

2023 Performance Excellence Award Nominee

REMOTE SELF-MONITORING BLOOD PRESSURE (SMBP)

at Progressive Community Health Centers

Progressive Community Health Center developed a self-monitored blood pressure (SMBP) program to improve hypertension control among its patient population. The initiative, funded by a federal grant, aimed to distribute home blood pressure devices and educate patients on their proper use, combining lifestyle changes to effectively manage hypertension. The program reached out to 1,465 patients through in-office visits, telephone, and text outreach, ultimately distributing over 450 devices. Impressively, more than 300 patients engaged by submitting self-monitored blood pressure readings, leading to a significant control rate of 72.3%. This initiative resulted in Progressive elevating its hypertension control rate from 60% to 68% over the period from April 2021 to March 2023.

This initiative yielded multifaceted positive outcomes. It enhanced the patient experience by integrating SMBP data into their treatment plans, improved overall population health by combining remote monitoring with education and digital tools, and reduced healthcare costs by mitigating the incidence of uncontrolled hypertension and associated hospitalizations. Furthermore, the project empowered patients to actively participate in their health management through self-reporting and monitoring.

A significant impact on racial and health equity was achieved, as the initiative successfully reduced uncontrolled hypertension rates among Progressive's patient population, predominantly composed of African Americans (83%). By lowering the prevalence of uncontrolled hypertension among African American patients, the project positively influenced racial and health equity, promoting improved quality of life.

The project inspired a culture of excellence within Progressive Community Health Center by fostering collaboration and openness to innovative clinical processes. Regular team meetings allowed for discussions on strengths, weaknesses, opportunities, and threats, contributing to better patient responses. The initiative's alignment with Progressive's mission demonstrated a clear connection to their purpose of enhancing community health through culturally competent services that address identified needs.