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Pharmacist, nurse team-based care more effective for controlling hypertension, study finds

Pharmacists and nurses collaborating to manage patients' hypertension would provide more effective care than if they did not work together, according to a meta-analysis of 37 studies published in the October 26, 2009, *Archives of Internal Medicine*.

"Consistent with our findings, the pharmacists could adjust medications until [blood pressure] is controlled, while the nurse provides continuity and counseling about lifestyle and social support," the authors recommend.

The study found that while pharmacist initiatives lowered and controlled patients' blood pressure better than nurse initiatives, both pharmacist and nurse initiatives "significantly improved" patients' blood pressure control.

An abstract of the study is available at <http://archinte.ama-assn.org/cgi/content/abstract/169/19/1748>

1. Carter BL, Rogers M, Daly J et al. The potency of team-based care interventions for hypertension. A meta-analysis. *Arch Intern Med*. 2009; 169:1748-55.

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ASHP Health Policy Alerts are synopses of new studies highlighting the medication-use process in health care, especially studies assessing contemporary pharmacists' role in improving medication-use outcomes. The American Society of Health-System Pharmacists encourages recipients to keep a copy of this synopsis for future reference.

