



MEA Hypertension Improvement Project

WILLIAM GRANTHAM, MD

AMY HOLLMAN, MD



About our network

- ▶ Currently 16 locations in Mississippi
- ▶ 50 physician and non-physician practitioners
- ▶ Over 300 employees
- ▶ Offer primary care, episodic/urgent care, occupational medicine

Where we began....

- ▶ Sprint project in 2017
- ▶ Included four primary care clinics
- ▶ Focused on improving hypertension control
- ▶ June 2017 – Hypertension control at 36%
- ▶ August 2017 – Hypertension control at 39%

Clinical Action Plan

- ▶ June – November 2018
- ▶ Included all clinic locations
- ▶ Focused on improving hypertension control, with a goal of 50%
- ▶ June 2018 – Hypertension control at 43%
- ▶ November 2018 – Hypertension control at 51%

Clinical Action Plan: What we did

- ▶ Identify care gap
- ▶ Set well defined, attainable goal
- ▶ Reduce variability
- ▶ Educate every staff member on
 - ▶ What we are doing
 - ▶ Why we are doing it
 - ▶ How we are doing it
- ▶ Run reports and share data regularly
- ▶ Share data across the practice
- ▶ Reward success

Blood Pressure

High blood pressure is a serious medical condition affecting about 85 million Americans.

Things to Know:

- 1 in 3 adults has hypertension (high blood pressure). Hypertension is called "the silent killer" because it often has no warning signs and contributes to about 1,000 deaths per day.
- Only about 50% of patients with hypertension have their blood pressure controlled.
- When your blood pressure is uncontrolled, you are 3 times more likely to die from heart disease and 4 times more likely to die of a stroke.

Low blood pressure is less common but can still pose a risk when symptoms of dizziness, nausea, fainting, etc. are present. At MEA Medical Clinics, blood pressure is one of the first things we measure during an exam. Doing so is part of our commitment to your overall health needs.

(Source: Bryan N. Batson, MD, Hattiesburg Clinic Hypertension Center)

Our commitment to *You...*

Clinical Action Plan: Obstacles

- ▶ Providers did not want to participate
- ▶ Its hard to teach an “old dog new tricks”
- ▶ Providers/staff were too busy to add one more step



Clinical Action Plan: Results

- ▶ Started at 43% overall, with lowest clinic at 36%
- ▶ Ended at 51% overall, with lowest clinic at 42%

