



Improving Health Outcomes: Blood Pressure (IHO: BP) program

The American Medical Association (AMA) and Johns Hopkins Medicine (JHM) have developed a quality improvement program focused on patients with hypertension. The IHO: BP program comprises three evidence-based checklists with accompanying tools to facilitate implementation, including a series of monthly podcasts. Participating in this program can help ambulatory practices effectively engage care teams and patients in efforts to improve blood pressure control.

Time commitment

A core team of two to three staff members, including a clinician, will need to dedicate approximately two to three hours per month for eight months, in addition to attending a two-hour virtual kickoff meeting.

Pre-work

Participating sites must be able to generate monthly performance reports from their EHR showing BP control rates by clinician.

Key components

- **M.A.P. checklists:** Three evidence-based checklists summarizing best practices for managing hypertension, organized in an easy-to-use format
- Monthly Share-your-experience webinars for peer-to-peer learning
- Groundwork for leveraging the experience and knowledge of all practice or health center team members to improve outpatient care through Adaptive Change in Ambulatory Practice (ACAP)

Topics for monthly podcasts and related tools and resources:

1	Applying the science of improving care to measuring BP accurately	<u>M</u> easure Accurately
2	Implementing automated office BP measurement	
3	Understanding how clinical inertia and limited patient engagement contribute to uncontrolled hypertension	<u>A</u> ct Rapidly
4	Using protocols to guide evidence-based prescribing	
5	Engaging patients through evidence-based communication strategies	<u>P</u> artner with patients, families and communities
6	Incorporating self-measured blood pressure monitoring to improve BP control	
7	Engaging patients in dietary and lifestyle interventions to improve BP	
8	Sustainability and wrap-up celebration	

Role of AMA and JHM

Staff members from the AMA and JHM Armstrong Institute for Patient Safety and Quality serve as key program faculty. IHO: BP program faculty can assist with organizing the two-hour kickoff meeting and monthly Share-your-experience webinars, as needed.

Continuing Medical Education

The American Medical Association designates the IHO: BP program for a maximum of **10.0 AMA PRA Category 1 Credit™**. CME is provided for the kickoff event and each Share-your-Experience webinar.

AMA Blood Pressure Champion

The AMA recognizes practices that have worked as a team to improve their management of patients with hypertension using the IHO: BP program. To become an **AMA Blood Pressure Champion**, representatives from the practice or health center must attend the kickoff event and participate in at least six of the eight Share-your-experience webinars.

Contact

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