

Blood Pressure & Asthma Sprint Learning Session #4

September 25, 2025

HealthChoices PCMH Learning Network

SUZANNE COHEN, SENIOR DIRECTOR OF POPULATION HEALTH

HEALTH FEDERATION OF PHILADELPHIA

Agenda

1:00 p.m. – 1:15 p.m.	Welcome & Recap	Suzanne Cohen, Health Federation of Philadelphia
1:15 p.m. – 2:15 p.m.	PCMH Report Outs and Discussion	
2:15 p.m. – 2:30 p.m.	Sprint Process Feedback, Timeline, Next Steps & Evaluation	Suzanne Cohen, Health Federation of Philadelphia

Continuing Education Information

In support of improving patient care, this activity has been planned and implemented by the University of Pittsburgh and The Jewish Healthcare Foundation. The University of Pittsburgh is jointly accredited by the **Accreditation Council for Continuing Medical Education (ACCME)** and **the American Nurses Credentialing Center (ANCC)**, to provide continuing education for the healthcare team. **1.5 hours are approved for this course.**

As a Jointly Accredited Organization, University of Pittsburgh is approved to offer social work continuing education by the **Association of Social Work Boards (ASWB)** Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. University of Pittsburgh maintains responsibility for this course. Social workers completing this course receive **1.5 continuing education credits.**

Disclosures

No members of the planning committee, speakers, presenters, authors, content reviewers and/or anyone else in a position to control the content of this education activity **have relevant financial relationships** with any entity producing, marketing, re-selling, or distributing health care goods or services, used on, or consumed by, patients **to disclose.**

Disclaimer

The information presented at this Center for Continuing Education in Health Sciences program **represents the views and opinions of the individual presenters**, and does not constitute the opinion or endorsement of, or promotion by, the UPMC Center for Continuing Education in the Health Sciences, UPMC / University of Pittsburgh Medical Center or Affiliates and University of Pittsburgh School of Medicine. Reasonable efforts have been taken intending for educational subject matter to be presented in a balanced, unbiased fashion and in compliance with regulatory requirements. However, each program attendee must always use his/her own personal and professional judgment when considering further application of this information, particularly as it may relate to patient diagnostic or treatment decisions including, without limitation, FDA-approved uses and any off-label uses.

The PCMH Learning Network

Designed to support the PCMHs and MCOs in:

- ✓ Achieving the shared aims of the HealthChoices PCMH Program
- ✓ Identifying and acting on strategies in response to opportunities for improvement
- ✓ Developing an internal capacity to continuously learn, adapt, and improve

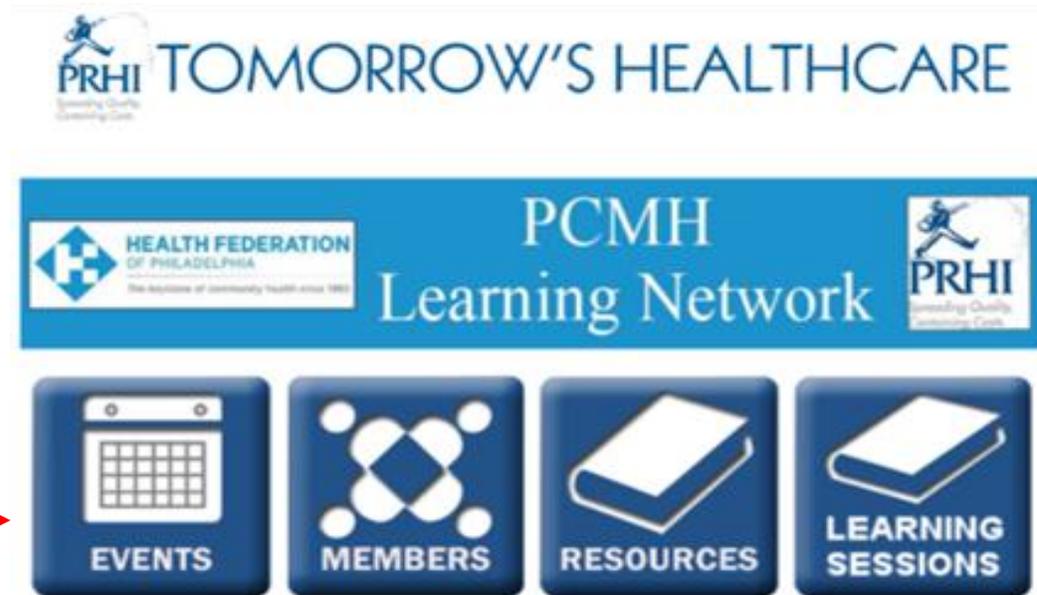
Access today's slides online

GO TO: www.tomorrowshealthcare.org

Your Login: The email address you RSVP'd with
Your Password: Welcome

*To get assistance or access for your colleagues:
email J. at ashenayi@jhf.org*

PCMH Online Community



Keep track of upcoming sessions in "Events"



Access session materials in "Learning Sessions" Including slides and webinar recording



Look for guides and tools in "Resources"



Learning Objectives for Today

- ✓ Identify key interventions that are effective in controlling blood pressure within PCMH practices.
- ✓ Describe progress in implementing blood pressure control across participating practices.
- ✓ Collaborate on finding solutions to common obstacles encountered in implementing interventions.

Recap

Blood Pressure

- **Controlling BP HEDIS Measure**
 - “Percentage of patients 18-85 years of age who had a diagnosis of essential hypertension starting before and continuing into, or starting during the first six months of the measurement period, and whose most recent blood pressure was adequately controlled (<140/90 mmHg) during the measurement period”
- **Key Interventions**
 - Consistent accurate in-office BP screenings
 - Use SMBP (Self Monitoring Blood Pressure) - validated cuffs, sending average BP in electronically for review and action by clinical teams
 - Treatment algorithm - include both lifestyle change and medication - eliminate lags in treatment
 - Team based care - pharmacists, nurses, health educators, CHWs
 - Address comorbidities
 - Address disparities in the BP measure

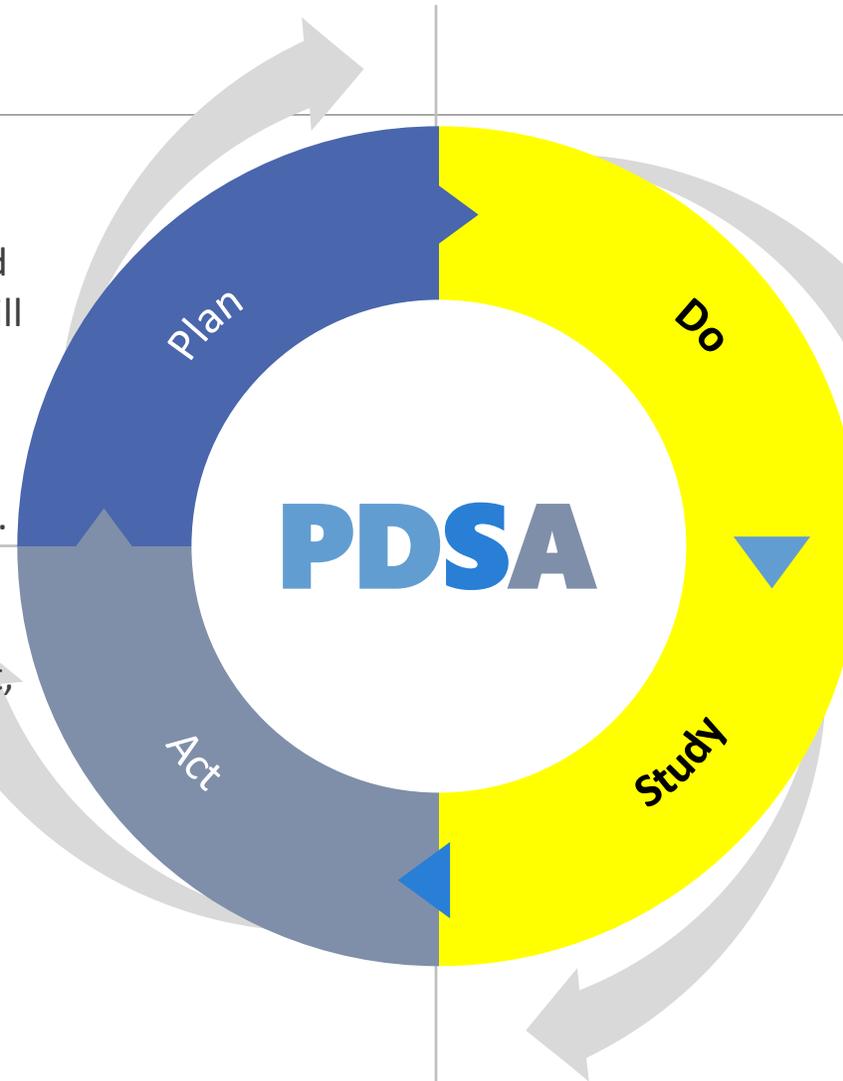
PDSA Cycle

Plan: Plan the test, including a plan for collecting data.

- State the question you want to answer and make a prediction about what you think will happen.
- Develop a plan to test the change.
 - (Who? What? When? Where?)
- Identify what data you will need to collect.

Act: Based on what you learned from the test, make a plan for your next step.

- Adapt (make modifications and run another test), adopt (test the change on a larger scale), or abandon (don't do another test on this change idea).
- Prepare a plan for the next PDSA.



Do: Run the test on a small scale.

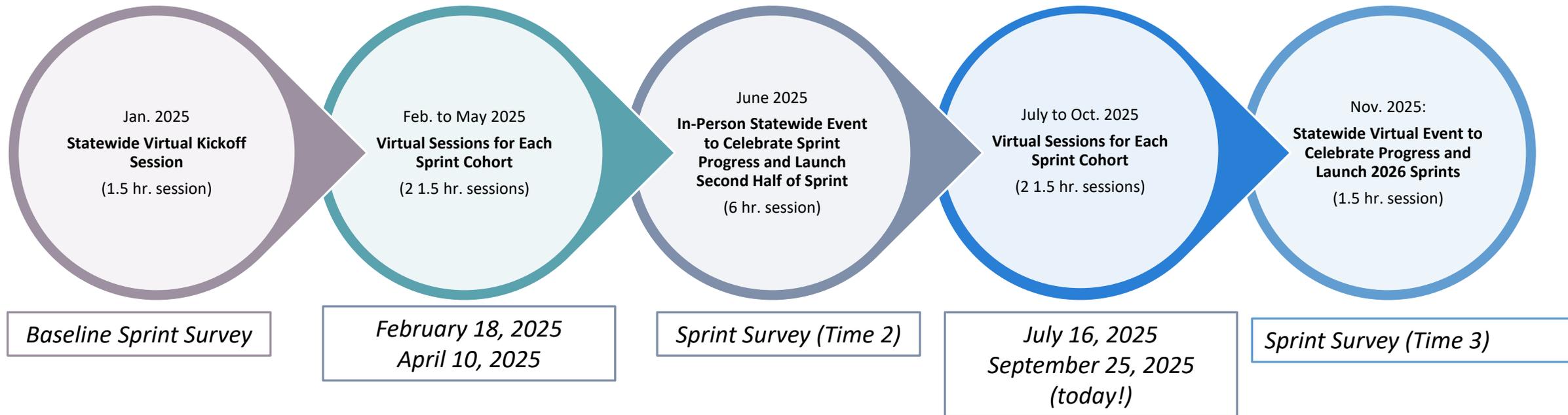
- Carry out the test.
- Document problems and unexpected observations.
- Collect and begin to analyze the data.

Study: Analyze the results and compare them to your predictions.

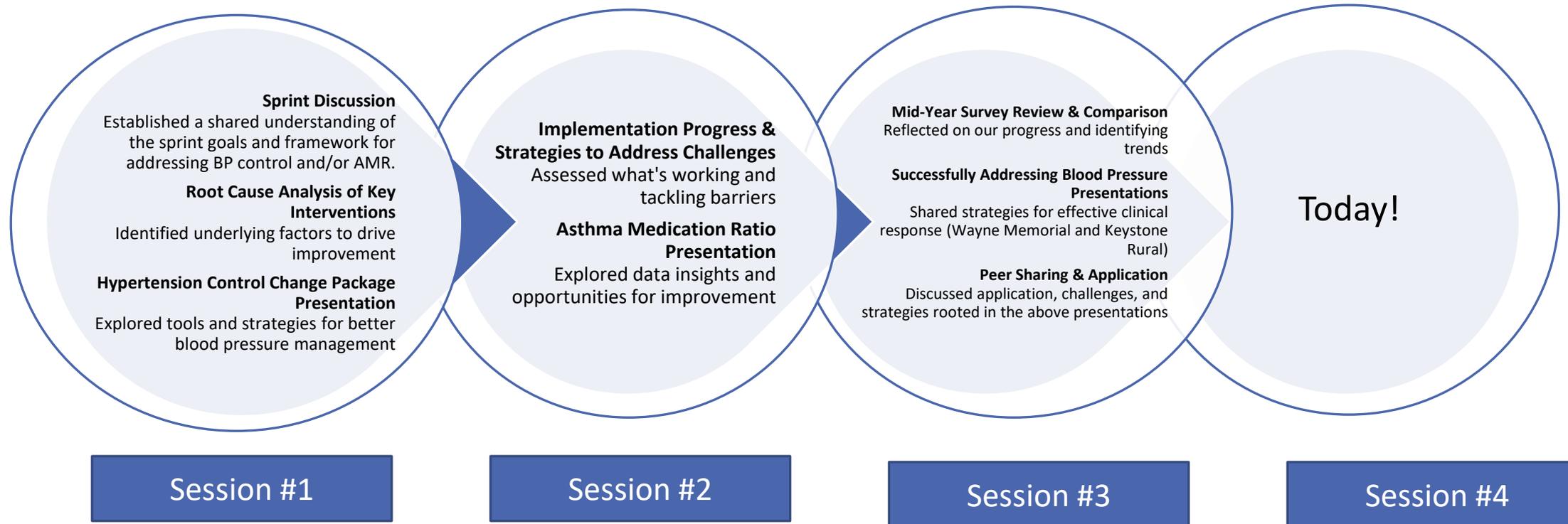
- Complete, as a team, if possible, your analysis of the data.
- Compare the data to your prediction.
- Summarize and reflect on what you learned.

[IHI QI Essential Toolkit: PDSA 2017](#)

2025 PCMH Learning Network



Sprint Sessions



PCMH Report Outs and Discussion

Report Out Questions

In choosing this sprint, what were your team's goals for improving BPC?

Which key intervention(s) made a difference?

Describe how each relevant key intervention made a difference.

- How did you decide which root causes to address?
- Why did you choose this key intervention?
- How did the process go?

What changes did you see as a result?

What are your next steps for BPC?

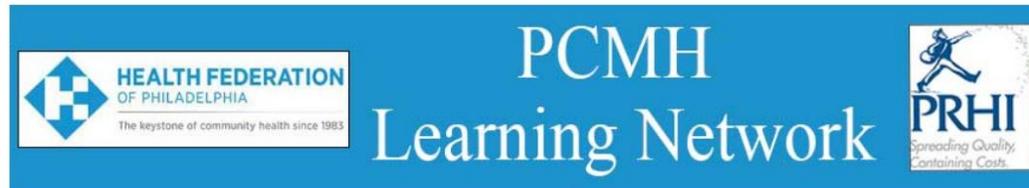
Sprint Process Feedback, Timeline, Next Steps & Evaluation

Lessons Learned & Feedback

Sprint Feedback

PCMH Online Community

<https://www.tomorrowshealthcare.org/>



Members of your PCMH's multi-disciplinary learning team will receive log-ins

- Access the session materials in “Learning Sessions”
- Look for guides and tools in “Resources”

*To get assistance or access for your colleagues:
email J. at ashenayi@jhf.org*

CEU Process

You will receive a follow up email with links to:

Complete the survey at: <https://www.surveymonkey.com/r/7SKKY7> by **X/XX/2025**

1. Please be sure to designate which CEU credits you are requesting **CME, CNE, Social Worker or Certificate of Attendance**. If you already have an account with the UPMC Center for Continuing Education, **please be sure the email you enter on the survey matches the UPMC CCE account email that you create**.
2. The UPMC Center for Continuing Education will follow up with you via email after **X/XX/2025** with instructions on how to claim your credits.
 - To prepare, we recommend you create an account with UPMC CCE via this website <https://cce.upmc.com>.

Upcoming Sessions

November Wrap-Up Virtual Session

[Thursday, November 13, 2025 at 9:30 a.m. - 11:00 a.m. via Zoom](#)

End of Year Survey

Please fill it out!!!

Thank You!
