Lake Superior Quality Innovation Network

Hypertension Management Toolkit
Overview

This comprehensive toolkit has been organized to provide resources developed or vetted by Lake Superior Quality Innovation Network (QIN) staff to guide clinical processes and process improvement strategies in the ambulatory care setting to achieve optimal hypertension (HTN) control. It is composed of change concepts, change ideas and evidence-based tools and resources to engage clinicians, engage patients and incorporate concepts into practice.

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**Accurate Blood Pressure Tips Poster**
This poster outlines seven tips for clinicians to follow when preparing a patient for blood pressure measurement to ensure the reading is captured correctly. It also provides three prompting questions to ask the patient prior to measurement to understand why a reading may be elevated.

**Blood Pressure Competency Training Workbook**
This resource provides materials for ongoing training for clinical staff ensuring that blood pressure measurements are taken correctly each time for every patient.

**Clinical Blood Pressure Measurement Video**
This video outlines the steps when taking a manual blood pressure measurement in the clinical setting.

**Competency Checklist**
This checklist outlines the tasks needed to be completed for proper blood pressure measurement. Competency is validated by (simulated) observation, oral discussion and/or demonstration.

**HTN Protocol Infographic**
Adopting a standardized protocol increases success in HTN control across diverse populations. This resource outlines the importance of adopting a HTN protocol and strategies to achieve HTN management.

**Lake Superior QIN Power of Lifestyle Modification Poster**
Lifestyle modifications can make an enormous difference in a patient’s blood pressure. This poster serves as a patient education resource to outline lifestyle modifications they can make and how that impacts their blood pressure readings.
**Metastar Elearning Modules**
These elearning modules help providers educate themselves on their patients and blood pressure readings.

**Minnesota Shared Decision Making Collaborative Website**
The Minnesota Shared Decision-Making Collaborative is a multi-stakeholder community learning collaborative working to remove barriers to adoption and promote the routine use of shared decision-making in clinical practices.

**Motivational Interviewing Handout**
This handout explains motivational interviewing, a collaborative conversation style that offers a framework for strengthening a person’s own motivation and commitment to change.

![Motivational Interviewing Video](image)
**Motivational Interviewing Video**
This video helps providers build a foundation for effective patient engagement.

**Self-Measurement of Blood Pressure Video**
This video serves as a resource for patients to instruct them on the proper technique for self-measured blood pressure monitoring.

**Tobacco Cessation Counseling Training**
Counseling and treatment delivered by multiple care team members increases the chances that patients will quit using tobacco and “stay quit.” These training materials provide strategies for incorporating motivational interviewing techniques into conversations about tobacco cessation.
Tobacco Cessation Pocket Card
Motivational interviewing strategies can be successful in engaging patients in tobacco cessation. These pocket cards outline the 5 “A’s” Model for motivational interviewing to understand where a patient is within the quitting process as well as sample questions to ask patients to engage them in quitting.

WNA’s Conceptual Model for Patient-Centered Team-Based Care
This team-based care model builds upon the work to foster health care transformation that advances patient-centered team-based care.

To learn more about hypertension management, visit www.lsqin.org.