Pharmacist led hypertension support group in an occupational health setting
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OBJECTIVE: The purpose of this project was to implement a pharmacist into a hypertension support group to help participants reach their goal blood pressure through educational activities, counseling, and behavioral modifications. The value of a pharmacist in managing a hypertension clinic has been studied and evaluated before. A study by Dong et al. found that 79.5% of hypertension patients managed by pharmacists reached goal blood pressure (defined as blood pressure <150/90 mmHg) compared to 59.5% of patients when managed by usual or standard care. This project will provide insight to a pharmacist managed hypertension support group in an occupational health setting.

METHODS: Eligible and willing participants from General Electric in Hooksett, NH were enrolled or consulted to this hypertension support group. Information was obtained and collected from each participant that was pertinent and needed for the outcomes of interest. The support group operated weekly 4-hour visits for 6 months where the participant’s blood pressure was recorded and a pharmacist was available for consult and as a drug information resource for those on any anti-hypertensive medications. The primary outcome of interest is comparing blood pressure measurements from pre-support group data (baseline) and post-support group data (follow up).

RESULTS: Changes in blood pressure over the course of the study enrollment period will be analyzed and the results will be presented.

CONCLUSION: It is anticipated that this project can be a trial to provide information on the sustainability of more structured and integrated pharmacist led support groups surrounding other disease states in the future.