



Advancing Hypertension Care

Hypertension, a strong predictor for cardiovascular complications such as heart attack, stroke, and heart failure, is a critical public health issue. In response to this challenge, ACPM funds projects across five diverse clinical settings to develop practice models that advance the standard of preventive care for hypertension in African American Men.

Lincoln Community Health Center

Improving Care with Community Partners

Project Description:

The LCHC team is following a cohort of 265 black men across all 10 LCHC sites that were identified in a previous hypertension control program. Under the present grant, patients receive a phone call inviting them to join the LCHC Blood Pressure Self-Management program. Patients meet with a nurse or come to an educational class to receive blood pressure cuffs and personalized education on how to measure their blood pressure and respond to the results.



LCHC's pharmacy monitors the refill status for the program participant's blood pressure control prescriptions. LCHC's Behavioral Health team then reaches out to patients with low refill rates.

Patients are invited to attend group educational sessions and receive health education materials about hypertension. Participants learn how to use a self-measure blood pressure cuff and track their blood pressure rates, are trained in the DASH diet, and receive help setting goals that are specific, measurable, achievable, relevant and time delimited. When patients have attended 4 sessions, a celebration is held, at which they receive a certificate, the title 'Hypertension Hero,' and are invited to help at future classes.

Durham's Center for Accessible Affordable Health Research and Education (CAARE) and a local recreation center has agreed to sign patients up for the American Heart Association's Check. Change. Control. program.

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Social Determinant of Health (SDoH) Addressed:

Lincoln has chosen to address the Social Determinant of substance abuse and is therefore coordinating with LCHC’s Medically Assisted Treatment clinic as well as the Behavioral Health department. The LCHC team works with CAARE to address the 5 health disparities with the highest mortality rates in the Durham County area.

Organization:

Lincoln Community Health Center is a Federally Qualified Health Center based in Durham, North Carolina.



In 2019, LCHC’s service population was 51% Latino or Hispanic, 38% Black

(primarily African-American, but also including African and Haitian), 11% White. Forty-nine percent of LCHC patients are best served in a language other than English.

Of the 2,760 African American men ages 35-64 in patient population, 2,760 had blood pressure measurements in 2018. Of those, 1,421 had a diagnosis of hypertension.

Materials, Technology, Resources and Partnerships:

- Laminated bi-lingual patient education and treatment plan charts
- Companion tool for clinical care staff to ensure consistency of treatment practices
- Partnership with Durham Parks and Recreation facilities for walking groups and grocery store tours.
- Durham Parks and Recreation assists patients receiving Medicaid, Food Stamps, SSI, or other public assistance to enroll in free facilities usage and classes for one year.

Payor Mix:

- Medicaid 30%
- Medicare 40%
- Commercial 30%
- Uninsured 10%

