Hypertension Guideline Adherence Within The Retail Health Setting

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Introduction & Background

- Undiagnosed Hypertension Patient
  - Primary Care
  - Ambulatory Care (Urgent Care or Retail Health)
  - Emergency Department

  - Treatment
  - Medication Adherence

- Design: Pre and Post Test Design (5-item Survey)
- Setting: A retail health region in the Northeast
- Sample: 10 Family Nurse Practitioners
- Timeframe: 12-week period
- Retrospective data
  - All 60 regional providers documented hypertension diagnosis within the EMR system
  - One-month pre/post educational intervention

Methods

- Aim 1: Provider's Knowledge
  - AHA/ACC Hypertension Guideline Criteria
  - Hypertension Medication Initiation & Treatment
  - ASCVD Usage
  - Masked/White Coat Hypertension

- Aim 2: EMR Hypertension Documentation

Results: Provider Knowledge

- Mean (Difference of Pre/Post Test) 0.75
- Standard Deviation (SD) 1.8
- Median 2.5
- IQR 0.301

- Clinical Findings:
  - Notable improvement from pre-post test.
  - No change within white coat and masked hypertension

Conclusion

- The need for provider hypertension guideline adherence within retail health setting can help identify those at risk of hypertension and manage those unable to access primary care.
- Findings within this quality improvement project noted the educational intervention benefit to providers' knowledge in hypertension guideline adherence and implore the need for future studies within this healthcare setting.

Limitations

- Future projects should encompass a larger, diverse sample size that have a longer implementation period
- Providers with administrative roles should not be included in the eligibility criteria for future studies

References

- Centers for Disease Control and Prevention. (2020).
- Facts About Hypertension | cdc.gov
- Underdiagnosis of Hypertension Using Electronic Health Records

Appendix 1: Hypertension Guideline Adherence Within The Retail Health Setting

- Pandemic exacerbated barriers hindering hypertension patient management
- American Heart Association (AHA) American College of Cardiology (ACC) guidelines demonstrate higher prevalence (45%) of identifying individuals at risk of hypertension
- 40% of providers adhere to current hypertension guidelines
  - Mostly occurred in providers outside of primary care