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## Pharmacists, nurses improve hypertension, study finds

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Hypertension interventions using pharmacists or nurses “significantly improved” patients’ blood pressure control, according to a meta-analysis of 37 articles published October 26, 2009, in the *Archives of Internal Medicine*.<sup>1</sup>

“Our analysis found that studies involving pharmacists resulted in not only lower [blood pressure] but also a greater [odds ratio] of achieving [blood pressure] control compared with studies involving nurses,” the study found.

The study’s authors recommend using both pharmacists and nurses to control hypertension. “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 suggest.

An abstract of the meta-analysis 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.

