Improving Self-Reporting of At-Home Blood Pressure Measurements Using the MyChart Patient Portal

Usman Saqib, M4, LINC Scholar, Brody School of Medicine; Lacy Hobgood MD, FACP, FAAP, Division Chief, Internal Medicine-Pediatrics, Brody School of Medicine

BACKGROUND
The most recent report from the American Heart Association shows that around 110 million or 46% of all US adults over the age of 20 years old develop high blood pressure. Evidence does show that patients who self-report blood pressure are more likely to lower their blood pressure readings over time.

PROJECT AIM
Improve patient at-home blood pressure monitoring by 10% in the Adult and Pediatric Health Care Clinic setting within two years (May 2022) by implementing educational and reminder interventions to improve self-reporting of their blood pressure measurements.

PROJECT DESIGN/STRATEGY

CHANGES MADE (PDSA CYCLES)

<table>
<thead>
<tr>
<th>PDSA 1: Physician and patient education</th>
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</thead>
<tbody>
<tr>
<td>PDSA 2: Improved education via telephone troubleshooting and through MyChart</td>
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<tr>
<td>PDSA 3: Reminder stickers and improved educational flyers</td>
</tr>
</tbody>
</table>

RESULTS/OUTCOMES

![Graph showing self-reporting of blood pressures](image)

<table>
<thead>
<tr>
<th>Outcome Measure</th>
<th>Participants (n)</th>
<th>Self-Reporters (n)</th>
<th>Participant Age (Avg. age)</th>
<th>Self-Reporters Age (Avg. age)</th>
<th>Range of Entries</th>
<th># of Entries (Avg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>PDSA #1</td>
<td>58</td>
<td>19</td>
<td>70</td>
<td>70</td>
<td>1,75</td>
<td>25</td>
</tr>
<tr>
<td>PDSA #2</td>
<td></td>
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<tr>
<td>PDSA #3</td>
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LESSONS LEARNED
Patients are enthusiastic about taking control of their health. With little effort (PDSAs 1 and 2), we are able to have patients provide much needed clinical data. The average age was 70 years old!

Technology and the EHR system should be a powerful extension of our practice by utilizing the built-in functions to benefit patient care. Self-reporting blood pressure was one of several self-reporting parameters that exist in the EHR currently.

Unique interventions can address gaps in our project. In PDSA 3, we used an interesting reminder sheet to create an association between daily routines and our measure.

NEXT STEPS
Increase recruitment and patient participation. Continue to develop and evolve PDSA cycles by innovating and utilizing feedback.

ACKNOWLEDGEMENTS
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Usman Saqib, BSPH
Brody School of Medicine
East Carolina University
Greenville, North Carolina 27858
919.771.6689
saqibu18@students.ecu.edu