Welcome to The BP Monitor!

The HMP team is pleased to welcome a number of new sites to the program!

Queens FHT (Belleville) VON NP-Led Clinic (Belle River)
Grimsby FHT Temagami Medical Centre FHT
Niagara –on-the-Lake FHT Four Counties FHT
East Wellington FHT Belleville NP-Led Clinic
North Hastings FHT Sauble FHT
Atikokan FHT

ANNOUNCING: New Participation Agreements & no more HCP Consent Forms!

Effective immediately, the need for individual HMP Health Care Provider Consent Forms has been replaced with a NEW, single, site-level Participation Agreement!

(Continued on page 2)
New Participation Agreements are here!

As mentioned in the A/HMP BP Monitor newsletter in Sept/14, this document serves as the global agreement between the OSN & each site. This new agreement replaces the need for individual health care providers to sign consents to participate in the HMP.

Following the privacy review that OSN undertook in 2014, individual patient consents, in addition to HCP consents were identified as no longer being required, as the HMP is now wholly funded by the Ministry of Health as a sustainable health program.

What’s in it for me?
This refinement not only reflects current standards, but greatly simplifies documentation management for all going forward, by having only one document that represents your site.

How will the change happen?
You will be contacted in the coming weeks by the HMP team to discuss transitioning to the new Participation Agreement. The Participation Agreement is signed by site leadership—Executive Directors, or designates.

What changes after the Participation Agreement is in place?
All satellite locations are covered by the one agreement. You can add new health care professionals to the program, and other practice locations, without additional legal forms. Simply let the HMP team know the new staff details so we can set up system user accounts for the HMP repository & website.

Celebrate World Hypertension Day (WHD) on May 17th and contribute to improving awareness of Hypertension. For the five-year period 2013–2018, the theme of WHD will be ‘Know Your Numbers’ with the goal of increasing high blood pressure awareness in all populations around the world.

Better Data = Better Care!
HMP Repository - NOW More Options for Customizing your Practice Reports!

We are pleased to announce enhanced options for HMP Repository reports, based on feedback from our sites:
1) Addition of **new Location Reports**; and
2) More customizable report frequency options

**Location Reports**
For primary care sites that operate at multiple offices, location reports will allow sites to have reports that group together all HCPs associated to each individual location — in addition to the Practice and Site level reports that are already available.

**How do I set this up?**
Ask the HMP team to configure your HCPs into specific locations. You will be contacted to provide this information as this change rolls out. The default location for each HCP is the ‘main’ site. As staff &/or locations change, advise us and we’ll update the Repository.

**Where do I access this?**
Location reports can be accessed directly from the HMP Repository, alongside Practice and Site reports. Location reports are **not** automatically emailed to users.

**Report Frequency Options**
Practice reports are generated automatically each month and emailed to appropriate users. New options now allow each user receiving emailed reports to indicate monthly, quarterly or annual report emails.

**How do I set this up?**
Your HMP team can adjust settings for any user looking to make this change.

**What gets emailed?**
Each email will contain the Practice & Site report for the previous month. For example: Q2 ends Sept 30; the ‘quarterly’ reporting selection will send August’s Practice & Site report to the designated users.

---

**PRACTICE TIP:** **NEW Discussion Guides (RF & Rx), More than a Conversation ‘Starter’**

These recent practice tools were intended to help Providers frame conversations with their patients and at the same time, leave them with a helpful reference for health information that is most relevant to their situation.

Once you’ve taken the time to capture information provided by your patients onto the **Discussion Guide**, ask your patient to keep it with them and bring it back to their next appointment, along with their health tracker log. This can help you identify learning gaps & spark further discussion.
NEWS & EDUCATIONAL OPPORTUNITIES

OSN Hypertension Management Program staff will be attending the Canadian Stroke Congress and afhto Annual conference in 2015;

Looking forward to seeing you there!

Conference Registration is NOW OPEN:
- Early Bird Deadline – July 15
- Advanced Registration Deadline – August 7

PROFESSIONAL DEVELOPMENT, site perspective: Hypertension Canada’s accredited 15.5 hour program; Systematic Management of Hypertensive Patients remains available at no charge to sites participating in the Hypertension Management Program.

What is your name and role?
Sandra Pope R.N. Community Health Nurse

Where do you work?
Mnaamodziwin Health Services Inc., Manitoulin Island

What interested you in this program?
It was a good refresher course for me.

What was the most interesting part of the program to you?
Laboratory tests and the medications

What challenges did you find with the program?
It took me more than 15.5 hours to complete—I had some computer challenges at first.

How do you see the program assisting you in your day to day job?
Every day I am working with a person who is either trying to prevent hypertension or is dealing with living with the disease.

What advice or recommendation would you give others interested in registering for this particular program?
This program was demanding for me time wise; it was hard to fit much learning in at a time, so I was longer completing the course.

Overall did the program meet your expectations?
Yes and more. The Lifestyle Module and Motivational Interviewing were very helpful for me to improve my approach to people in our AHMP program.
Greetings Everyone,

I work as a Health Promoter at a Family Health Team on Manitoulin Island, and we began offering the Ontario Stroke Network’s Hypertension Management Program (HMP) in January 2012. Through its partnerships with Heart and Stroke, Hypertension Canada and other, the HMP provided all materials including booklets, personal trackers, and even a Power Point presentation ("Take the Pressure Off") for us to use during patient group HTN information sessions. The program was made so as to be easy to implement within our practice, simple to use and user friendly.

As a result of the presentations, we’ve found patients were able to identify their different Risk Factors and sign up for additional programs we then created to address these needs.

For example, if a patient identified “stress” as an issue impacting their blood pressure, we then offered a 5 week “Stress Management Program”, presented by our Social Worker.

A “DASH Diet” Program, offered by our Dietitian, was also created for those who identified with poor eating habits.

Our process is for our Hypertensive Patients to attend the HTN information session and then book their appointment with our nurse to complete the HMP Hypertension Baseline Assessment Flow sheet. Blood pressures and other relevant health information are taken, documented, and continue to be regularly monitored at every clinic visit.

We do encounter on-going challenges in regards to engaging patients around acknowledging their HTN as well as compliance with at-home monitoring and regular 6 month Follow-Up Visits (our biggest challenge observed).

However, we have found that by supplying Blood Pressure trackers, patient information resources, as well as the lifestyle support tools (such as stress hearts, tape measures, meal measures and pedometers) made available through the HMP, we have greatly facilitated our patients’ journeys.

The HMP and partnership with the OSN’s Program support team has been a huge asset to our Family Health Team, with their continuous support.

Thank you HMP Team!

*Lianne Charette & MCFHT Staff*