## Implemeting the AAP 2017 guidelines for BP screening in the pediatric out patient clinics at Upstate

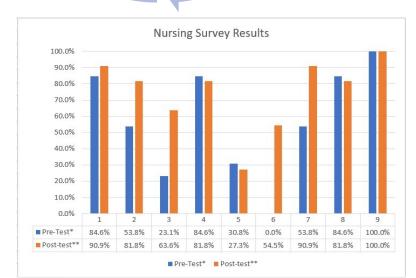
Lamia Jouhar, MD, Deepa Thomas, MD, David Cea-Flores, MD, Jency Patel, MD, Karishma Desai, MBBS, Joshua Bonville, MD. **SUNY Upstate Medical University** 

## **First Cycle**

Plan Improving nursing knowledge and skills about appropriate BP measurement technique and trouble shooting when BP is

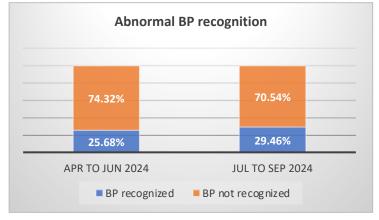
Do Interactive lecture for nursing presented by residents. Resources readily available for nursing to trouble shoot

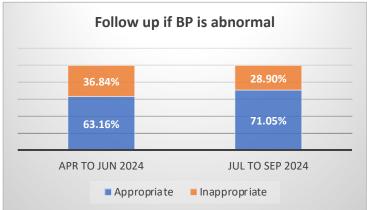
Act Continuous education. Resources available for resident and nurses on appropriate BP check **Study** A survey was sent before and after the ecture and showed mprovement in general nursing knowledge about BP in pediatrics as per the chart below



## The importance of BP screening in Pediatrics

The AAP recommends routine screening of BP for all children starting the at age of 3 years (1). A recent large population-based study showed that the incidence of major adverse cardiac events was 4.6 per 1000 person-years in children with hypertension vs 2.2 per 1000 person-years in controls (2). A trend of increasing prevalence of childhood hypertension was observed during the past 2 decades, with a relative increasing rate of 75% to 79% from 2000 to 2015 (3).





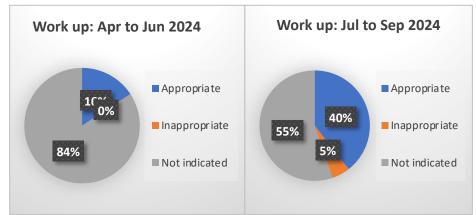


**Plan** Improving providers recognition of elevated BP and following AAP 2017 guidelines for work up, meds, follow up

ACT Continuous education for all providers. Poster in the resident room for easy access to the guidelines.

**Do** Lecture in the resident meeting about AAP guidelines for BP check in children. Adding BP in WCC note template.

**Study** Data collected 3 months before and after the lecture and showed slight improvement in BP



- 1. Flynn, Joseph T., et al. "Clinical practice guideline for screening and management of high blood pressure in children and adolescents." Pediatrics 140.3 (2017).
  - 2. Robinson, C. H., Hussain, J., Jeyakumar, N., Smith, G., Birken, C. S., Dart, A., ... & Chanchlani, R. (2024). Long-term cardiovascular outcomes in children and adolescents with hypertension. JAMA pediatrics.
- \* Based on a total of 13 surveys 3. Song, P., Zhang, Y., Yu, J., Zha, M., Zhu, Y., Rahimi, K., & Rudan, I. (2019). Global prevalence of hypertension in children: a systematic review and meta-analysis. JAMA pediatrics, 173(12), 1154-1163. \*\*Based on a total of 11 surveys