

<b>Document Title:</b>	Treatment Protocols for hypertension management and elevated cholesterol management Project 3.b.i
<b>Approving Committee:</b>	Informational only
<b>Approval Date:</b>	NA
<b>Document Objective/Summary:</b>	This document serves to outline general responsibilities of providers in the adoption of hypertension management, and elevated cholesterol protocols.

The PPS recognizes when blood pressure is elevated for an extended period of time, it damages blood vessels, and LDL cholesterol begins to accumulate along tears in the artery walls. This increases the workload of the circulatory system while decreasing its efficiency. As a result, high blood pressure puts patients at greater risk for the development of life-changing and potentially life-threatening conditions.

Left uncontrolled or undetected, high blood pressure can lead to:

- **Heart Attack** — High blood pressure damages arteries that can become blocked and prevent blood from flowing to tissues in the heart muscle.
- **Stroke** — High blood pressure can cause blood vessels in the brain to burst or clog more easily.
- **Heart failure** — The increased workload from high blood pressure can cause the heart to enlarge and fail to supply blood to the body.
- **Kidney disease or failure** — High blood pressure can damage the arteries around the kidneys and interfere with their ability to effectively filter blood.
- **Vision loss** — High blood pressure can strain or damage blood vessels in the eyes.
- **Sexual dysfunction** — This can be erectile dysfunction in men or lower libido in women.
- **Angina** — Over time, high blood pressure can lead to heart disease or microvascular disease. Angina, or chest pain, is a common symptom.
- **Peripheral artery disease (PAD)** — Atherosclerosis caused by high blood pressure can cause a narrowing of arteries in the legs, arms, stomach and head, causing pain or fatigue.

High low-density lipoprotein (LDL) cholesterol is a major risk factor for heart attack, stroke, and atherosclerotic cardiovascular disease (ASCVD). The use of evidence-based protocols is one strategy to manage and lower cholesterol levels among patients with established ASCVD and patients at risk for heart attack, stroke, or ASCVD

The PPS will adopt jointly agreed upon protocols. Participating providers in this project will utilize these guidelines in management of hypertension and elevated cholesterol.

<b>Protocol</b>
<ul style="list-style-type: none"> <li>• Assessment and Management of hypertension in adults               <ul style="list-style-type: none"> <li>○ If the screening indicates elevated blood pressure: Implement the Controlling Hypertension in Adults protocol as outlined in the Million Hearts algorithm, when clinically appropriate for the patient                   <ul style="list-style-type: none"> <li>• Establish agreed upon self-management goals including (as needed):                       <ol style="list-style-type: none"> <li>1. Medication</li> </ol> </li> </ul> </li> </ul> </li> </ul>

2. Lifestyle modifications such as weight reduction, adopting a DASH diet, dietary sodium reduction, physical activity as clinically tolerable, and modification in alcohol consumption

- Establish follow-up recommendations

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- Assessment and Management of high LDL levels
  - If the screening indicates elevated:  
Implement the Heart-Healthy lifestyle habits protocol as outlined in the Million Hearts algorithm, when clinically appropriate for the patient
    - Establish agreed upon self-management goals including (as needed):
      1. Medication
      2. Lifestyle modifications
      3. Establish follow-up recommendations

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