



Only
50%
of patients
take hypertension medication
as directed

Not taking medications as
directed increases the risk of
heart attack
and
stroke

Estimated cost of
non-adherence:
\$100 billion
to
\$289 billion
annually

SelectHealth Pharmacist-to-Treat

In 2010 the EPICC Program and SelectHealth worked together to expand the role that pharmacists play in hypertension management. SelectHealth implemented a 12 month pilot project.

Project Description

- Physicians refer patients with difficult to control hypertension to a pharmacist with expertise in hypertension management
- Pharmacists follow up with patients via telephone or in person every two weeks until the patient achieves their blood pressure goal and every three to six months after that
- Pharmacists discuss: medication adherence, adverse drug events, and complexity of the medication regime
- Pharmacists adjust medications and doses based on a pre-established protocol developed with the physician
- All information is logged in the patients electronic health record (EHR) and communicated to physician

Results

- 40 patients with difficult to control high blood pressure were referred to the service
- 75% of patients achieved their blood pressure goal over the course of the one year pilot

Pharmacists Can Help

Pharmacists can help improve medication adherence. They are widely accessible and:

- Help patients find the correct medication
- Support patients in taking medications
- Help patients understand their disease