



Transforming Hypertension Prevention

THE PREVENTSCRIPTS APPROACH

HOW THE PREVENTSCRIPTS PLATFORM FACILITATES UPSTREAM PATIENT RISK IDENTIFICATION AND INTERVENTION

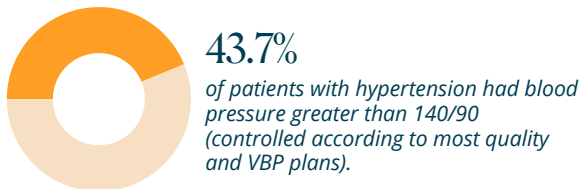
KEY TAKEAWAY

Remote patient monitoring (RPM) can increase patient engagement, identify barriers to behavior change, and facilitate reductions in key biometrics, including systolic and diastolic blood pressures in patients who are in both contemplative and action stages of change.

BACKGROUND

A significant portion of morbidity and mortality occurring in primary care populations is due to hypertensive disorders. Sustaining healthy blood pressure is key to minimizing the long-term health implications of hypertension (stroke, heart attack, etc.). Controlling blood pressure has become a focal topic since the Center for Medicare Services, the National Council on Quality Assurance, and most major commercial health plans have incorporated the measures into their quality programs and value-based payment (VBP) arrangements—a way for healthcare practices to earn additional revenue if they accomplish certain pre-defined indicators.

Despite these measures, hypertensive Americans continue to struggle with maintaining healthy blood pressure. In 2017:



RPM provides a critical opportunity to systematically identify risk, facilitate the diagnosis of hypertension, and seamlessly execute custom interventions for Stage 1 and Stage 2 hypertensive patients. This qualitative study explores the effectiveness of the PreventScripts remote monitoring program in a rural southeastern United States cohort of patients.

METHODOLOGY

Patients eligible for the Hypertension remote patient monitoring intervention were onboarded in-clinic by downloading the PreventScripts app. They received a starter kit in the mail, which included:

- A Bluetooth-connected blood pressure cuff.
- A water bottle.
- A healthy plate magnet.
- Instructions on how to use the program.

Patients were encouraged to:



Self-track lifestyle habits daily.



Complete one of the "My Plans" goal exercises.



Complete weekly goal check-in surveys.



Participate in a monthly call from their clinic care team.

Data Collection:

Data was taken from 44 PreventScripts App users between March 2021 and December 2023 in Rural Tennessee.

Primary Outcome:

The trial aims to achieve a minimum reduction of at least 10 mmHg in systolic and 5 mmHg in diastolic blood pressure. The key process indicator of success will be a 10% decrease in both systolic and diastolic blood pressure across the target patient cohort.

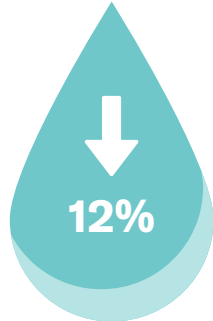
Secondary Outcome:

Use of the PreventScripts goal-planning app, engagement with PrevenTips, and ranking on the MARS behavioral intent scale.

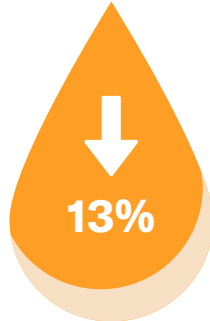
RESULTS

PRIMARY OUTCOME

Primary outcome Despite these measures, hypertensive Americans continue to struggle with maintaining healthy blood pressure. In 2017:



SYSTOLIC
BLOOD PRESSURE
REDUCTION



DIASTOLIC
BLOOD PRESSURE
REDUCTION

SECONDARY OUTCOME



77%

OF PATIENTS REPORT
FEELING MOTIVATED BY
PREVENTIPS



77%

OF PATIENTS RATED THE
PREVENTSCRIPTS RPM APP A 4/5
ON THE MARS BEHAVIORAL
INTENT RATING SCALE.

CARE IMPACT

By identifying risk at the point of care, the PreventScripts Platform empowers motivated patients to self-manage their health, iteratively create and meet important behavior change goals, and achieve clinically significant blood pressure reductions in the target population.

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Research Summary: PreventScripts - Metabolic Syndrome Related Hypertension: Adherence to a New Type of Monitoring. Data collected from March 2021 to December 2023.

