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Hypertension Management Program

A1. What is the Hypertension Management Program (HMP)?

The HMP is a team-based, patient-centered, integrated care model that consists of 10 key program components that address challenges with managing hypertension. The HMP is modeled after Kaiser Permanente Colorado's Hypertension Management Program and packaged by the Centers for Disease Control and Prevention.

A2. What is the origin of the ten core components of the Hypertension Management Program (HMP)?

The 10 components of the HMP were identified as the key features of Kaiser Permanente Colorado's HMP that contributed to the program's success. These 10 components were selected by CDC as the key features that should be replicated by any health system implementing the HMP.

A3. Where can I find more information about how to monitor and evaluate the Hypertension Management Program (HMP) in my health system?

The HMP Toolkit e-learning modules provide information on how to monitor and evaluate the program in your health system. The module titled *Program Component 10: Incentives, Rewards, and Recognition* includes suggestions and resources for process and outcome measures that health systems can use to monitor the program. You can also consult CDC's [Million Hearts® Hypertension Control Change Package](#) for information on measuring hypertension program quality improvement.

A4. What evidence supports the effectiveness of the Hypertension Management Program (HMP)?

A [rigorous evaluation of Kaiser Permanente Colorado's HMP](#) conducted by CDC in 2010 showed that hypertension control rates increased from 61 percent to nearly 83 percent following HMP implementation. However, changes in hypertension control rates may vary across health systems that implement the HMP, depending on the baseline hypertension control rate, patient population, and implementation fidelity.

From 2017-2020, CDC's Division for Heart Disease and Stroke Prevention (DHDSPP) sought to replicate the HMP in high-burden healthcare environments that serve patients with a higher risk of being diagnosed with high blood pressure and having serious cardiovascular disease outcomes. At one federally qualified health center that piloted the HMP in 2018-2019, HMP demonstrated statistically-significant improvements in hypertension control rates and systolic blood pressure across the FQHC. The odds of controlled hypertension were 1.21 times higher during the HMP implementation period than during the control period.

A5. Where can I learn more about replications of the Hypertension Management Program (HMP)?

In 2017, DHDSPP contracted with NORC at the University of Chicago to identify implementation-ready sites for HMP replication; create an implementation toolkit and provide technical assistance to these sites as they implemented HMP; and evaluate the implementation, outcomes, and costs of the program at the selected sites. For more information on the replication of HMP at the two selected sites, refer to this Evaluation Executive Summary.



A6. How much does the Hypertension Management Program (HMP) cost to implement?

At one federally qualified health center that piloted the HMP in 2018-2019, the average monthly cost to implement the program over the 16-month implementation period was \$16,277. In 2017, this FQHC’s main site served 3,539 patients diagnosed with hypertension, and its six satellite sites each served 500-800 patients diagnosed with hypertension. However, implementation costs may vary across health systems that implement the HMP. Each setting can adapt the program to suit their infrastructure, staffing, and patient population, and some health systems may have existing programs or processes in place that facilitate HMP implementation and reduce program costs.

A7. Who can I contact if I have questions about the Hypertension Management Program (HMP)?

If you cannot find an answer in the FAQs or other provided resources, send an email with your questions to AREBheartinfo@cdc.gov. Please include “Hypertension Management Program” in the subject line of the email. If you do not receive a response within one week, please resend your email.

A8. Is CDC providing technical assistance or support to health systems interested in implementing the Hypertension Management Program (HMP)?

CDC is not currently providing technical assistance to support health systems to implement the HMP. CDC created the HMP Toolkit e-learning modules and supplementary materials to provide health systems with the tools and resources needed to implement the HMP within their setting.



Hypertension Management Program Toolkit E-Learning Modules

General

B1. What is the purpose of the Hypertension Management Program (HMP) Toolkit e-learning modules?

The HMP Toolkit e-learning modules are designed for staff at health systems that are implementing or interested in implementing the HMP. The purpose of the HMP Toolkit e-learning modules is to guide learners through the key features of each of the 10 program components and prepare them to implement the components at their health system.

B2. Who is the audience for the Hypertension Management Program (HMP) Toolkit e-learning modules?

The audience for the HMP Toolkit e-learning modules is staff at health systems that are implementing the HMP or are considering implementing the program. This may include leadership, clinical staff, information technology and electronic health record staff, and administrative staff.

B3. How do the Hypertension Management Program (HMP) Toolkit e-learning modules complement other CDC hypertension management resources, such as the Million Hearts® Hypertension Control Change Package?

CDC's Division for Heart Disease and Stroke Prevention (DHDSPP) provides various resources for hypertension management, including the [Million Hearts® Hypertension Control Change Package](#) (HCCP). The HCCP presents a listing of process improvements that outpatient clinical settings can implement as they seek optimal hypertension control. The HCCP is composed of change concepts, change ideas, and evidence- or practice-based tools and resources. It includes some of the same resources as the HMP Toolkit, as well as additional resources that complement the HMP Toolkit. The HCCP can be used to guide HMP implementation and quality improvement. In addition, learners are encouraged to visit DHDSPP's [Hypertension Resources for Health Professionals Page](#) to identify additional information that may support implementation of the HMP.

B4. What is the definition of the term “low resource health systems” used in the Hypertension Management Program (HMP) Toolkit e-learning modules?

The term “low resource health systems” describes settings that are resource-constrained, such as federally qualified health centers, rural health systems, safety-net hospitals, and other health systems that serve socioeconomically disadvantaged populations, including populations that may largely lack health insurance. For an example of adapting the HMP to safety-net clinics, please see [Adapting and Evaluating a Health System Intervention From Kaiser Permanente to Improve Hypertension Management and Control in a Large Network of Safety-Net Clinics](#) (*Circulation: Cardiovascular Quality and Outcomes*, 2018).



Hypertension Management Program Toolkit E-Learning Modules

Use and Implementation

C1. I'm a clinician at a health system who wants to improve hypertension control for my patient population. How can the Hypertension Management Program (HMP) Toolkit e-learning modules benefit my health system?

The HMP Toolkit e-learning modules can be used to identify components of the program that health systems can implement individually or in combination to promote patient-centered, integrated care team management of hypertension. CDC recommends that health systems implement all 10 components, but the program can be adapted for each health system's setting.

C2. My health system has a different definition of hypertension than the one recommended in the Hypertension Management Program (HMP) Toolkit e-learning modules. Can we use our definition of hypertension instead?

Health systems can use their preferred definition of hypertension when implementing the HMP. CDC and the HMP Toolkit use the American College of Cardiology (ACC) and the American Heart Association (AHA) 2017 Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults.

C3. My health system already implements some of the core components of the Hypertension Management Program (HMP). Do I need to review all the Hypertension Management Program Toolkit e-learning modules?

Health systems are not required to review all HMP Toolkit e-learning modules, but CDC recommends that health systems review and implement all 10 components. The HMP is intended to be flexible and can enhance health systems' existing hypertension management protocols.



Hypertension Management Program Toolkit E-Learning Modules

Learning Features

D1. What are the “Resources” in each of the Hypertension Management Program (HMP) Toolkit e-learning modules? How can I use them?

Each HMP Toolkit e-learning module includes a page with additional resources on topics covered in that program component chapter. Learners are encouraged to review the Resources page and identify topics of interest to their health system to explore further. These resources were identified through an environmental scan on hypertension management.

D2. What are the “Tips for Adaptation” in each of the Hypertension Management Program (HMP) Toolkit e-learning modules? How can I use them?

The HMP is flexible and can be adapted to meet each health system’s infrastructure, staffing, and patient population. To facilitate adaptation, CDC has included Tips for Adaptation in each program component e-module and in the PDF Toolkit. Health systems are encouraged to review these adaptation tips and think about how the key features of each program component can be adapted to suit their setting. The Tips for Adaptation were informed by lessons learned from the two sites that replicated the HMP in 2018-2020.

D3. Can I view the Hypertension Management Program (HMP) Toolkit e-learning modules on a mobile device?

The HMP Toolkit e-learning modules can be accessed on a mobile device, but work best when accessed using a computer.