The Arkansas Department of Public Health, state and local partners collaborated to standardize protocols to increase the rate of diagnosed hypertension patients, follow up with patients who have a hypertension diagnosis but are not under control, and establish care teams between clinical and community points of contact, including collaborating with Hospital emergency department, and pharmacies in two target counties (Nevada and Poinsett Counties).

AIM STATEMENT

By June 2016, the Arkansas Million Hearts Learning Community Team will improve HTN diagnosis, treatment, and control in Arkansas communities to increase the percentage of newly diagnosed hypertensive patients by 5% (from baseline) and decrease the percentage of uncontrolled hypertensive adults by 5% (from baseline) among persons aged 18-85 years, in Nevada, Poinsett, Madison and Bradley Counties, AR, through data driven team-based care and improving performance metrics to expand comprehensive systems of care across the state.

Current Reach: 3,644 hypertension patients from provider panels in 4 rural underserved counties (Poinsett, Nevada, Madison & Bradley) of Arkansas between July, 2015, and June, 2016

Potential Reach: 14,022 uncontrolled hypertension patients from these four counties using county hypertension prevalence and a statewide uncontrolled hypertension prevalence of 44.53%.130,000 individuals statewide
BURDEN OF HYPERTENSION
More than 54.7% of adults in Arkansas have been diagnosed with hypertension, compared to the national rate of 55.1% (Centers for Medicare and Medicaid Services, 2014).

TARGET POPULATIONS
Poinsett County has a hypertension prevalence of 59.7%, Nevada County has a hypertension prevalence of 51.2%, Madison County has a hypertension prevalence of 42.5%, and Bradley County has a hypertension prevalence of 61.2% compared to a state average of 54.7% and a national average of 55.1% (Centers for Medicare and Medicaid Services, 2014). The total number of persons with hypertension in these four counties is 20,260, and the state’s hypertension control rate is 55.47%.

EVIDENCE-BASE/BEST PRACTICES USED
Arkansas fostered a public-private partnership between ADH's Local Health Unit and private providers to provide community team-based care for patients with uncontrolled hypertension through local health unit nurse care managers.

KEY PROJECT SUCCESSES
Since we began our CDC/ASTHO Million Hearts Learning Collaborative work, we have identified 14,544 people in our target population (denominator for measure: “Patients identified”). Of those, 3,644 were identified as hypertensive (numerator for measure: “Patients identified”). Of those identified as hypertensive, 153 were referred to services (numerator for measure: “Patients referred”). Of those referred to services, 126 (numerator for measure: “Patients adhering to..."
treatment plan”) are adhering to a treatment plan. Of those referred to services, 11 (numerator for measure: “Patients with reduced systolic and diastolic blood pressure”) have reduced systolic and diastolic blood pressure. Of those referred to services, 54 (numerator for measure: Patients with controlled systolic and diastolic blood pressure) have their systolic and diastolic hypertension under control out of 153 patients, and 38 have their systolic and diastolic hypertension under control for the 91 who returned for 2 or more visits.

PROJECT SCALABILITY AND SPREAD

- Our goal is to spread the community team-based care management program to this rural underserved region of the state, with the intent to improve blood pressure control and increase our capacity to reach the Million Hearts target of preventing 1 million heart attacks and strokes by 2017.
- Arkansas was able to leverage its resources by securing additional funding through the Preventive Health Services block grant. These funds will assist in established new team-based care programs in other rural underserved communities in the state.
- Currently, we are exploring other options such CDC, SIM grant, or third party payers to leverage additional funding to spread the program.