

# General Internal Medicine Lifestyle Hypertension Clinic: A Year in Review

Emma Roberts, Tracy Perry PharmD, A'me Saverino RN  
ECU General Internal Medicine



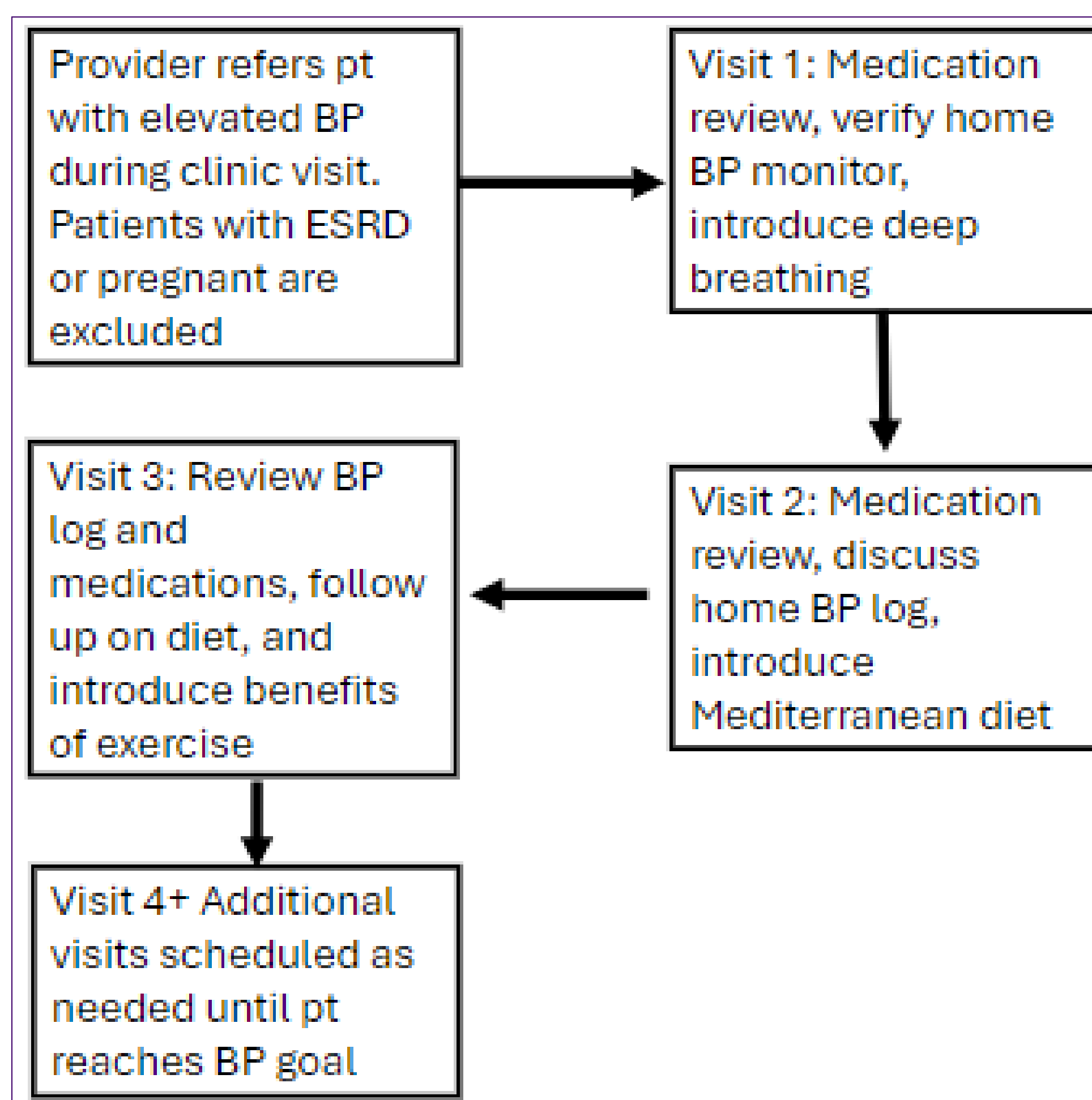
## BACKGROUND

The Lifestyle Hypertension Clinic was started to address the low rates of controlled blood pressure observed at General Internal Medicine. The goal was to take a holistic approach to empower patients to make long-lasting improvements to their blood pressure.

## PROJECT AIM

Increase the percentage of adult patients with blood pressure <140/90 at General Internal Medicine through the completion of a multi-visit, multidisciplinary lifestyle HTN program.

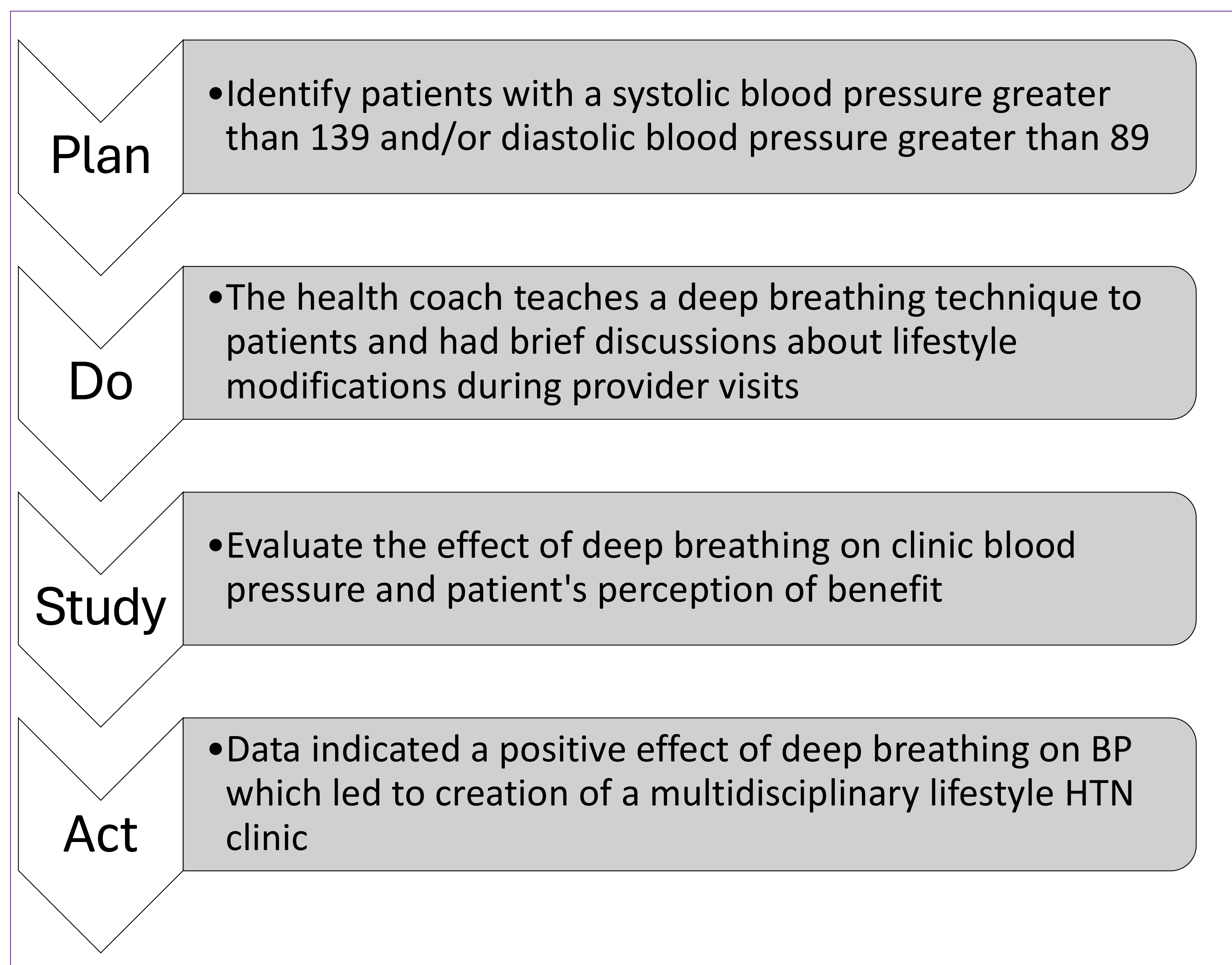
## PROJECT DESIGN/STRATEGY



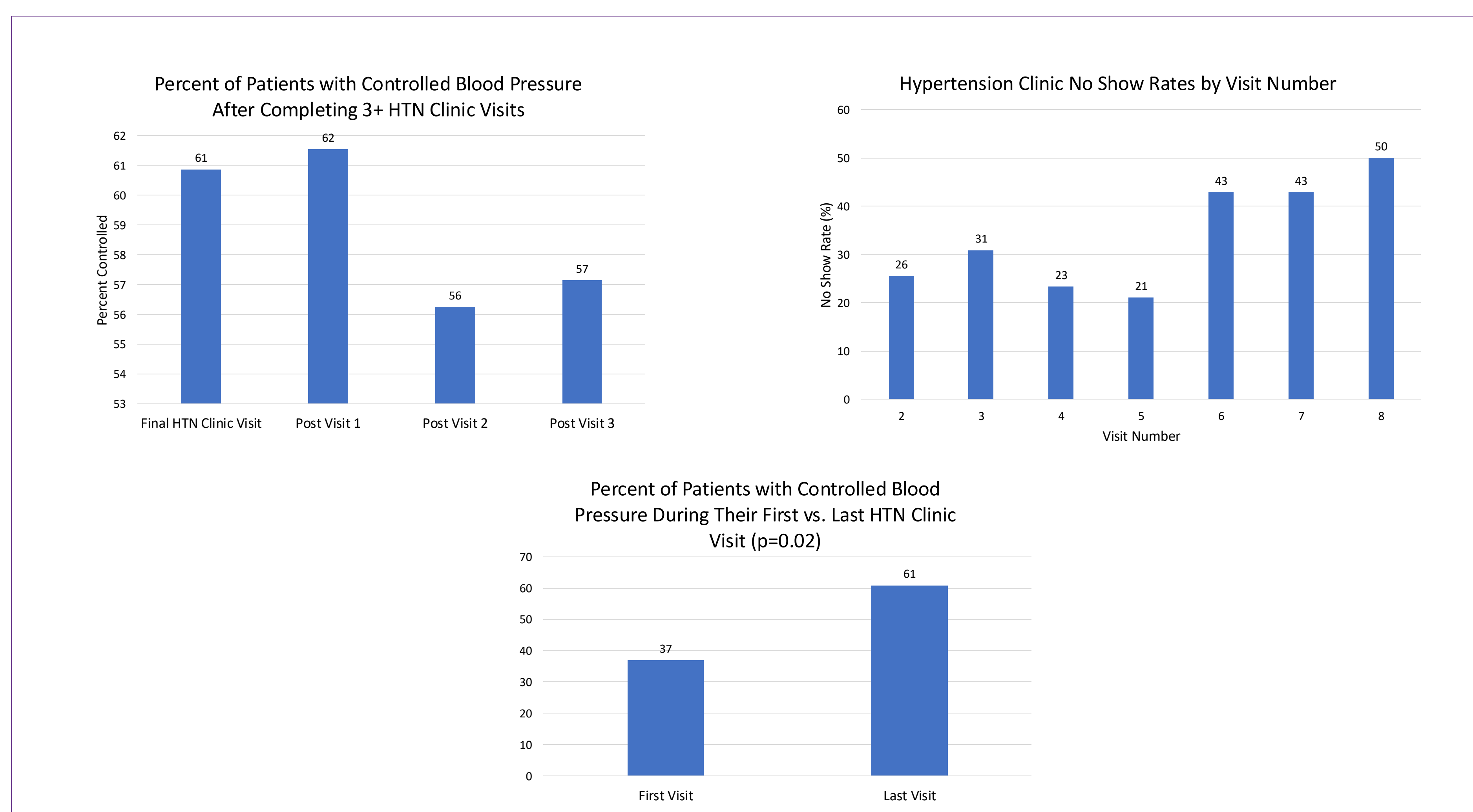
## DEEP BREATHING STEPS

- Step 1: After placing BP cuff on arm, inhale through your nose like you are smelling fresh baked cookies
  - Step 2: Hold your breath 5-7 seconds
  - Step 3: Blow out through your mouth like you're blowing away a fly in a stream of air
  - Step 4: Rest at least 10 seconds
- Repeat 3-4 times and take BP

## CHANGES MADE (PDSA CYCLES)



## RESULTS/OUTCOMES



## LESSONS LEARNED

- Clinic staff should offer hypertension patients the chance to deep breathe prior to obtaining blood pressure. Patients should be encouraged to advocate for themselves and ask for time to breathe.
- Many home blood pressure monitors are inaccurate. Patients should bring their home monitor annually to be verified and bring home BP log to every visit. BP is often better controlled at home than in clinic.
- Patients should be reminded to take blood pressure medication before appointments.

## NEXT STEPS

- Train all CMAs and RNs to teach deep breathing.
- Document in FYI tab when home blood pressure monitors are verified.
- Follow up every 3 months for a year after achieving controlled blood pressure to ensure patients maintain healthy habits.
- Run the HTN quality list monthly to identify uncontrolled patients who may benefit from the lifestyle hypertension clinic.

## ACKNOWLEDGEMENTS

We would like to thank ECU General Internal Medicine Clinic Director, Dr. Muna Mian, for championing the program and supporting team-based care. We would also like to thank our patients for giving us the opportunity to work with them.

Emma Roberts, Tracy Perry, A'me Saverino  
General Internal Medicine  
ECU Physicians  
Greenville, North Carolina 27858  
252-744-3229  
robertsem23@ecu.edu