Act Rapidly
Quick start guide

Therapeutic inertia—failing to start or intensify treatment when blood pressure (BP) is high—is a common problem and a leading factor contributing to suboptimal BP control rates. This can leave patients with serious unmanaged risk which can be addressed by acting rapidly. Here are some steps you can take to help decrease therapeutic inertia in your health care organization.

1. **Assess how your health care organization currently acts on uncontrolled high BP.**

   It is important to understand how care team members currently act on uncontrolled high BP in order to identify ways to improve. Use the following tool to help establish a baseline.

   
   Use the **Act Rapidly Pre-assessment** to help establish a baseline.

2. **Build the care team’s knowledge on how to help manage uncontrolled high BP**

   Watch the **Act Rapidly Webinar** and receive CME/CE credit.
3. Train your care team on evidence-based treatment recommendations and communication strategies to engage patients in shared decision making

SMBP has been shown to improve patient adherence to antihypertensive medications. Use the following tool to learn how to implement SMBP in your health care organization.

4. Provide patients with resources to educate them on treatment for high BP

AMA MAP BP™ provides health care organizations with tools and resources to help ensure out-of-office blood pressure measurements are performed in accordance with the latest evidence-based clinical guidance.

To get the latest information from Target: BP, sign up for the newsletter.