

Key Takeaways with John Clymer and Dr. Modele Ogunniyi

Speakers:

John Clymer, Executive Director of the National Forum

Dr. Modele Ogunniyi, cardiologist from Emory University and advocate for hypertension control.

Magnitude of Hypertension

Paul Reid's Insight: Hypertension is a massive health issue comparable to a pandemic, requiring urgent, multi-level societal intervention.

Paradigm Shift Needed: Government and society must change their approach to address hypertension effectively.

Importance of Protocols and Team-Based Care

Dr. Frieden's Critique: Physicians sometimes disregard protocols; nurses and pharmacists excel in this area.

Value of Team-Based Care: Utilizing all healthcare professionals' skills can improve hypertension management and patient outcomes.

Evidence-Based Care and System Failures

Bad Care Due to Protocol Non-Adherence: Many patients suffer because evidence-based care is not consistently applied.

Need for Systemic Change: Implementing evidence-based interventions is crucial to advance hypertension control nationally.

Self-Measured Blood Pressure (SMBP)

Lack of Awareness: Many physicians are unaware of SMBP protocols and their benefits.

Empowerment Through SMBP: Self-measurement helps patients manage their blood pressure better, highlighting the need for clinician awareness and implementation.

Physical Activity and Community Engagement

Role of Physical Activity: Promotes overall health and helps manage hypertension.

Community Programs: Initiatives like "Move with the Mayor" encourage physical activity and healthy lifestyles at the community level.

Business Involvement

Business Stake: Employers benefit from hypertension control due to reduced healthcare costs and increased productivity.

Success Stories: Companies like Paychex have seen positive outcomes from their hypertension programs, emphasizing the role of employers in health management.

Legislative Efforts and Advocacy

Congressional Action: Focus on reducing healthcare costs and reforming pharmacy benefit managers (PBMs) to make medications more affordable.

Advocacy: Engaging with policymakers is essential to drive reforms that support hypertension management.

Addressing Disparities

Equitable Hypertension Control: Significant disparities exist, especially affecting Black Americans, who experience higher rates of uncontrolled hypertension and related complications.

Commitment to Equity: Prioritizing equitable care is crucial for national hypertension control efforts.

Calls to Action

Adopt a Paradigm Shift: Recognize hypertension as a pandemic and implement societal and governmental changes.

Follow Protocols: Emphasize the importance of adherence to evidence-based protocols in clinical practice.

Promote SMBP: Increase awareness and implementation of self-measured blood pressure monitoring among clinicians and patients.

Encourage Physical Activity: Support community programs that promote physical activity to manage and prevent hypertension.

Engage Businesses: Highlight the role of employers in fostering hypertension control and reducing healthcare costs.

Advocate for Policy Changes: Engage with policymakers to support healthcare reforms and reduce medication costs.

Address Health Disparities: Focus on equitable hypertension control to reduce disparities and improve outcomes for all populations.