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Remote monitoring and pharmacist helps improve hard-to-control blood pressure, research shows

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Up to 74% of adults with treatment-resistant high blood pressure were able to get their blood pressure below 140/90 mm HG within one year

through a program combining remote blood pressure monitoring with pharmacist interactions, according to preliminary research presented at the American Heart Association's Hypertension Scientific Sessions 2024 , held in Chicago, September 5–8, 2024.

The study targeted patients with blood pressure higher than 140/90 mmHg who were receiving care in clinics specializing in kidney conditions. The ConnectedCare365 Hypertension Management program provided people in central and northeast Pennsylvania communities with remote blood-pressure monitoring and other devices that transmit information to doctors.

Patients were identified and enrolled through a centralized monitoring center, known as ConnectedCare365, to ensure consistent messaging and ample education on the devices and patient communication applications. Doctors and pharmacists assigned by the program co-managed patient care and helped adjust medications for patients.

"In our study, we developed a program that builds off what others have done using telemonitoring and pharmacists," said senior study author Alexander Chang, M.D., M.S., a nephrologist and associate professor in the department of nephrology and the department of population health sciences at Geisinger Health in Danville, Pennsylvania.

"By deploying these extra resources to get blood pressure under control in high-risk patients and reducing hospitalizations, we are hoping that we can help provide more justification in expanding these types of programs."

Notifications from the home blood pressure-monitoring devices were transmitted to the central monitoring center. During the first six months of the program, the notifications were first transmitted to doctors in collaboration with pharmacists through a virtual platform that connected

to patients' phones through an app, which connected to the devices over Bluetooth.

Blood pressure measurements were assessed and blood pressure medications were prescribed and/or adjusted accordingly. During the second six months, the notifications were transmitted first to pharmacists, who co-managed blood pressure through a collaborative telehealth practice agreement. While patients were enrolled in the program, they also had real-time access to a nurse during business hours through a live chat feature in the central monitoring center.

Study results include:

- 67% of patients were able to achieve blood pressure control of

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