

Jacob Huez and Jeremy Woodyard

Mentor: Miranda Wilhelm

Title: *The Evaluation of a Blood Pressure Screening and Monitoring Service*

Introduction: Hypertension is a common disease state that can lead to increased morbidity and mortality when uncontrolled. This study's purposes were to investigate the utilization of a blood pressure screening and monitoring service and to identify the change in control of patients based on the three most recent hypertension guidelines.

Methods: De-identified demographic data was collected from patients who participated. This included systolic blood pressure, diastolic blood pressure, age group, and number of times each patient visited the service. Patients and their blood pressures were then categorized as either controlled or uncontrolled based on the three most recent hypertension guidelines: the Eighth Joint National Committee (JNC8), the American Society of Hypertension and the International Society of Hypertension (ASH/ISH), and the American College of Cardiology/American Heart Association Task Force on Clinical Practice (ACC/AHA) guidelines.

Results: There were 1709 unique patients who accounted for 3442 blood pressure measurements over 9.5 years. In general, the largest percent of patients were controlled according to the JNC8 guidelines. A similar percent of patients were controlled per the ASH/ISH guidelines. The ACC/AHA guidelines resulted in a substantial decrease in number of controlled patients.

Conclusion: This blood pressure screening and monitoring service has provided substantial community outreach to help identify and improve control of patients with hypertension.