TPF Member Roles in the Development of BPCorrect
Agenda

1. Project History
2. The Problems
3. BPCorrect Solution
4. Opportunities for engagement
PROJECT
HISTORY
Project History: 2016 PPRNet Meeting

iHealth
Project History:
2017 PPRNet Meeting
Project History:
2018
THE PROBLEMS
The Problems

54 yo F no medical problems presents for f/u.
In office BP: 154/90
Rechecked: 148/88

She reports being nervous at the doctor’s office.

64 yo M with DM2, HTN, on Lisinopril-hctz 20/12.5,
didn’t take AM meds prior to coming to visit
In office BP: 160/92
Rechecked: 156/90
Home BP Monitoring Guidelines

Diagnosis

- Recommended by USPSTF to confirm elevated BP before a diagnosis of HTN is made

Management

- Recommended by AHA, Million Hearts program and European Society for HTN
- Can lead to a reduction in BP
Home BP Monitoring Instructions

- Use validated, automated, upper arm cuff (not wrist cuff)
- Instruct patients on use:
  - No caffeine, smoking, exercise for 30 min before measurement
  - Sit quietly for 5 min
  - Sit in a chair legs uncrossed, feet flat on the floor, and arm and back supported
  - The cuff should be wrapped snuggly but not tightly around their upper arm
  - Upper arm supported, relaxed and at heart level
  - No talking during measurement
Home BP Monitoring Schedule

- 7 day home assessment preferred (minimum 3 days)
- Morning (before drug intake) and evening (before eating)
- Two to three measurements per occasion (1-2 min apart)
- Exclude first day of monitoring
- Average the others
- Mean HBP is ~5 mm lower than office BP, treatment threshold > <135/85
Barriers to Home BP Monitoring

- Patients don’t follow instructions for correct measurement
- Patients take random measurements rather than adhering to schedule
- Results are sometimes handwritten
- Even when electronically sent to provider, results aren’t summarized.
OPPORTUNITIES FOR ENGAGEMENT
Win Win

Practice/Provider
- Helps provide better care
- Financial incentive to use
  - Remote monitoring
  - CCM
  - Improved performance on BP eCQMs

TPF
- Solution consistent with TPF's mission to provider high quality care
- Potential for research projects
- Synergy with Andrea's proposal

Patients
- Accurate BP assessment using reasonably priced device
- Improved BP control
- Convenient solution
- Increased patient engagement
Comments/Discussion