



CARDI•OH

Ohio Cardiovascular Health Collaborative



In partnership with:



Cardi-OH ECHO Hypertension

Thursday, May 2, 2019

Disclosure Statements



The following planners, speakers, moderators, and/or panelists of the CME activity have financial relationships with commercial interests to disclose:

- Adam T. Perzynski, PhD reports being co-founder of Global Health Metrics LLC, a Cleveland-based software company and royalty agreements for forthcoming books with Springer publishing and Taylor Francis publishing.
- Siran M. Koroukian, PhD reports ownership interests in American Renal Associates, and Research Investigator subcontract support from Celgene Corporation.
- George L. Bakris, MD reports partial salary from Bayer as FIDELIO PI, partial salary from Janssen as CREDENCE Steering Committee, partial salary from Vascular Dynamics as Calm-2 Steering Committee, and receiving honorarium as a consultant to Merck, NovoNordisk.
- Luke J. Laffin, MD reports being a member of the Hypertension Committee for the CALM-2 Trial of endovascular baroreceptor amplification (EVBA) procedure from Vascular Dynamics.
- These financial relationships are outside the presented work.

All other planners, speakers, moderators, and/or panelists of the CME activity have no financial relationships with commercial interests to disclose.

Cardi-OH ECHO Hypertension Wrap-up



Goutham Rao, MD

Chief Clinician Experience and Well-Being Officer,
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Jack H. Medalie Endowed Professor and Chairman

Department of Family Medicine and Community
Health

Division Chief, Family Medicine, Rainbow Babies
and Children's Hospital

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Objectives



- Assess when to wean off medications
- Recognize the impact of social determinants on blood pressure
- Employ the practice of Motivational Interviewing

When to Taper Anti-Hypertensives



- Consider tapering when patient's blood pressure is under good control for a prolonged period of time
 - Under NO situation is abrupt tapering recommended which could lead to side-effects or rebound hypertension
 - 25% tapering every 3-4 months is recommended
- Clonidine
 - Abrupt cessation is NOT recommended
 - Do not lower dose more than 0.1 mg every 3-4 days
 - In elderly patients, a faster taper with positive results is reasonable to reduce cognitive side-effects.

Impact of Social Determinants on Blood Pressure



- Solutions tend to be highly varied depending on the situation
 - Transportation, e.g. is a more proximal issue
 - Family violence, e.g. is more of a root cause
- Social circumstances vary widely across the state
 - Rural vs. Urban
 - SDOH is “Hyperlocal” - down to the neighborhood you live in
- Glossary of SDOH
 - <https://www.cardi-oh.org/social-determinants-glossary>
- Social Determinants Executive Summary
 - <https://www.cardi-oh.org/executive-summary>
- Community Health Workers are valuable care partners
 - Can educate patients about medications and reinforce concepts

Motivational Interviewing



- Adult Obesity Collaborative and Referral Initiative (AOCRI)
- Introduction to Motivational Interviewing by Ken Resnicow, PhD, Professor, University of Michigan School of Public Health
- <http://cme.iafp.com/user-course-video.asp?v=6043>

Thank you!

Questions/Discussion