

The Nevada Division of Public and Behavioral Health's Heart Disease and Stroke Prevention Program was able to leverage grant funding to purchase blood pressure (BP) cuffs from the Preventive Health and Health Services (PHHS) grant. The funds were subgranted to a Federally Qualified Healthcare Center (FQHC) to purchase 242 Omron BP 786 blood pressure cuffs for the purpose of piloting a self-management blood pressure program. The pilot will be conducted at the FQHC clinic in Carson City and two associated satellite clinics in Virginia City and Carson City. Additional funds from CDC (1305 grant) were subgranted to facilitate hiring one Full Time Equivalent (FTE) Community Health Work (CHW) to participate in the pilot. Two providers will refer established patients with high blood pressure noted at two of their last three appointments into the self-monitoring program. The CHW will then meet with the patient to review how to use the blood pressure cuff appropriately, provide informational material regarding the importance of maintain blood pressure control, and review daily blood pressure recording logs. Patients will measure their blood pressure at the same time daily and record measurements on the BP log. The patient will meet with the CHW biweekly to report/review the blood pressure log and record the information into an Access database. Patients participating in the program will also be referred to self-management classes (CDSMP and/or DSME), Tobacco Quitline, and placed on the Dash Diet to address existing co-morbidities/risk factors. Patients will be permitted to keep their BP cuff once they have reached blood pressure control to continue daily self-monitoring and maintain control.

The FQHC will share pertinent data points with the Heart Disease and Stroke Prevention Program, including: age, sex, zip code, ethnicity, diagnoses, medication, additional referrals, number of visits yearly, billing codes for visits, insurance provider, and BP readings. The pilot will focus on the following measures:

- # of patients that achieved blood pressure improvement/control.
- # of patients who did not recognize a change in blood pressure.
- # of patients who reported a worsening of their blood pressure.
- # of appointments needed for a controlled blood pressure patient and cost.
- # of appointments needed for an uncontrolled blood pressure patient and cost.
- # of patients adhering to their medication regimen.

The Heart Disease and Stroke Prevention Program plans to utilize the data to conduct presentations to insurance providers for plan incorporation of Durable Medical Equipment (DME) blood pressure cuff coverage, CHW reimbursement, and inclusion of self-monitoring blood pressure programs in reimbursement models.

For additional questions and/or requests, please contact Jennifer Krupp, Heart Disease and Stroke Prevention Coordinator, Nevada Divisions of Public and Behavioral Health, Chronic Disease prevention and Health Promotion Section at jkrupp@health.nv.gov.