



EVALUATION OF PATIENT-CENTERED HYPERTENSION CLINIC WITH GROUP EDUCATION SESSIONS

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INTRODUCTION: YÁ'ÁT'ÉÉH



GRANT FUNDING RECEIVED 2007

- Focused on improving risk factors for heart disease in at risk populations
- Staffing: one pharmacist educator and one fitness tech
- Setting: Large primary care and inpatient facility, Northern Navajo Medical Center
- Circumstances: Primary care provider shortage and long wait to obtain a primary care physician

INTERVENTION

- Start date: February 2008 (ongoing)
- Data collection period: Feb 2008 through Aug 2010
- Intervention:
 - All patients diagnosed (new or old) with hypertension without a primary care provider were invited to attend a 2 part education sessions
 - Most of referrals came from Urgent Care and the Emergency Room
 - In addition to class session, patients received:
 - Visit with physician for review of diagnosis, medications, if needed and evaluation
 - Completed all standards of care needed (immunizations, mammography etc)
 - Follow up visits with pharmacist at 3, 6 and 12 months



RESULTS

- Mean BP decrease 5.79mmHg at 3 months
- Mean BP decrease 6.69mmHg at 6 months
- Unexpected results
 - Most patients who started with group care have elected to continue group care instead of pursuing traditional care models at NNMC
 - Standards of care for Health Heart patients remain consistently higher than in our traditional primary care clinics



QUESTIONS?

