSN, RN, Practice Transformation Specialist - Quality Insights
- Q&A - Coach Panel:
 - Kelli Janowski, MS, RD, LDN
 - Wendy Bailey, M.Ed. NCC NCS Delaware Division of Public Health

There are no identified conflicts of interest.



Cindy Biederman
Quality Insights



Kelli Janowski
DE Division of Public Health



Wendy Bailey
DE Division of Public Health

Housekeeping Notes

- All attendee lines are muted
- Please submit your questions to our panelists via the Q&A feature
- Questions will be addressed at the end of the session, as time permits



Continuing Education Credits


- To complete the course, the learner must:
 - Complete the 60-minute webinar
 - Complete evaluation
- Continuing Education
 - **Nursing:** This course is approved for 1.0 hours of Continuing Education for Nursing. Quality Insights accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.
 - **Physicians:** The CAMC Health Education and Research Institute designates this internet enduring material activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.



Learning Outcomes

- After this course, participants will be able to:
 - Describe the components of the Delaware Healthy Heart Ambassador Blood Pressure Self-Monitoring program
 - Summarize the evidence supporting self-monitoring of blood pressure for hypertension control
 - Plan ways to engage patients or self in Healthy Heart Ambassador Blood Pressure Self-Monitoring





Polling Question #1

I am a:

- A. Medical provider
- B. Other healthcare professional
- C. Patient or family member



Delaware Diabetes and Heart Disease Prevention and Control Program

Healthy Heart Ambassador – Blood Pressure Self-Monitoring Program

More Than One-Third of Delaware Adults Report Having Hypertension in 2019



Healthy Heart Ambassador-Blood Pressure Self-Monitoring



The Surgeon General's Call to Action to Control Hypertension



Participant Benefits

- Four months of personalized support
- Blood pressure monitor (if needed)
- Bi-weekly virtual coaching sessions
- Monthly virtual nutritional support
- Live virtual cooking demos



Healthy Heart Ambassador Blood Pressure Self- Monitoring Flyer

- Quality Insights will email this flyer to all webinar participants

Healthy Heart Ambassador BLOOD PRESSURE Self-Monitoring Program

- Do you have **high blood Pressure (BP)** or take medication to control your BP?
- Do you struggle to keep your **BP under control**?
- Do you worry about the **health risks** of having high BP?



If you answered YES to the above questions, take advantage of a new **no cost** program that will teach simple yet effective skills to:

- Manage and understand BP.
- Set and achieve health goals.
- Identify and control triggers that can raise BP.
- Adopt healthier eating habits.
- Increase physical activity.

Participants in this program will receive: *(at NO COST)*

- A BP monitor (if needed) and training on how to measure and track your blood pressure at home.
- Virtual one-on-one support from specially trained facilitators and virtual learning sessions over a four month period.
- Cooking demonstrations and nutritional education that will build your confidence to buy, prepare and cook affordable, delicious heart-healthy meals.
- Long-term support to help you make real changes to stay heart healthy.
- Classes will be held virtually (for now).

Participation Requirements:

- ✓ Delaware resident
- ✓ Over 18 years old
- ✓ High BP diagnosis
- ✓ No cardiac events in the previous one year
- ✓ Don't have atrial fibrillation or other arrhythmias
- ✓ Do not have or at-risk for lymphedema



Contact Us:

Please call **302-208-9097** or email **DHSS_DPH_HHA@delaware.gov** to enroll or for more information.

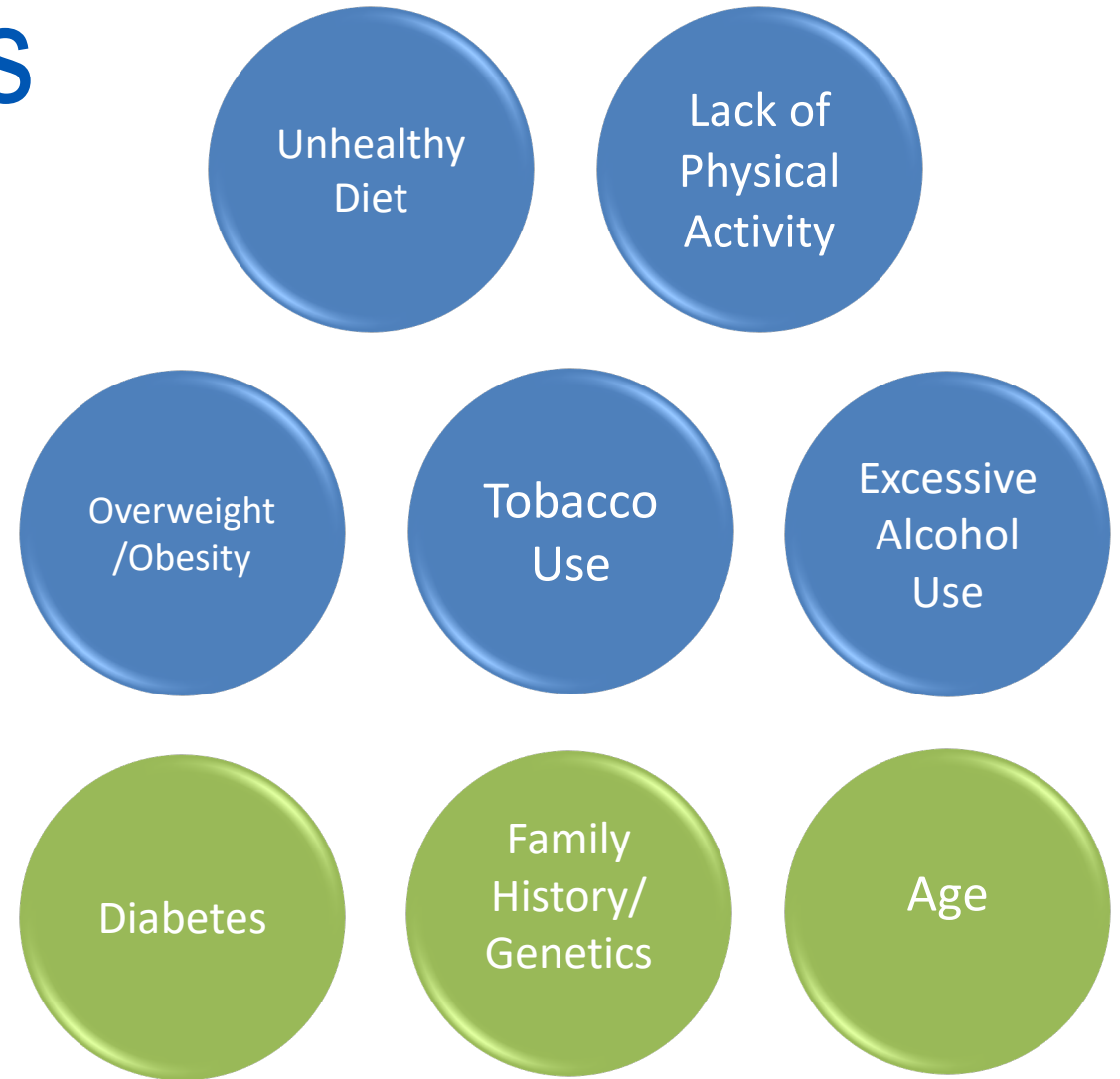
This publication was supported by the Cooperative Agreement Number NUSDP100516 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication number DDPH-HD-041221A



DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health
Diabetes and Heart Disease Prevention and Control Programs

Blood Pressure Basics

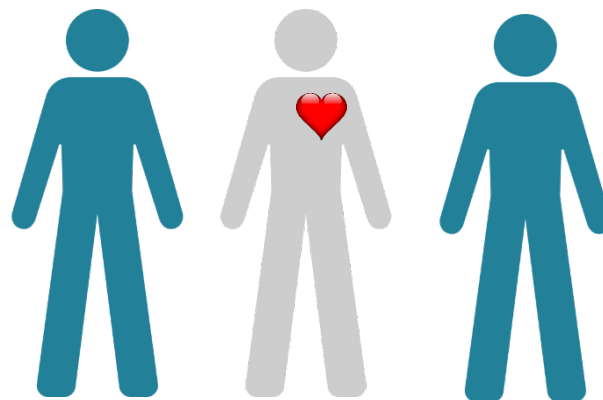
- Risk factors:
 - **Modifiable**
 - **Non-Modifiable**

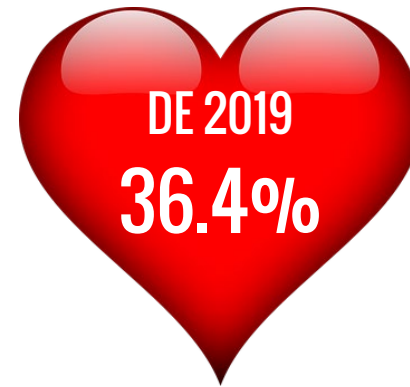




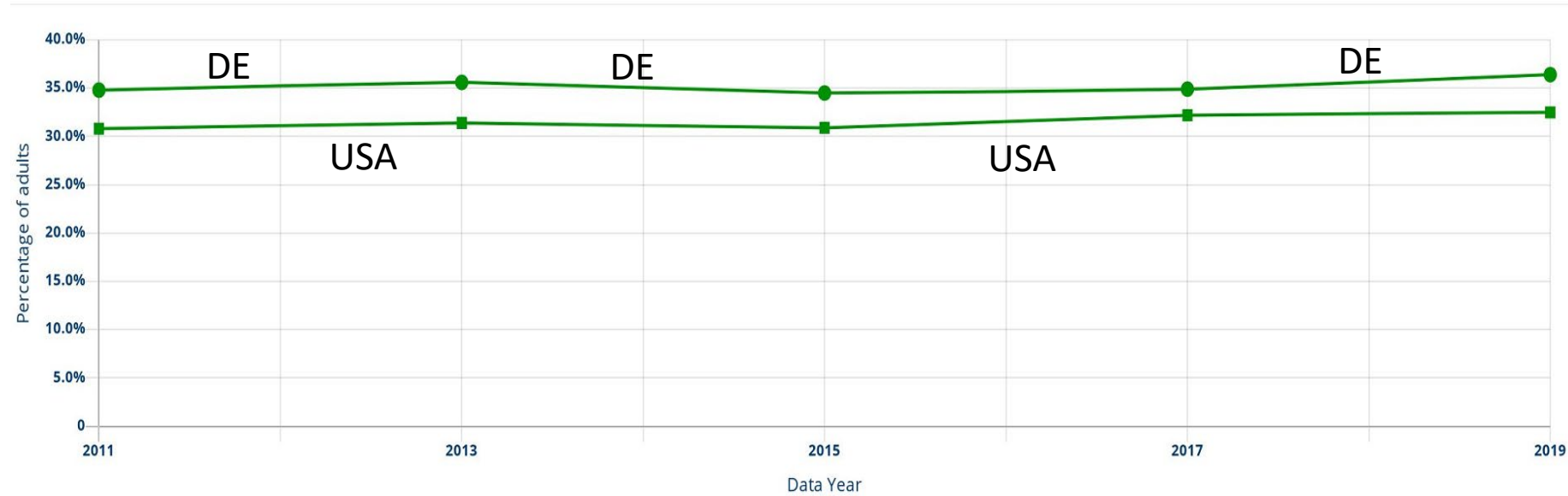
Delaware Diabetes and Heart Disease Prevention and Control Program
Healthy Heart Ambassador – Blood Pressure Self-Monitoring Program

**More Than One-Third of Delaware Adults Report Having
Hypertension in 2019**





Trend: High Blood Pressure, Delaware, United States, 2020 Annual Report



Percentage of adults who reported being told by a health professional that they have high blood pressure

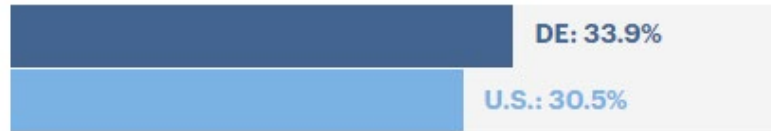
● Delaware

■ United States

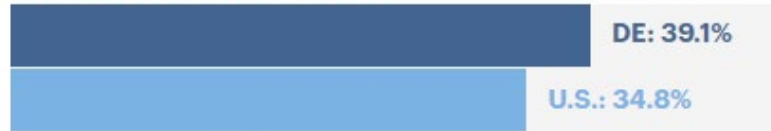


GENDER

High Blood Pressure - Female



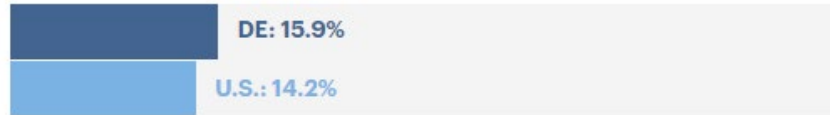
High Blood Pressure - Male



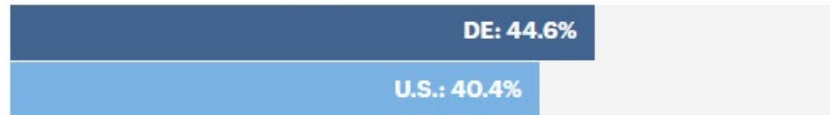
Percentage of adults

AGE

High Blood Pressure - Ages 18-44



High Blood Pressure - Ages 45-64



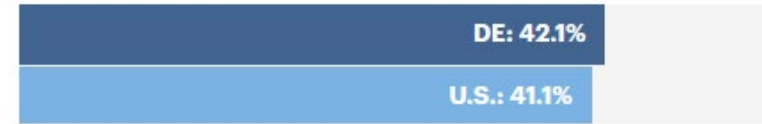
High Blood Pressure - Ages 65+



Percentage of adults

RACE/ETHNICITY

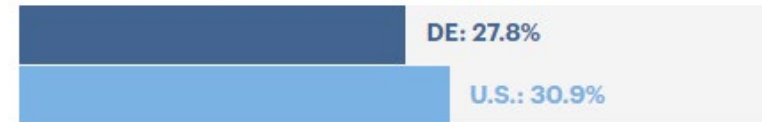
High Blood Pressure - Black



High Blood Pressure - Hispanic



High Blood Pressure - Multiracial



High Blood Pressure - White



Percentage of adults

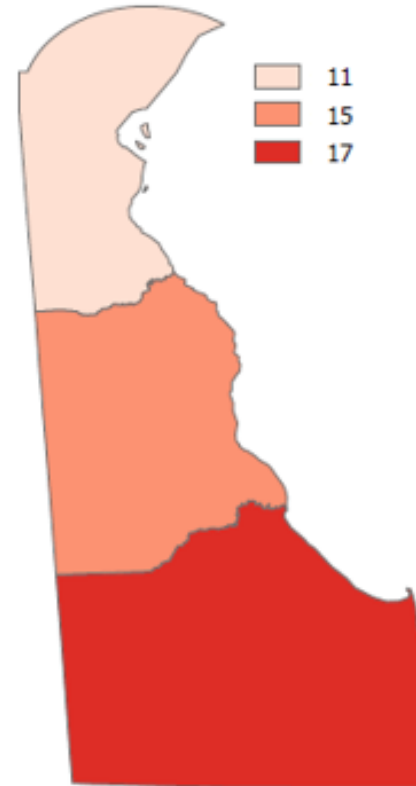


Hypertension and COVID-19

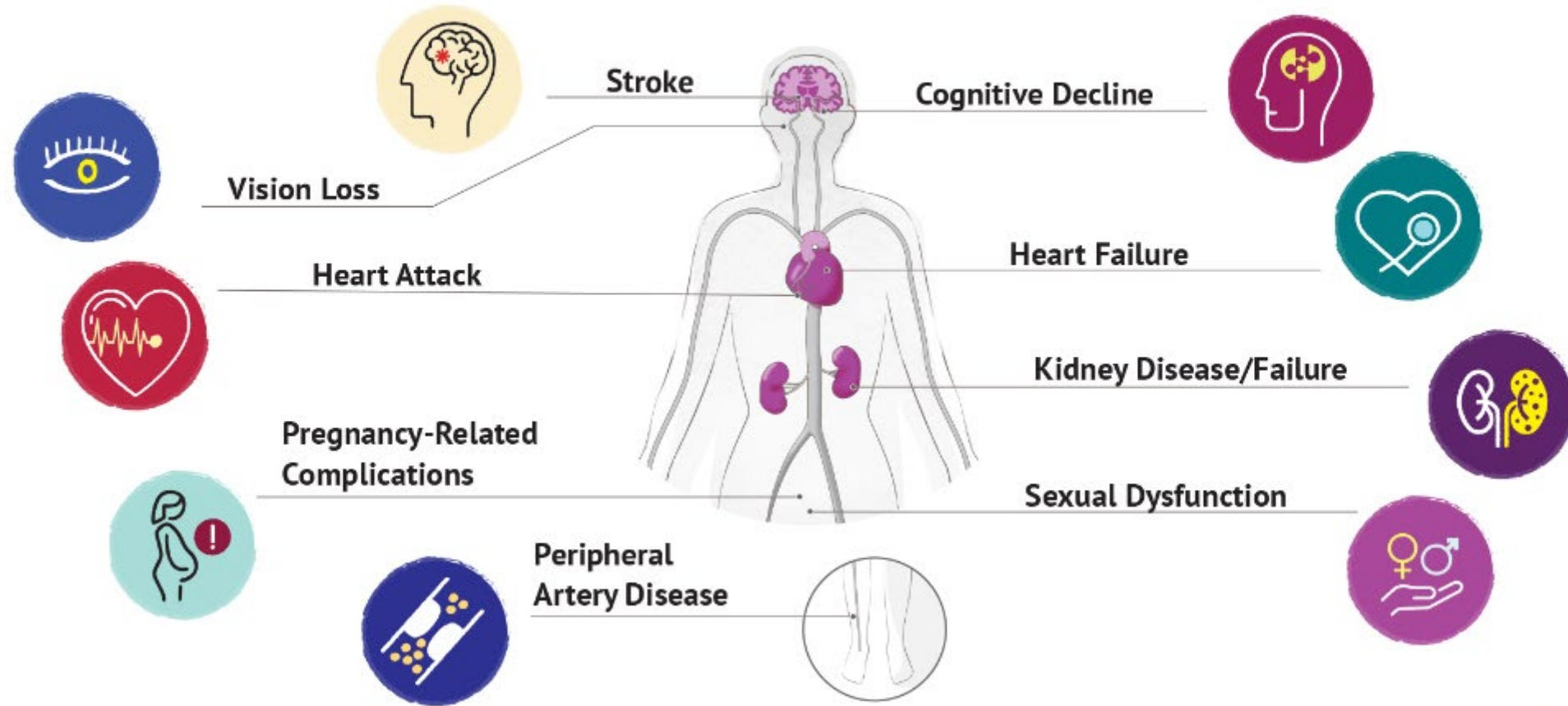
Figure 3: Delaware COVID-19 Cases per 10,000 as of February 18, 2021



Figure 4: Delaware COVID-19 Deaths per 10,000 as of February 18, 2021



Health Problems Caused by Hypertension



◀ HIGH BLOOD PRESSURE BASICS ▶

1 IN 3

American adults have
high blood pressure



High blood pressure
contributes to

**~1,000
DEATHS/DAY**



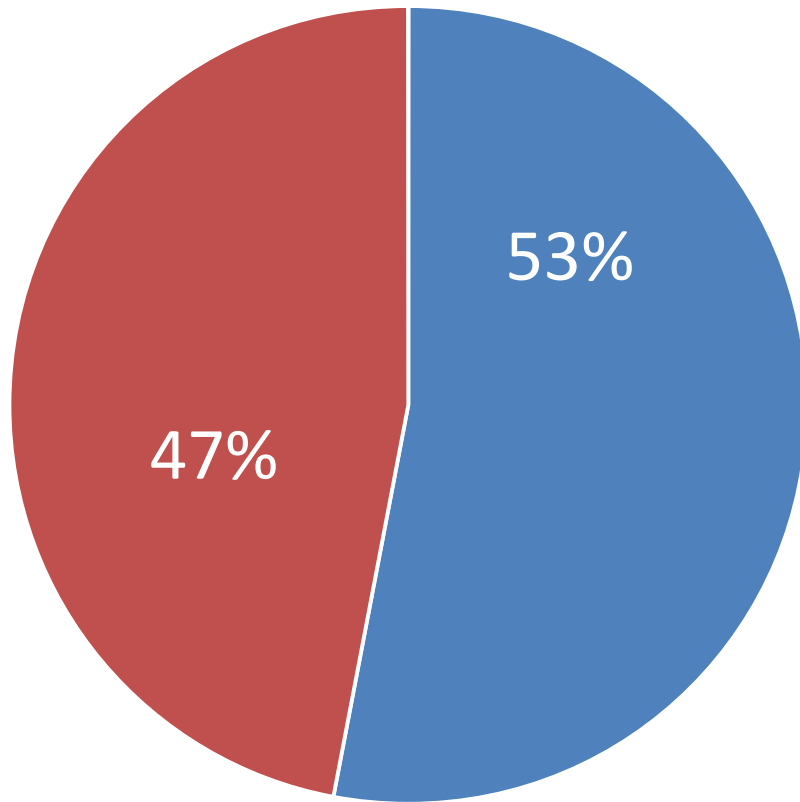
When your blood pressure is **high**:

You are **4x** more likely
to die from a stroke



You are **3x** more likely
to die from heart disease





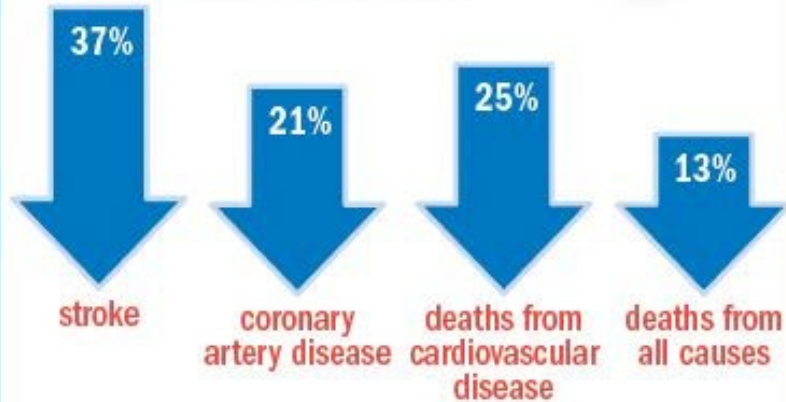
ONLY ABOUT HALF
of people with high blood
pressure have their condition
under control

Source: Centers for Disease Control and Prevention



The benefits of blood pressure control

Lowering the U.S. population's average systolic blood pressure (the top number in a blood pressure reading) by 12 to 13 mm Hg could reduce





Polling Question #2

Which of the following is NOT true about high blood pressure?

- A. High blood pressure makes the heart work harder than it should.
- B. High blood pressure increases one's risk for developing heart disease, developing kidney disease and for having a stroke.
- C. Once high blood pressure develops, it usually lasts a lifetime. It can't be managed.
- D. It is especially dangerous because it often has no warning signs or symptoms.



Healthy Heart Ambassador- Blood Pressure Self-Monitoring Program

- No Cost
- Evidence-based
- Empowers adults with high blood pressure to take control of their blood pressure
- Focuses on management of high blood pressure through regular self-monitoring and heart-healthy lifestyles



What will you learn in Healthy Heart Ambassador Blood Pressure Self-Monitoring?

- Simple and proven ways to:
 - Manage and understand blood pressure
 - Measure and track blood pressure
 - Set and achieve health goals
 - Identify and control triggers that can raise blood pressure
 - Adopt healthier eating habits
 - Increase physical activity



How does it work?

- Virtual via ZOOM
- 1:1 consultations with program facilitator
- Weekly check-ins by phone, email, or text
- Monthly nutrition education seminars
- Participants will be responsible to provide their providers with updates



Self-Monitored Blood Pressure





Self-Measured Blood Pressure Monitoring



ACTION STEPS for Public Health Practitioners

A MILLION HEARTS

Domain 3: Health Care System Interventions
Self-Measured Blood Pressure

Self-Measured Blood Pressure Monitoring With Clinical Support

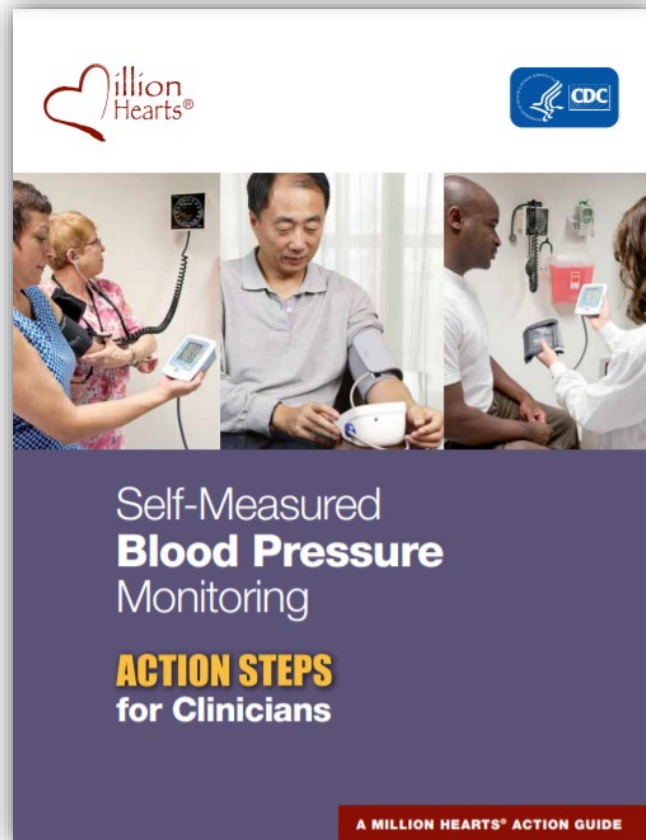
Self-measured blood pressure monitoring (SMBP) involves a patient's regular use of personal blood pressure monitoring devices to assess and record blood pressure across different points in time outside of a clinical or community or public setting, typically at home.^{1,2} When combined with clinical support (e.g., one-on-one counseling, web-based or telephonic support tools, education), SMBP can enhance the quality and accessibility of care for people with high blood pressure and improve blood pressure control.³

Summary	Evidence of Effectiveness						
SMBP with clinical support involves training patients to regularly monitor and record their own blood pressure at home with a personal device and rely on clinical support as needed. SMBP is a cost-effective strategy for lowering blood pressure and increasing medication adherence.	<table><tr><td>Effect</td><td>Implementation Guidance</td><td>Research Design</td></tr><tr><td>Internal Validity</td><td>Independent Replication</td><td>External & Ecological Validity</td></tr></table> <p>Legend: Well supported Supported Promising Emerging Unsupported Harmful</p>	Effect	Implementation Guidance	Research Design	Internal Validity	Independent Replication	External & Ecological Validity
Effect	Implementation Guidance	Research Design					
Internal Validity	Independent Replication	External & Ecological Validity					
Stories From the Field: Millgrove Medical Center (Norristown, Pennsylvania).	<table><tr><td>Health Impact</td><td>Health Disparity Impact</td><td>Economic Impact</td></tr><tr><td>Supported</td><td>Moderate</td><td>Insufficient</td></tr></table> <p>Legend: Supported Moderate Insufficient</p>	Health Impact	Health Disparity Impact	Economic Impact	Supported	Moderate	Insufficient
Health Impact	Health Disparity Impact	Economic Impact					
Supported	Moderate	Insufficient					

Best Practices for Cardiovascular Disease Prevention Programs

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Domain 3: Health Care System Interventions
Self-Measured Blood Pressure

Self-Measured Blood Pressure Monitoring With Clinical Support

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	Internal Validity Independent Replication External & Ecological Validity
Stories From the Field: Millgrove Medical Center (Norristown, Pennsylvania).	Evidence of Impact
	Health Impact Health Disparity Impact Economic Impact

Legend: Well supported/Supported Promising/Emerging Unsupported/Harmful

Legend: Supported Moderate Insufficient

Best Practices for Cardiovascular Disease Prevention Programs

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Why take blood pressure at home?



Home Blood Pressure Monitor

- Validated Bluetooth blood pressure cuff
- No cost
- Training on how to measure and track BP at home



Virtual Learning Sessions

- Virtual, four-month program
- Individual 1:1 support from specially trained health coaches
- Goal setting, action planning, and BP tracking



Nutrition Education

DASH EATING PLAN

A Week With the DASH Eating Plan

The DASH eating plan requires no special foods and has no hard-to-follow recipes. The following DASH menus allow you to plan healthy, nutritious meals for a week. There are a variety of delicious whole foods that fill you up while fueling your body and lowering your blood pressure and cholesterol levels. You'll find plenty of fruits and vegetables, fish, poultry, lean meats, beans, nuts, whole grains and low-fat dairy.

Built around the recommended number of servings in each of the DASH food groups, these menus sometimes call for you to use lower sodium, low-fat, fat-free, or reduced-fat versions of products. These menus are based on 2,000 calories a day. Serving sizes should be increased or decreased for other calorie levels. Daily sodium levels are either 2,300 milligrams or, by making the suggested changes, 1,500 milligrams.

The total daily servings by DASH food group are listed at the top. Next to each food item on the daily menu, you can check the exact serving amount for that item.

HEALTHY EATING, PROVEN RESULTS

Eating a variety of delicious foods and cutting back on salt can help lower your blood pressure. What are you waiting for? Take control of your heart health with the DASH eating plan.

These menus give examples of heart healthy meals. How can you create your own and make the DASH eating plan part of your daily life?

- Start by learning how your current food habits compare with the DASH eating plan by using the What's on Your Plate? worksheet for a few days.
- Explore the Heart Healthy Eating webpage (hearthealthy.eatright.org) to try new foods or learn how to make old favorites heart healthy.
- Choose your favorite foods from each of the DASH food groups based on your daily calorie needs to make your own healthy menus.
- Don't worry if some days are off target for your daily totals. Just try your best to keep the average of several days close to the recommended servings and sodium levels.

Following the DASH eating plan means you'll be eating delicious food that is also good for you. It can help you control your blood pressure, manage your weight, and lower LDL (bad) cholesterol levels—keeping your heart healthy.

whole grain roll
kidney beans
walnuts
bell pepper
chicken
rosemary
yogurt
blueberries

KEY TO FOOD GROUPS

- Grains
- Vegetables
- Fruits
- Dairy
- Meats, Fish, and Poultry
- Nuts, Seeds, and Legumes
- Fats and Oils
- Sweets and Added Sugars

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/dash

National Heart, Lung, and Blood Institute

Higher Sodium Choices

Lower Sodium Choices

Top slice of bread
200 mg

1 teaspoon mustard
120 mg

1 leaf of lettuce
2 mg

1 slice of cheese
310 mg

6 thin slices of turkey
690 mg

Bottom slice of bread
200 mg

Top slice of bread
110 mg

1 teaspoon mustard
120 mg

1 leaf of lettuce
2 mg

1 slice of cheese
135 mg

6 thin slices of turkey
440 mg

Bottom slice of bread
110 mg

Total = 1,522 mg
per whole sandwich

Total = 917 mg
per whole sandwich

Food	Sodium Range (in milligrams)
1 slice white bread	80 - 230
3 oz turkey breast, deli or pre-packaged luncheon meat	450 - 1,050
4 oz slice frozen pizza, plain cheese, regular crust	370 - 730
4 oz slice restaurant pizza, plain cheese, regular crust	510 - 760
4 oz boneless, skinless chicken breast, fresh	40 - 330
3 oz chicken strips, restaurant, breaded	430 - 900
3 oz chicken nuggets, frozen, breaded	200 - 570
1 cup chicken noodle soup, canned prepared	100 - 940
1 corn dog, regular	350 - 620
1 cheeseburger, fast food restaurant	710 - 1,690
1 oz slice American cheese, processed (packaged or deli)	330 - 460
1 cup canned pasta with meat sauce	530 - 980
5 oz pork with barbecue sauce (packaged)	600 - 1,120
1 oz potato chips, plain	50 - 200





Program Eligibility

- 18 years or older
- Diagnosis of hypertension or prescribed medication for high BP
- No cardiac event in the previous one year
- Not have atrial fibrillation or other arrhythmias
- Not diagnosed or at-risk for lymphedema





Polling Question #3

Which of following are eligibility requirements for participation in Healthy Heart Ambassador Blood Pressure Self-Monitoring?

- A. 18 years old or older
- B. High blood pressure diagnosis and/or are on anti- hypertensive medication
- C. No recent cardiac event (within one year)
- D. No atrial fibrillation or other arrhythmias
- E. Not diagnosed with or at-risk for lymphedema
- F. All of the above

Patients: How to Participate

- Contact the Delaware Division of Public Health to enroll or for more information
 - Phone: 302-208-9097
 - Email: DHSS_DPH_HHA@Delaware.gov



Practices: Refer Your Patients

- Direct referral by phone: (302) 208-9097
- Patient portal message
- Text message
- Referral letter

For details, please email:

DHSS_DPH_HHA@Delaware.gov



COMING SOON: For Providers and Practices

- FREE EDISCO™ e-learn
- CMEs and CEUs
- Evidence supporting SMBP plus clinical support
- Details about referral pathways



Providers: Medication Therapy Management

- Refer your patients to **NO-COST MTM**
- Download this [Medication Therapy Management e-Learn flyer](#) for more details



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EDISCOlearn.com

Select the **SIGN IN** icon in the upper right hand corner

NEW USERS: Select Sign Up tab to create account

Enter code:
DEPHS

DELAWARE PUBLIC HEALTH SERIES

Medication Therapy Management:
Evidence-Based Collaboration to Improve Blood Pressure Control

Improving medication adherence is an important way to increase quality and reduce cost. As a medical provider, you no doubt realize the challenges of medication adherence. One evidence-based way to address this problem is collaborating with pharmacists as extended members of your care team to provide medication therapy management (MTM).

During this course, you will explore the methods, goals, and benefits of MTM, as well as evidence that supports its effectiveness. You'll also learn how to facilitate physician-pharmacist collaboration and how to refer certain Delaware patients for no-cost, pharmacist-provided MTM.

This course is part of Quality Insights' ongoing efforts to support Delaware medical practices through our partnership with the Delaware Division of Public Health's implementation of quality improvement initiatives.

Recommended Audience
The information in this course is appropriate for providers and clinical staff.

Questions?
Please contact your Quality Insights Practice Transformation Specialist for questions about course content. For technical assistance with the learning platform, please email EDISCO@qualityinsights.org.

Learning Objectives

- Define medication therapy management (MTM).
- Describe two evidence-based benefits of MTM for patients and providers/practices.
- Explain how to refer Delaware patients on hypertension or cholesterol medications for MTM through the Delaware Pharmacists Society (DPS).

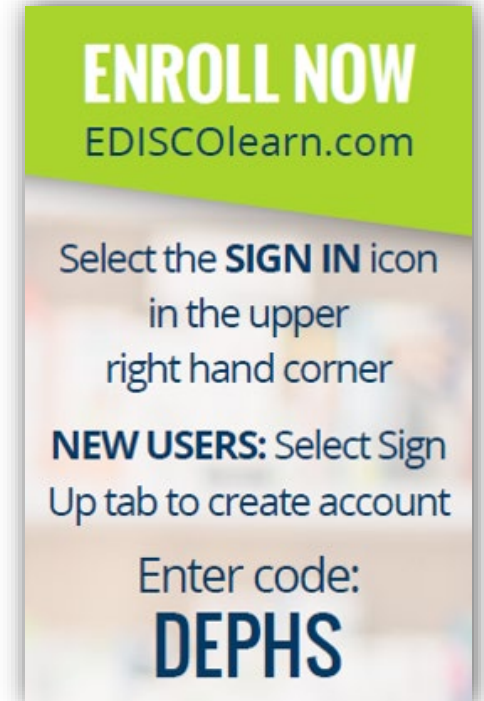
Course Requirements

- Complete the readings, videos, and online activities included in the 60-minute e-learn
- Pass a knowledge check with a score of $\geq 80\%$
- Complete an evaluation

***PLUS: Nursing Continuing Education/Continuing Medical Education (1.0 hour)** is offered with this course at NO COST!

Quality Insights has no conflicts of interest in the development of this course.
This publication was supported by the Cooperative Agreement Number 1A05AP201804563 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication number DEPHS-HD-050721

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DEPHS





Take action to make high blood pressure control a national priority.



Learn more at
cdc.gov/hypertensionCTA.



We've  Got This!



A Low-Pressure Approach to Controlling High Blood Pressure: Today's Call to Action

Patients

- Talk to your healthcare provider
- Understand your eligibility
- Get registered for Healthy Heart Ambassador Blood Pressure Self-Monitoring
- Take charge of your BP

Healthcare Providers

- Select your preferred referral pathway
- Contact us for assistance
- Engage your care team
- Partner with patients
- Be a Healthy Heart Ambassador!



Questions?



Let's ask the coaches ...

Quality Insights Overview

- Non-profit organization focused on improving healthcare quality in the pursuit of better care, smarter spending and healthier people
- Strive to be a change agent, partner and integrator of local organizations collaborating to improve care



QUALITY INSIGHTS

HOW CAN WE HELP?



Evaluation & CE Certificate



Quality
Insights



Delaware Healthy Heart Ambassador WEBINAR

Session: Delaware Healthy Heart Ambassador

A Low Pressure Approach to Controlling High Blood Pressure

OVERVIEW

CONTENT



Passed!

SHOW YOUR ANSWERS

RETAKE THE TEST



Post Evaluation
Test

BACK TO COURSE

ID: W-YVM9Q1



1 / 1 lessons completed

DOWNLOAD YOUR CERTIFICATE





Locate Practice Modules & Other Resources:

<https://improve.qualityinsights.org/Home.aspx>

For more information, please contact Robina Montague:

Email: rmontague@qualityinsights.org | Phone: 1.800.642.8686, ext. 7814



The healthcare improvement experts.

This publication was supported by the Cooperative Agreement Number NU58DP006516 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention. Publication number DEDPH-HD-052521

