

MaineHealth

Accountable Care Organization

BP Link Hypertension Care Pathway

Setting Hypertension as a Mutual Priority

Meeting the Hypertension target is a challenge

- Current data suggests approximately 27% of patients between 18 and 80 years of age have uncontrolled blood pressure.

Our providers and clinicians should be able to:

- Take a proper blood pressure – technique, room set up, etc. *
- Take a second blood pressure if the first blood pressure is elevated (let's try to eliminate white coat syndrome, nerves, rushing to appointment)
- Follow up with patients with high blood pressure appropriately (i.e. reach out to patients and schedule regular blood pressure checks with PCP)
- Communicate efficiently about mutual patients
- Implement an effective workflow among staff

* Training available

Specialty Solutions – PCP “BP Link”

“**BP Link**” is an initiative aimed at improving blood pressure outcomes across the ACO. The goal of “**BP Link**” is to increase communication from the Specialty provider to PCP when shared patients are identified as having elevated blood pressure readings

Specialty Solutions practices participating in **BP Link** include:

- Coastal Women’s Health Care
- Chest Medicine Associates

Any primary care providers that share patients with these Specialty Solutions practices may receive communications about patients with elevated BP values via fax, email, text or phone call based on the BP value result.

Specialty Solutions – PCP “BP Link”

We are piloting a strategy to help improve the care of patients and close the gap in HTN control

- **Strategy:** Specialty Solutions practices will communicate abnormal blood pressures taken at the time of each specialty visit to the patient’s PCP
- **Implementation:** Specialty Solutions practices:
 - Have been trained in proper blood pressure technique
 - Have developed workflows to connect with patient’s PCP, and
 - Agree to utilize the Collaborative Care Form to communicate results
- **Goal:** Get more patient’s blood pressure under control, thereby improving the HTN measure on the ACO heat map across the MaineHealth system to meet the target of 75%

Workflow

Specialty Solutions

1. Blood pressure (BP) result is $\geq 140/90$ → Re-check the blood pressure
2. BP remains $\geq 140/90$ to $< 180/120$ after the re-check → specialist office will fax the Collaborative Care Form to the PCP office within 48 hours. For shared patients (using the same EHR system, staff will message via the EHR)
3. BP remains $\geq 180/120$ → specialist office will call the primary care before the patient leaves the office to arrange immediate follow up
4. BP $\geq 180/120$ with accompanying symptoms, 911 will be called
5. Specialist will document blood pressure in consult note:
 - *"As part of providing comprehensive care, we would like to inform you that upon recheck your patient's blood pressure was _____."*

PCP Office

The primary care team should determine if a follow up appointment is needed and outreach to the patient as needed

Questions and Support

If you would like more information about this pilot and the BP Link initiative, we encourage you to visit the BP Link web page. And if you have questions, please do not hesitate to contact Michele Gilliam at mgilliam@mmc.org