



Central Hastings
Family Health Team

Teamwork and Patient Success

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Ontario



Faculty/Presenter Disclosure

- **Faculty:** Julie Page
- **Relationships with commercial interests:**
 - **Grants/Research Support:** N/A
 - **Speakers Bureau/Honoraria:** N/A
 - **Consulting Fees:** N/A
 - **Other:** N/A



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- Overview of our patient population in the HMP
- Our HMP team
- One successful strategy
- One patient success story





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Hypertension Management Program Population Profile

Diagnoses

22.6% HTN w/ Diabetes

51.8% HTN w/o Diabetes

25.6% Elevated BP

Sex

53.8% Female

46.2% Male



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Hypertension Management Program Population Profile

Ethnicity – 91.5 % white with 0.5 % First Nations

Age

18.6 % 75 or over

54.8% 60 – 74

23.1% 45 – 59

2.5% 30-44

1.0 % 18 - 29



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Hypertension Management Program Population Profile

Medical History

57.8% Dyslipidemia

30.7 % Diabetes

7% Kidney disease

54.3% Obesity

21.1 % Coronary heart disease

6% Stroke or TIA

26.1 % Depression



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More About Our Patients

Average number of comorbidities in patients who have at least one:

HTN - 2.3 vs all sites 1.8

HTN/DM – 2.3 vs all sites 1.6



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Program Team

IHP Receptionist – handle referrals, do bookings, recalls and reminder calls

“Ushers”/RN/RPN - do BP Tru, waist circumference etc.
– visit prep

NP –HMP program visit, including medication changes, review registry of patients enrolled for recall and order blood work, request appoint be booked etc.

RD – individual nutrition counselling, Health Eating and DASH group sessions

Program Coordinator RN – tracking, evaluation, reporting – can do patient visit



Success Strategy - Combined Visit

Q2 month visit for uncontrolled HTN

Q3 month visit for DM

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Too many visit and patients not willing to come in.

For select patients – Q3 combined HTN/DM visit

DM visit is in collaboration with primary care provider and provider sees patient briefly at end of visit.



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Success Story

72 year old male
Bachelor lives in a remote
rural area
Entered our HMP July
2012
Risk factor – aortic
sclerosis with severe
regurgitation
Meds – candesartan



"In this case, a new high score is not
a good thing."



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Success Story

Initial

LDL - 2.94

Total – 4.34

Weight - 84.5 kg

BP- 162/80

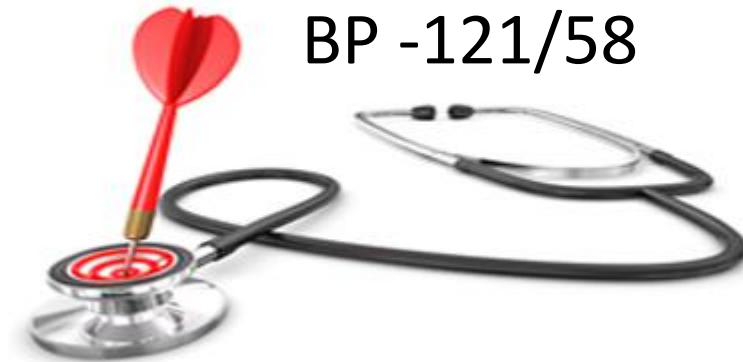
Last Visit

LDL – 1.74

Total - 3.03

Weight – 80.8

BP -121/58





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Success Story

Patients' Goals

Agreed to take rosuvastatin to lower cholesterol

Remove salt

Go to DASH group education

Be active 1 hour a day





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Success Story

Did he meet his goals?

Cut out all added salt
Making healthy eating
choices
Walks 5 miles a day

Candesartan was dc'd,
remains on rosuvastatin

