

Collaborating for Quality Care

Blood Pressure Control
in Patients with Diabetes

What is the clinical importance of this measure ?

Prevalence/Morbidity

- Most common risk factor for heart disease and stroke in general population
- Diabetics 2x as likely to have HTN (30-60%)
- Diabetics with HTN 2x risk of cardiovascular disease relative to non-diabetics

What is the clinical importance of this measure ?

Treatment Effectiveness

- For every 10mmHg decrease in systolic BP:
 - 15% drop in diabetes related death
 - 11% drop in MI
 - 12% drop in micro-vascular complications (retinopathy, renal insuff, PVD)
 - No lower threshold, aim below 130/80 (UK Prospective Diabetes Study)

How are we doing?

- National rate dropped 1% per year for past two years
 - FY 2007 39%
 - FY 2008 38%
 - FY 2009 37%
- CA rate has also dropped 1% per year for past two years
- FY 2010 target is 39%

How are we going to address the issue today?

- Vignette
 - Demonstrates how BP issues are missed and how they could be caught
 - Contrasts how many health care systems work versus how they could work using the IPC approach
- Innovations in Planned Care presentation
 - Approaches programs can and have used to improve care of patients with hypertension and other chronic conditions
 - Tabletop exercise using one approach – the huddle
- Healthy Heart program presentation
 - Standardized measurement of blood pressure
 - Treatment of hypertension
 - Patient Empowerment