



## Improving Health Outcomes: Blood Pressure (IHO: BP) Program Curriculum overview

### What is the vision of the IHO: BP program?

The American Medical Association and Johns Hopkins Medicine’s vision is to help improve blood pressure control in patients with hypertension by facilitating improvements in care at ambulatory medical practices and health centers. We are tackling high blood pressure in clinics and communities, leveraging the existing, substantial body of evidence on blood pressure management and making best practices easier to implement for patients, doctors and care teams.

### Who will be a part of this work?

The American Medical Association (AMA) and Johns Hopkins are engaging with the national network of QIN-QIOs and ultimately, with their recruited practices and health centers.

### What will be expected of my practice / health center while participating in this project?

- Identify at least three members of your staff (a physician or clinical champion, a lead medical assistant and a nurse or office manager) who will serve as your core quality improvement team, to learn an evidence-based framework for improving blood pressure control. This team will have the responsibility of taking information and training back to their practice or health center.
- Participate in a kickoff event where you will be introduced to the IHO: BP program that was co-created by the AMA and Johns Hopkins.
- Following the kickoff event, participate in a monthly, modularized curriculum designed to address staff engagement, local culture and contextual factors to incorporate evidence-based best practices into your care delivery. Each module consists of a pre-recorded podcast (< 30 minutes) with accompanying slides and a “Share your experiences” (SYE) webinar for participants to virtually convene for peer-to-peer learning.

The table below shows the topics that will be covered following the kickoff event.

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| <b>IHO: BP Curriculum Overview</b>  |
| IHO: BP Kickoff   |
| Module 1: Apply the science of improving care to measuring BP accurately  |
| Module 2: Automated office BP measurement   |
| Module 3: Understanding how clinical inertia and limited patient engagement contribute to uncontrolled hypertension |
| Module 4: Protocols to guide evidence-based prescribing   |
| Module 5: Engaging patients through evidence-based communication strategies   |
| Module 6: Self-measured blood pressure monitoring to improve BP control   |
| Module 7: Dietary and lifestyle interventions to improve BP   |
| Module 8: Sustainability and wrap-up celebration  |

***Please join the IHO: BP program to achieve blood pressure control for your patients.***

Contact Information

Bonnie Hollopeter, LPN, CPHQ, CPEHR  
Quality Improvement Lead, Health Services Advisory Group  
bhollpeter@hsag.com