Nurse Leaders Collaborate to Improve Hypertension Prevention, Detection, and Management

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Background

- Chronic illnesses – common & costly

- Cardiovascular disease (CVD) - one of these common chronic conditions in U.S.

Background

(American Heart Association, 2017.; MillionHeart.hhs.gov, 2017)

Costs of CVD are high:

- ~ $316 billion for health care in U.S.
- ~ $1 of $6 for health care in U.S.
- Associated w/ higher morbidity:
  >symptoms, >medications, <work hours, < pay
- Decreased standard of living
- Reduced productivity for society
- Associated w/ higher mortality

(CDC, n.d.; Million Hearts 2022, n.d)

What can nurses do about CVD?

- Address one particular type of CVD, such as HTN
- Identify common nursing practices that can control HTN
  - Primary prevention - Educate people & Create healthy patterns
    - Healthy eating
    - Routine leisure activity at moderate levels most days of week
    - Stress management
  - Secondary prevention - Screen people's BP & refer
  - Tertiary prevention - Support self-management of HTN among those diagnosed
    - Taking meds
    - Monitoring BP
    - Reporting side effects, new symptoms

Hypertension (HTN) in United States

- ~1 in 3 Americans -- 75 million -- has HTN
- > ½ of US adults w/ HTN (54%) don't have their disease under control; ~11 million Americans do not know their BPs are high
- Yet, nearly all, ~90% of adults w/ uncontrolled HTN, have a usual source of health care and insurance
- So, Clinicians are missing opportunities to screen BPs for HTN!

(CDC, 2012; United Health Foundation, 2017; WNA, 2017)

Hypertension in Wisconsin - similar in US

- CVD is leading cause of death
- ~1 in 3 adults (29.6%) has HTN
- Many adults (~40%) unaware they have HTN
- < ½ of people w/ HTN (~46%) have BP controlled
- Most (82.5%) people w/ uncontrolled HTN have healthcare access and
- Are "hiding in plain sight" in healthcare centers

(CDC, 2012; United Health Foundation, 2017; WNA, 2017)

Our Purposes today are to:

- Describe how nurse leaders created an interdisciplinary, statewide collaborative to improve HTN prevention, detection, and management in a midwestern state

- Stimulate interest and engagement by other nurse leaders to create similar collaboratives

Wisconsin Nurses Association

- Has been an advocate for Wisconsin nurses since 1909
- Represents > 80,000 RNs in Wisconsin
- Only registered lobbyist for RNs in the state
- WNA collaborates with American Nurses Association (ANA)
    - ANA represents > 3 million RNs
    - Members of WNA are members of ANA

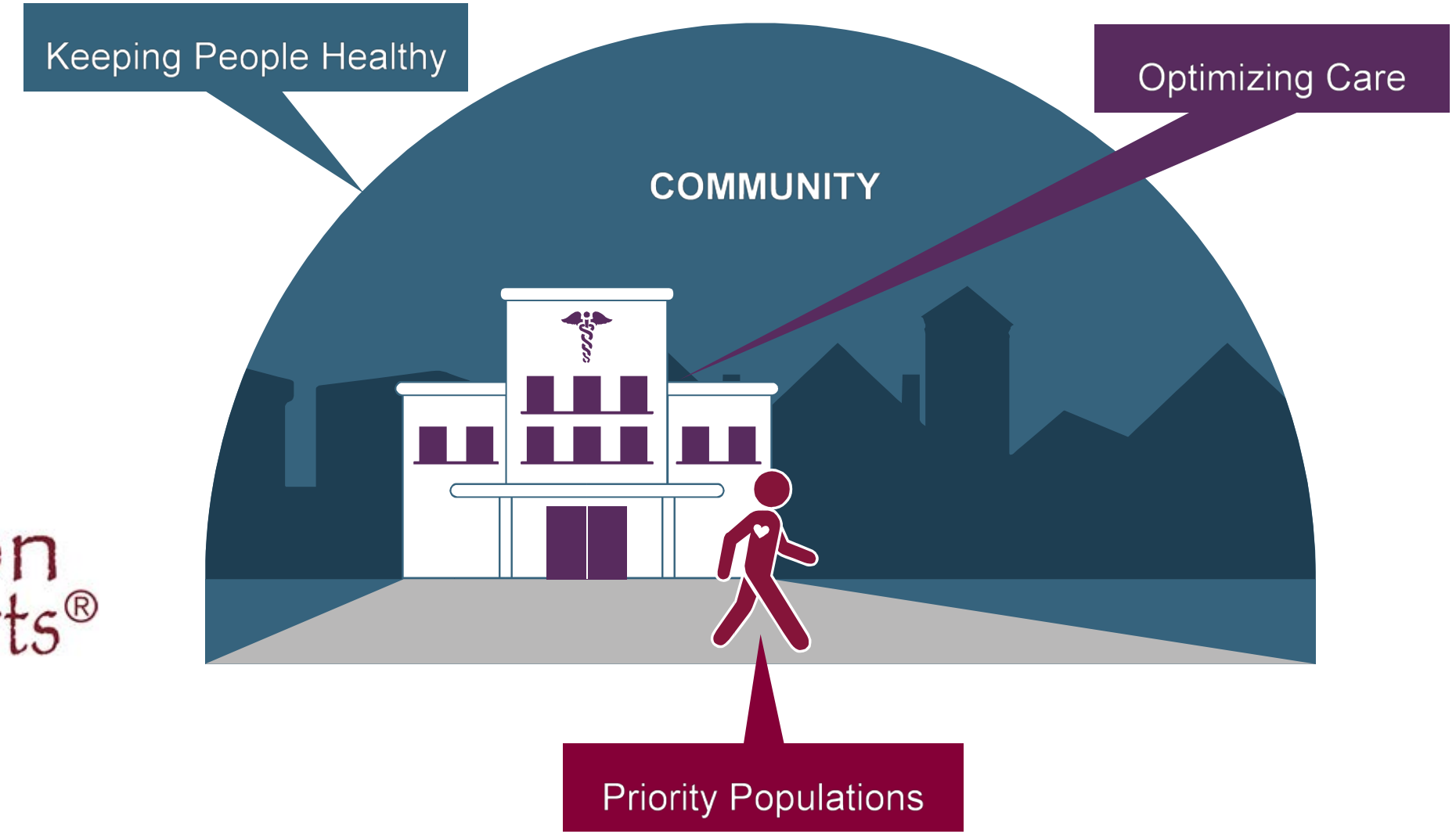
(WNA, 2016)

Method

- Nurse leader at WNA collaborated w/
- Nurse leader at Wisconsin Department of Health Service, Division of Public Health, Chronic Disease Prevention Program (CDPP)
- Wrote a proposal to Centers for Disease Control
- Were funded to control HTN in the state via multiple methods

(WNA, 2017)

Million Hearts® 2022



Aims of the HTN Collaborative

- Improve systems for prevention
- Increase prevention, detection, & treatment of HTN;
- Advance a new model of patient-centered, team-based care

Method 1. Created Panel of Experts

- WNA created an
- Inter-professional Clinical HTN Expert Panel
- 20 members + 10 consultants
- Health care professionals in practice, education, & research
  - RNs, NPs, Nurse administrators, Nurse-researcher
  - Pharmacists
  - Physicians
  - NPs and PAs

Method 1. Panel of Experts

- Expert Panel made a breadth of feasible recommendations to Wisconsin Health Systems to improve health care practices for
  - undiagnosed &
  - uncontrolled hypertension

Method 2. Panel Recommendations Examples

- For administrators – Assure that sphygmomanometers are checked for accuracy on scheduled basis
- For clinical leaders & IT staff – Create "Smart Sets" or reminders for prevention such as prompts to
  a) Repeat BPs when 1st one is elevated
  b) Refer to primary care if 2nd BPs is elevated
  c) Create welcoming work policies so that a variety of health care workers can enter such data
- For clinicians - participate in "refreshers"/CE about ways to obtain accurate BPs

Method 2. Panel Recommendations Examples

For health care leaders:

- Make time for inter-disciplinary teams to meet for breadth of high quality care.
- Support RNs practicing to top of their licenses in primary care, consistent with nat'l leaders' call
- Support NPs practicing to the top of their education & certification, consistent with research demonstrating:
- Among NPs' patients w/ chronic illness, patients have as good, or better, health care outcomes as do patients of other clinicians

Method 3. Coordinate Resources

- Collected and shared useful Resources to implement Recommendations
- https://wisconsinnurses.org/
- From banner on home page, → Practice
- Find drop-down menus re: projects to improve health care systems and HTN control
- https://wisconsinnurses.org/improving-hypertension-resources/

Method 3. Coordinate Resources

- **Training Videos**
- Self-Monitored Blood Pressure Monitoring (video)
- Clinical Blood Pressure Measurement (video)
- NEJM Videos in Clinical Medicine: Blood Pressure Measurement *(great training video)*
- **Printable Resources**
- 7 Simple Tips to Get an Accurate BP Reading *(great flyer to print/post at work)*
- How to Measure Your Blood Pressure *(great handout for patients)*
- Protocols for Controlling Hypertension in Adults from the *Million Hearts®* website
- November 2017 ACC-AHA Hypertension Guidelines At-A-Glance from WNA
- Hypertension Training Resources 2018 from WNA

Method 3. Coordinate Resources

- **Websites with Resources**
- American Medical Association – M.A.P. to Improve Blood Pressure Control webpage
- Centers for Disease Control and Prevention – High Blood Pressure webpage
- National Institutes of Health (National Heart, Lung, and Blood Institute) website
- Using Patient-Centered Team-Based Care to Improve Hypertension Prevention, Detection, and Management in Wisconsin 2017 WNA webpage
- Recommendations for BP Measurement in Humans and Animals *Circulation* website
- **Online Self-Study Program**
- Beyond the 50%: It Starts with Accurate Blood Pressure Measurement

Method 4. Create CE

- WNA developed evidence-based program, *Beyond the 50%: It Starts with Blood Pressure Measurement*
  - Purpose**:** Protect and improve the health and safety of patients, families, and populations through accurate BP measurement

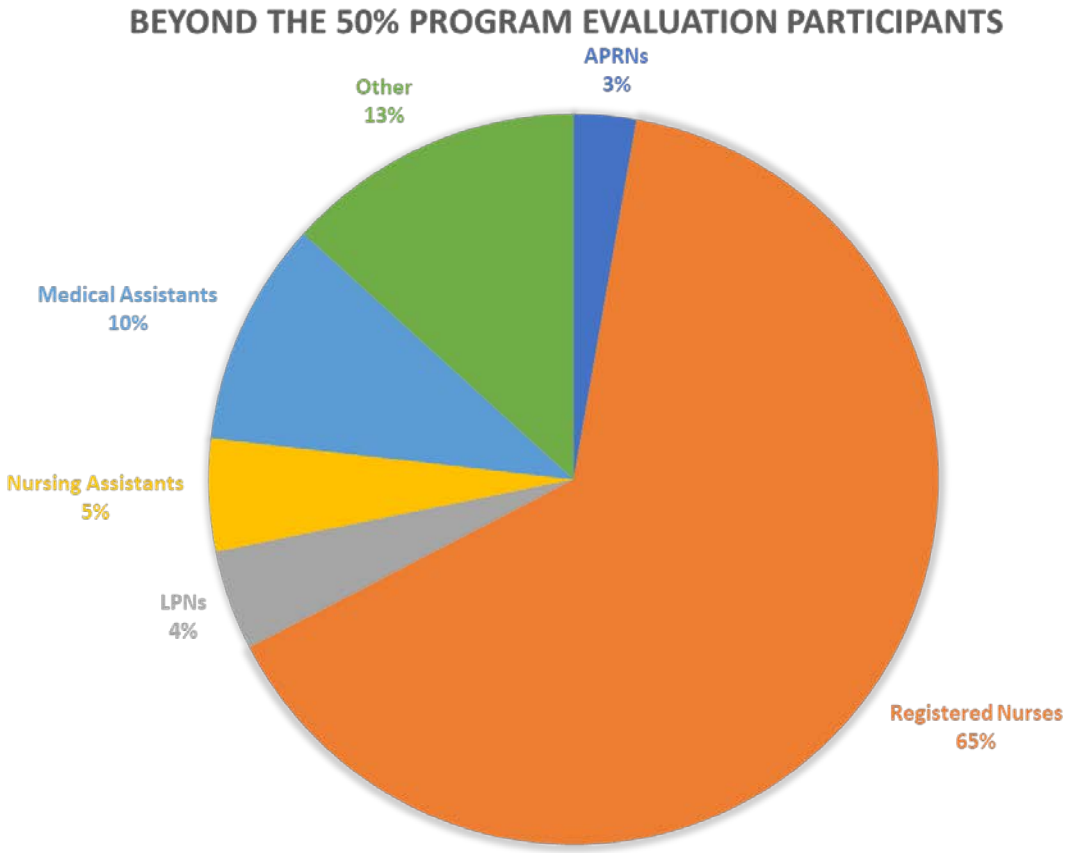
  - Utilized resources from the American Medical Association
  - **Provides Online Self-Study – 'Beyond the 50%: Accurate Blood Pressure Measurement 2.0'**
  - https://wisconsinnurses.org/beyond-the-50/

(WNA, 2016)

CE: Beyond the 50%: Accurate Blood Pressure Measurement

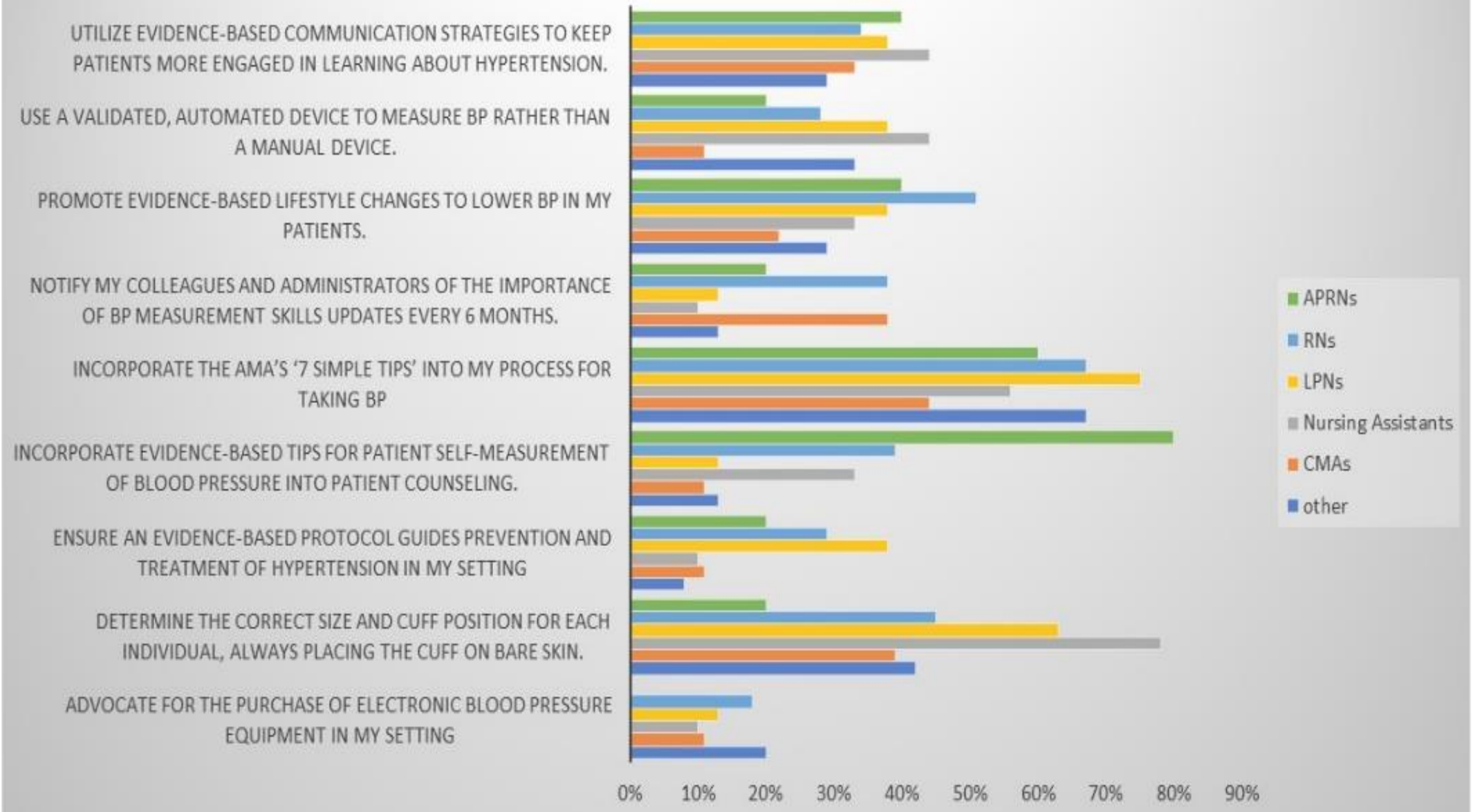
WNA Leaders summarized:

- Health care roles of those who participated in the BP "refresher" and
- Participants' intentions afterwards



Beyond the 50% Program Evaluation

Changes you intend to make to your practice based on what you've learned



Method 5. A Vision for Health Care Delivery to improve HTN control

- Developed a model of care to support higher rates of evidence-based practice, for example, to control HTN:
- *Patient-Centered, Team-Based Care in Wisconsin: Working Conceptual Model*

Method 5. A Vision for Health Care Delivery to improve HTN control

- Overall purposes –
- foster health care transformation that
- advances patient-centered & team-based care and
- moves toward:
  - value-based care,
  - improved patient health and safety, and
  - improved health of the population

Patient-Centered, Team-Based Care

- Context
- Major Components
- Key Characteristics

Method 5. A Vision for Health Care Delivery to improve HTN control

- Leaders at WNA & WI-DHS (Department of Health Services) conducted interviews regarding
- **Successes & Barriers to Implementing Patient-Centered Team-Based Care Model**
- Interviewees: Leaders of eight health care systems in WI

Method 5. A Vision for Health Care Delivery to improve HTN control

- Leaders at WNA & WI-DHS
- Transcribed interviews
- Created a webinar with summary of findings
  - https://wisconsinnurses.org/interviews-pctbc/
- Enabled viewers to earn CE credits for review & evaluation

Method 6. Facilitating Partnerships across settings & roles for HTN control

Method 6. Facilitating Partnerships with a Symposium

Agenda for the Symposium:

- **Understanding the National Landscape:** Nat'l Million Hearts® Initiative, Janet W
  Executive Director, Million Hearts® Initiative, Department of Health and Human S
- **Million Hearts® 2022 Framework**
- **Understanding the State Landscape:** Mark Wegner, MD, MPH, Chronic Disease
  Wisconsin DHS, DPH
- **Million Hearts® Wisconsin Framework**
- **Alignment with Million Hearts WI:** Rebecca Thompson, CPA, MPH, CFRE, Exec
  Wisconsin Community Health Fund
- **Panel Presentations from Leaders of Health care settings re: HTN control**
  - Community health workers
- **Communities of Practice**

Million Hearts® Wisconsin Framework

BUILDING COMMUNITY CLINICAL LINKAGE SYSTEMS AND HEALTHY HEARTS

Million Hearts ® Wisconsin Framework serves as a:

- Beacon for heart health improvements statewide
- Focus for building of community-clinical linkages
- Guide for collaborations with team partners statewide

Million Hearts® Wisconsin Framework

BUILDING COMMUNITY CLINICAL LINKAGE SYSTEMS AND HEALTHY HEARTS

Keeping People Healthy:

1. Tobacco Control
   - Reduce adult smoking from 17.3% in 2014 to 16.3% in 2020
   - Improve access to and utilization of evidence-based cessation services.
2. Nutrition and Physical Activity – Eat Healthier and Move More
   - Increase consumption of health foods and beverages
   - Increase breastfeeding
   - Increase physical activity
3. Diabetes – Prevention and Management Goals
   - e.g. Increase participation rate of people with diagnosed prediabetes in National Diabetes Prevention Program

Million Hearts® Wisconsin Framework

BUILDING COMMUNITY CLINICAL LINKAGE SYSTEMS AND HEALTHY HEARTS

Optimizing Care:

1. Benchmarks for Health Systems & Commercial Health Plans
   - HTN Control = 80% adult pts w/ HTN w/ controlled BPs
     - i.e., if aged 18–85 years BPs
     - <140 mmHg/ <90 mmHg (CDC Million Hearts ® Challenge Target)
2. Evidence-based Improvement Strategies for HTN
   - Medication management,
   - Expansion of EMR for preventive measures

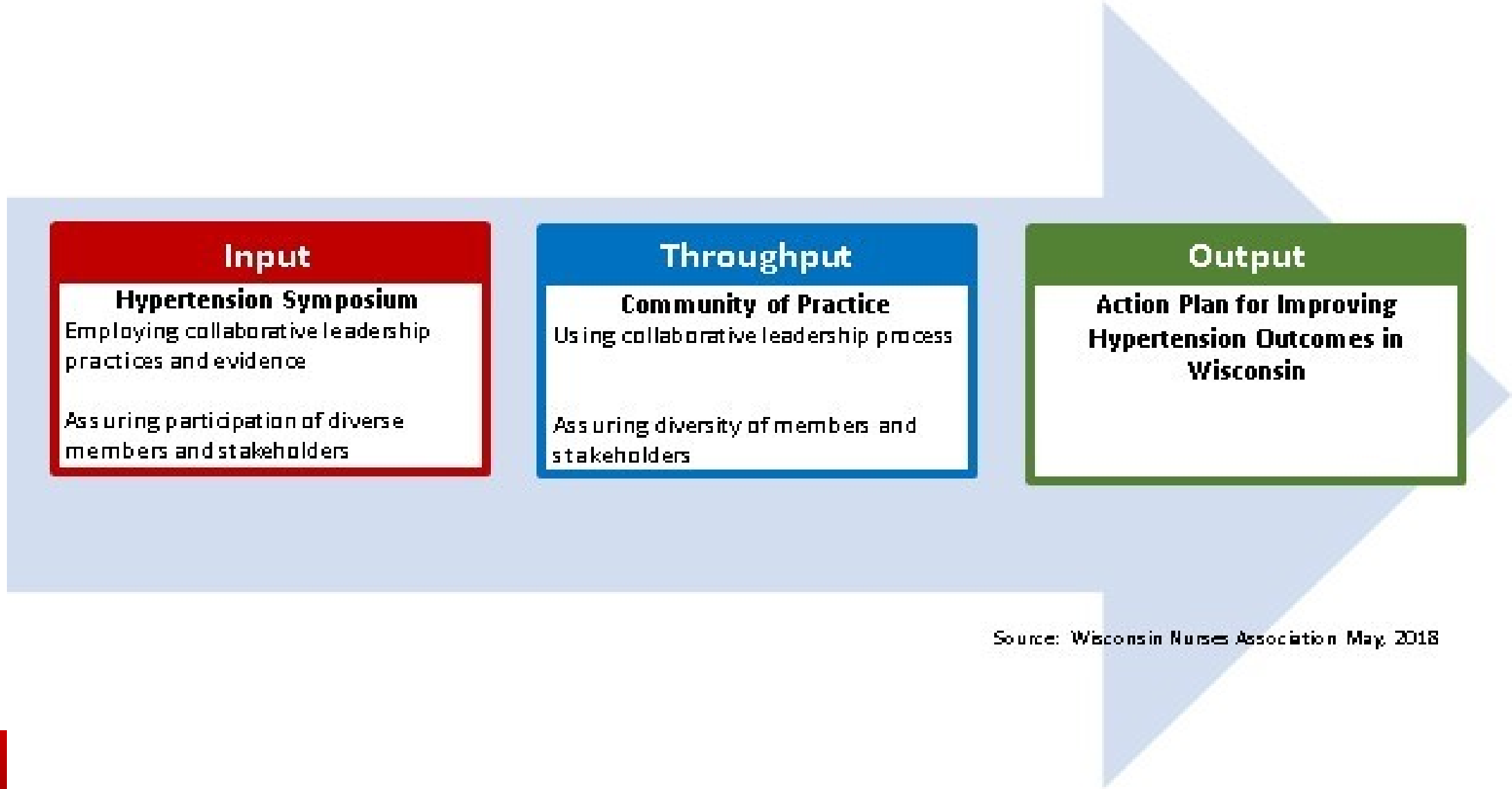
3. Cholesterol Control

Method 6. New Partnerships

- Communities of Practice
  - May be new term, yet old idea
  - Network & partnership among people with common vision
  - Discuss, learn, strategize, and apply or act

  - 3 Key Features
    - Domain of focus, e.g., control of HTN
    - Community of members
    - Practice – application

Communities of Practice & Collaborative Leadership: Conceptualization of Pathway to Wisconsin Hypertension Action Plan



Source: Wisconsin Nurses Association May 2018

Conclusions

Nurse leaders can:

- Adopt many of these methods in their states
- Create a local Expert Panel for consultation
- Choose some of our Expert Panel's Recommendations to implement
- Encourage clinicians to engage in *Beyond the 50%*
- Support ways to implement Patient-centered Team Based Care, control costs, & improve efficiency by having nurses work "to top of their licenses"
  - in screening, referrals, & coaching for self-management

Conclusions

- Nurses with graduate degrees & Administrators can
  - Collaborate to implement & evaluate WNA's Patient-centered, Team-based Model of care
  - Apply these methods to improve control of another CVD
- Nurses can create & join Communities of Practice to
  - Build capacity to control HTN with clients, clinics, and populations
  - Reduce illness and death due to HTN in the U.S.
- Nurses can continue to develop skills and competencies in leadership & collaboration to improve healthcare systems and delivery for control of HTN & CVD

These efforts are consistent with

The Future of Nursing recommendations:

> "to effect change in an evolving healthcare landscape, the nursing community, including the campaign, must build and strengthen coalitions with stakeholders both within and outside of nursing"

https://www.nurse.com/blog/2015/12/10/iom-releases-progress-report-on-future-of-nursing-2020-goals/

Thank you!

Questions?

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