

FIVE CRUCIAL COMPONENTS OF EFFECTIVE HYPERTENSION CARE



Simple, proven treatment protocols

Practical treatment protocols with specific

medications, dosages and action steps for managing uncontrolled blood pressure can streamline care and improve adherence.



Patient-centered care

Patient-centered care can reduce the barriers to blood pressure control.

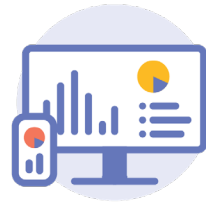
Key strategies include providing easy-to-take medication regimens, offering free or low-cost medications and follow-up visits and making blood pressure monitoring readily available.



Team-based care and task sharing

Patient outcomes improve when clinics expand the

number of health workers who can provide, adjust and intensify blood pressure medication regimens per physician orders and protocols, and when treatment is available at the community level.



Information systems

Effective technology can help determine how hypertension patients

and their providers are doing and catalyze rapid improvements. [Simple, a user-friendly](#) mobile application we developed with our partners, allows health care workers to record blood pressure results, blood sugar levels and prescribed medications at every patient visit, using a web-based dashboard that officials and health system managers can monitor to assess hypertension control across facilities and regions.



Access to quality, affordable medications

Regular, uninterrupted

access to affordable medication is necessary for effective hypertension treatment.

About Us

Resolve to Save Lives is a not-for-profit organization partnering with countries, communities and organizations to prevent 100 million deaths from cardiovascular disease and make the world safer from epidemics. To find out more, visit: resolvetosavelives.org or Twitter [@ResolveTSL](https://twitter.com/ResolveTSL)