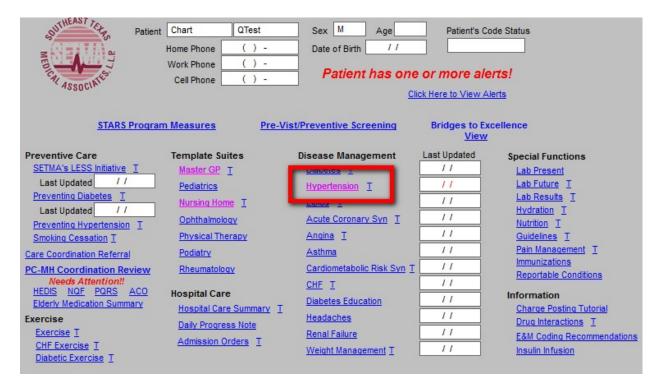
James L. Holly, M.D.

Hypertension: Fulfilling Quality Metrics
By James L. Holly, MD
Your Life Your Health
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How do you know whether or not you are receiving the care you need for high blood pressure? The following is how SETMA demonstrates that your care for hypertension is optimal. SETMA monitors both the process of your care and the outcome of your care. Process defines the steps your provider takes to give you excellent care; outcome defines the effectiveness of that process. Obviously, outcome is the most important, i.e., is your blood pressure treated to goal, but if a proper process is consistently following, the outcome is more probably going to be good.

The Process

When you have a diagnosis of hypertension, your blood pressure should be evaluated every time you come to the clinic, no matter the reason for the visit. A part of this element of the process is that if your not treated to goal, your healthcare provider should contact you to schedule an appointment if you miss an appointment or if you fail to make an appointment. Included in your visit should be the activation of the **Hypertension Disease Management Tool**, which your healthcare provider can do by clicking the button outline in red below.

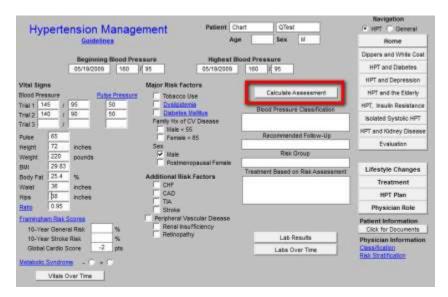


The following steps should be taken with all patients who have a diagnosis of "hypertension" and the steps should be taken every time the patient is seen, no matter the reason for the visit:

1. Measure the blood pressure on all patients.

- 2. If the initial blood pressure measurement is elevated (>140/90 mmHg) repeat the blood pressure.
- 3. If the patient has already been diagnosed with hypertension, or if the blood pressure is elevated, assess the:
 - a. Class of hypertension
 - b. Recommended follow-up by evidence-based medicine
 - c. Risk group of hypertension which tells you how important it is that the blood pressure is controlled.
 - d. Recommended treatment for the patient's hypertension.

At SETMA, these steps are completed by opening the Hypertension Disease Management Tool, and by clicking on the "Calculate Assessment" button shown in red below.

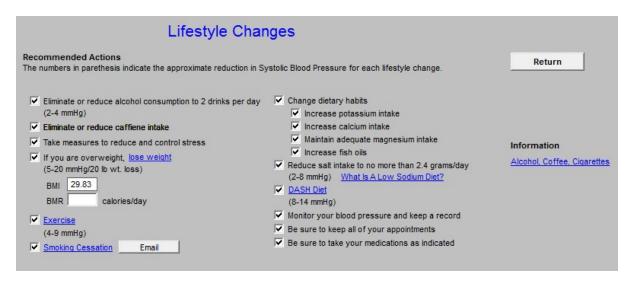


The information displayed will give your provider an indication of how imperative it is to aggressively treat your blood pressure. This information will also appear on your plan of care and will also give your provider assistance in engaging the you in their own care.

Next, your SETMA provider will open the "Lifestyle Changes" pop-up by clicking on the button outlined in red below

Hypertension Manager	nent Patient Ch	art QTest	Navigation • HPT • General	
Guidelines	Age	e Sex M	Home	
Beginning Blood Press	Uinka sá Di	ood Pressure	Dippers and White Coat	
	95 05/19/2009	160 / 95	HPT and Diabetes	
Vital Signs	Major Risk Factors		HPT and Depression	
Blood Pressure <u>Pulse Pressure</u>	Tobacco Use	Calculate Assessment	HPT and the Elderly	
Trial 1 145 / 95 50	Dyslipidemia Dishetes Malling	Blood Pressure Classification	HPT, Insulin Resistance	
Trial 2 140	Diabetes Mellitus Family Hx of CV Disease	Hypertension - Stage 1	Isolated Systolic HPT	
	Male < 55	Recommended Follow-Up	HPT and Kidney Disease	
Pulse 65.00 Height 72.00 inches	Female < 65 Sex	Recheck in 2 months	Evaluation	
Weight 220.00 pounds	✓ Male	Risk Group	Diagnosis and Screening	
BMI 29.83	Postmenopausal Female	Group B - Moderate Risk		
Dilli -	Additional Risk Factors	Treatment Based on Risk Assessment	Lifestyle Changes	
Body Fat 25.4 % Waist 36.00 inches	CHF	Lifestyle Changes (max 6 months).	Ireatment	
Hips 38.00 inches	CAD	Proceed to drug therapy if no response.	HPT Plan	
Ratio 0.95	☐ TIA ☐ Stroke		Physician Role	
Framingham Risk Scores	Peripheral Vascular Disease		Patient Information	
10-Year General Risk	Renal Insufficiency Retinopathy		Click for Documents	
10-Year Stroke Risk	Tetinoputity	Lab Results	Physician Information	
Global Cardio Score -2 pts		Labs Over Time	Classification Risk Stratification	
Metabolic Syndrome - O + O			Non Stratification	
Vitals Over Time				

When this template is opened (see below) all of the information will already be activated which means it will appear on your plan of care and treatment plan. (The check marks in the radial button on each element lets you know that the measures have been activated.) It gives your provider and you information on the lifestyle changes needed for the treatment of hypertension and it gives the expected improvement in the systolic pressure for each intervention. As can be seen, many of the lifestyle changes provide more benefit to the patient than most medications.

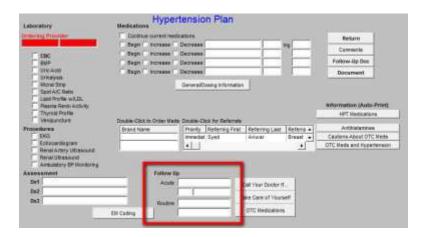


Your provider should follow through by discussing these changes with you. This will include the discussion of:

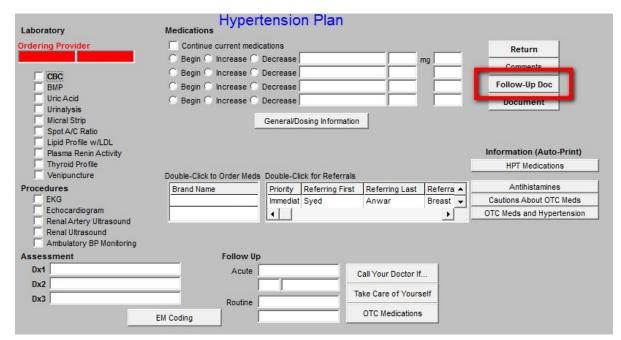
• Exercise,

- Weight loss,
- Sodium intake reduction
- Smoking cessation
- Alcohol moderation

On the hypertension plan template, your healthcare provider will complete the routine and acute follow-up fields so that you know when to return to the clinic. These are also the same fields that are on the main plan template. If they are completed in one place, they automatically show up in the other.



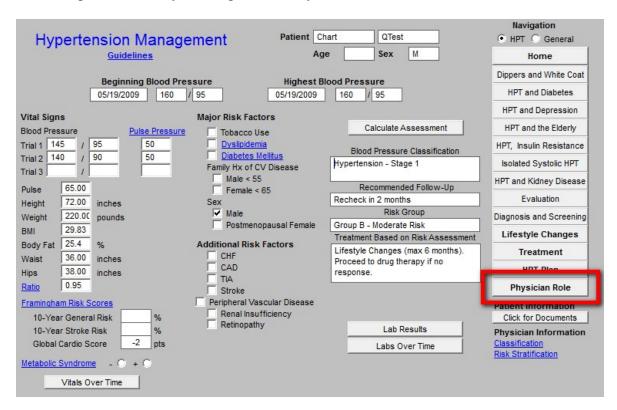
Your SETMA provider will then generate the hypertension follow-up document in order to give it to you.



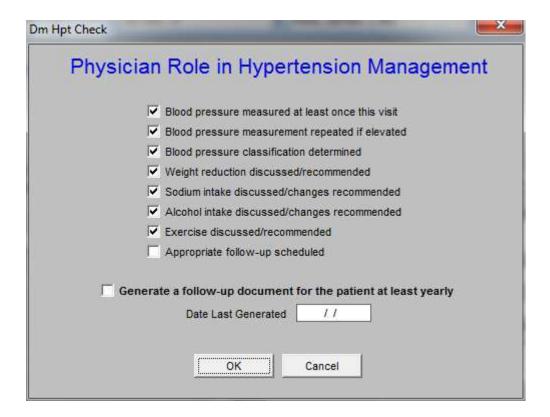
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This document should be given to you if your blood pressure is not well controlled and//or annually if your blood pressure is well-controlled..

Once the above has been completed, your SETMA healthcare provider can review the summary of his/her performance by clicking on the "Physician Role" button outlined in red below.



When that button is clicked the following pop-up appears.



It automatically displays and summarizes your provider's performance on hypertension quality measures. If your provider wants to review the entire Tutorial for SETMA's Hypertension Disease Management Tool, he or she can do so by:

- 1. Clicking the "T" which appears beside the Hypertension on the AAA Home
- 2. Going to SETMA's Intranet and going to Clinical and accessing the Hypertension tutorial
- 3. Or you can review the tutorial from the web at: http://jameslhollymd.com/EPM-Tools/tutorial-hypertension-prevention

Quality Analytics

Daily, SETMA reports to your healthcare provider, their performance on the quality metrics which apply to high blood pressure treatment. The following is the audit for January 7, 2013. All measures in "black" are good and all measures in "red" need improvement.



Physician Role in Hypertension Management

E & M Codes: Clinic Only

Encounter Date(s): Jan 7, 2013 through Jan 7, 2013

Report Criteria: Patients 18 And Older With a Chronic Diagnosis of Hypertension

Specialsits Excluded

Location	Provider	Blood Pressure Measured	Repeat BP (Elevated)	Class Assessed	Weight Reduction Discussed	Sodium Intake Discussed	Alcohol Intake Discussed	Exercise Discussed	Follow-up Scheduled
SETMA 1	Aziz	100.0%	-	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Deiparine	100.0%	0.0%	0.0%	0.0%	0.0%	0.0%	0.0%	83.3%
	Duncan	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	90.0%
	Henderson	100.0%	100.0%	56.2%	93.8%	62.5%	62.5%	81.2%	93.8%
	Holly	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Murphy	100.0%	75.0%	20.0%	80.0%	20.0%	20.0%	66.7%	100.0%
	Palang	100.0%	100.0%	28.6%	28.6%	28.6%	14.3%	14.3%	100.0%
	SETMA 1 Totals:	100.0%	77.3%	52.1%	72.6%	53.4%	50.7%	64.4%	95.9%
SETMA 2	Anthony	100.0%	50.0%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Anwar	100.0%	0.0%	90.9%	90.9%	77.3%	72.7%	100.0%	0.0%
	Aziz	100.0%	_	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Cash	100.0%	100.0%	85.7%	100.0%	92.9%	85.7%	50.0%	100.0%
	Leifeste	100.0%	0.0%	83.3%	100.0%	75.0%	75.0%	91.7%	0.0%
	Wheeler	100.0%	25.0%	78.6%	100.0%	85.7%	85.7%	100.0%	100.0%
	SETMA 2 Totals:	100.0%	33.3%	88.6%	97.5%	86.1%	83.5%	89.9%	57.0%
SETMA Mid County	Castro	100.0%	57.1%	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%
	Shepherd	100.0%	40.0%	69.2%	76.9%	69.2%	69.2%	23.1%	100.0%
	Thomas	100.0%	100,0%	69.2%	69.2%	76.9%	69.2%	53.8%	92.3%
SETMA M	id County Totals:	100.0%	53.8%	81.0%	83.3%	83.3%	81.0%	61.9%	97.6%
SETMA West	Darden	100.0%	0.0%	50.0%	66.7%	16.7%	0.0%	100.0%	100.0%
	Delparine	100.0%	33.3%	83.3%	100.0%	0.0%	0.0%	100.0%	100.0%
	Halbert	100.0%	50:0%	50.0%	60:0%	20.0%	10.0%	80.0%	100.0%
	Horn	100.0%	66,7%	100.0%	100.0%	100.0%	100.0%	100.0%	0.0%
	Qureshi	100.0%	0.0%	100.0%	100.0%	72.7%	36.4%	72.7%	100.0%
SET	MA West Totals:	100.0%	33.3%	76.5%	84.3%	47.1%	33.3%	90.2%	76.5%

Monthly, all SETMA healthcare providers meet together for three hours in order to review their performance and to discuss how their care can be improved. Quarterly, these results are posted at www.jameslholly.com so that the entire community can know how SETMA is performing in treating hypertension.

By continually measuring, monitoring and meeting to discuss excellence in care, you can have increased confidence that you are receiving excellent care.