

HEALTH PARTNERS

Home Blood Pressure Telemonitoring With Pharmacist Case Management, Reduced BP by 11/6 mm Hg

Founded in 1957, HealthPartners Medical Group is the largest consumer-governed, nonprofit health care organization in the nation, serving more than 1.5 million medical and dental health plan members. As an integrated health care organization, their combined national network with Cigna includes 850,000 care providers and 6,000 hospitals, while caring for over 1 million patients through its multispecialty group practice of over 1,700 physicians, 50 primary care clinics and 22 urgent care locations.

THE CHALLENGE

IMPROVE BP CONTROL
IN PATIENTS WITH
HYPERTENSION

XHigh blood pressure (BP) affects about 30% of US adults, accounting for over \$50 billion in estimated annual costs. Additionally, only 50% of adults with hypertension maintain BP within recommended levels. A combination of telemedicine with nurse or pharmacist-led care may be a practical model for improving BP management.

THE PLAN

REMOTE BP
MONITORING PLUS
PHARMACIST CASE
MANAGEMENT

A randomized 2-arm clinical trial was conducted to measure the effects of pharmacist case management guided by remote BP monitoring on BP control in patients with elevated BP at 6 and 12 months, with a post-intervention follow-up at 18 months. One group participated in the telehealth intervention, while the second group received usual care from a primary care physician. The telehealth intervention involved the use of a home BP monitor, which transmitted readings to a pharmacist case manager.

THE SUCCESS

BETTER BP CONTROL
ACHIEVED WITH
TELEMONITORING
THAN WITH USUAL
CARE

After 12 months, **71.2%** of telemonitoring patients had their blood pressure well controlled, compared to **52.8%** of the control group.¹ In addition, improved BP in the remotely monitored group was maintained for 6 months post-intervention.

- ✓ Patients also reported greater satisfaction in quality of care, as well as increased confidence in their ability to keep their BP under control, communicate with their health care team and adhere to medication regimens.

¹Margolis KL, Asche SE, Bergdall AR, et al. Effects of Home Blood Pressure Telemonitoring and Pharmacist Management on Blood Pressure Control: A Cluster Randomized Clinical Trial. *JAMA*. 2013;310(1):46-56 and Magid DJ, Green BB. Home Blood Pressure Monitoring: Take It to the Bank. *JAMA*. 2013;310(1):40-41.X