

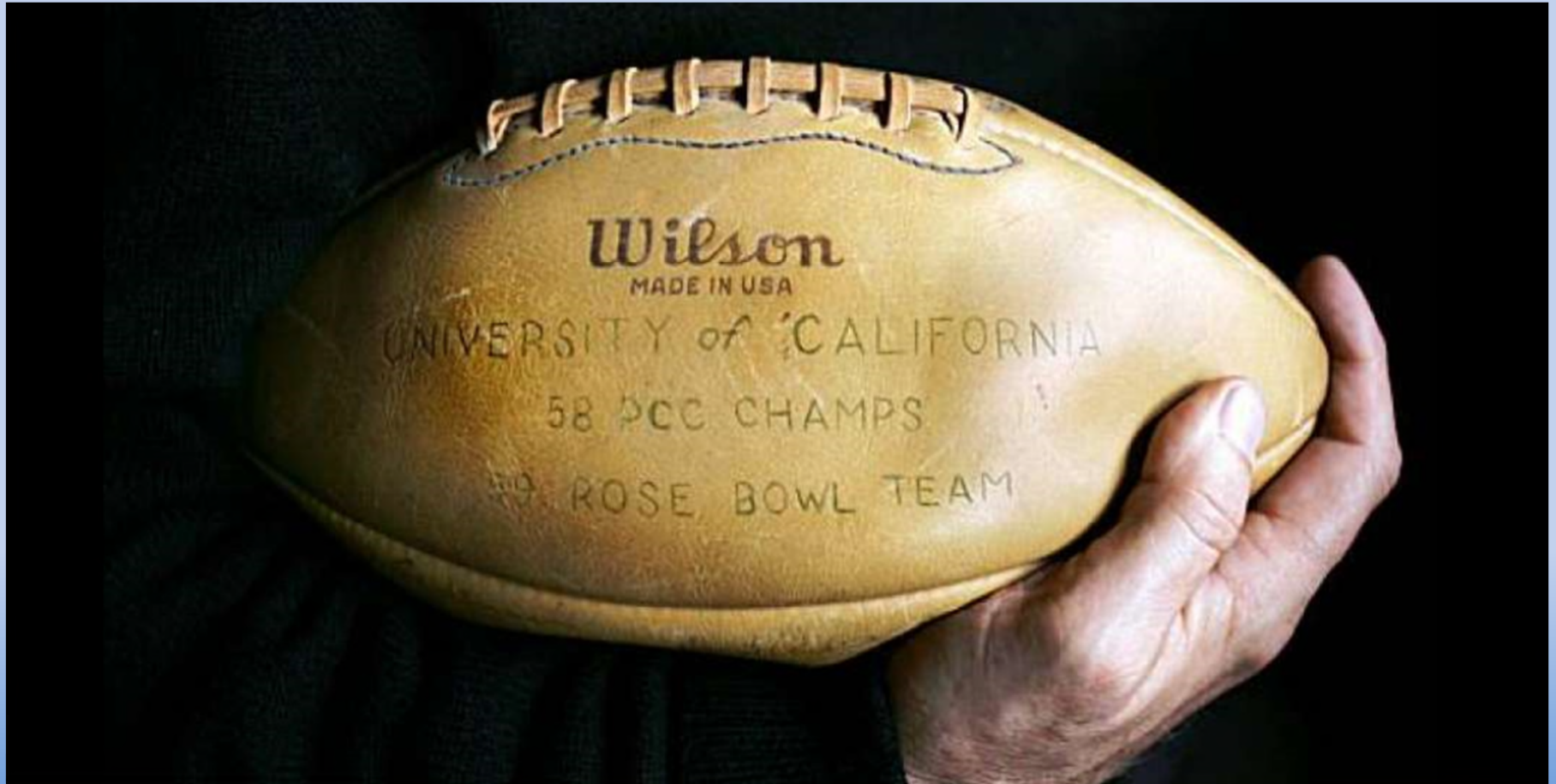
WELCOME

2018 Hypertension Symposium



Jeffrey Brettler MD

KP SCal Regional Hypertension Physician Lead



WHY KEEP TALKING ABOUT HTN?

- HTN is quantitatively the most important risk factor for premature CVD, being more common than smoking, dyslipidemia and diabetes.
- HTN accounts for an estimated 54% of all strokes and 47% of all ischemic heart disease events globally. (Lancet 2008; 371; 1513 - Global Burden of blood pressure related disease 2001).
- Increases the risk for CKD, HF, afib and PVD.

And Treatment Works!

Large scale RCTs show that antihypertensive treatment results in the following:

- 50% reduction in heart failure
- 30-40% reduction in stroke
- 20-25% reduction in MI

BMJ 2008: BP Trialists' BP lowering collaboration

HTN PREVALENCE – SCAL KP

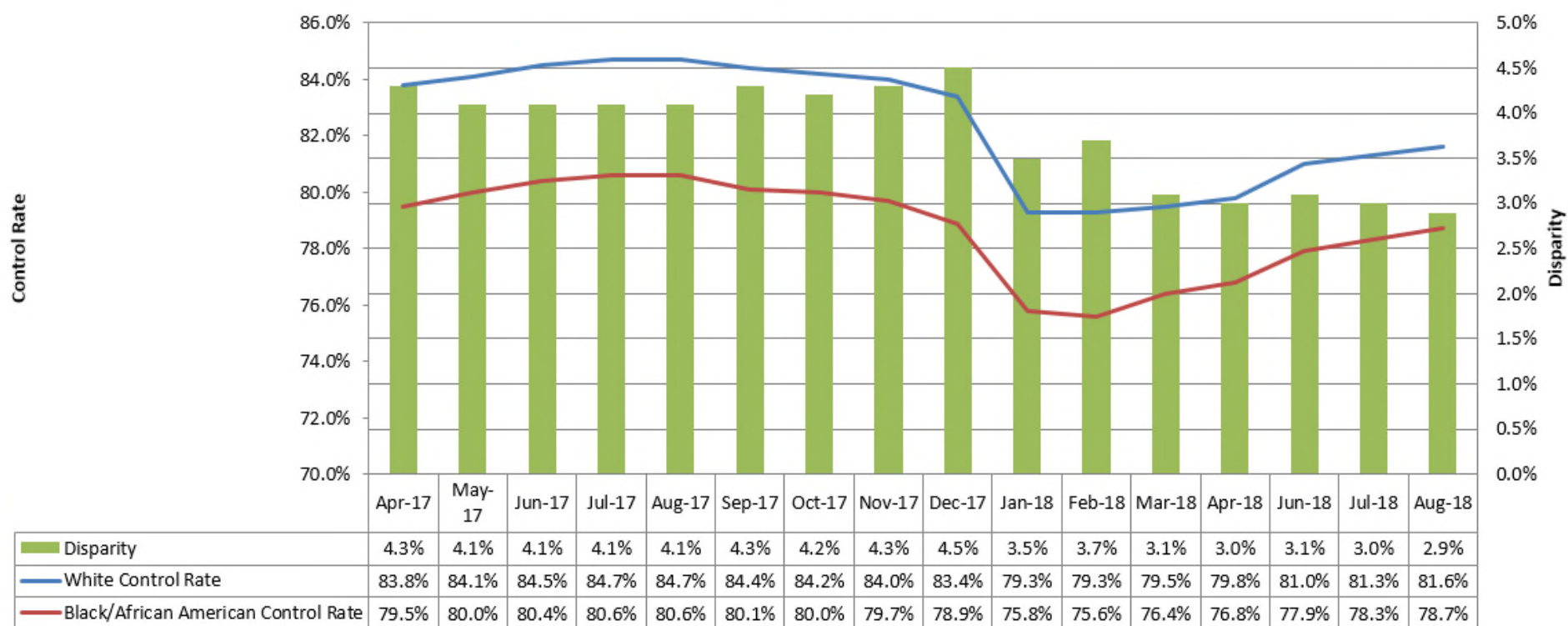
- As of August 2018: **831,780**

Changing Landscape of Hypertension

- How do we define?
- How do we diagnose?
- How do we measure?
- What are our goals?
- Which guideline do we follow: JNC 8, ACP/AAFP, ACC/AHA, KP

AA Disparity Gap

BP Control Disparity Over Time



Hypertension: African Americans Compared to Whites

- Higher prevalence
- Earlier onset
- Greater risk for:
 - Fatal and nonfatal stroke
 - Heart disease
 - End-stage renal disease

Saunders et al. Arch Intern Med. 1990;150:1707

Hypertension-Related Morbidity and Mortality in Black Individuals Compared to Whites

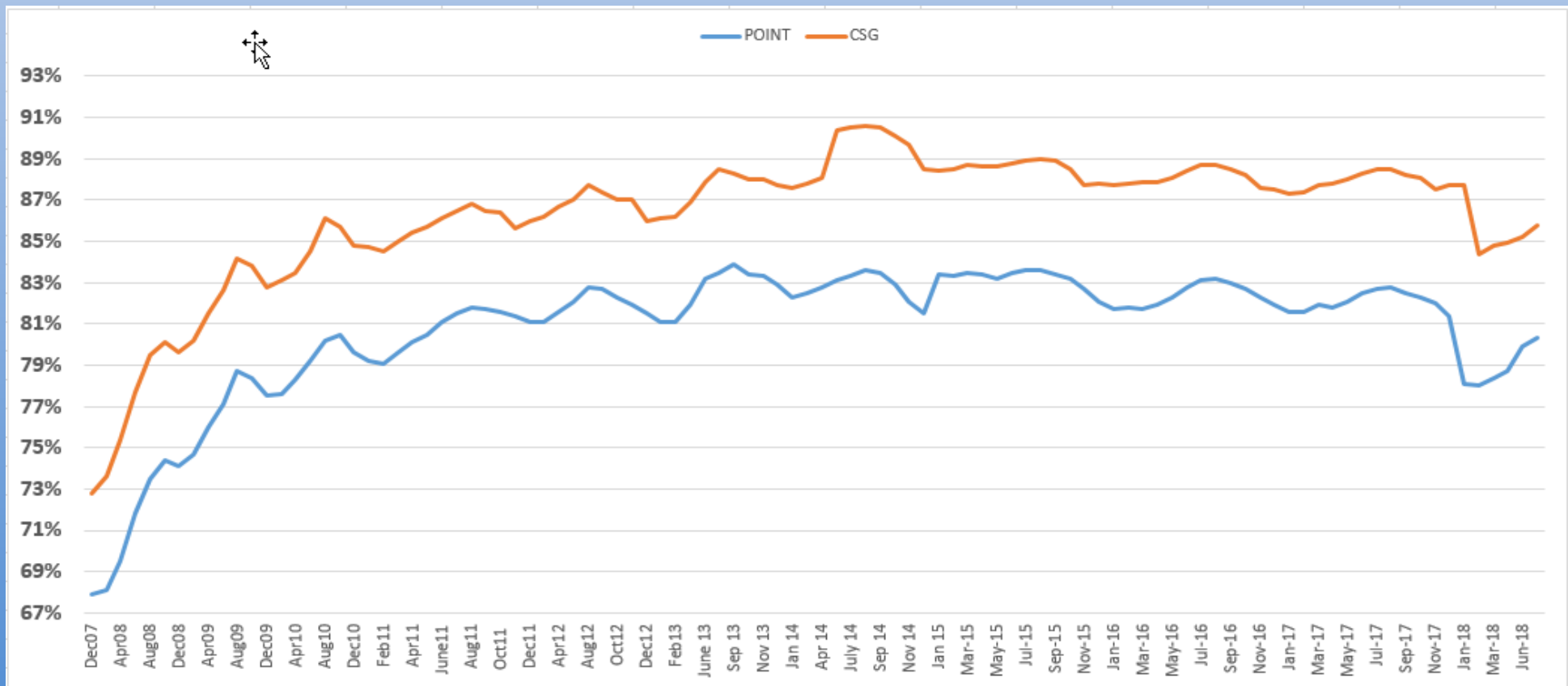
Rates for African Americans vs nonblack rates

Overall mortality	6-13 times greater
Nonfatal stroke	1.3 times greater
Fatal stroke	3-6 times greater
Heart disease death	1.5 times greater
End-stage renal disease	5 times greater

JNC V. Arch intern Med 1993;153:154-183
Cook. Am Heart J. 1988;116:288-295

Controlling BP Performance

POINT & CSG 2007-2018



HEDIS 2018 Commercial At A Glance

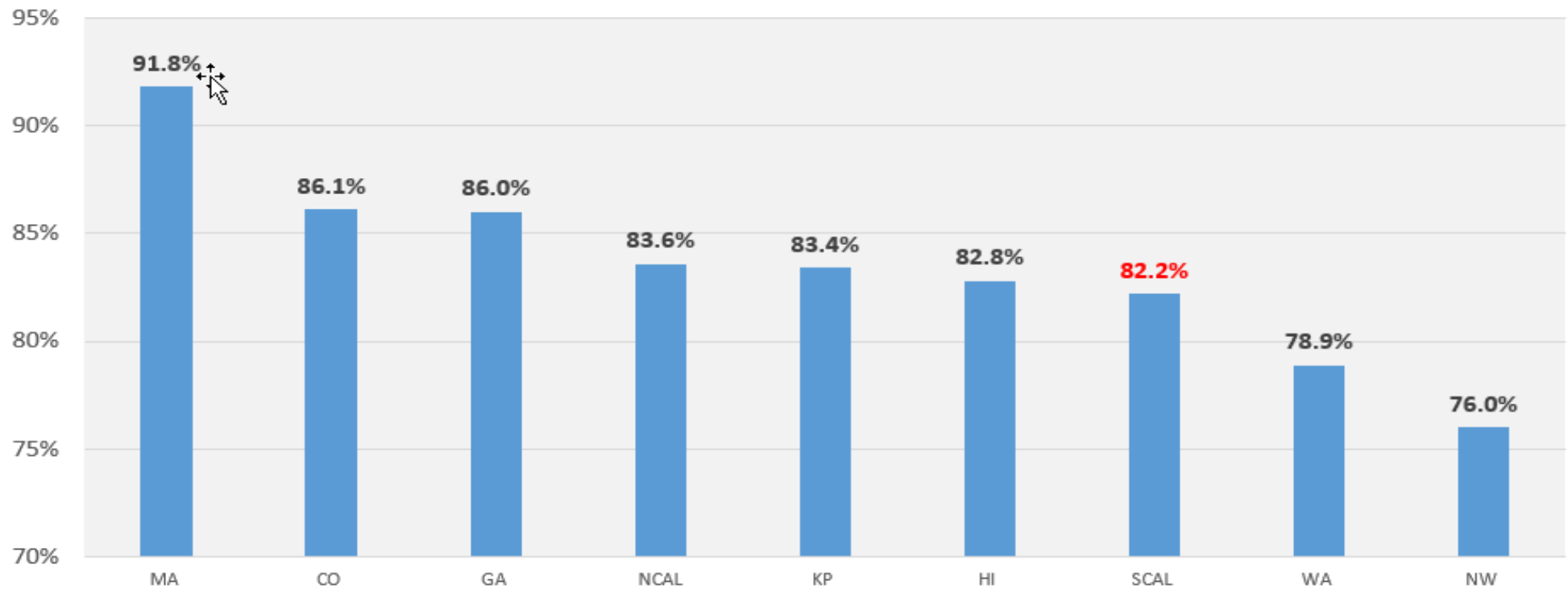
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KP Results for All Domains (Performance Year 2017)



KAISER PERMANENTE®

EFFECTIVENESS OF CARE	KP Programwide ¹		Kaiser Permanente Regional Results									KAISER PERMANENTE [®]
	Regional Variation	Rate	Northern California	Southern California	Colorado	Georgia	Hawaii	Mid-Atlantic States	Northwest	Washington	WA PPO	
Cardiovascular Conditions												
Controlling High Blood Pressure	15.82%	83.38%	83.57%	82.24%	86.13%	85.99%	82.80%	91.82%	76.00%	78.95%	63.83%	



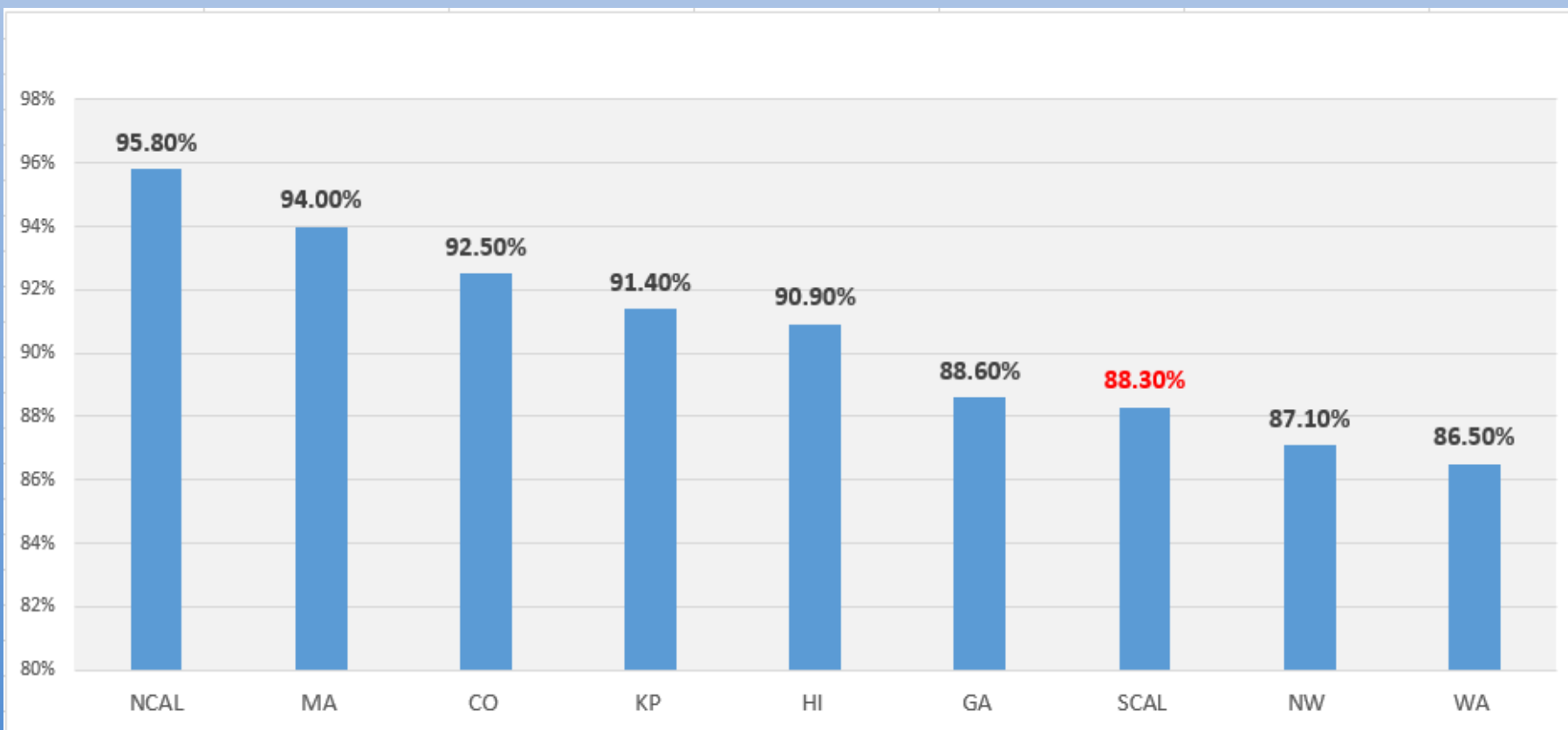
2017 HEDIS National Ranking

Controlling BP - Commercial

Population

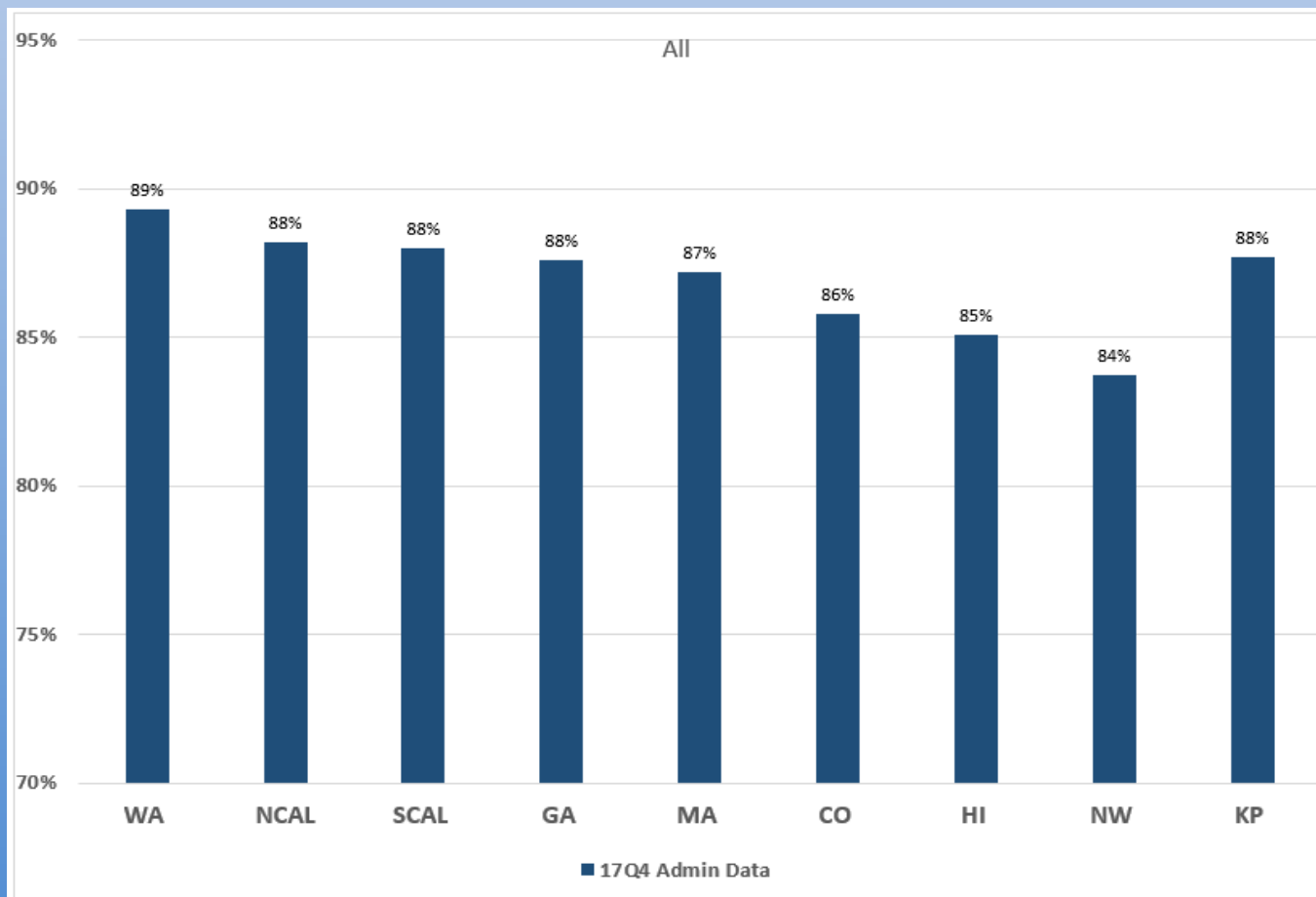
Rank	Health Plan Name	ProductLine	ReportingProduct	MeasureName	Rate
1	Kaiser-Mid-Atlantic	Commercial	HMO	Controlling High Blood Pressure	91.82
2	Dean Health Plan, Inc.	Commercial	HMO/EPO Combined	Controlling High Blood Pressure	86.22
3	Kaiser Permanente Colorado	Commercial	HMO	Controlling High Blood Pressure	86.13
4	Kaiser Georgia	Commercial	HMO	Controlling High Blood Pressure	85.99
5	Kaiser - CA (Northern CA)	Commercial	HMO	Controlling High Blood Pressure	83.57
6	Kaiser - HI	Commercial	HMO	Controlling High Blood Pressure	82.8
7	Medical Associates	Commercial	HMO/POS Combined	Controlling High Blood Pressure	82.48
8	Kaiser - CA (Southern CA)	Commercial	HMO	Controlling High Blood Pressure	82.24
9	GHC-SCW	Commercial	HMO	Controlling High Blood Pressure	81.27
10	AultCare	Commercial	HMO	Controlling High Blood Pressure	80.41

HEDIS 2018 Medicare Population



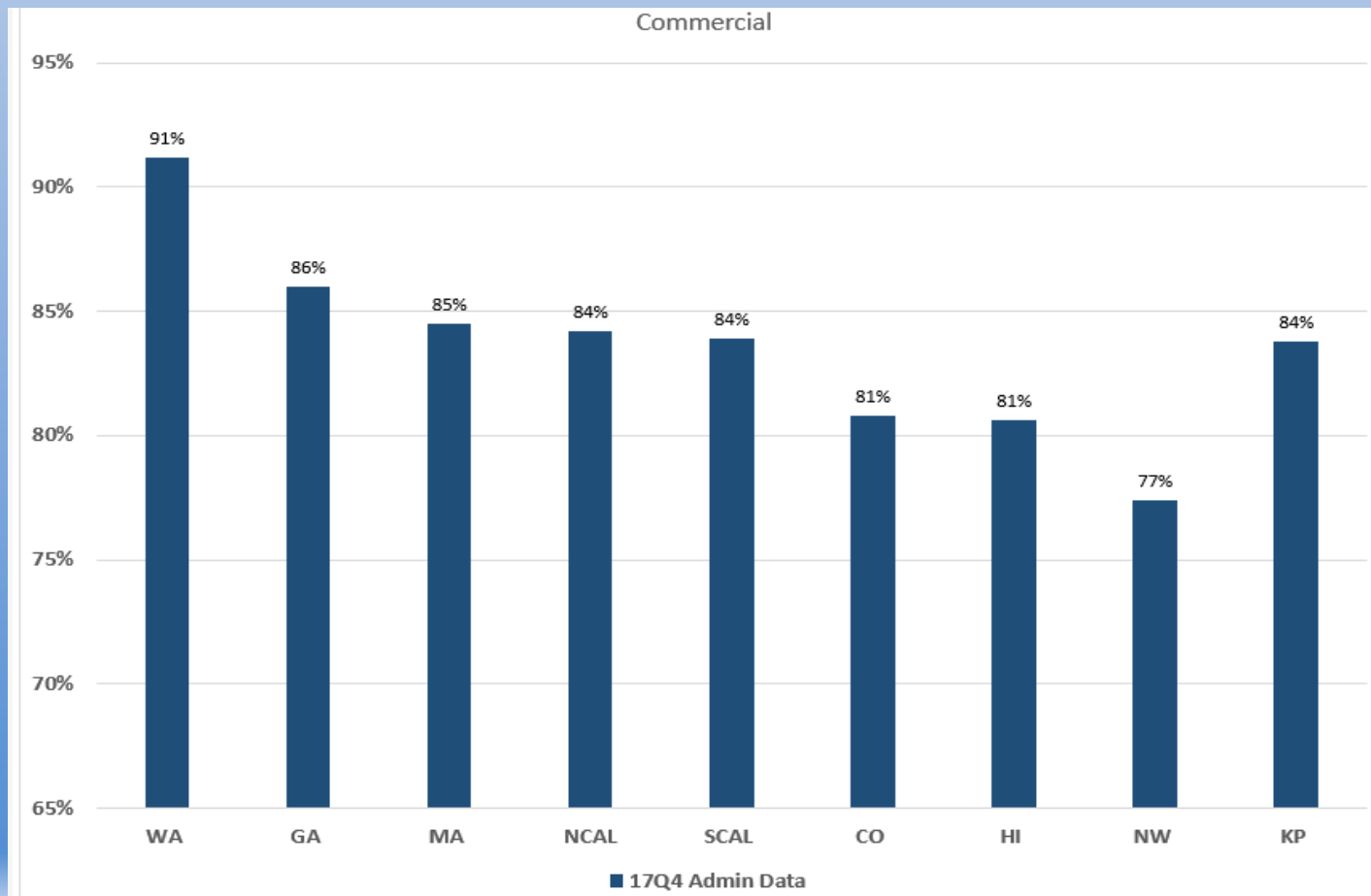
HEDIS 2018 Controlling BP Results

All – Administrative Data



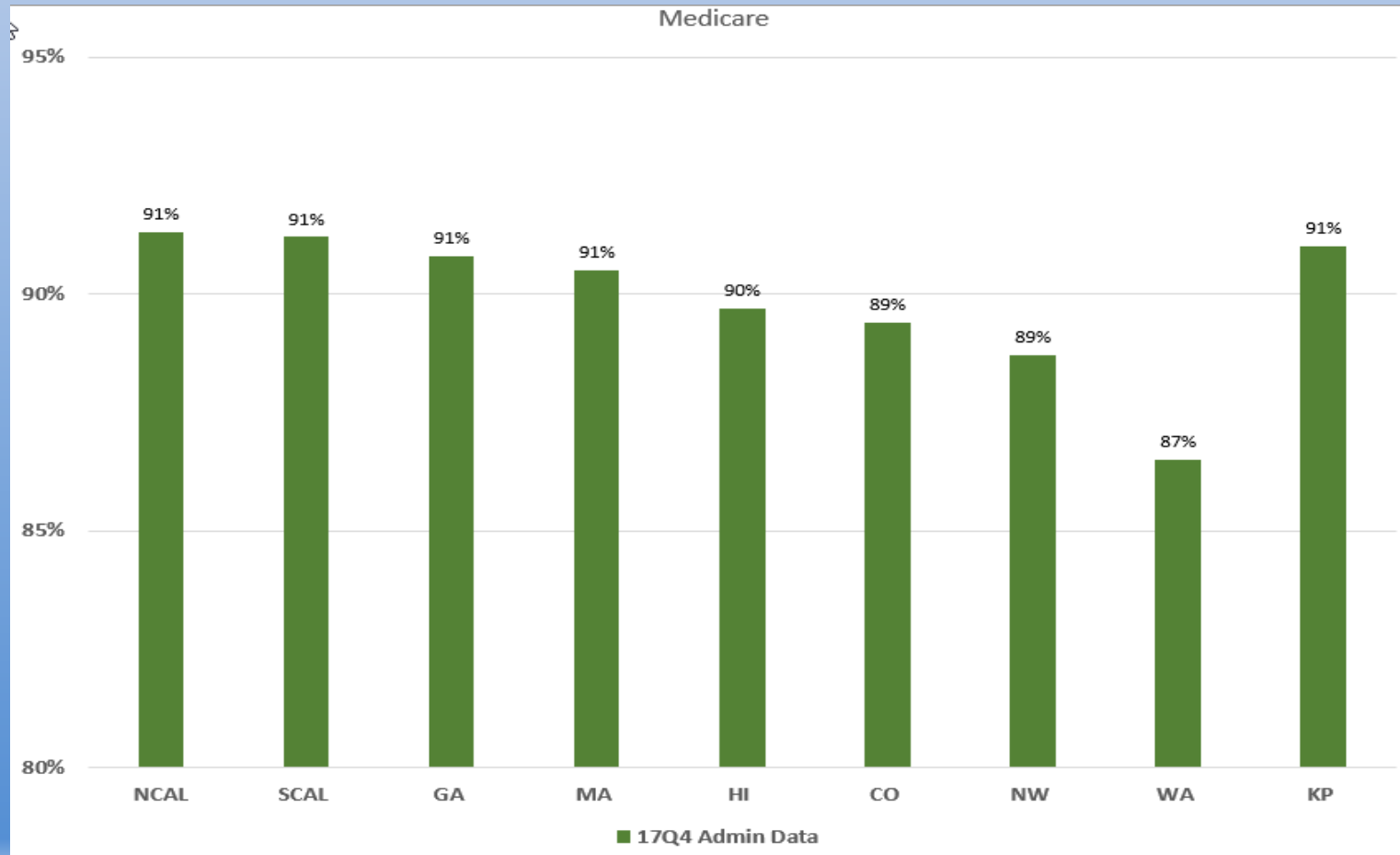
HEDIS 2018 Controlling BP Results

Commercial- Administrative Data

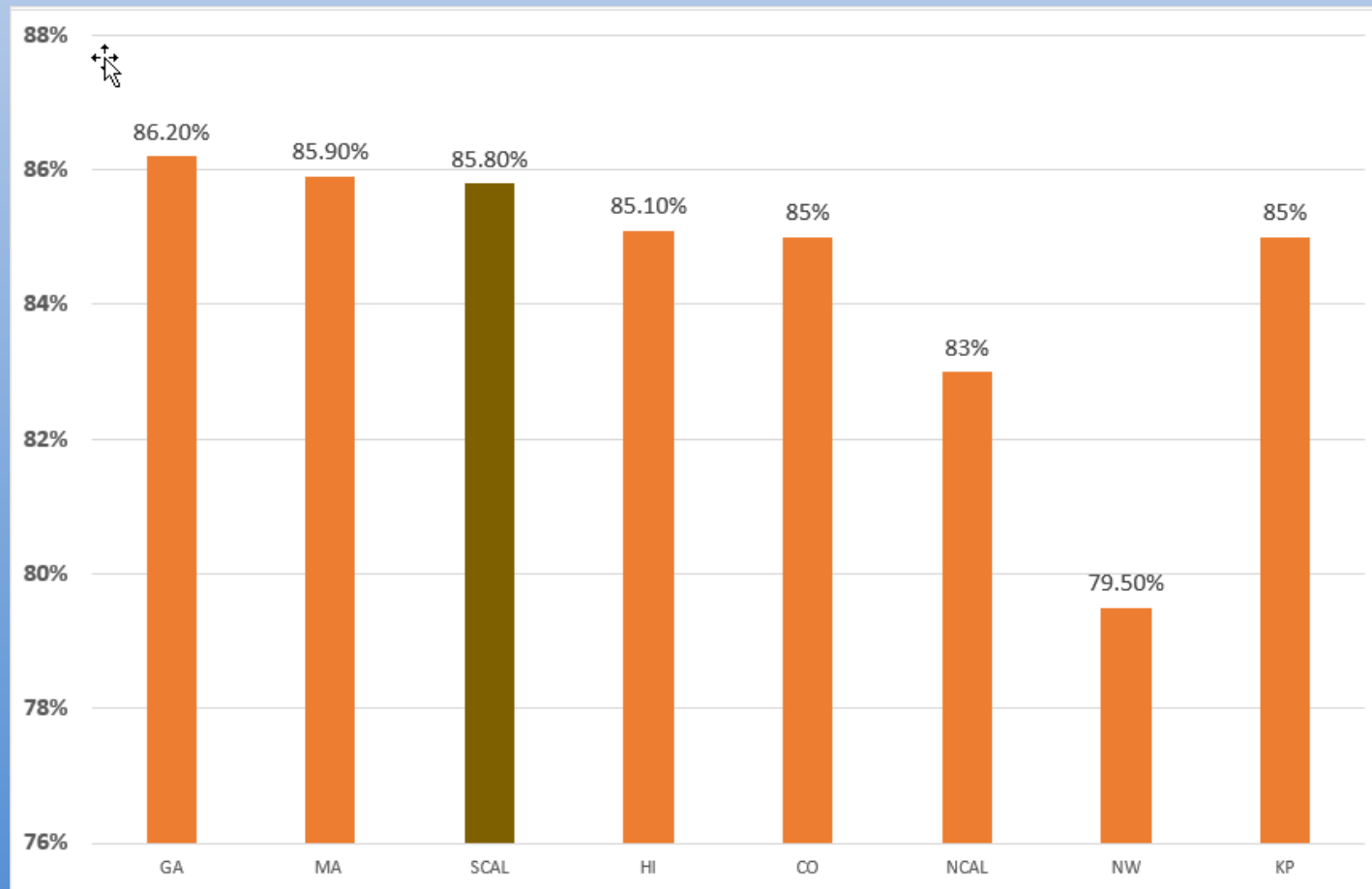


HEDIS 2018 Controlling BP Results

Medicare - Administrative Data



Black/African American HTN Control



3rd quarter 2017

2018 Hypertension Symposium
Hilton Long Beach
Friday, September 14, 2018

TIME	TOPIC
7:00 am – 8:00 am	Registration/Continental Breakfast
8:00 am – 9:00 am	New Guidelines <i>Joel Handler, MD & Jeffrey Brettler, MD</i> <i>What are the results of the new landmark studies regarding Hypertension and what are the new treatment guidelines?</i>
9:00 am – 9:20 am	Q & A for Guidelines
9:20 am – 10:20 am	Out of Office Blood Pressure <i>Daichi Shimbo, MD</i> <i>What are different BP methodologies, what is the most accurate, how do I use them to identify cardiovascular risk and improved monitoring of treatment?</i>
10:20 am – 10:40 am	Q & A for Out of Office BP
10:40 am – 11:00 am	Break & Transition Time
11:00 am – 12:00 pm	BREAKOUT SESSIONS A
Session A1	African American Hypertension Care <i>Anna Khachikyan, MD, Ray Nanda, MD, Madalynne Wilkes, MD</i> <i>What tools and techniques can I use to improve communication with my African American hypertensive patients to improve their control rates?</i>
Session A2	Challenging Cases <i>Maricel Pilapil-Pureza, MD, Mark Rutkowski, MD</i> <i>What are causes of resistant hypertension and how can I use the necessary treatments to improve the outcomes of my patients?</i>
Session A3	ABPM/AOBP/Telemonitoring <i>Jeffrey Brettler, MD, Que Nguyen, MD</i> <i>How can I use and order the different BP monitoring methodologies?</i>
12:00 pm – 1:00 pm	LUNCH
1:00 pm – 2:00 pm	BREAKOUT SESSIONS B
Session B1	African American Hypertension Care <i>Anna Khachikyan, MD, Ray Nanda, MD, Madalynne Wilkes, MD</i> <i>What tools and techniques can I use to improve communication with my African American hypertensive patients to improve their control rates?</i>
Session B2	Challenging Cases <i>Maricel Pilapil-Pureza, MD, Mark Rutkowski, MD</i> <i>What are causes of resistant hypertension and how can I use the necessary treatments to improve the outcomes of my patients?</i>
Session B3	ABPM/AOBP/Telemonitoring <i>Jeffrey Brettler, MD, Que Nguyen, MD</i> <i>How can I use and order the different BP monitoring methodologies?</i>
2:00 pm – 2:15 pm	Break & Transition Time
2:15 pm – 3:00 pm	Lifestyle Interventions <i>Sean Hashmi, MD</i> <i>What lifestyle interventions can help improve Blood Pressure and how can I motivate my patients to make lifestyle changes?</i>
3:00 pm – 3:15 pm	Q & A for Lifestyle
3:15 pm – 3:45 pm	Reflection: Key Take-Aways from the Day, and Interactive Session <i>Panel</i> <i>What are the Key Points or "Pearls" that I have I have learned?</i>
3:45 pm – 4:00 pm	Closing Remarks <i>Jeffrey Brettler, MD</i>

Total CME = 6.5