

Resource for Physicians on Improving Blood Pressure Control

Health Services Advisory Group (HSAG) encourages you to enroll in an online training module focused on improving blood pressure control in your patients. It is available through the American Medical Association's STEPS Forward™ program.



High Blood Pressure in the United States¹

- About 75 million American adults (32 percent) have high blood pressure—that is 1 in every 3 adults.
- About 1 in 3 American adults has prehypertension—blood pressure numbers that are higher than normal—but not yet in the high blood pressure range.
- Only about half (54 percent) of people with high blood pressure have their condition under control.

The American Medical Association and Johns Hopkins Medicine, in collaboration with clinical care teams from ten practices and health centers, formed an initiative called **Improving Health Outcomes: Blood Pressure** and created the **M.A.P. to Improve Blood Pressure Control**.² M.A.P. is a three-step approach to help your patients improve blood pressure control.



1. **M:** Measure blood pressure accurately
2. **A:** Act rapidly to manage uncontrolled blood pressures
3. **P:** Partner with patients, families and communities

The training module for the entire Measure, Act and Partner (M.A.P.) program can be found at <https://www.stepsforward.org/modules/hypertension-blood-pressure-control>. Continuing medical education (CME) credit available (1.0 CME).

Sources

1. Centers for Disease Control and Prevention: Division for Heart Disease and Stroke Prevention. Blood Pressure Fact Sheet. Accessed on April 23, 2018. Available at https://www.cdc.gov/dhdsp/data_statistics/fact_sheets/fs_bloodpressure.htm.
2. American Medical Association. STEPS Forward™: Improving Blood Pressure Control. Accessed on April 23, 2018. Available at <https://www.stepsforward.org/modules/hypertension-blood-pressure-control>.