

Hypertension Management Program in Community Based Pharmacy Prevents Potential Cerebrovascular Event

Challenge

A patient presented to the Medicine Shoppe for an initial consult to determine eligibility for the pharmacy's newly launched Hypertension Management Program (HMP). Multiple in-store readings showed her blood pressure at 168/104, well above a safe or healthy blood pressure range.

Solution

Based on conversation with the patient, the pharmacist determined she has uncontrolled hypertension. She was enrolled in the HMP. Over the next 90 minutes, the pharmacist counseled her on the risks of uncontrolled hypertension (including stroke), proper blood pressure goals, management, and lifestyle modifications. The pharmacist encouraged the patient to contact her physician or urgent care clinic immediately based on her elevated blood pressure. That afternoon, she was seen by a physician who, in clinic, quickly gave her a blood pressure lowering agent for her safety. The physician also prescribed an additional regularly scheduled blood pressure reducing agent for maintenance therapy.

Results

Unbeknownst to the patient, with her elevated blood pressure, she was at a significantly increased risk for stroke. The pharmacist intervention very likely prevented a serious cerebrovascular accident for the patient. Several days later, during the weekly care call (part of the HMP) the patient was so grateful for the advice and for the opportunity to be involved in the HMP. This program may have literally saved her life.