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Nursing Care Plan for Hypertension

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Hypertension: Implementing a Plan of Care to Improve Outcomes

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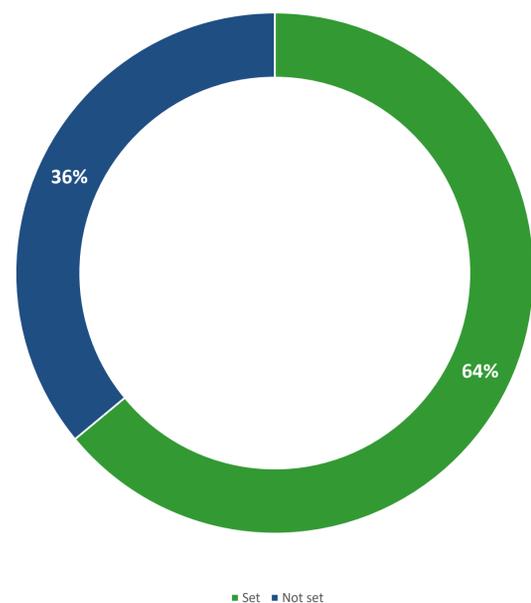
Background

Providers routinely document a plan of care for hypertension, but the patient must be seen again by the provider to implement it, sometimes waiting 6 months.

Purpose

Nurses can implement a provider's plan of care for HTN in conjunction with a nursing plan of care and contribute to better blood pressure control, increased access and decreased cost of care.

Self-Management Goals Set During RN Visit



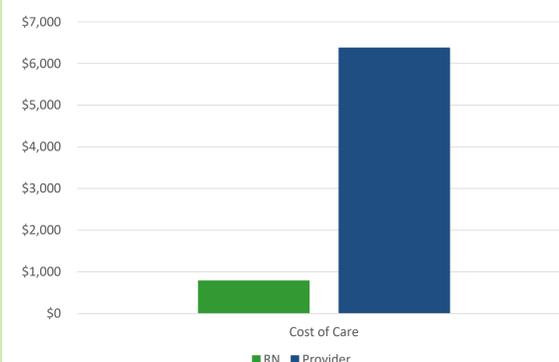
Methods

- 1 RN | 2 dedicated hours/wk
6 months | 27 patients
- Provider Buy-in
 - Collaborate on pt population
 - SmartPhrase referral created
 - Pilot – share outcomes
- RN Workflow
 - Perform RN visits for HTN independently, following the provider-led plan of care, and adding RN interventions.
 - Made medication adjustments according to the provider's documented plan
- Care Team Culture Shift
 - Communication = Adoption

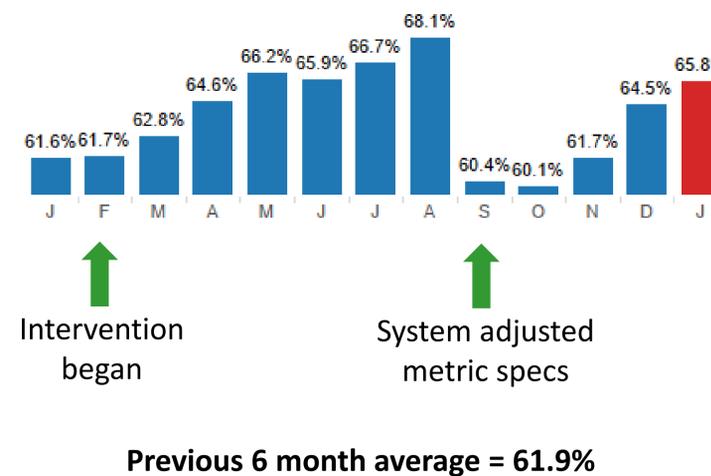
Decreased Cost of Care

99211 (RN Visit) = \$29
99213 (Avg. Provider Visit) = \$236

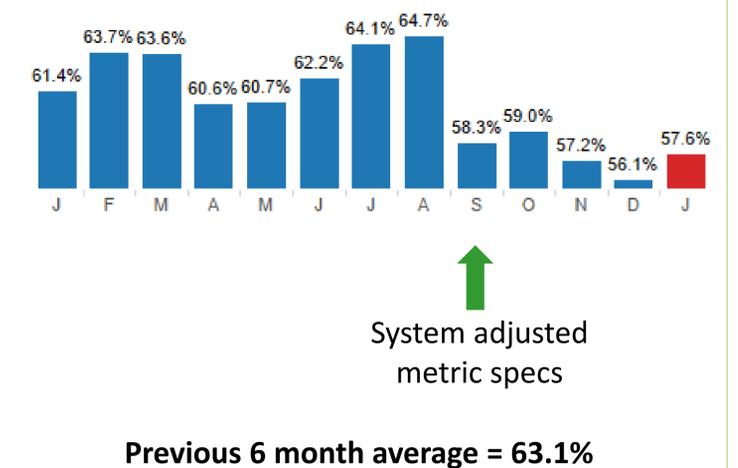
Across 6 months, RN saw 27 patients for \$783, rather than provider's potential cost of \$6372.



Pilot Clinic



Control Clinic



Results

- The RN was able to improve patients' HTN without delay, following a plan of care.
 - This intervention resulted in a 6.4% increase in HTN control metrics for the clinic across 7 months.
 - Theoretically decreased risk for MI, stroke, and other health threats.
- Patients were more highly engaged in self-management.
- Provider access increased by 27 visits, potentially for more medically complex patients who required higher levels of care.
- Cost of care to the system was decreased by \$5589, and theoretically increased revenue.

Discussion/ Implications

- By having patients return sooner for RN visit to implement plan of care, patients achieve improved blood pressure control in a shorter amount of time.
- Secondary benefits include lower cost of care, improved access for providers, and patient engagement.
- Longitudinal study across multiple clinics would be beneficial to determine reproducibility on a larger scale.

References

American Heart Association (2017, November 30). The Effects of High Blood Pressure. Retrieved from <https://www.heart.org/en/health-topics/high-blood-pressure/the-facts-about-high-blood-pressure>
 Basile, J., & Bloch, M. (2019). Overview of hypertension in adults. In J. Forman & L. Kunins (Ed.), UpToDate. Retrieved October 25, 2019, from https://www.uptodate.com/contents/overview-of-hypertension-in-adults?search=overview%20of%20hypertension%20in%20adults&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1