

HYPERTENSION

Age Friendly Health Systems and the 4 Ms
South Florida Geriatric Workforce Education
Program

DENISE P. KRUSZYNSKI, APRN-BC
NOVA SOUTHEASTERN UNIVERSITY
CLINICAL TRAINER
AGE FRIENDLY HEALTH SYSTEM

Dr. Kiran C. Patel College
of Osteopathic Medicine
NOVA SOUTHEASTERN UNIVERSITY

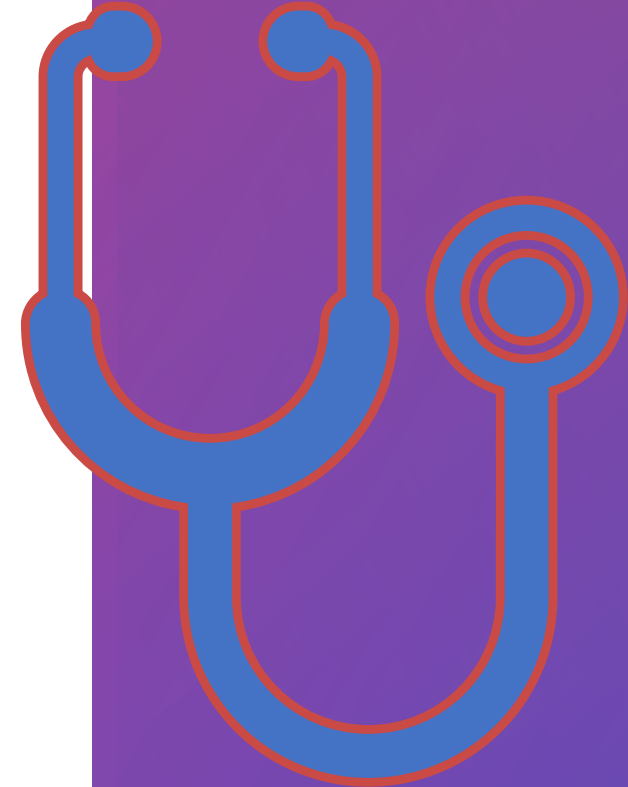
NSU
Florida

I HAVE NO
RELEVANT
AFFILIATIONS OR
DISCLOSURES

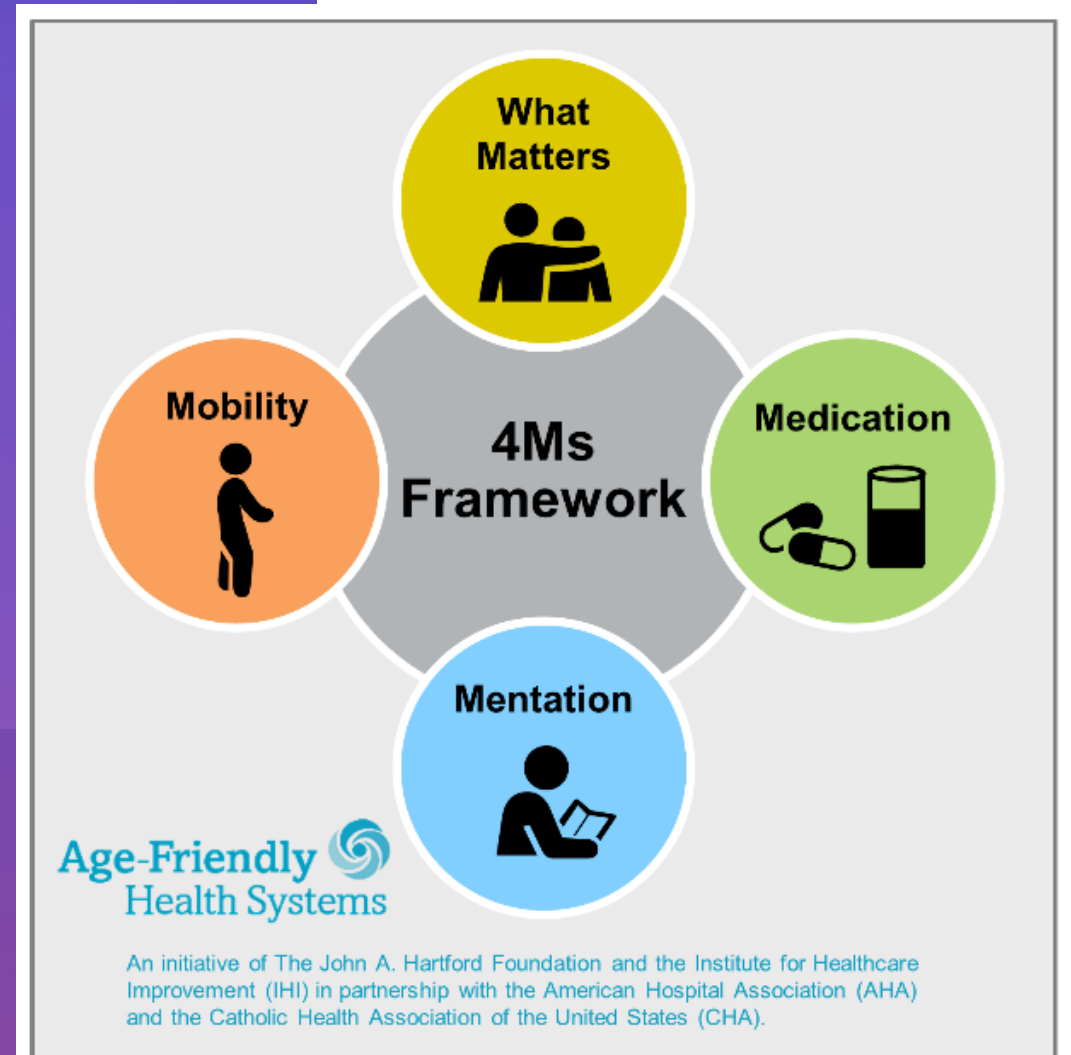


PRESENTATION GOALS

- **EXPLAIN THE 4 MS FRAMEWORK &**
- **HOW OPTIMIZING BLOOD PRESSURE CONTROL APPLIES TO THE ESTABLISHMENT OF AN AGE-FRIENDLY HEALTH SYSTEM**



ALIGNING HEALTHCARE WITH THE 4MS



CMS QUALITY
MEASURES
IMPACT
MEDICARE
REIMBURSEMENT

- ✓ ADVANCED CARE PLANNING
- ✓ SCREENING FOR OPIOID MISUSE
- ✓ DEMENTIA DISEASE CAREGIVER SUPPORT
- ✓ FALL RISK
- ✓ BLOOD PRESSURE CONTROL
- ✓ DIABETIC MANAGEMENT



HYPER TENSION

The Silent Killer

- One of the primary modifiable risk factors for cardiovascular (CV) disease
- Most common comorbidity among older patients with atrial fibrillation
- Controlling Blood pressure, the most important intervention for secondary prevention of stroke

(ACC, American College of Cardiology)

- Nearly 50% of hypertensive US adults ≥ 80 years of age have uncontrolled hypertension

National Health and Nutrition Examination Survey database

Nation

BLOOD PRESSURE TARGET

- Optimal Blood Pressure goal
 - 120/70 - 139/90
 - BP >139/90 is associated with a 53% increased risk of ischemic stroke and 85% increased risk of hemorrhagic stroke
 - BP <120/70 mmHg, linked to an increased risk for adverse events

AGENTS

Three first-line agents for hypertension management

- ✓ Diuretics
- ✓ ACE-inhibitors or ARBs (if intolerant of ACEI)
- ✓ Calcium channel blockers

Excellent safety profiles

Generally, well tolerated by older adults

EXCLUSIONS

- Patients with end stage renal disease (ESRD) or kidney transplant
- Admission to a non-acute inpatient setting during year measured
- Members 81 years or older with frailty or advanced illness
- <https://www.fchp.org/en/providers/criteria-policies-guidelines/hedis-measures.aspx>

HELPING
PATIENTS
LIVE THEIR
BEST LIFE





EMAIL QUESTIONS
TO
DK644@NOVA.EDU

THANK YOU
for completing the Survey!

Survey

Link <https://redcap.nova.edu/redcap/surveys/?s=CHETXK48Y4>

If the link above does not work, please
try scanning the QR code: add text

