

Improving Clinical Preventive Services to Reduce High Blood Pressure



“Our nine providers now sit down and talk about how we are treating hypertension, ensuring we are treating with the same standards of care. We now are applying this model to other disease processes.”

Jenny Niblock, Provider

Problem

In 2005, one-third of Kansas adults aged 45–64 and about half of adults aged 65 or older reported having high blood pressure.

Project

The Kansas Heart Disease and Stroke Prevention (HDSP) Program and Diabetes Prevention and Control Program formed the Kansas Quality of Care Project. Thirteen clinics received guidelines, educational materials, and training on data collection quality, using data, linking patients to resources, and sharing successes.

Outcomes

The percentage of patients without diabetes who had their blood pressure under control increased from 54.6 percent in 2007 to 63 percent in 2009. Data showed that 98 percent of all project participants with high blood pressure had their blood pressure measured during at least one clinic visit in 2009, and 84 percent were taking medication to control their condition.

Resources

- Centers for Disease Control and Prevention
NHDSP Program: Kansas
www.cdc.gov/dhdsp/programs/nhdsp_program/ks.htm
- Kansas Quality of Care Project
<http://kansasdiabetesactioncouncil.org/kansas-diabetes-action-council/kansas-quality-of-care-project>

For more information please contact Centers for Disease Control and Prevention

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Statement of Problem: High blood pressure increases the risk for heart disease and stroke. In 2005, 24.2 percent of Kansas adults aged 18 years or older reported having high blood pressure. The prevalence is higher among older adults, with one-third of adults aged 45–64 years and about half of those aged 65 years or older reporting the condition. One-fifth of adults with high blood pressure said they were not taking medication to control it.

Project Description: To improve the quality of care for people with high blood pressure in Kansas, the HDSP Program and the Diabetes Prevention and Control Program collaborated to form the Kansas Quality of Care Project in 2007. Thirteen clinics throughout the state received guidelines and educational materials for patients to prevent and manage high blood pressure. The project provided assistance and training to improve data quality, increase data use for improving services, and link patients to community resources.

Outcomes: In 2009, 11 clinics submitted data for 2,303 patients with high blood pressure, including 1,449 without diabetes and 854 with diabetes. The percentage of patients without diabetes who had their blood pressure under control increased from 54.6 percent in 2007 to 63 percent in 2009.

Clinics referring patients with high blood pressure to behavior-change and peer-support programs increased from 69.2 percent to 75 percent, and clinics distributing guidelines on physical activity and blood pressure control to patients increased from 69.2 percent to 75 percent. Furthermore, 98 percent of all project participants with high blood pressure had their blood pressure measured during at least one clinic visit in 2009, and 84 percent were taking medication to control their condition.

Doctors who participated in the Kansas Quality of Care Project reported that the project made them more aware of the importance of following treatment guidelines and developing policies to help patients better manage their blood pressure.