TRANSLATING HOME BLOOD PRESSURE MONITORING INTO PRACTICE

Cara Litvin MD, MS
AGENDA

- Provide rationale for new research focus on home blood pressure monitoring
- Provide update on last year’s discussion
- Discuss our future plans
- Assess interest in future studies
HOME BLOOD PRESSURE MONITORING (HBPM)

- USPSTF recommends confirmation of BP outside of the clinical setting (either HBPM or ambulatory BP monitoring) to diagnosis HTN
- Also recommended by AHA, Million Hearts program and European Society for HTN
- HBPM can lead to a significant reduction in BP, particularly when accompanied by plans to monitor and treat elevated BP
THE BLACK BOX FOR HOME BLOOD PRESSURE MONITORING

- How are patients instructed?
- How does the practice manage results?
- How are abnormal alerts handled?
- How do you assess medication adherence?
- How are practices paid for this?
UPDATES ON LAST YEAR’S DISCUSSION

- Focus group on using mobile health technology held during last year’s annual meeting by iHealth Labs Inc.
- Survey administered
- Pilot project involving provider dashboard discussed
IHEALTH FOCUS GROUP SURVEY RESULTS
(19 PPRNET PROVIDERS)

- Near universal enthusiasm for home blood pressure monitoring and home glucose monitoring to improve quality
- Most respondents willing to participate in pilot program
OVER THE PAST YEAR...

- iHealth dropped pilot project due to lack of resources
- We were busy with 5 ongoing research projects (3 with site visits)
WHAT ELSE HAVE YOU BEEN UP TO?
GETTING BACK ON TRACK

- Potential new partner here at MUSC
- Funding opportunities through AHRQ and NIH
- Important research question (IMHO)
POTENTIAL MUSC PARTNER: TACHL
(Technology Applications Center for Healthful Lifestyles)

- Creates software and information systems for mobile smart phones, ipads, web-based programs and call centers
- Focus is on the development of effective, cost-efficient lifestyle intervention and healthcare management programs that are highly personalized.
PRIOR AND CURRENT TACHL PROJECTS

SMASH (Smartphone Medication Adherence Stops Hypertension): Uses a mobile app to monitor adherence to medication and BP monitoring.

HEARTVALVE: Gathers biometric data (weight, pulse ox, BP) to assist the medical team in developing a tailored treatment for patients with a heart valve transplant.

SMASK: Electronic medication tray bluetooth BP monitoring and mobile app to engage and sustain medical regimen adherence among kidney transplant recipients.
WHAT HASN’T BEEN DONE?

- Full development of app and portal for primary care patients and providers
- Implementation of these apps in real world primary care practices
POTENTIAL PROJECTS

- Small exploratory study to pilot a practice portal and explore provider and patient facilitators and barriers (October 2017 submission)
- Large study to implement a portal for the use of home blood pressure monitoring (January 2018 submission)
RECRUITING PRACTICES FOR BOTH STUDIES

Practices would:

- Identify patients to test a home BP portal
- Use the portal with these patients
- Participate in focus group sessions about the experience
- Encourage patients to participate in focus groups and/or survey
- Small incentives for provider/patients
WHO’S IN?