

HEART HEALTHY LENOIR - HIGH BLOOD PRESSURE STUDY



REVIEW OF HEART HEALTHY LENOIR DATA

RECAP: COMMUNITY BASED PARTICIPATORY RESEARCH

- Community helps to shape the questions and interventions.
- Community works together with the research team to develop the program.
- Community helps to interpret the findings.

➤ Slides from Sept 2010!

RECAP: GOALS FOR THE HYPERTENSION CONTROL PROJECT

- Reduce blood pressure levels among patients with poorly controlled hypertension.
- Reduce disparities in blood pressure by race and by literacy.
- Create systems that can sustain these improvements within current primary care practice.

HERE IS A SAMPLE OF WHAT WE HAVE LEARNED SO FAR...

- Data from the "Cohort Study"
- Data from the QI study (practice intervention)


COHORT STUDY:

We asked many questions (...okay 118).

Here are some basics:

- We have complete baseline data on over 500 patients with uncontrolled HTN.
- 60% of the sample is AA.
- 31% are males.
- Average age of the sample is 57 years old.
- 47% have an annual income of under 30K.

A FEW QUESTIONS ABOUT BEHAVIORS AND KNOWLEDGE..




WHEN YOU LEAVE HOME OR TRAVEL, DO YOU SOMETIMES FORGET TO BRING ALONG YOUR HIGH BLOOD PRESSURE BILLS?

yes no

What % responded "Yes" ?

23%
 43%
 83%




WHEN YOU LEAVE HOME OR TRAVEL, DO YOU SOMETIMES FORGET TO BRING ALONG YOUR HIGH BLOOD PRESSURE BILLS?

yes no

What % responded "Yes" ?

23%
 43%
 83%




WHEN YOU FEEL LIKE YOUR BLOOD PRESSURE IS UNDER CONTROL, DO YOU SOMETIMES STOP TAKING YOUR PILLS?

yes no

What % responded "Yes" ?

29%
 49%
 89%




WHEN YOU FEEL LIKE YOUR BLOOD PRESSURE IS UNDER CONTROL, DO YOU SOMETIMES STOP TAKING YOUR PILLS?

yes no

What % responded "Yes" ?

29%
 49%
 89%




HAVE YOU EVER CUT BACK OR STOPPED TAKING YOUR HIGH BLOOD PRESSURE PILLS WITHOUT TELLING YOUR DOCTOR BECAUSE THE PILLS MADE YOU FEEL WORSE WHEN YOU TOOK THEM?

yes no

What % responded "Yes" ?

27%
 47%
 87%




HAVE YOU EVER CUT BACK OR STOPPED TAKING YOUR HIGH BLOOD PRESSURE PILLS WITHOUT TELLING YOUR DOCTOR BECAUSE THE PILLS MADE YOU FEEL WORSE WHEN YOU TOOK THEM?

yes no

What % responded "Yes" ?

27%
 47%
 87%




DO YOU EVER GET FED UP WITH HAVING TO STICK TO A BLOOD PRESSURE TREATMENT PLAN?

yes no

What % responded "Yes" ?

42%
 72%
 92%




DO YOU EVER GET FED UP WITH HAVING TO STICK TO A BLOOD PRESSURE TREATMENT PLAN?

yes no

What % responded "Yes" ?

42%
 72%
 92%




WHEN SOMEONE'S BLOOD PRESSURE IS TOO HIGH, THEY USUALLY HAVE A HEADACHE

yes no I don't know

What % responded "Yes" ?

21%
 48%
 69%




WHEN SOMEONE'S BLOOD PRESSURE IS TOO HIGH, THEY USUALLY HAVE A HEADACHE

yes no I don't know

What % responded "Yes" ?

21%
 48%
 69%




WHEN SOMEONE'S BLOOD PRESSURE IS TOO HIGH, THEY USUALLY FEEL DIZZY

yes no I don't know

What % responded "Yes" ?

22%
 49%
 71%




WHEN SOMEONE'S BLOOD PRESSURE IS TOO HIGH, THEY USUALLY FEEL DIZZY

yes no I don't know

What % responded "Yes"

22%
 49%
 71%




WHEN SOMEONE'S BLOOD PRESSURE IS TOO HIGH, THEY USUALLY FEEL FINE AND DON'T KNOW IT IS HIGH

yes no I don't know

What % responded "Yes"

22%
 46%
 72%




WHEN SOMEONE'S BLOOD PRESSURE IS TOO HIGH, THEY USUALLY FEEL FINE AND DON'T KNOW IT IS HIGH.

yes no I don't know


What % responded "yes" ?

22%
 46%
 72%



Data from the QI study


- Practice intervention, all patients with hypertension in 4 practices.



HHL TRIVIA


How many patients overall with HTN included in all 4 practices ? (data pull: April 2012-March 2013)


2000
 3,500
 5,000



HHL TRIVIA


- How many patient overall with HTN?
 2000
 3,500
 5,000



HHL TRIVIA 


- What % of these patients with HTN have their BP's under control?
 - (< 140 mmHg systolic AND < 90 mmHg diastolic).

~ 20
 ~ 50
 ~ 65
 ~ 75

HHL TRIVIA 


- What % of these patients with HTN have their BP's under control?
 - (< 140 mmHg systolic AND < 90 mmHg diastolic).

~ 20
 ~ 50 **54.4%**
 ~ 65 *Healthy People 2020 Target is 61.2%*
 ~ 75

HHL TRIVIA 


- What % of these patients who are African American and have with HTN also have their BP's under control?
 - (< 140 mmHg systolic AND < 90 mmHg diastolic).

26 %
 46 %
 66 %
 76 %

HHL TRIVIA 


- What % of these patients who are African American and have with HTN also have their BP's under control?
 - (< 140 mmHg systolic AND < 90 mmHg diastolic).

26 %
 46 %
 66%
 76 %

HHL TRIVIA 

- What % of these patients who are White have their BP's under control?
 - (< 140 mmHg systolic AND < 90 mmHg diastolic).

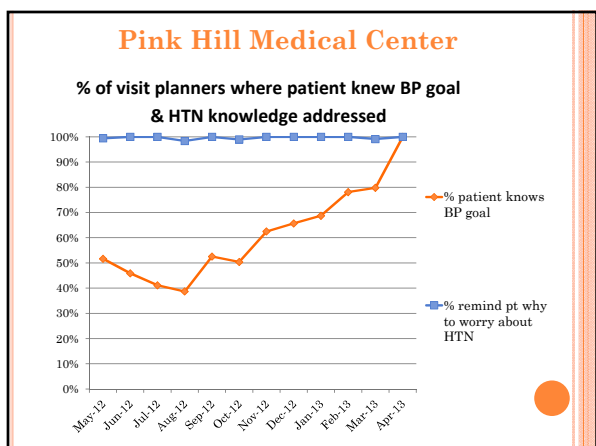
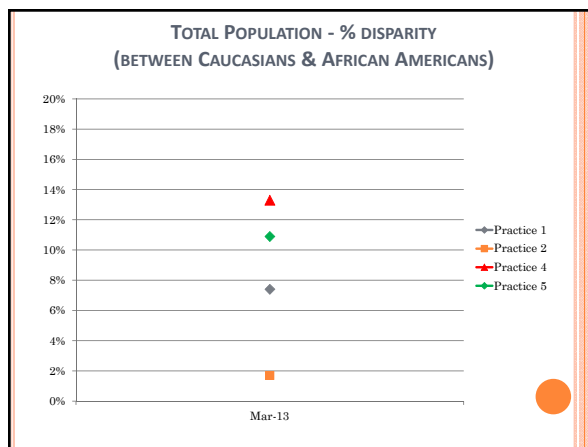
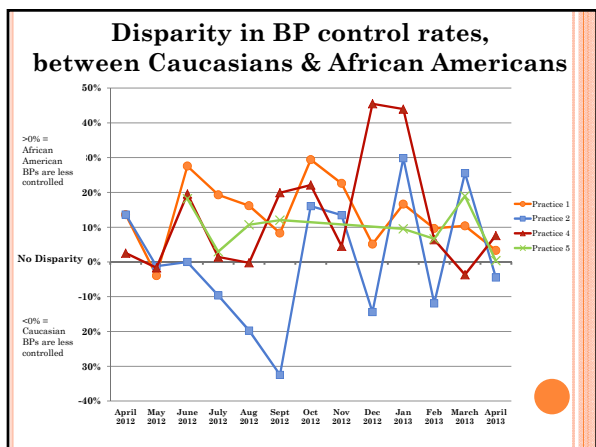
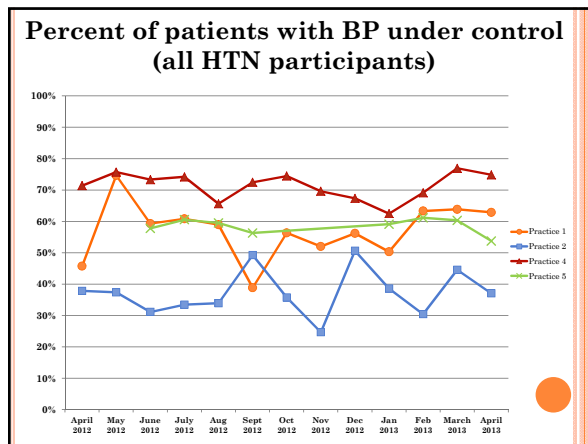
45 %
 59 %
 76 %

HHL TRIVIA 

- What % of these patients who are White have their BP's under control?
 - (< 140 mmHg systolic AND < 90 mmHg diastolic).

45 %
 59 %
 76 %

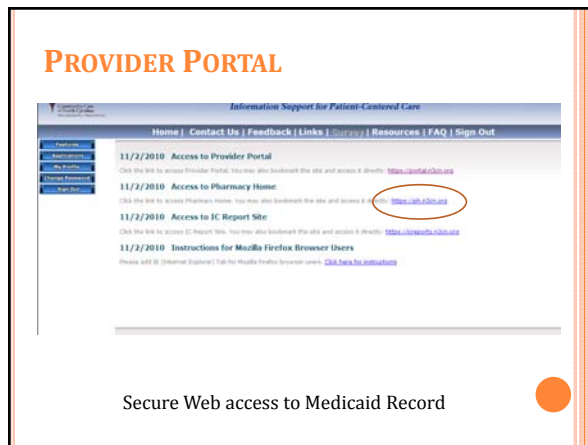
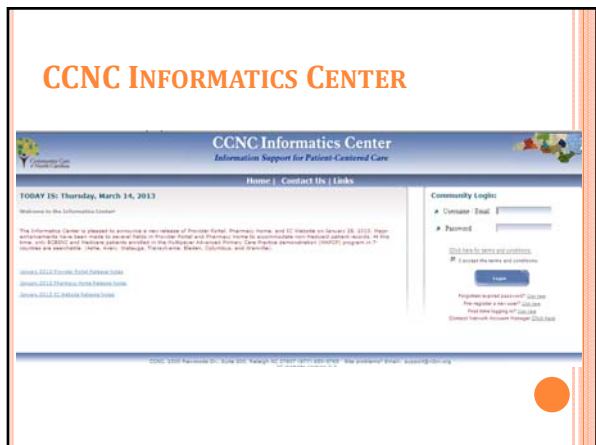
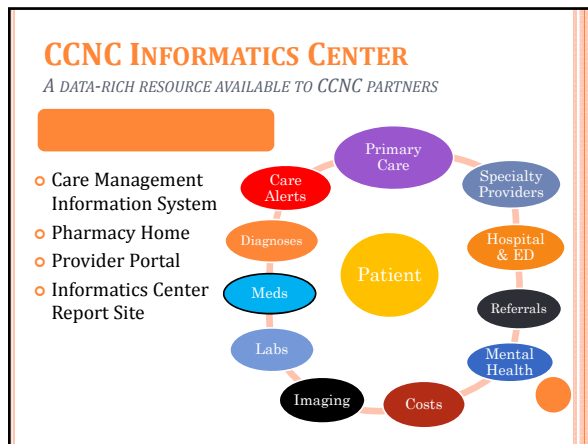
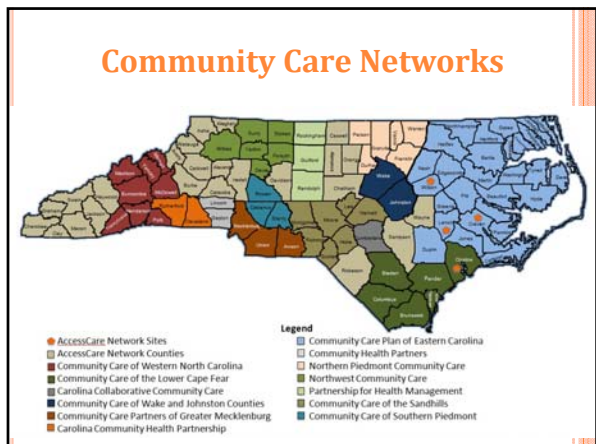
- How can this data further inform the QI study/practice intervention?
- End



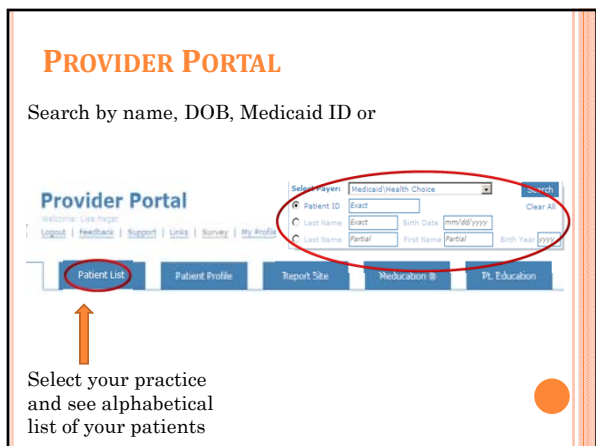
WHAT THE PATIENT MAY NOT TELL YOU...

CCNC Informatics Center and Provider Portal

Community Care Plan of Eastern Carolina



Secure Web access to Medicaid Record



CARE TEAM TAB

Patient Care Team Report

Claims Paid Through:	5/30/2013
Claims Filled Through:	5/25/2013
Report Period Date:	6/3/2013
Kathie, Orlan (Patient ID: 466-44-4444)	

Patient Information	
Payer: Medicaid	Patient ID: 466-44-4444
Medicare ID:	ADJ Insurance: No
Gender: Female	DOB Date: 12/17/1965
Address: 1800 Logistics Drive	County: PITT
Phone 1:	Phone 2:
PCP: ECU Family Practice Center	Phone: (252) 744-4611
PCP Address: 100 HEART DRIVE, GREENVILLE, NC 27634-4300	PCP County: PITT
Care Alerts: 3	Recent Hospital Dis: 2
ED Visits: 1	Imaging: 21
EXPERTS: 8	Lab Values: 8
Plan Agreements: 8	Advance Directives: 8
Specialized Treatment Plans: 8	Other PT Documents: 8
Immunizations: 8	Paper Cost per Month: \$3,148.78

Care Contributions	
CCNC Network: Community Care of Eastern Carolina Primary Care Mgr: Elton Williams (Care Mgmt. Status: Light) Last Contact: 5/16/2013 Network Pharmacist: Mary Ellen Pharis, PharmD Mental Health Local Management Entity (S.M.E.): East Carolina Behavioral Health LLC Most Recent Office Visit Provider: Billing Provider: CCNC Network (252) 744-4611 Page 1 of 2 Family Medicine CTR (252) 744-4611 Page 1 of 2 Family Medicine CTR (252) 744-4611 Family Medicine CTR (252) 744-4611	
Attending Provider: Wally Marcus (252) 647-4630 Attending Provider Specialty: GENERAL/FAMILY PRACTICE Billing Provider: Donk, Darryl (252) 227-1367 Billing Provider Specialty: GENERAL/FAMILY PRACTICE Billing Provider: Euseby, Benjamin (252) 744-4611 Billing Provider Specialty: GENERAL/FAMILY PRACTICE	
Date Last Billed: 10/12/2012 Date Last Billed: 09/14/2012 Date Last Billed: 08/09/2012	

Provider Information

Medical Claims Paid Through: 4/30/2012

Team	Name	Phone	Date Last Aff'd
Case	SURINDERPAL S	(919)742-2414	8/27/2012
Pharmacy	WALMART PHARMACY 151502	(978)271-4321	8/14/2012
Home Health	SHAWCO HOME CARE	(919)289-1224	1/28/2012

Medical Claims PAID VASR Provider:

Office Provider	Office Provider Phone	Attending Provider	Attending Provider Specialty	Date Last Aff'd
CONANT, NURSERY SPECIALIST	(919) 242-2811	HEATHWORTH, DAVID	HEALTH CARE ADMINISTRATION	10/24/2012

Attending Provider: HEATHWORTH, DAVID
 Provider Type: PHYSICIAN, PHYSICIAN
 Specialty: OB/GYN, MATERNAL SURGERY, PROCTOLOGY
 Street Address: COVINGTON, CAROLINA, WAREHOUSING, 1411 WINDYBUSH DRIVE
 City: WILMINGTON
 State: NC
 Zip: 284017330
 County: NEW HANOVER
 Phone: (919) 242-2811



If you place your cursor on the name and attending provider, contact information will appear.

VISIT HISTORY TAB

Medical Claims Paid Through: 4/30/2012

Visit #	Admission Date	Discharge	Discharge 2	Discharge 3	Facility
1	4/1/2012	4/1/2012	4/1/2012	4/1/2012	WILMINGTON REGIONAL
2	4/1/2012	4/1/2012	4/1/2012	4/1/2012	WILMINGTON REGIONAL
3	4/1/2012	4/1/2012	4/1/2012	4/1/2012	WILMINGTON REGIONAL

Discharge # 0

Date	Procedure	Primary Diagnosis	Office Provider
4/1/2012	4/1/2012	4/1/2012	4/1/2012
4/1/2012	4/1/2012	4/1/2012	4/1/2012
4/1/2012	4/1/2012	4/1/2012	4/1/2012
4/1/2012	4/1/2012	4/1/2012	4/1/2012
4/1/2012	4/1/2012	4/1/2012	4/1/2012
4/1/2012	4/1/2012	4/1/2012	4/1/2012
4/1/2012	4/1/2012	4/1/2012	4/1/2012
4/1/2012	4/1/2012	4/1/2012	4/1/2012
4/1/2012	4/1/2012	4/1/2012	4/1/2012

Office Visits # 1

Date	Primary Diagnosis	Secondary	Attending Provider	Specialty	Office Provider
4/1/2012	4/1/2012	4/1/2012	4/1/2012	4/1/2012	4/1/2012

Medical Claims PAID Through: 4/30/2012

Click on the name of the attending provider to view their contact information.

MEDICATIONS TAB

Provider Portal

Home Patient List Patient Profile Report Site Medication B HL Education

Current Regimen

Medication	Start Date	End Date	Refills	Pharmacy	Status
Aspirin	12/23/11	12/23/11	1	WALMART PHARMACY	Active
Metoprolol	12/23/11	12/23/11	1	WALMART PHARMACY	Active
Warfarin	12/23/11	12/23/11	1	WALMART PHARMACY	Active

Current Regimen: Lists the chronic medications filled within the last 12 months and the acute medications filled within the last 100 days.

MEDICATIONS TAB

Provider Portal

Home Patient List Patient Profile Report Site Medication B HL Education

Complete History

Medication	Start Date	End Date	Refills	Pharmacy	Status
Aspirin	12/23/11	12/23/11	1	WALMART PHARMACY	Active
Metoprolol	12/23/11	12/23/11	1	WALMART PHARMACY	Active
Warfarin	12/23/11	12/23/11	1	WALMART PHARMACY	Active
Aspirin	12/23/11	12/23/11	1	WALMART PHARMACY	Active
Metoprolol	12/23/11	12/23/11	1	WALMART PHARMACY	Active
Warfarin	12/23/11	12/23/11	1	WALMART PHARMACY	Active

Complete History: Lists medications in the patient's medication claims history based on 12 months of data.

MEDICATION ADHERENCE

Provider Portal

Home Patient List Patient Profile Report Site Medication B HL Education

Adherence Index

Medication	Start Date	End Date	Refills	Pharmacy	Status	Adherence Index
Aspirin	12/23/11	12/23/11	1	WALMART PHARMACY	Active	1
Metoprolol	12/23/11	12/23/11	1	WALMART PHARMACY	Active	1
Warfarin	12/23/11	12/23/11	1	WALMART PHARMACY	Active	1

Gap: Number of days without medication based on last prescription refill for a drug in this therapeutic class. Gap is no longer reported after 365 days without refill. Adherence Index: Max number of days a patient could have taken medication from this therapeutic class based on fill history. Calculation is made over previous year.


DRUG VIEW

Provider Portal

Home Patient List Patient Profile Report Site Medication B HL Education

Drug View

Drug Name: Aspirin
 Strength: 81MG
 Quantity: 30
 Days Supply: 30




If you click on any of the underline name of the drugs a descriptions of drug will appear.

MEDUCATION


Click on the Medication tab beside the Consolidated Medication list and the list of drugs for that patient appears with instructions and demos in any language.

MEDUCATION

HOW TO OBTAIN ACCESS...

- Complete **Informatics Center Systems Access Agreement & Confidentiality Form** 
- Register at <https://ic.n3cn.org>
 - Click **"pre-register a new user"**
 - Complete and submit pre-registration form
 - You will receive an automated email
 - Lisa Hager, CCPEC NAM, will also receive an email and will contact you
 - Lisa will offer you and your practice staff a time for training (about 1 hour) that is convenient for your practice

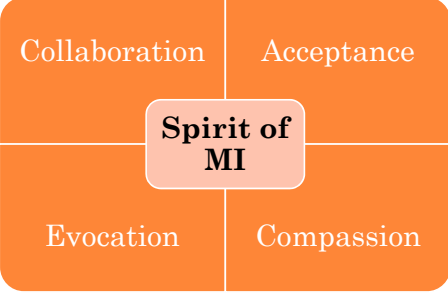
USEFUL LINKS



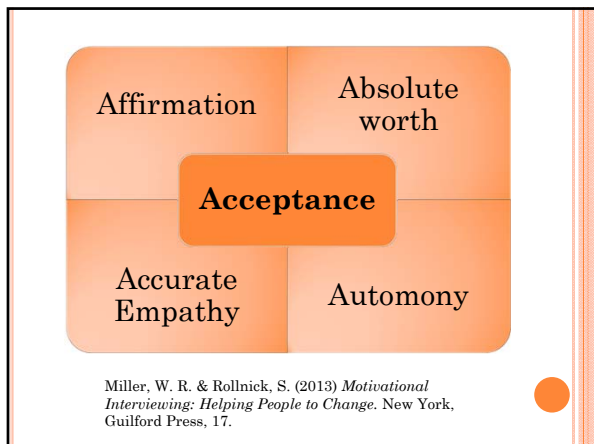
- Informatics Center**
<https://ic.n3cn.org>
- Provider Portal**
<https://portal.n3cn.org>
- Community Care of North Carolina**
www.communitycarenc.com

Contact **Jan Tillman, MSN, FNP-BC** at Janet.Tillman@vidanthealth.com for more info around the Informatics Center's role in your practice and patient care

Motivational Interviewing: Goal Setting

Miller, W. R. & Rollnick, S. (2013) *Motivational Interviewing: Helping People to Change*. New York, Guilford Press, 22.

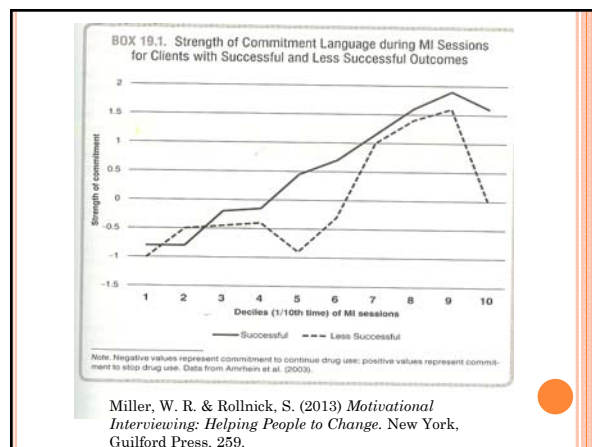


The Righting Reflex

Go Back to the MI Spirit of Acceptance

The Goal Setting

Determine the Patient's Readiness for Change Before Setting Goals



GOAL SETTING

- S SPECIFIC
- M MEASURABLE
- A ATTAINABLE
- R RELEVANT
- T TIME-BOUND

<http://dreamchoosers.com/s-m-a-r-t-goals/>



**DEMO
And
Questions**

An illustration of four small, orange, humanoid figures working together to assemble a large, grey, 3D puzzle. The puzzle is composed of several interlocking pieces, and the figures are positioned around it, some pushing and some pulling, as they work to complete the structure.

Orange circle in the bottom right corner.

**Motivation
Interviewing
Techniques to Explore**

WORKING WITH CHANGE TALK

ELICIT → PROVIDE → ELICIT

Orange circle in the bottom right corner.