OPTIONS TO DEVELOP A HYPERTENSION CLINIC OR PROGRAM
OPTION 1: CREATE A HYPERTENSION CLINIC

☐ STEP 1
CREATE YOUR HYPERTENSION CARE TEAM
- IC  General Cardiologist  Nephrologist
- Vascular Surgeon  Nurse Practitioner
- Cardiac Services Administrator  Endocrinologist
- Pharmacist
- Select members who are passionate about improving hypertension control rates
- Develop a mission statement for your program
  Themes to consider:
  - Multidisciplinary
  - Comprehensive care
  - Expertise
  - Preventative measures
  - Integrated referral process
- Determine who needs to approve the program

☐ STEP 2
ALIGN DEPARTMENTAL LEADERS FOR AWARENESS AND SUPPORT
- Cardiology  Primary Care  Nursing
- Share your mission statement and the Surgeon General’s Hypertension Call to Action
- Identify potential detractors, barriers, and issues

☐ STEP 3
HOST LAUNCH MEETING TO BRAINSTORM AND WRITE PLAN
- Define program goals which could include:
  - Standardize office BP measurement techniques
  - Review EMR to evaluate hypertension patient population
  - Identify optimal patient referral plan
- Establish medication treatment algorithms
- Establish screening guidelines for secondary hypertension
- Establish plan for patient education and outreach
- Identify and prioritize potential referrers that are internal and external to your hospital system
- Review the Million Hearts Hypertension Change Package for considerations
- Consider AHA hypertension center accreditation
- Define roles and responsibilities
- Set program start date and work backwards to establish a timeline
- Set metrics for key performance indicators

☐ STEP 4
CONDUCT ONGOING PLANNING MEETINGS
- Review progress for each goal
- Address barriers

☐ STEP 5
TRAIN AND EDUCATE INTERNALLY
- Raise awareness
  - Send a communication from the CEO to staff
  - Set up a lunch and learn to inform General Practitioners, APRNs, General Cardiology, Nephrology, and other Interventional Cardiologists
  - Consider hypertension Grand Rounds

☐ STEP 6
EXTERNALLY MARKET YOUR HYPERTENSION PROGRAM
- Update center’s online presence
  - Website content examples: physician profiles, hypertension center specialization summary
  - Hospital home page advertisement

☐ STEP 7
CREATE AWARENESS AND EDUCATION FOR HYPERTENSION PATIENTS
- Consider downloading a hypertension awareness toolkit that includes social media, videos, emails, web banners, and office posters
  - Visit medtronic.com/hypertension to download

☐ STEP 8
ESTABLISH MEETINGS TO EDUCATE AND PRIORITIZE REFERRERS
- Methods to connect:
  - Lunch and learns
  - Dinner programs
  - Zoom meetings
  - Weekly staff meetings

☐ STEP 9
MANAGE PROGRAM STAKEHOLDERS
- Develop follow-up tracker for patients referred
- Determine a method for follow-up communications to referring physicians
- Report milestones and metrics to cross-functional and leadership teams
OPTION 2: CREATE A HYPERTENSION PROGRAM

☐ STEP 1
CREATE YOUR HYPERTENSION CARE TEAM
☐ IC  ☐ General Cardiologist  ☐ Nephrologist
☐ Vascular Surgeon  ☐ Nurse Practitioner  ☐ Cardiac Services Administrator  ☐ Endocrinologist
☐ Pharmacist
Identify a team of multi-disciplinary physicians and Nurse Practitioner(s) who are interested in further collaboration to oversee and care for hypertension patients.

☐ STEP 2
ALIGN ON THE MOST RECENTLY PUBLISHED HYPERTENSION DATA, GUIDELINES, AND TREATMENT ALGORITHMS
- Medication algorithms
- Screening guidelines for secondary hypertension
- Review the Million Hearts Hypertension Change Package for considerations

☐ STEP 3
DETERMINE THE OPTIMAL PATIENT JOURNEY FOR PATIENTS WITHIN YOUR SYSTEM
- When will patients be referred to a specialist?
- How will follow up communication be provided to the referring physicians?

☐ STEP 4
COMMUNICATE THE HYPERTENSION PROGRAM TO YOUR SYSTEM
- Send a communication from the CEO to staff
- Consider hypertension Grand Rounds

☐ STEP 5
EDUCATE PATIENTS
Connect with public relations, marketing, or business development to develop a plan to educate patients on hypertension risks — and the importance of actively managing it — to get to a target goal pressure.
- Visit medtronic.com/hypertension to download a toolkit that includes social media, videos, emails, web banners, and office posters
- See other resources to consider on the following page
ADDITIONAL RESOURCES

Note: These tools are informational only. References to AHA and CDC materials are with permission and do not imply any direct partnership between Medtronic and content originators.

These materials and resources are in no way intended to constitute medical or business advice or in any way to replace the independent medical judgment of a trained and licensed physician with respect to any individual patient needs or circumstances. The information and content is intended to be an educational resource to help support teams in their training, planning for, and implementation of a hypertension clinic or program, and Medtronic makes no claims, promises, or guarantees about the accuracy, completeness, or adequacy of the information contained in the toolkit. Results may vary.