

# Improving Hypertension in the Stroke Belt

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# HopeHealth



HopeHealth is a Federally Qualified Health Center operating 17 facilities in four counties in South Carolina.

#### Services include:

- Primary Care
- Women's Health
- Diabetes and Nutrition
- Endocrinology
- Rheumatology
- Chiropractic
- Pain Management
- Substance Use Disorder Treatment
- Behavioral Health
- Dental Health
- Infectious Disease

Additionally, we operate a Ryan White ID Practice in Aiken, SC.

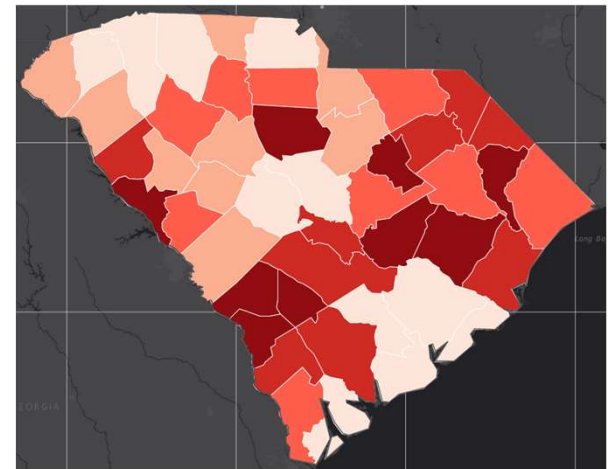


# Defining the Stroke Belt

South Carolina ranks one of the worst states for Hypertension Prevalence, with the majority of our counties ranging from 38-52%. <sup>1</sup>

About 1 in 3 South Carolinians have Hypertension. <sup>2</sup>

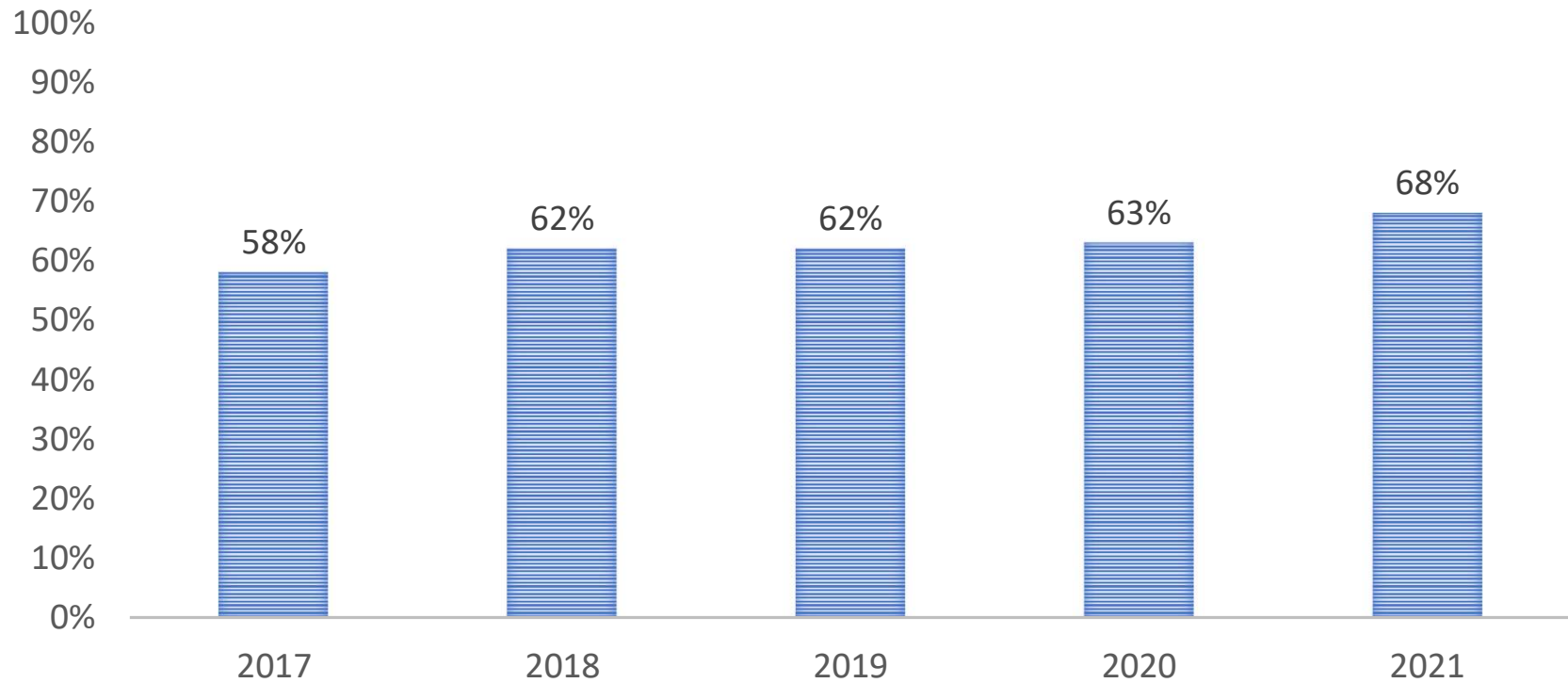
When reviewing our patient population, **39%** are under treatment for Hypertension.



<sup>1</sup> <https://nccd.cdc.gov/DHDSPAtlas/>

<sup>2</sup> <https://scdhec.gov/health/diseases-conditions/heart-disease-stroke/high-blood-pressure>

# Improving Hypertension Control



# AMA MAP BP Program

HopeHealth implemented the MAP BP Program through the AMA in February 2021.

- **M – Measure Accurately**
  - Focuses on the accurate measurement of the BP
  - HH changed how we take BPs in all of our clinics
- **A – Act Rapidly**
  - Focuses on therapeutic intensity
  - HH brought 2 Pharm Ds to review and recommend medication changes in uncontrolled Hypertensive patients
- **P – Partner With Patients**
  - Focuses on patient education and more frequent visits for monitoring
  - HH is expanding an SMBP program that was initially started in 2019

# Patients in the Rural South

Williamsburg County – Population 31,324 (2019), Size 937 Sq Miles

26.4% Poverty rate    4.4% Unemployment Rate    65.3% African American

- Limited access to care
- Limited access to medications
- Limited income/income opportunities
- Average life expectancy 73.5 years

Our Hypertension control rate is 65%.

<https://datausa.io/profile/geo/williamsburg-county-sc>



# Community Outreach

## Community Health Fairs/Events

- Perform Blood Pressure and Glucose screenings
- Attendees are given results and told to follow up with their healthcare provider.
- If someone isn't in care with a medical provider, we collect information and set up an appointment at a HopeHealth facility

# Community Outreach

## Homeless Outreach

- Hosted by a local church; multiple vendors in attendance
- Most attendees are homeless or living in poverty
- In 2021, 30 individuals became patients of HopeHealth
- Including staff from our New Patient Welcome Center enables us to schedule Same Day appointments with a provider – getting patients into immediate care



# Challenges to Control - Patient

- Southern diet
- Sedentary lifestyle
- Lack of medication adherence
- Financial barriers



# Patient Support

## Remote Patient Monitoring

- Devices distributed to high-risk patients

## Patient Education

- Heart Wise Class – Patients and their families with cardiovascular disease
- Well Power Weight Management – Physician performed health risk assessment, labs, and education sessions with nutritionists and health coach

## Medication Assistance

- Drug assistance programs

# Challenges to Control - Provider

## Therapeutic Inertia

- Time constraints
- Competing priorities
- Patient resistance



# Provider Support

## Hypertension Control Dashboard

- Metrics displayed by provider, patient population, number of medications

## Provider Education

- Physiology of hypertension and rationale for treatment decisions

## Antihypertensive Treatment Rubric

- Recommendations from Clinical Pharmacists based on disease state

## Medication Assistance

- Drug assistance programs

Future State

# Hypertension Clinic

- Staffed by Clinical Pharmacist
- Support by Specialist Physician



# Questions

