Managing Hypertension through Remote Patient Monitoring (RPM)

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### Problem
- Hypertension is widely recognized as the most important risk factor for cardiovascular disease.
- UCM is situated on the south side of Chicago which has large disparities in health outcomes.
- One key challenge in our management of this patient population lies within access to care, as many patients require more oversight that is permissible within the current structure of our healthcare system through periodic visits.
- More convenient & continuous chronic disease management to improve access, reduce barriers, and improve HTN control
- In May 2021, 50% of UCM patients were identified to have uncontrolled hypertension, without a scheduled follow-up appointment within 2 months and a recorded blood pressure (bp) greater than 140/90. This problem is related to the UCM 2021 Annual Operating Plan – Quality & Safety: Improve Hypertension Control

### Goal
- Use remote patient monitoring to enhance access to care and assist with managing hypertension.
- Activating patients in self-managing their uncontrolled hypertension, by helping them monitor their bp and taking necessary next steps if it is uncontrolled.
- SMART AIM: To have 80% of patient’s with bp <140/90 by June 30th, 2023.

### Strategy
- PCG patients are identified and referred by their PCP.
- Digital Navigator enrolls patient and provides Bluetooth capable bp monitor and education
- Pop Health Nurses
  - Monitor BP readings via Epic in-basket pool
  - Adjust BP medication based on protocol
  - Provide patient with education and support
  - Refer to PCP and/or multidisciplinary team when needed
- Patient can graduate from program once BP is controlled (<140/90 for over 80% of readings) for at least 4 weeks.

### Results
- As of 8/26/2022 there were 212 active patient episodes
- 40 patients didn’t have any blood pressures yet (172 with blood pressures)
- 108 of the 172 patients with blood pressures had the last blood pressure (clinic or patient reported) as already at goal
- There were 136 resolved patients episodes (this includes resolving for any reason)
- 97 patients had at least 1 blood pressure in the episode
- 72.3% (70 of the 97) patients had their last resolved blood pressure in the system as currently at goal
- The nurses in the program have written 1,793 RPM notes since the go-live date 5/17/2022.

### Next Steps
- Increase enrollment goal from 200 to 350 patients
- Expand RPM to other areas
- Explore synergies across our interventions
- Enhance this populations trust in the healthcare system.

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