

Worksheet 1. IMPLEMENTATION STRATEGY
Guideline: Management of Hypertension, Update 2004

Overall Implementation Strategy/Focus:

Key Guideline Element	Gaps in Current Practices (Planning Step 1)	Action Strategy (Planning Step 3)
1. Screen blood pressure (BP) in adults annually since BP rises with increasing age.		
2. Encourage patients with prehypertension to engage in lifestyle changes to reduce risk of proceeding to hypertension.		
3. Explain to patients that blood pressure control reduces cardiovascular risks over a lifetime.		
4. Once hypertension is diagnosed, take aggressive action to reduce blood pressure.		
5. Include lifestyle modifications for all patients, as appropriate.		
6. Use thiazide-type diuretics, alone or in combination with other agents, as first line therapy.		

Key Guideline Element	Gaps in Current Practices (Planning Step 1)	Action Strategy (Planning Step 3)
<p>7. Choose other agents based on evidence for reduction of mortality and morbidity. These agents include (in alphabetical order): angiotensin-converting enzyme inhibitors (ACEIs), angiotensin II receptor blockers (ARBs), beta-blockers, and long-acting calcium channel blockers.</p>		
<p>8. Strongly consider starting therapy with a combination of 2 drugs for patients with Stage 2 hypertension .</p>		
<p>9. Target blood pressure goals appropriately for each patient and titrate therapy to achieve that goal through: a. Informing patients about their BP goal b. Following-up closely until goal achieved c. Adjusting medication as necessary at each visit d. Keeping the medication regimen as simple as possible e. Educating and involving patients in their care plan f. Using ancillary staff and available programs to support and help in reaching target goal</p>		

Worksheet 2A. ACTION PLAN FOR GUIDELINE INTRODUCTION AND STAFF EDUCATION
Guideline: Management of Hypertension, Update 2004

Identify actions for guideline introduction and education. (IN)	Designate someone to serve as lead for the action and other staff to be involved.		Identify the tools and resources for the action.	Specify the action timeline.	
Action #IN. __	Lead:	Other Staff:		Start	Complete
Action #IN. __	Lead:	Other Staff:		Start	Complete
Action #IN. __	Lead:	Other Staff:		Start	Complete
Action #IN. __	Lead:	Other Staff:		Start	Complete

Worksheet 2B. PLANNING WORKSHEET FOR PRACTICE CHANGE IMPLEMENTATION

Guideline: Management of Hypertension, Update 2004

Key Guideline Element: _____

Identify actions in the strategy for this guideline element.	Designate someone to serve as lead for the action and other staff to be involved.		Identify the tools and resources for the action.	Specify the action timeline.	
Action # ___	Lead:	Other Staff:		Start	Complete
Action # ___	Lead:	Other Staff:		Start	Complete
Action # ___	Lead:	Other Staff:		Start	Complete
Action # ___	Lead:	Other Staff:		Start	Complete
Action # ___	Lead:	Other Staff:		Start	Complete

Worksheet 3. GANTT CHART OF TIMELINE FOR GUIDELINE IMPLEMENTATION
Guideline: Management of Hypertension, Update 2004

Actions	MONTH OF WORK											
	1	2	3	4	5	6	7	8	9	10	11	12
<i>Introduction & Education</i>												
#IN. __												
#IN. __												
#IN. __												
#IN. __												
<i>Practice Changes</i>												
# __												
# __												
# __												
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# __												
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Worksheet 4. METRICS AND MONITORING
Guideline: Management of Hypertension, Update 2004

Key Guideline Element	Metric	Data Sources	Monitoring Schedule
1. Screen blood pressure (BP) in adults annually since BP rises with increasing age.			
2. Encourage patients with prehypertension to engage in lifestyle changes to reduce risk of proceeding to hypertension.			
3. Explain to patients that blood pressure control reduces cardiovascular risks over a lifetime.			
4. Once hypertension is diagnosed, take aggressive action to reduce blood pressure.			
5. Include lifestyle modifications for all patients, as appropriate.			
6. Use thiazide-type diuretics, alone or in combination with other agents, as first line therapy.			
7. Choose other agents based on evidence for reduction of mortality and morbidity. These agents include (in alphabetical order): angiotensin-converting enzyme inhibitors (ACEIs), angiotensin II receptor blockers (ARBs), beta-blockers, and long-acting calcium channel blockers.			
8. Strongly consider starting therapy with a combination of 2 drugs for patients with Stage 2 hypertension .			
9. Target blood pressure goals appropriately for each patient and titrate therapy to achieve that goal through: a. Informing patients about their BP goal b. Following-up closely until goal achieved c. Adjusting medication as necessary at each visit d. Keeping the medication regimen as simple as possible e. Educating and involving patients in their care plan f. Using ancillary staff and available programs to support and help in reaching target goal			

