Clinical Performance Measures Summary

<table>
<thead>
<tr>
<th>Office visit</th>
<th>Blood pressure measured*</th>
<th>SBP&lt;120 and DBP&lt;80 (Normal)</th>
<th>Recheck within 2 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pts with no DM or CKD</td>
<td>SBP=120-139 or DBP=80-89 (Prehypertension)</td>
<td>Recheck within 1 year &amp; provide advice on LM therapy</td>
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<tr>
<td>SBP=140-159 or DBP=90-99 (Stage 1)</td>
<td>Confirm within 2 months</td>
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<tr>
<td>for follow-up visit for elevated BP:</td>
<td>• LM therapy and Medication</td>
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<tr>
<td>SBP &gt;160 or DBP &gt;110</td>
<td>Assess for symptoms, check for papilledema, and evaluate or treat within 1 week</td>
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<tr>
<td>Pts with DM or CKD</td>
<td>SBP &lt;130 or DBP &lt;80</td>
<td>Recheck within 1 year &amp; provide advice on LM therapy</td>
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<tr>
<td>SBP=130-139 or DBP=80-89</td>
<td>Trial of LM for 3 months</td>
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<tr>
<td>• If goal not met then start medication</td>
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<tr>
<td>• ACE-I or ARB is part of regimen</td>
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<td>• At least monthly f/u until goal BP is reached</td>
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Pt receiving LM therapy & BP medications: BP still above goal at follow-up • Increase dose, add another BP medication, or substitute a BP medication • At least monthly f/u until goal BP is reached

Key: SBP = systolic blood pressure, DBP = diastolic blood pressure; DM = diabetes mellitus; CKD = chronic kidney disease; f/u = follow-up; LM = lifestyle modification; HTN = hypertension. Blood pressures are in mm Hg.

*Average of two or more readings separated by 30 seconds. Measurements should occur after 5 minutes of rest, seated, with back and arm supported and without food, caffeine, smoking or exercise in preceding 30 minutes.

Effective Brief Counseling
- Ask about current diet and physical activity habits.
- Advise patient to follow the DASH dietary pattern.
- Assess readiness to change lifestyle habits.
- Assist in setting realistic goals and action plan.
- Arrange a follow up visit.

Algorithm for LM

<table>
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<tr>
<th>Compare to guidelines</th>
<th>Meeting guidelines</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not meeting guidelines</td>
<td>Meeting guidelines</td>
</tr>
<tr>
<td>Advise</td>
<td>Praise effort</td>
</tr>
<tr>
<td>Assess if willing to change</td>
<td></td>
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<tr>
<td>Not willing. Assist by building motivation</td>
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<tr>
<td>Willing. Build confidence</td>
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<tr>
<td>Arrange followup appointment</td>
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Prepared for the Hypertension Improvement Project
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Oct. 2004

Lifestyle Guidelines

Blood Pressure Control
- Follow the DASH dietary pattern
- 4-5 servings Fruits/day
- 2 servings Vegetables/day
- 2-3 servings low-fat Dairy/day
- 1-2 servings Grains/day
- 2 or less servings Meats, Chicken & Fish/day
- 1 drink/day for women
- 2 drinks/day for men
- 1 drink = 12 oz beer, 5 oz wine or 1.5 oz liquor
- Stay physically active

Lifestyle Guidelines

Follow the DASH dietary pattern

1 serving = ½ medium fruit, ½ cup, or 6 oz juice

1 serving = 1 cup raw, 2 cup cooked, or 6 oz juice

1 serving = 1 slice bread, 1 cup rice, or pasta

1 serving = 9-oz cooked, boneless, skinless

1 serving = 3 cap nuts, 2 tbsp seeds, ½ cup beans

Keep sodium intake to <2400 mg/day

Moderate alcohol intake

1 drink/day for women

1 drink = 12 oz beer, 5 oz wine or 1.5 oz liquor

Stay physically active

Moderate aerobic exercise 30 minutes/day most days of the week
Blood Pressure Management for Patients Without DM or CKD
[Goal <140/<90]

- **Normal**: <120/<80
  - **No**: Pre-Hypertension 120-139/80-89
  - **Yes**: See DM or CKD chart

- **Pre-Hypertension**: 120-139/80-89
  - **No**: Provide LM info and recheck in 1 year
  - **Yes**: Diabtes or Chronic Kidney Disease?

- **Diabetes or Chronic Kidney Disease?**
  - **No**: Goal of <140/<90 not met
  - **Yes**: Re-check in 2 yrs.

- **Goal of <140/<90** not met
  - **No**: F/u in 1 yr.
  - **Yes**: Trial of LM for 6-12 mo.

- **Goal of <140/<90 not met**
  - **No**: BP 140-159/90-99
  - **Yes**: Stage 1 140-159/90-99

- **Stage 1**: 140-159/90-99
  - **Goal of <140/<90 met**
    - **No**: F/u at least monthly adjusting BP meds as needed until BP goal is reached (≤140/<90)
    - **Yes**: BP 180/>110
      - **Goal of <130/<80** not met
        - **No**: F/u at least monthly adjusting BP meds as needed until BP goal is reached (≤130/<80)
        - **Yes**: BP >140/>90
          - **Goal of <130/<80 met**
            - **No**: F/u at least monthly adjusting BP meds as needed until BP goal is reached (≤130/<80)
            - **Yes**: F/u at least monthly adjusting BP meds as needed until BP goal is reached (≤130/<80)

Blood Pressure Management for Patients With DM or CKD
[Goal <130/<80]

- **BP <130/80**
  - **Goal of <130/<80 met**
    - **No**: F/u in 1 yr.
    - **Yes**: LM for 3 months

- **BP >130/>80**
  - **Goal of <130/<80 met**
    - **No**: F/u at least monthly adjusting BP meds as needed until BP goal is reached (≤130/<80)
    - **Yes**: Start both LM & Pharmacologic therapy concomitantly; ACEI/ARB for most

**BP** = blood pressure; **LM** = lifestyle modifications; **DM** = Diabetes; **CKD** = Chronic Kidney disease; **HCTZ** = Hydrochlorothiazide; **ACEL/ARB** = ACE inhibitor/angiotensin receptor blocker; **F/u** = follow-up; **Sxs** = symptoms