

Project ECHO: Sunflower Health Plan Case Presentation

Presentation Information

Series: Improving Chronic Conditions Through a Health Equity Lens

Session: Hypertension Management and Prevention

Name: Holly Balman, SSFB CM

Date: 12/8/2022



Patient Information

Gender: Male Female

Age: 40

Race:

- American Indian/Alaskan Native Asian
 Native Hawaiian/Pacific Islander
 Multi-racial Other
 Black/African American
 White/Caucasian
 Prefer not to say

Ethnicity:

- Hispanic/ Latino
 Not Hispanic/Latino
 Prefer not to say

Social and Trauma History (Current living situation, employment status, pertinent legal history, level of education, relationship status, children, support system, etc.)

Member is single, lives with significant other and 18 y/o son. Member reports housing is safe and secure, denies experiencing any domestic violence. Member has 3 children ages 18, 21 and 23. Current pregnancy was unplanned, however is welcome. Member denies any history of legal problems and is a high school graduate. Member is unemployed and not currently seeking employment, has a reliable phone, reliable transportation to appointments, is enrolled in WIC, has enough food but finances are tight and could use food resources. Member plans to breastfeed and has ordered a breast pump.

Medical History (Diagnosis, conditions, etc.)

Pregnant member of advanced maternal age with EDC 02/19/23 - today is 29.4 wga.

Anemia in pregnancy.

Hypertension - diagnosed prior to pregnancy about 1 year ago. Was taking lisinopril prior to pregnancy and b/p was well-controlled. Was being followed by PCP.

Per member blood pressure began to increase during pregnancy. At one point was recommended to see a cardiologist, however scheduling never worked out so member never went. Member was admitted due to high blood pressure 11/17/22-11/20/22 and was diagnosed with preeclampsia. During hospitalization member received betamethasone X2, Labetolol was increased from BID to TID, member started new medication Nifedipine. Per member blood pressure became stable, member wanted to go home, was recommended to stay and member chose to leave AMA. CM received SSFB referral following hospital discharge.

Medication Summary (Name, dose, frequency, route)

Prenatal vitamin daily
 Labetolol 400mg TID
 Nifedipine 60mg daily
 Aspirin 81mg daily
 Iron 325mg daily

Received Betamethasone X2 during hospitalization 11/17/22-11/20/22.

Allergy to PCN

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<p>Member denies receiving dental or vision exam within the last 12 months - CM provided education on recommendation and coverage of exams.</p> <p>Member denies receiving flu vaccine or Covid-19 vaccines - CM provided education on recommendation for vaccines to protect mother and baby and member declines to receive either vaccine.</p>	
<p>Lab Summary (Test, result, date, etc.)</p>	<p>Toxicology Summary (Test, result, date, etc.)</p>
<p>CM requested medical records to include labs from provider 11/22/22. Will send 2nd request if none received.</p> <p>Member reports having a high level of protein in her urine when she was hospitalized, by the time she left it was okay. Member reports being recommended to do a 24 hour urine at one point, was given the supplies but did not do it.</p>	<p>N/A</p>
<p>Substance Use History (Substance, age of first use, age where use became problematic, longest period of sobriety, how sobriety was achieved, method of use)</p>	
<p>Member denies history or current tobacco, alcohol or drug use.</p>	
<p>Psychiatric History (Age of first mental health contact, past diagnosis, self-harming behavior, suicide attempts, etc.)</p>	
<p>Member denies past or current behavioral health diagnosis. Denies feeling down, depressed or hopeless or having little interest or pleasure in doing things in the last 30 days during outreach. CM plans to provide education on postpartum blues/depression and assess for symptoms of depression during remainder of pregnancy and postpartum period.</p>	
<p>Treatment Summary (Form of treatment, date entered, voluntary, etc.)</p>	

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Following hospitalization prenatal visits changed from every 2 weeks to weekly with ob/gyn and to receive ultrasound every 2 weeks. Member self-administers medications as prescribed and self-monitors blood pressures at home daily and as needed. Member working toward the goal of blood pressures less than 140/90 through remainder of pregnancy and postpartum period. Member has not had any ED visits or readmissions since hospital discharge.

CM provided resources:

Local prenatal classes where member can earn baby supplies for attending.

List of approved dental, vision and pediatrician providers.

Link for food resources in members area: <https://kansasfoodsource.org/>

CM provided education:

Krames on preeclampsia, preterm labor, 3rd trimester maternal/fetal development, anemia in pregnancy and controlling high blood pressure.

Barriers to Treatment

Potential for noncompliance.