



Clinical Best Practices Tip Sheet

Hypertension Treatment for African American Patients

Quick Facts

- The African American population has a higher prevalence and lower controlled rates of hypertension compared to the white population.
- There is a clear disparity in hypertension diagnosis and uncontrolled hypertension rates in the African American population compared to other patient populations.
- Patients with both uncontrolled hypertension and a type II Diabetes Mellitus comorbidity are at an increased risk of developing cardiovascular disease.

Medication Optimization Guidelines

Current treatment guidelines recommend that African American patients should:

- Take a thiazide-type diuretic or calcium channel blocker as monotherapy or initial agents in medication regimens.
- Take two or more antihypertensive medications to achieve the recommended target blood pressure of <130/90 mmHg.
- Be prescribed ACE inhibitor or ARB therapy when atherosclerotic cardiovascular disease is a comorbidity.

What Providers Can Do

Regularly evaluating your patients' treatment plans can help to improve health outcomes and decrease cardiovascular morbidity. **Your overall quality performance may improve and positively impact your Quality Care Plus (QCP) monthly payout for the 2025 payout cycle.**

- Perform routine medication reconciliation and adjust the regimen as appropriate.
- Discuss medication adherence with patients to identify and overcome potential barriers to current treatment (switching to combination pills, blister packaging, changing route of administration, etc.).
- Refer Jefferson Health Plans patients to receive a home blood pressure monitoring cuff at no-cost (Referral form attached).
- Review your gap-in-care report on the provider portal monthly to identify opportunities to schedule patients with uncontrolled hypertension.
- **Jefferson Health Plans can share a list of your patients who may benefit from a medication review and change in regimen.** Please contact your Provider Relations Representative for more information.