Primary Care Track

Primary Care track programming is dedicated to practical advice for the Primary Care Provider (PCP) interested in clinical hypertension.

**Wednesday September 7, 2022**

3:30 – 5:30 PM

**Self-Measured Blood Pressure Monitoring with Clinical Support to Improve Hypertension Outcome**

*Self-measured blood pressure monitoring (SMBP) with clinical support is a “best practice” to improve hypertension control yet there are many challenges to implementing a successful program! Come learn from experts across the country who have addressed these issues in a variety of different clinical settings. You will learn valuable pearls and tips on choosing a blood pressure monitor, integrating data into electronic health records, overcoming billing complexities, finding the most successful patient engagement strategies and much more!*  

Moderators: Jennifer Cluett, MD and Tony Amofah, MD, MBA, FACP, FABQAURP

**Selection of Self-Measured Blood Pressure Monitoring Devices: Accuracy and Functionality**

Tammy M. Brady, MD, PhD

**Strategies to Increase the Use of Self-Measured Blood Pressure Monitoring**

CAPT Fleetwood Loustalot, FNP, PhD, FAHA
Self-Measured Blood Pressure Telemonitoring: Lessons Learned During the COVID-19 Pandemic
Kelsey Bryant, MD

Building Software for Clinicians by Clinicians: How We Created a System for Asynchronous BP Self-Monitoring and Semi-Automated Med Titration
Mintu Turakhia MD MAS, FAHA, FACC, FHRS

Integration of Self-Measured Blood Pressure Monitoring Into Clinic Workflows
Debra McGrath, MSN, FNP

Co-Intervention Support for Self-Measured Blood Pressure Monitoring
Ruth-Alma Turkson-Ocran, PhD, MPH, RN, FNP-BC

Thursday, September 8, 2022
1:30 – 3:00 PM

Secondary Drivers of Hypertension

Assessment of patients with hypertension includes a thorough and evidence-based assessment for underlying contributing factors. Leaders in the field of kidney disease, sleep medicine and endocrinology will share their best practices for evaluation and management of the most common secondary causes of high blood pressure. You will also hear updated evidence on the myriad impacts of medications -- both prescribed and over the counter -- on your patients’ blood pressure control.

Moderators: Eugene Yang, MD and Sandra J. Taler MD, FAHA
Strategies for Successful Hypertension Care in the Community

Blood pressure control has recently worsened in the US. Community-driven efforts to improve hypertension control are important strategies to reduce the burden of hypertension and address disparities in hypertension control. This session will provide an overview on how community health centers are tackling the challenge of uncontrolled hypertension and health disparities by implementing team-based care, addressing social determinants and implementing treatment algorithms.

**Moderators:** Yvonne Commodore-Mensah, PhD, MHS, RN, FAHA and Andrew Moran, MD, MPH, FAHA
Non-pharmacological and pharmacological treatments are complementary strategies to achieve blood pressure control. Although lifestyle modification is recommended for all patients with hypertension, adoption of these recommendations remains sub-optimal. There are promising complementary and alternative approaches, but evidence is lacking for some approaches. Treatment inertia is an important clinician barrier to hypertension control. Come and hear thoughtful discussions on how to implement lifestyle and pharmacological strategies to achieve blood pressure control.
**Moderators:** Lisa Cooper and Stephen Juraschek, MD, PhD, FAHA

**Physical Activity and the Prevention and Control of Hypertension**
Kelley Pettee Gabriel, MS, Ph.D., FACSM, FAHA

**Dietary Interventions That Lower Blood Pressure**
Cheryl Anderson, PhD, MPH, FAHA

**Complementary and Alternative Approaches for Hypertension**
Anika Hines, PhD, MPH

**Medication Adherence and Hypertension Control: Highlights from the American Heart Association Scientific Statement**
Antoinette Schoenthaler, EdD, FACH

**Deprescribing Antihypertensive Therapy**
James Sheppard, PhD, BSc, PGCert

**Strategies for Treatment Intensification to Achieve Hypertension Control**
Marc G. Jaffe, MD