

TEAM-BASED CARE CAN IMPROVE BLOOD PRESSURE CONTROL

A review of 77 studies of team-based care by the Community Preventive Services Task Force showed that patients' control of blood pressure improved when their care was provided by a team of health professionals, rather than by a single physician.

Key findings include:

- An increase in the proportion of patients with controlled blood pressure
- A decrease in systolic and diastolic blood pressure
- An improvement in patient outcomes for diabetes and blood lipids

What is the Community Preventive Services Task Force?

The Task Force is an independent, nonfederal, unpaid group of experts that makes recommendations based on systematic reviews of scientific literature. The findings are published in *The Guide to Community Preventive Services*, which houses evidence-based recommendations and findings about public health interventions and policies to improve health and promote safety.

What Is Team-Based Care?

Team-based care is an evidence-based model that comprises the patient and the patient's primary care provider, and others such as nurses, pharmacists, dieticians, social workers, and community health workers.

How Does This Support Million Hearts™?

Team-based care is a central pillar of Million Hearts™, an initiative built on bringing together communities, health systems, organizations, federal agencies, and private-sector partners from across the country to fight heart disease and stroke. Blood pressure control, one of four health behaviors targeted by Million Hearts™, affects 68 million adults in the U.S., and improving it is key to reducing the incidence of cardiovascular diseases.

What Can You Do?

Health care and public health organizations can explore implementing a multidisciplinary team-based approach to improve the effectiveness of hypertension care for patients. These team members supplement the activities of the primary care provider by providing support and sharing responsibility for hypertension care, such as:

- Medication management
- Patient follow-up
- Helping patients adhere to their blood pressure control plan
- Monitoring blood pressure routinely
- Taking medications as prescribed
- Reducing sodium in the diet
- Increasing physical activity

Group practices and health care systems such as Group Health Cooperative, HealthPartners Medical Group, Kaiser Permanente, and Bellin Health, among others, already are using team-based care to reduce their patients' risk for cardiovascular disease.

Learn more about the findings and how to implement a team-based approach here: <http://thecommunityguide.org/cvd/RRteambasedcare.html>.

For other materials on blood pressure control:

<http://millionhearts.hhs.gov/resources/toolkits.html#bpToolkit>