



NATIONAL ASSOCIATION OF
Community Health Centers®



Treating Patients with Hypertension:
What's the Rx?

September 28, 2022



THE NACHC MISSION

America's Voice for Community Health Care

The National Association of Community Health Centers (NACHC) was founded in 1971 to promote efficient, high quality, comprehensive health care that is accessible, culturally and linguistically competent, community directed, and patient centered for all.



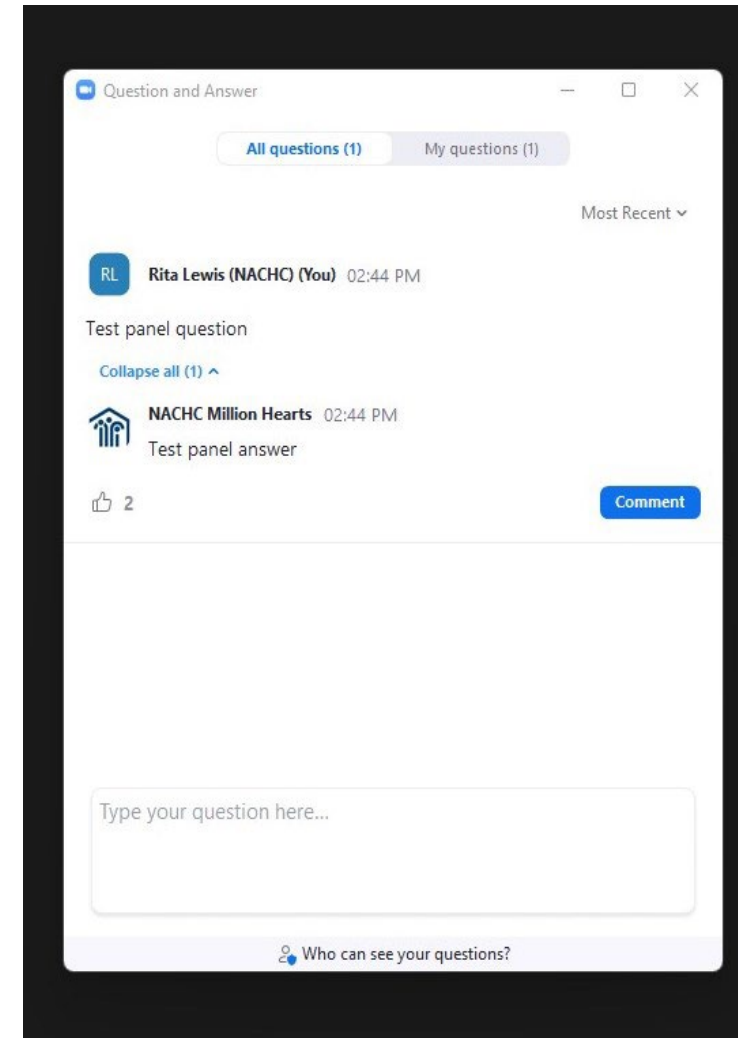
Friendly Reminders

- Today's event is being recorded
- All attendee lines have been muted



Asking Questions

- Chat has been disabled
- Please use the Q&A feature to submit questions for our panelists.
- You can also upvote or comment on questions submitted by other attendees.



Million Hearts[®] Welcome



Judy Hannan RN MPH
Million Hearts Senior Advisor
Division for Heart Disease and Stroke Prevention
Centers for Disease Control and Prevention

Meg Meador, MPH, C-PHI, CPHQ

Director, Clinical Integration & Education
National Association of Community
Health Centers





Pre-Work:

Recording (13 mins)
Survey (2 mins)



Live Event:

Q&A (45 mins)



Total Time: 60 minutes = 1.0 CME

Learning Objectives

1

Discuss recommendations and evidence supporting the use of multiple medication classes for controlling blood pressure

2

Identify barriers to using multiple medication classes to treat patients with hypertension

3

Discuss how to integrate the use of multiple medication classes into treatment for patients with hypertension, including the use of single-pill combination medications

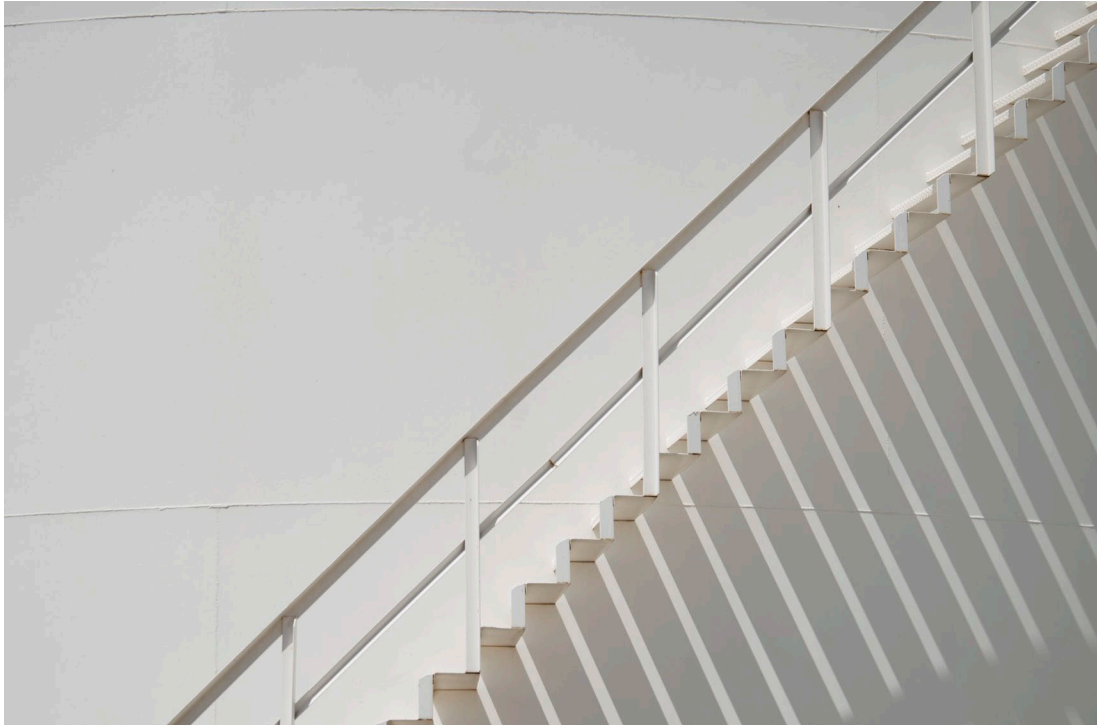
Introductions



Five Key Questions



163 million

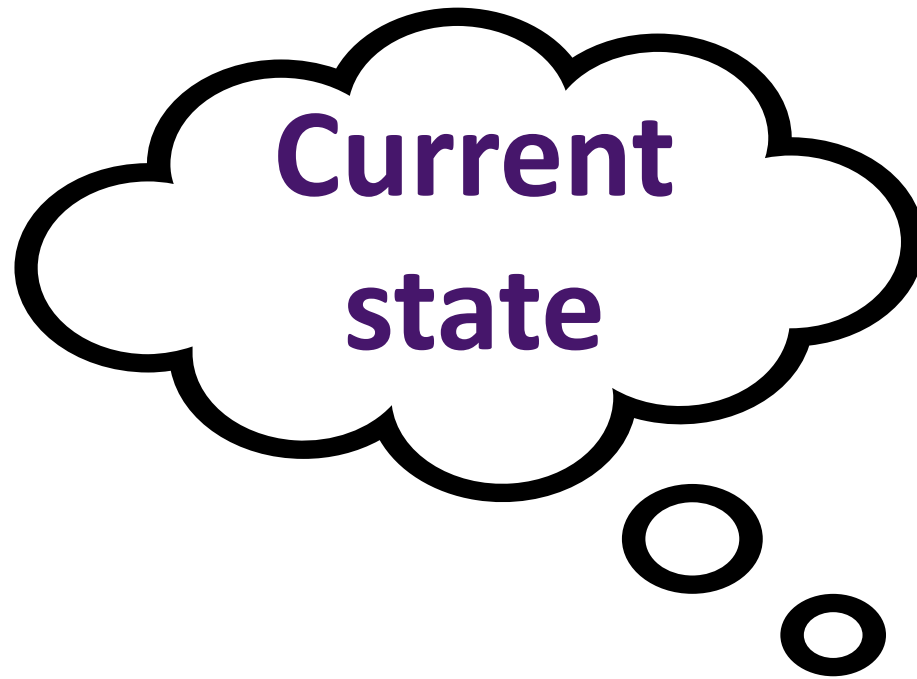


Mohebi R, Chen C, Ibrahim NE, et al. Cardiovascular Disease Projections in the United States Based on the 2020 Census Estimates. *J Am Coll Cardiol.* 2022;80(6):565-578. doi:10.1016/j.jacc.2022.05.033

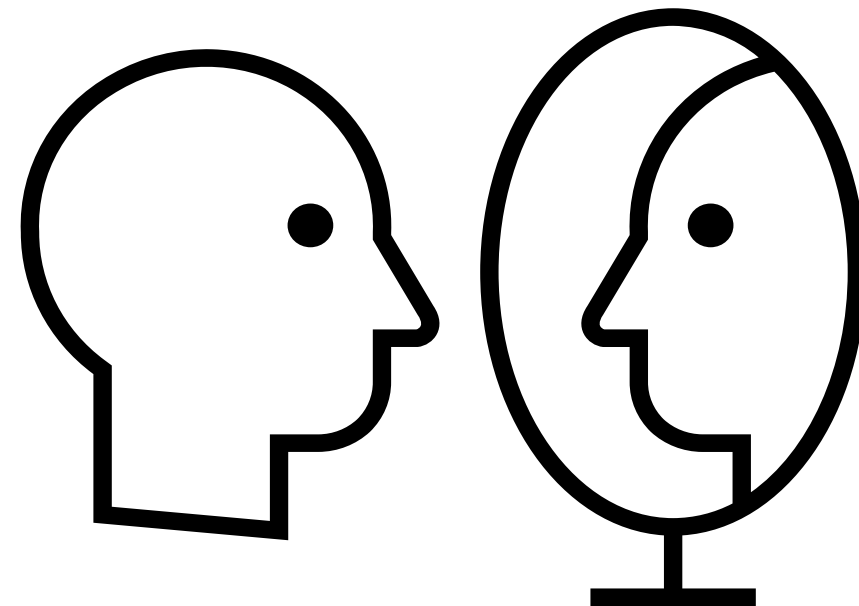
80%



Bellows BK, Ruiz-Negrón N, Bibbins-Domingo K, King JB, Pletcher MJ, Moran AE, Fontil V. Clinic-based strategies to reach United States million hearts 2022 blood pressure control goals. *Circ Cardiovasc Qual Outcomes.* 2019;12:e005624. DOI: 10.1161/CIRCOUTCOMES.118.005624



**Current
state**



The case for combination therapy

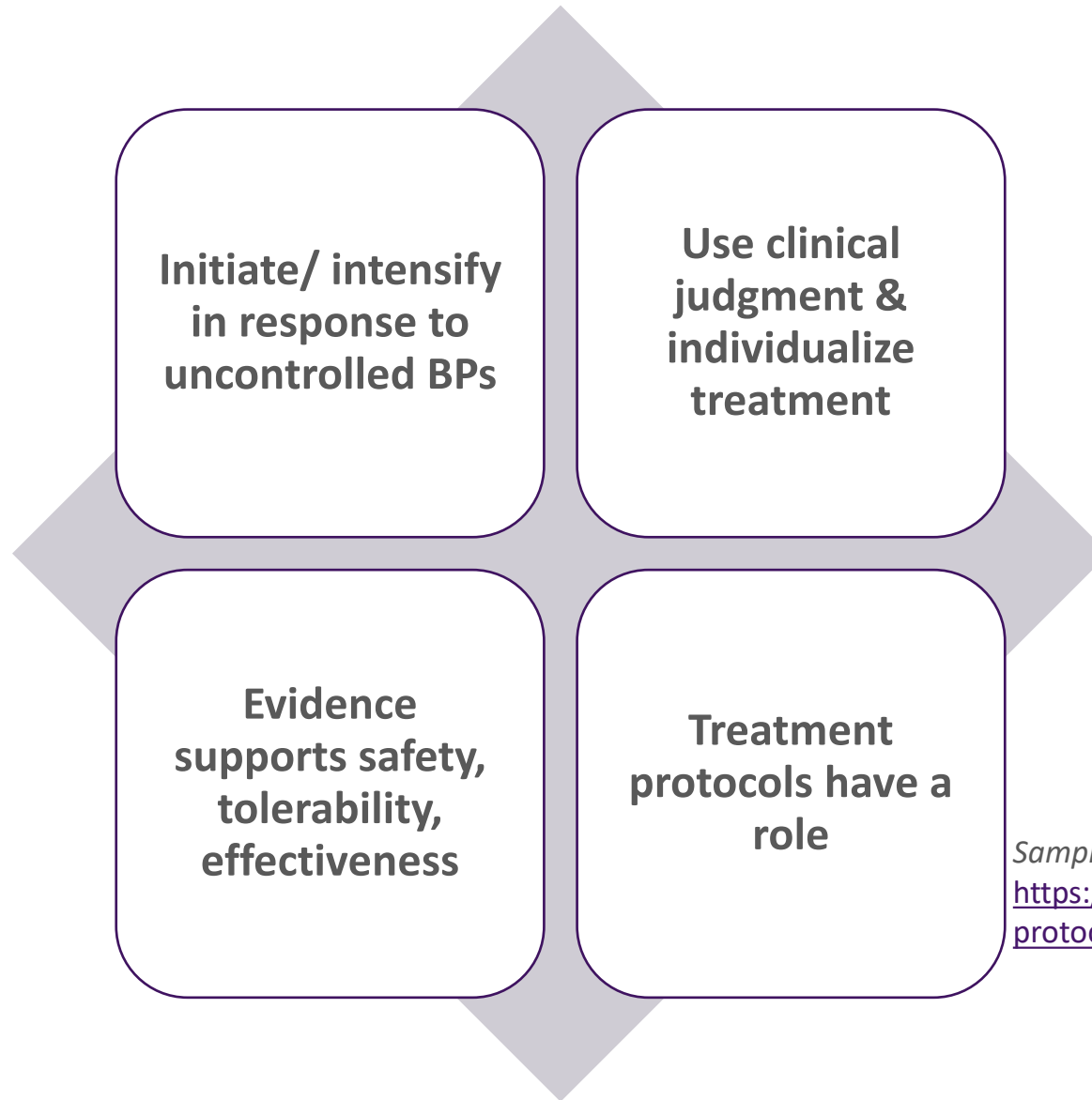


Adding a new BP medication has 3x the BP-lowering effect of increasing the dose of an existing medication

Law MR, Wald NJ, Morris JK, Jordan RE. Value of low dose combination treatment with blood pressure lowering drugs: analysis of 354 randomised trials. *BMJ*. 2003;326(7404):1427. doi:10.1136/bmj.326.7404.1427

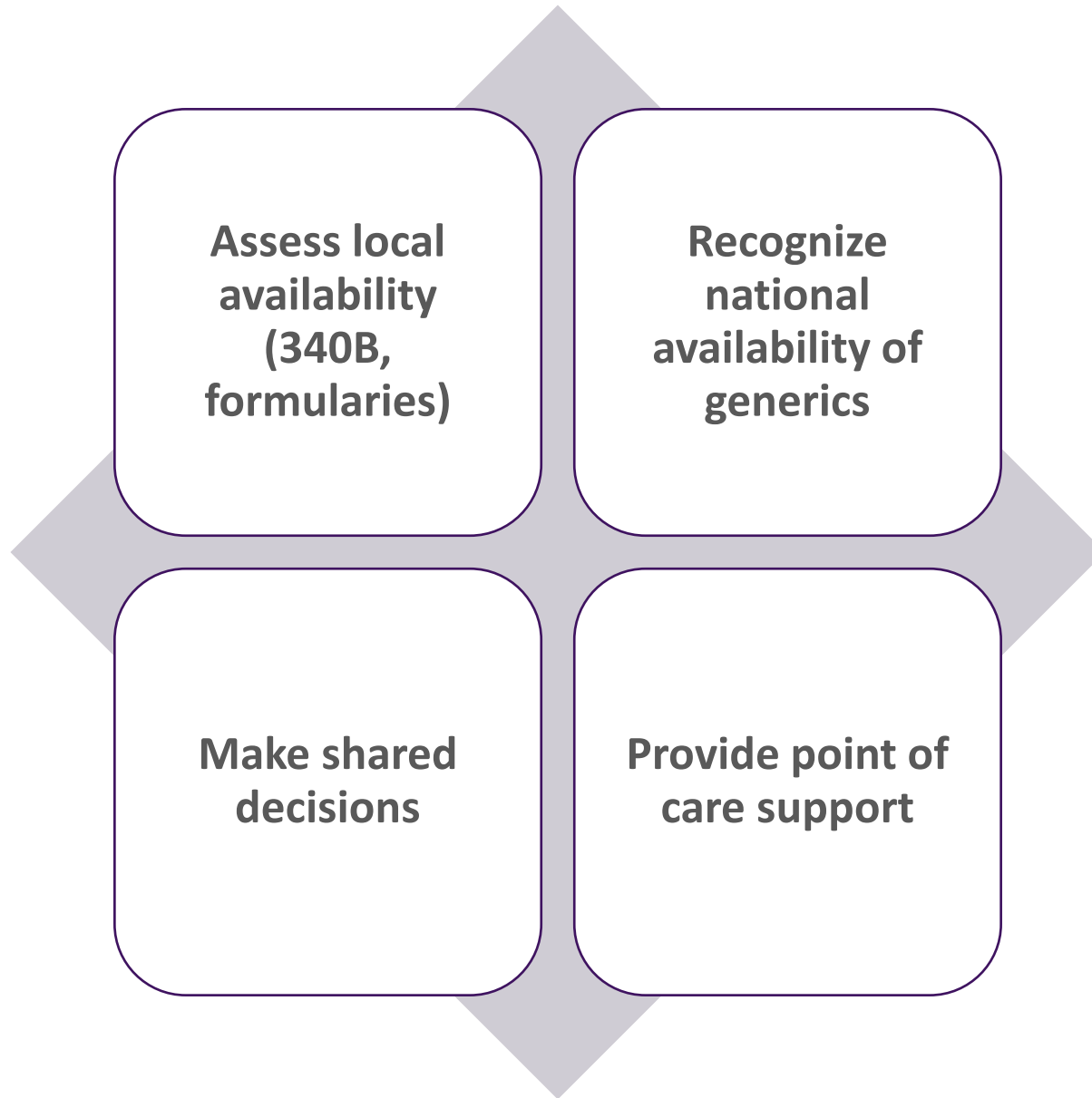
adherence
tolerance
safety
indications
burnout
cost
education
availability
time
coverage
access

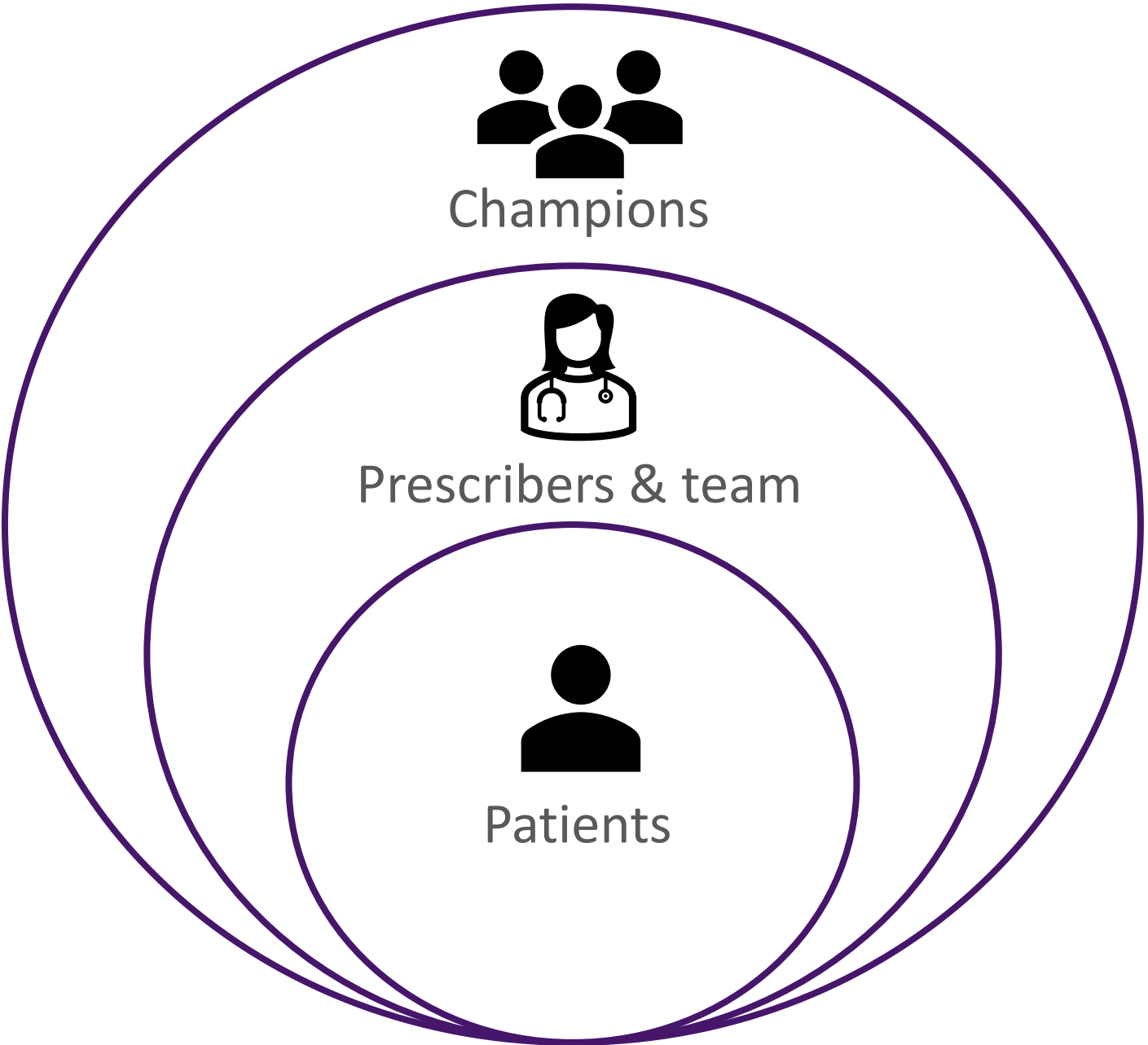
Clinical Use



Sample treatment protocols:
<https://millionhearts.hhs.gov/tools-protocols/protocols.html>

Practical Use





***Everyone
has a role!***



What will you do to improve treatment intensification?



Resources

- [Improving Blood Pressure Control for African Americans Roadmap](#)
- [80% Control: A Three Pillar Practical Approach](#)
- [AMA Hypertension Medication Treatment Protocol](#)
- [Fixed-Dose Combination Antihypertensive Medication Coverage by State Medicaid and Medicaid Managed Care Organizations](#)

How to claim CME Credit

1. Visit the activity page at <https://edhub.ama-assn.org/interactive/18724867>
2. **Sign in to the AMA Ed Hub** at the upper right-hand corner by using your AMA login. If you do not already have an AMA account, you can create one for free by clicking on “Sign-in” then selecting “Create an Account”.
3. **From the activity page click the “Start” button** located at the center of the main image.
4. **Enter your session activity code: treatment**
5. **Click “Submit”**—you must continue to the next step to complete the quiz and claim credit.
6. **Click “Take Quiz”** and answer the activity evaluation questions.
7. **Select the appropriate amount of CME to claim.**

IMPORTANT: The deadline for claiming credit for this activity is: November 9, 2022

After this date the quiz will close and you will be unable to claim your credit.

How to access/download your certificate of participation

- 1. Once you have logged in and successfully completed the evaluation quiz, click on your name located at the top right-hand side of the page and select “Transcript”.**
- 2. Find your completed activity and select “Certificate” to download.**

Upcoming Million Hearts Learning Labs

Managing Cholesterol Through Telehealth

November 16, 2022, from 3:00 to 3:45pm ET

Patient Messaging in Conversations and Motivational Interviewing for Medication Adherence

January 28, 2023, from 3:00 to 3:45pm ET





Physicians' powerful ally in patient care

THANK
YOU!



NATIONAL ASSOCIATION OF
Community Health Centers®

PLEASE VISIT US ONLINE

[nachc.org](https://www.nachc.org)