

The background of the slide is a photograph of the University of Louisville campus. In the center, there is a large, classical-style building with a prominent dome and a portico supported by columns. The building is surrounded by lush green trees. In the foreground, there is a large, circular stone seal of the University of Louisville, featuring a profile of a woman's head and the text "UNIVERSITY OF LOUISVILLE" and "1798". A low brick wall with the word "UNIVERSITY" is visible in the middle ground. A red banner is overlaid on the left side of the image.

UNIVERSITY OF
LOUISVILLE

High Blood Pressure Self Management and Cardiovascular Risk Clinic

Kari Moore, MSN, AGACNP-BC

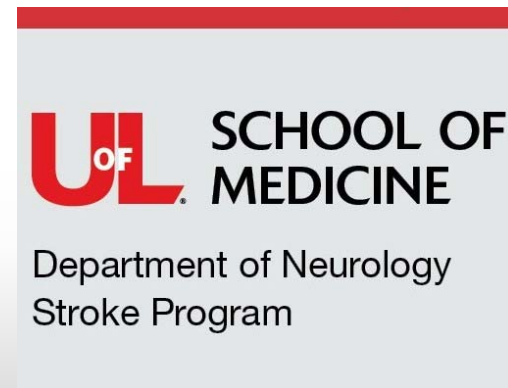
Abby Leonard, BSEC, MSSW student

Department of Neurology

March 7, 2019



Collaborating Partners 2016-Present





Cardiovascular , Assessment, Risk Reduction, and Education (CARE) Collaborative

Focus: Blood Pressure Control

- Kentucky's Heart Disease and Stroke Prevention Program's primary statewide health change strategy
- Funded by CDC's Improving the Health of Americans through Prevention and Management of Diabetes and Heart Disease and Stroke 1815 grant
 - Heart Attack and Stroke Signs and Symptoms
 - Smoking Cessation
 - Blood Cholesterol
 - Blood Pressure
 - Sodium Reduction
 - Body Mass Index
 - Hemoglobin A1c



MEDICAL HISTORY

Please check all that apply:

- | | |
|--|--|
| <input type="checkbox"/> Asthma | <input type="checkbox"/> Peripheral Vascular Disease (<i>poor circulation</i>) |
| <input type="checkbox"/> Cancer | <input type="checkbox"/> Kidney Disease |
| <input type="checkbox"/> Diabetes | <input type="checkbox"/> Tobacco Use |
| <input type="checkbox"/> Heart Disease | KY Tobacco Quit Line: |
| <input type="checkbox"/> High Cholesterol | 1 (800) QUIT-NOW |
| <input type="checkbox"/> High Blood Pressure | 1 (800) 784-8669 |
| <input type="checkbox"/> Other | |

Recent Surgeries/Hospitalizations
(include month/year and location)

Your Self-Management Goals

Pharmacy Name, Location and Phone Number

Emergency Contact Name and Phone Number

Health Care Provider and Office Phone Number

Allergies (Food and Medication)

Please list all medications you take, including over-the-counter medications (for example antacids, vitamins, pain relievers).

Review and update this list at every visit to your primary care provider, specialist, emergency room and/or hospital.

NAME OF MEDICATION (Brand or generic name)	DOSE (mg, units, puffs, drops)	HOW MANY (Number of tablets, puffs, drops)	HOW OFTEN/PURPOSE (Number of times taken per day, evenings? at mealtimes? mornings?) (Why do you take this medication?)	KNOW YOUR NUMBERS		
				Healthy Goal	Actual	Actual
				Total Cholesterol	<200 mg/dL	
				LDL (bad) Cholesterol	<100 mg/dL	
				HDL (good) Cholesterol	>50 mg/dL	
				Triglycerides	<150 mg/dL	
				Fasting Glucose	<100 mg/dL	
				Hemoglobin A1C (without Diabetes)	<5.7	
				BMI	<25	
				Waist Circumference	<35	
			90	Provided to you by:	Date Recorded	

SIGNS AND SYMPTOMS OF A HEART ATTACK

- Chest discomfort lasting more than a few minutes; pressure, squeezing, fullness or pain.
- Discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.
- Cold sweat, nausea or light headedness.
- Women most often experience chest pain or discomfort, but may be more likely than men to experience shortness of breath, nausea/vomiting, and back or jaw pain.

If you or someone you are with has any of these symptoms, call 911 immediately.
HEART ATTACK IS AN EMERGENCY!
Every minute counts!



If you have **DIABETES,**

talk to your health care provider about your individual A1C goal and ways to keep your A1C "in / near the green".



BLOOD PRESSURE LOG

DATE	NORMAL <120/80	CAUTION 120-139/80-89	HIGH >140/90

IS IT A STROKE? CHECK THESE SIGNS FAST

FACE Does the **FACE** look uneven? Ask them to smile.

ARM Does one **ARM** drift down? Ask them to raise both arms.

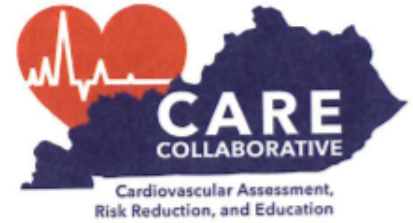
SPEECH Does their **SPEECH** sound strange? Ask them to repeat a phrase.

TIME EVERY second brain cells die. Call **9-1-1** at **ANY** sign of a stroke!

STROKE IS AN EMERGENCY!
Call 911 **immediately** if you see or have any of these symptoms. Every minute counts!

BLOOD PRESSURE RECORD CARD

Name _____



In partnership with:
CARE Collaborative
www.stelizabeth.com/services/nkycare

CONGRATULATIONS!

If your blood pressure falls in this category, you are in the normal range for blood pressure control. Your goal is to keep your blood pressure at this level. Some ways you can help to stay in this range are:

- ♥ Stay at a healthy weight.
- ♥ Limit salt in your diet.
- ♥ Limit how much alcohol you drink.
- ♥ Get regular physical activity.
- ♥ Have routine blood pressure monitoring.
- ♥ Don't smoke.

Talk to your health care provider about other ways to keep your blood pressure "in the green."

CAUTION!

If your blood pressure falls in this category, you are in the "borderline" range for high blood pressure, also known as "prehypertension." Persons with prehypertension are very likely to develop high blood pressure in the future. Take steps now to lower your blood pressure.

- Some ways to help lower your blood pressure are:
- ♥ Lose excess body weight.
 - ♥ Limit salt in your diet.
 - ♥ Limit how much alcohol you drink.
 - ♥ Increase physical activity.
 - ♥ Don't smoke.

**KY Tobacco Quit Line: 1 (800) QUIT-NOW
1 (800) 784-8669**

Talk to your health care provider about other ways to help lower your blood pressure.

WARNING!

If your blood pressure falls in this category, it is high. Ongoing high blood pressure or "hypertension" is a serious medical condition that can lead to strokes, heart attacks and other major health problems, even if you feel well.

Talk to your health care provider right away about ways to lower your blood pressure.

Call 911 or go to an emergency room **IMMEDIATELY** if you have any signs or symptoms of stroke such as those listed on the back of this card.

Sources:
JNC7, National Institutes of Health, 2003 ATP
III, National Institutes of Health, 2001



Lifestyle Modification Health Education Group Classes: Hypertension, Prehypertension, and/or Diabetes

FY 16-18

- Vital Signs
- BMI
- Atherosclerotic cardiovascular disease risk assessment (ASCVD score)
- CARE Collaborative
- Blood Pressure Self Monitoring
- Lifestyle modifications
- Medication adherence
- Goal Setting
- Documentation of BP in log

- Pharmacist
- Stroke Nurse Practitioner
- Health Educator
- CHW

Impacts on Mortality - SBP			
Reduction in SBP (mmHg)	Stroke	CHD	Total Mortality
2↓	-6%	-4%	-3%
3↓	-8%	-5%	-4%
5↓	-14%	-9%	-7%

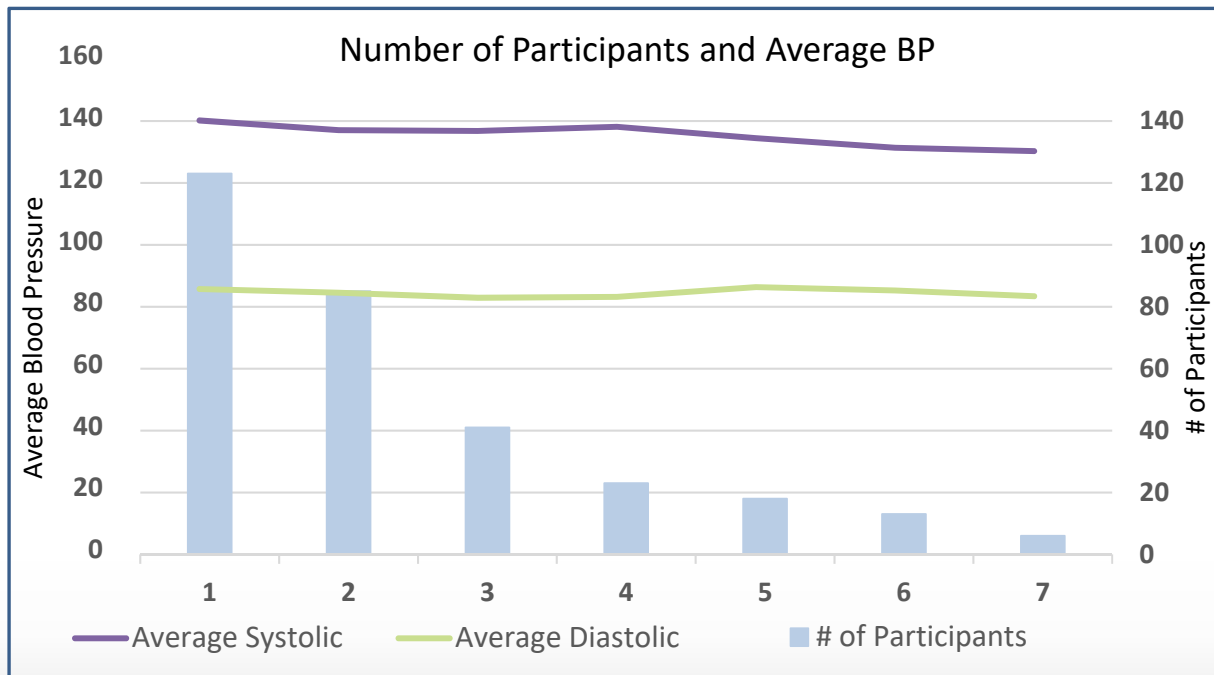
(source Whelton PK, et al. JAMA. 2002)



Hypertension and Cardiovascular Risk Clinic

Family Health Centers FQHC

West Louisville, Kentucky



Fiscal Year 2018 Data

- 123 Participants
- 53.1 Average Age
- 35.4 Average BMI
- 60% Female
- 76% African American
- 3% Hispanic

85 Participants

First Visit Systolic BP = 139.9
Last Visit Systolic BP = 132.8

7.1 mmHg
Systolic Decrease

p-value = 0.0007

LOUISVILLE.EDU



Cardiovascular Risk and Hypertension Clinic Official Clinic through FHC pharmacy services

West Broadway FHC – Started October 2018

Overarching Goal: Support Community Clinical Linkages

Multidisciplinary Clinic

- Sullivan Pharmacist with pharmacy Students
- Stroke Neurology Nurse Practitioner
- FHC Health Educator
- LMHW Dietician
- FHC CHW
- Program Coordinator
- MSSW student
- Blood Pressure Self Monitoring
- Assess individual vascular risk factors
- Counseling on risk factors
- Promote healthy lifestyle changes
- Promote Self Management and Teach Self efficacy
- Assist with goal setting
- Medication reconciliation and adjustment of antihypertensive medications per pre approved FHC MEC protocol
- Medication Adherence
- Incentives for goal support
- Documented visit in EHR



Assessing Social Determinants of Health

Protocol for Responding to and Assessing Patient Assets, Risks, and Experiences (PRAPARE)

PRAPARE Tool

- Personal Characteristics
- Family and Home
- Money and Resources
- Social and Emotional

Support Available Through Clinic

- Transportation - Tarc tickets
- Behavioral Health
- SSW
- Meals/Grocery
- CHW
- Medication Assistance
- Housing Assistance
- Financial Services
- Health Education
- Community Ministries



Interim Analysis: October 2018 - January 2019 Participation

- ❖ 37 Participants
- ❖ 6 Positive PRAPARE
 - 2 received food
 - 2 with referrals to FHC social services
 - 4 with referral to CHW
- ❖ Full Analysis FY 19 to be completed June 2019
 - NQF 18 – blood pressure control < 140/90 mmHg
 - NQF 59 - blood glucose control in diabetics
 - ASCVD Score Reduction
 - Aspirin use for secondary cardiovascular disease prevention
 - Medication Adherence
 - Lifestyle Changes
 - Utilization of Community Resources



Sustainability/Current Research

- Commitment by organizations to sustain partnership
- Annual evaluation and data submission for Kentucky HDSP and CDC
- Increase Clinic to 5 days per week over next 5 years
- Expand clinic services throughout the state utilizing telehealth

- IRB approval for: Social Determinants of Health and the link to cardiovascular disease risk and intervention: the PRAPARE tool