

CVD CLINICAL: HYPERTENSION BOX 4 FISHBONE DIAGRAM

Possible Implement
Challenge Kill

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Increase support structures to lower BP

General Education

AIM
 80% of Central Oregonian adults will have their blood pressure in control (<140/90 mmHg)

WHAT could help us reach our aim?
 —HOW do we solve it?

Primary Care Initiatives

Provider Education

Workplace Wellness

- K Vegetable/fruit access
- C Exercise/ other lifestyle modification opportunities
- K Increase access to health care
- C K Engage jurisdictions in built environment supports for physical activity
- C Decrease alcohol, tobacco & obesity
- I Self-management opportunities (home BP monitoring, relaxation, etc.)
- C K Grocery store/ restaurant participation (DASH diet)

- I Messaging/marketing campaign
- I Community events (Community health centers, senior centers, wellness centers, and churches)
- I BP screens & next steps
- P Focus groups

- C Small group health coaching
- C Team-based care development
- I Population health/ panel management
- I Standardize BP Measurement
- I Clinical protocols

- I Teach Motivational Interviewing
- I Patient/clinic education materials
- I Clinical champion presentations (ortho, dental, public health, VIM, urgent care, health students)

- I Employer & employee education
- I BP screens
- I Incentivize controlling/lowering BP