

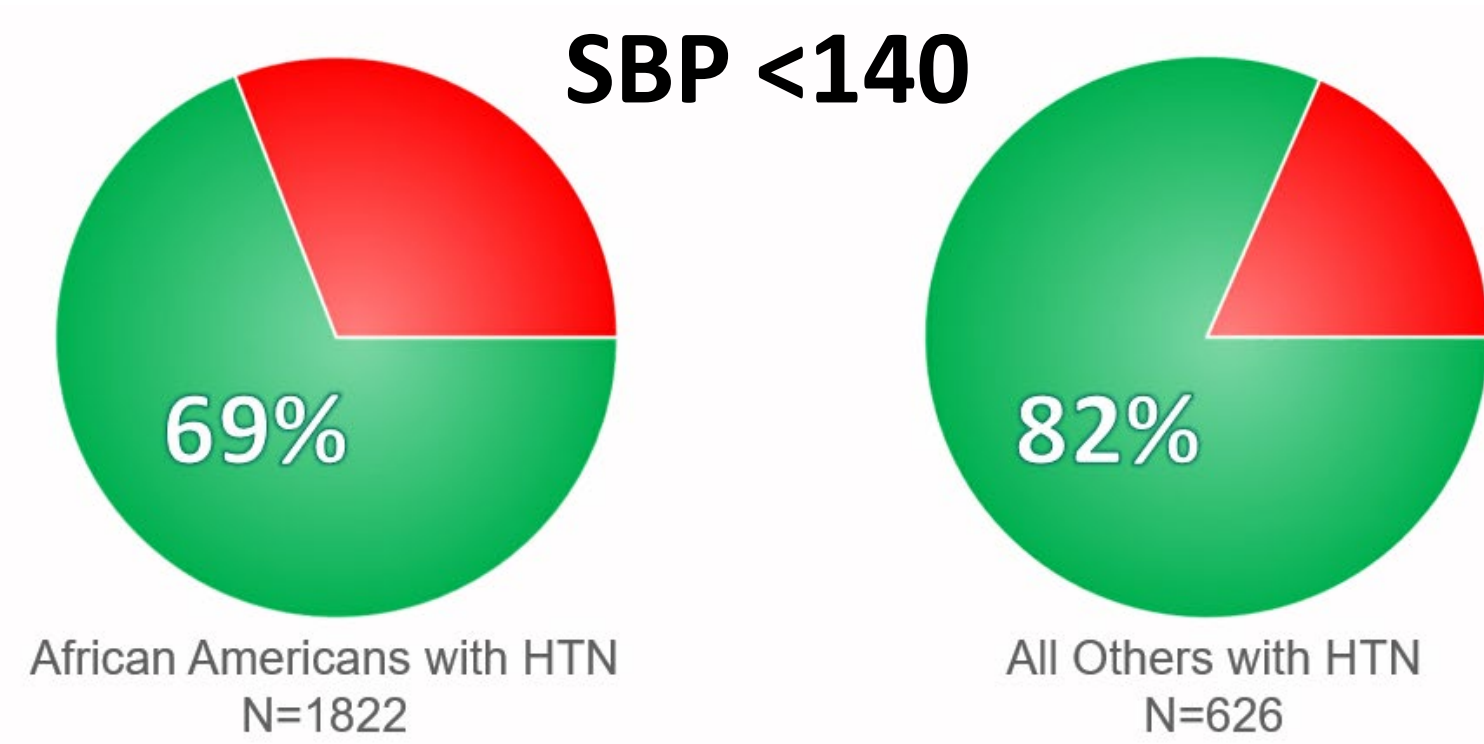
# ADDRESSING RACIAL DISPARITIES IN HYPERTENSION CONTROL IN INTERNAL MEDICINE CLINIC

Z Shethwala DO, H Hardilo MD, B Gill DO, N Nassif MD, L Cherry MSM, T Adams RN, V Gillet MD, D Hamel MD, D Simpson PhD

NI VIII Meeting #2 STORYBOARD

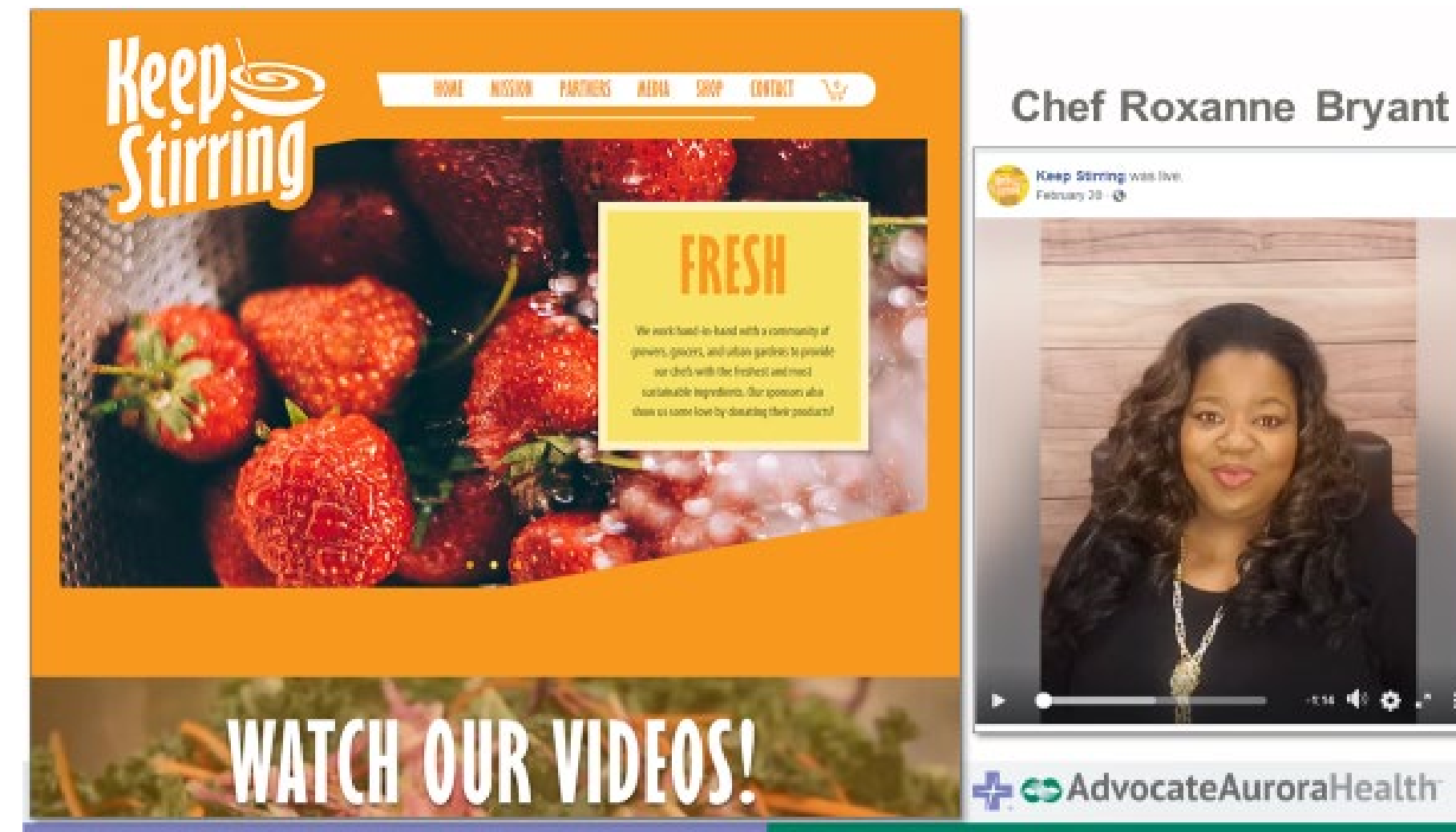
## INTRODUCTION: BACKGROUND & CONTEXT

- Blood pressure (BP) control is a well-known medical challenge in the African American Community
- 74% of patients with hypertension in the Internal Medicine Clinic (IMC) identify as African American (AA)
- 73% of all patients diagnosed with hypertension have a controlled BP <140/90 (March 2021)



## METHODS: INTERVENTIONS/CHANGES

- Free home blood pressure monitor
- Incentives to participate in clinic visits and outreach
- Nurse visits and outreach
- Website with videos:



## BARRIERS – STRATEGIES

- CHALLENGE:** Patient difficulty maintaining follow up schedules
  - STRATEGY:** Reduce patient in person visits
    - Set a reminder in epic to call patient to obtain a home BP reading and adjust medication
    - Schedule a free nurse visit for a BP recheck in 1-2 weeks
- CHALLENGE:** Insufficient home BP monitoring
  - STRATEGY:** Log ambulatory or home BP readings in the EHR to improve the quality metrics

## MISSION/VISION STATEMENT

**AURORA:** To assure that our clinical learning environments are inclusive, respectful, & psychologically safe—a place where everyone feels they belong.

### AIM

- To achieve blood pressure control (BP of <140/90) for 75% of AA Sinai IMC patients diagnosed with hypertension by December 2022

## METHODS: MEASURES/METRICS

- Percent of all patients with hypertension having systolic blood pressure (SBP) <140/90
- Percent of patients who identify as African American with hypertension having SBP <140/90
- Percent of patients who identify as other than African American with hypertension having SBP <140/90

## DISCUSSION

### CRITICAL NEXT STEPS

- Completing hypertension course (educational materials and videos about the diagnosis of hypertension, dietary changes and lifestyle modifications)
- Finalize dietary recommendations for healthy recipes for popular foods with a local chef

### AREAS SEEKING INPUT

- Other effective methods to improve BP control
- Experience in controlling BP in AA communities.

## GROUP FEEDBACK