

TPF Member Roles in the Development of BPCorrect



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BPCorrect

Agenda



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1. Project History
2. The Problems
3. BPCorrect Solution
4. Opportunities for engagement



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PROJECT HISTORY

Project History: 2016 PPRNet Meeting



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iHealth



Project History: 2017 PPRNet Meeting



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Project History: 2018



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THE PROBLEMS

The Problems



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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



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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



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- 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 snugly but not tightly around their upper arm
 - Upper arm supported, relaxed and at heart level
 - No talking during measurement

Home BP Monitoring Schedule



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- 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



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- 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.



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OPPORTUNITIES FOR ENGAGEMENT

Win Win



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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



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