

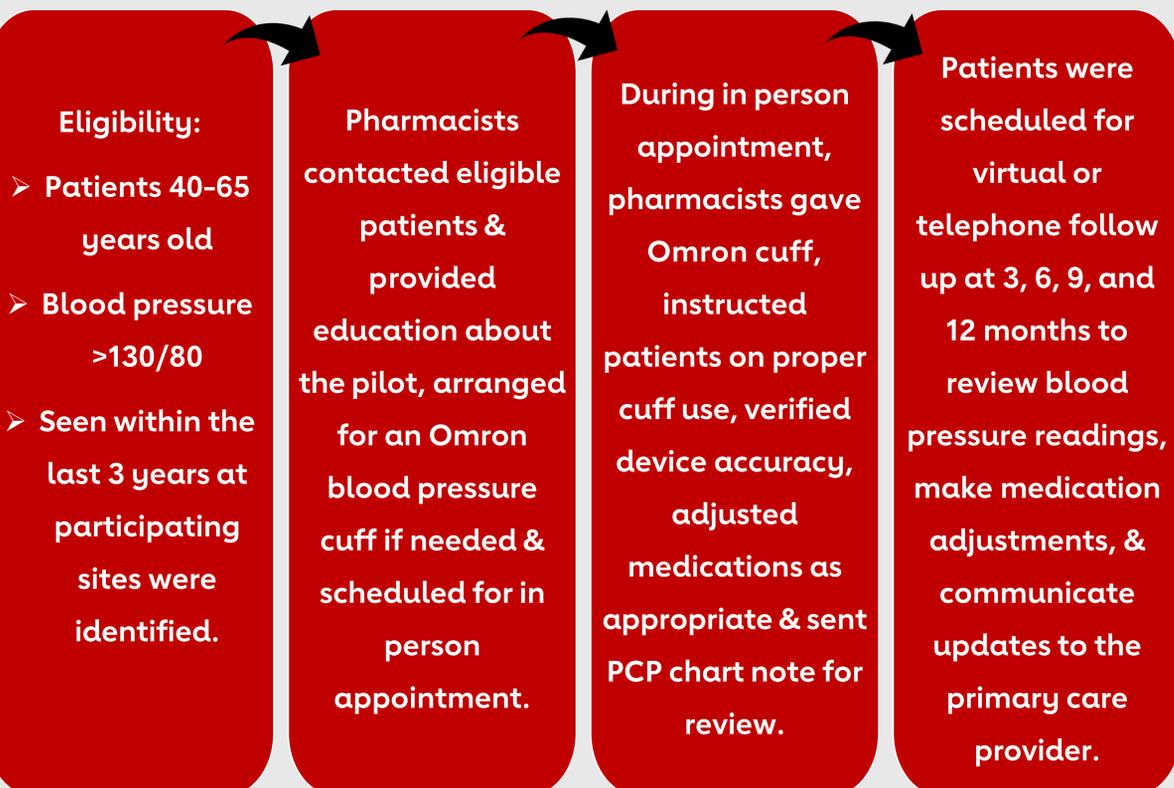
Authors: Alicia Jones DO, TaNia Harper PharmD, Deniz Yavas PharmD
Contributors: Sona Kirpekar MD, Michael Duffy PharmD, Daniel Sprague, Leslie Zeck, Timothy Doenges

Background

- Hypertension affects nearly half of U.S. adults and is a leading risk factor for cardiovascular disease.
- Many patients remain uncontrolled due to barriers such as limited access to care, lack of home monitoring, and medication nonadherence.
- **Pharmacist-led interventions have been shown to improve blood pressure control by providing education, medication management, and closer follow-up.**
- This pilot program was designed to integrate pharmacists into hypertension management by identifying and engaging eligible patients, providing home BP monitoring, and delivering ongoing medication management and follow-up.
- **Our goal is to evaluate the impact of a pharmacist-led hypertension management program using telehealth on improving blood pressure control through patient education, home monitoring, and medication optimization.**

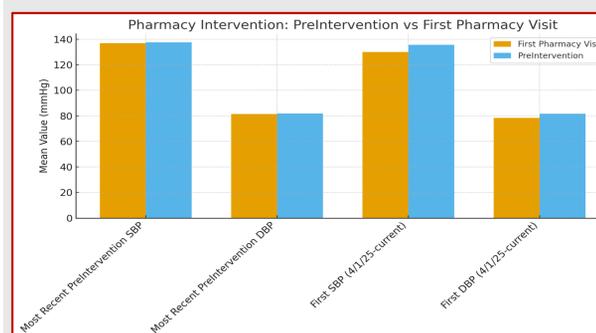


Methods



Results

Pharmacy Pre-Intervention vs First Visit after Pharmacy Intervention



Of note: Additional data tracking will be collected for future appointments every 3 months with pharmacist telehealth appointments.

- Patients with pharmacy intervention have improved/ lower blood pressures rates.
- The differences in baseline vs intervention period systolic and diastolic blood pressures have **p-values <0.05** indicating a statistically significant impact on BP reduction for the pharmacy intervention group.

Key Challenges

- 1. Limited reach of pharmacist interventions:** Only 24% of eligible patients received clinical pharmacist support.
- 2. Need for improved data tracking:** Plans are underway to monitor blood pressure readings every three months during telehealth pharmacy visits.
- 3. Time-intensive data infrastructure:** Developing the data collection dashboard required significant time and effort.

Conclusions

Early findings suggest:

- ✓ Improved blood pressure control with pharmacy intervention.
- ✓ Patients have better understanding of:
 1. How to do telehealth visits
 2. How to monitor blood pressures at home
 3. Hypertension disease process & the importance of having good blood pressure control



Future Directions

We are continuously striving to improve blood pressure outcomes for our hypertensive patients.

Our latest efforts include: **System of Excellence – Hypertension Program**, Clinical pharmacy services provide targeted support to identify and assist patients with hypertension. **HealthSnap Remote Monitoring Program**, hypertensive patients receive a cellular-enabled BP cuff, allowing for real-time remote monitoring and virtual follow-up.