Innovation Report

Washington Association for Community Health
Community Health Centers Advancing Quality Care for All

North Olympic Healthcare Network

Improving Blood Pressure with Team-Based Care

In 2023, North Olympic Healthcare Network (NOHN) saw an opportunity to implement a clinic-wide strategy to improve hypertension outcomes by participating in American Heart Association's (AHA)Target: BP™ Initiative. NOHN initially launched a Self-Measured Blood Pressure (SMBP) program in July of 2023, aiming to improve control rates by leveraging community health workers (CHWs). AHA trained NOHN CHWs on hypertension and the SMBP model.



In November 2024, with the intention to enhance patient care and improve hypertension management, NOHN implemented an updated intake process. The updated steps include:

- Education and Care Plan Overview: Patients receive personalized education about hypertension and a tailored care plan to support self-management from the outset.
- Patient Needs Screening and CHW Referral: Patients are screened for non-medical factors that impact health, such as housing and food insecurity. When appropriate, referrals are made to CHWs for further support and resource navigation.
- Scheduled Follow-Up Appointments: Patients are scheduled for three monthly follow-up visits with their Primary Care Provider (PCP) to monitor progress and adjust care plans as needed.
- Structured Provider Engagement: Clinical input is integrated into the workflow, ensuring timely provider engagement and continuity of care throughout the program.

The success of the Target: BP™ hypertension management program is deeply rooted in a multidisciplinary approach that leverages the unique strengths of each team member. Clearly defined roles and targeted training ensure effective implementation, patient engagement, and continuous quality improvement across the program.

Early program data highlights several encouraging outcomes including:

- Patient Engagement: Approximately 66% of participants have demonstrated sustained engagement, submitting consistent BP readings over time
- BP Control Achieved: Roughly 10% of participants have achieved blood pressure control within the program period, within a population of patients with historically difficult to control hypertension.
- Improved Collaboration: Notable improvement in communication between providers and CHWs

To learn more about NOHN's Target: BP™ Program, read the full report.

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