

Blood Pressure Control In The VA

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Determining BP Control: The Method Matters

Methodological issues

- who has hypertension
- how BP measured
- how many BP determinations
- what threshold, or multiple thresholds
- missing data

Comparison Of BP Control By Method

# of BP Determinations	Threshold	Site 1	Site 2	Site 3
1	140/90	40%	25%	28%
2	140/90	42%	30%	29%
1	160/90	70%	59%	54%
2	160/90	77%	67%	63%

US Population Data From NHANES

	1988-1991	1991-1994	1999-2000
Control/Rx	47%	44%	53%
Control/All	25%	23%	31%
Diabetes/<140/90	53%	42%	47%
Diabetes/<130/85	28%	17%	25%

VA HTN Control 1990-1995

Most patients with inadequate BP control

- Fewer than 1/3 with BP < 140/90

Despite elevated BP, increases in therapy were infrequent

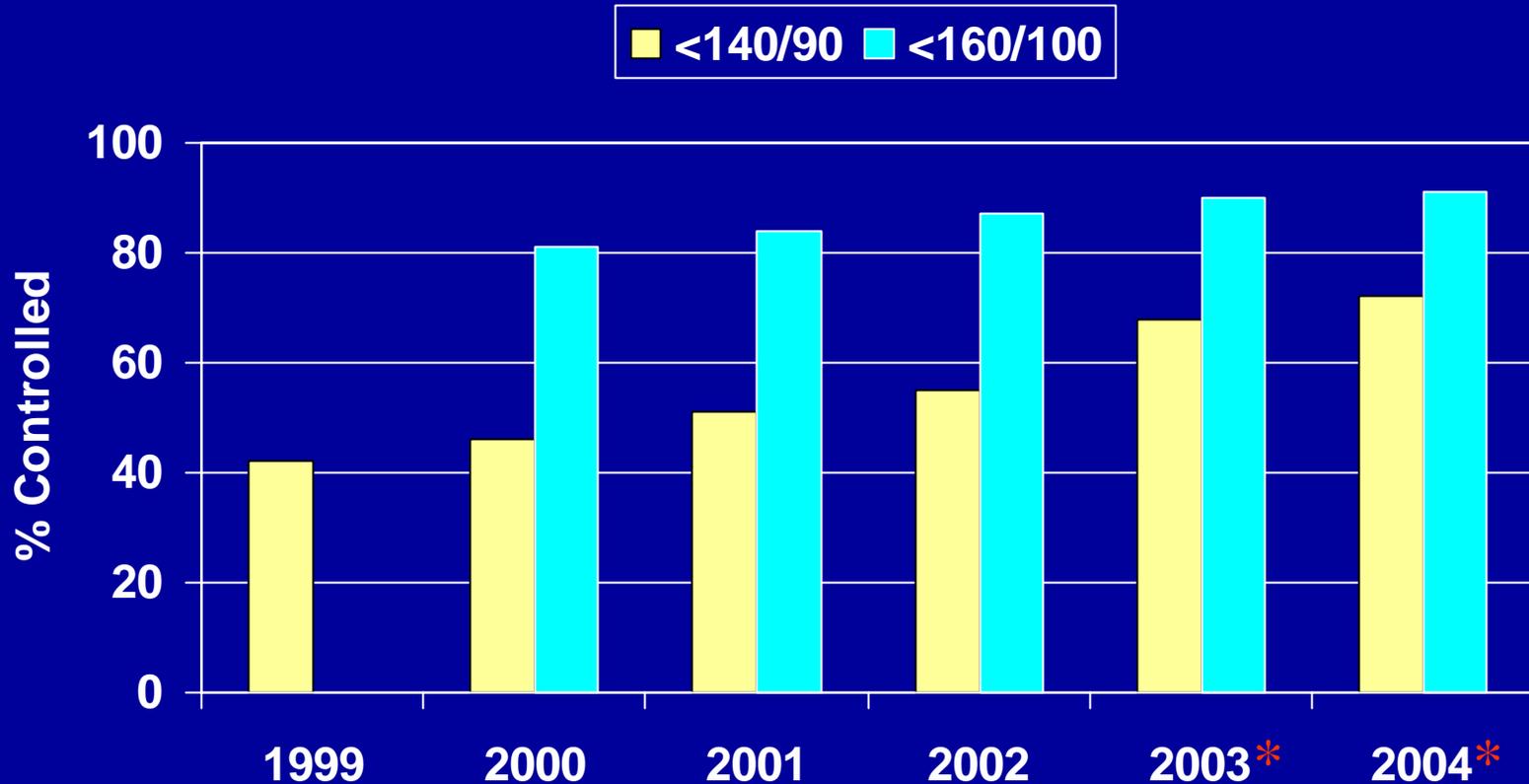
Failure to intensify therapy associated with worse control

Berlowitz et al. NEngl J Med 1998;339:1957

Blood Pressure Control 1999 vs 1990-95

BP Level (mm Hg)	Whole sample		Diabetes	
	1999 N=980	'90-'95 N=799	1999 N=322	'90-'95 N=274
<160/100	82%	74%	81%	70%
<140/90	43%	31%	40%	27%
<130/85	24%	14%	23%	10%

VA EPRP BP Control Data



* VA threshold changed from $<140/90$ to $\leq 140/90$.

Conclusions

Blood pressure control in VA has demonstrated dramatic improvements

Still room for further improvement

Clinical guidelines should help ensure not only better control but that blood pressure control achieved with appropriate medications