

## MONTANA TEAM UP. PRESSURE DOWN. BLOOD PRESSURE MEDICATION ADHERENCE PROJECT

*Community Pharmacists Play Key Role in Blood Pressure Management*

### CHALLENGE

- The percentage of Montana adults reporting high blood pressure has increased steadily since 1995.

### STATE HEALTH DEPARTMENT RESPONSE

- From 2014 to 2017, the Cardiovascular Health (CVH) Program at the Montana Department of Public Health and Human Services conducted a statewide project to evaluate an intervention for adherence to blood pressure medication administered through community pharmacies.
- After the year 1 pilot, the CVH Program redesigned the *Team Up. Pressure Down.* (TUPD) project (e.g. added resources and technical assistance, increased funding, and lengthened the project period). The percentage of participating patients who adhered to blood pressure medication was measured using Proportion of Days Covered  $\geq 80\%$ .
- The CVH Program also conducted a statewide survey to assess pharmacy characteristics, computer-system capabilities, and types of consulting services provided by pharmacists.

### IMPACT

- Thirty-three community pharmacies completed Montana's TUPD project: eight pharmacies in the pilot year, 11 pharmacies in year 2, six pharmacies in year 3, and eight pharmacies in Year 4. For years 2-4 combined, the percentage of participating patients who achieved blood pressure medication adherence improved pre-intervention to post-intervention from 74.8% to 87.4%, and adherence improved in 21 of the 25 pharmacies.
- The pilot pharmacies identified three major barriers to project success: patient buy-in, staff burden in implementing the project, and funding.
- Involving the entire pharmacy team in the project helped reduce the burden of work on the pharmacists. The pharmacies reported that the TUPD materials and resources were useful.
- In the statewide assessment, TUPD-funded pharmacies were significantly more likely than non-TUPD-funded pharmacies to provide prescription synchronization and medication management and feedback to the patient's physician.

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