



## CKD Quality Initiative

# CKD UPDATE

MAY 2011



## May is National High Blood Pressure Education Month!

About one in three adults in the U.S. has high blood pressure, and another 25 percent have pre-hypertension. May is National High Blood Pressure Education Month and a great time to encourage your patients to make healthy lifestyle changes to prevent hypertension and control their blood pressure by:

- Maintaining a healthy normal body weight
- Doing about 30 minutes of physical activity each day
- Following a diet rich in fruits, vegetables, and whole grains
- Cutting back on salt
- Quitting smoking
- Taking blood pressure medication as prescribed

For people with CKD, the Kidney Disease Outcomes Quality Initiative (KDOQI) Guidelines state that blood pressure should be measured at each health encounter and the target blood pressure should be less than 130/80 mmHg. Antihypertensive agents, such as an ACE Inhibitor or an ARB, should be prescribed as needed. Visit the [GMCF website](#) and the [CDC website](#) for educational tools and resources.

## Partnership for Patients to Improve Care and Lower Costs for Americans

On Tuesday, April 12, HHS Secretary Kathleen Sebelius and CMS Administrator Donald Berwick launched the Partnership for Patients. This is a new public-private partnership that brings together leaders of major hospitals, employers, health plans, physicians, nurses, and patient advocates along with state and federal governments in a shared effort to make hospital care safer, more reliable and less costly.

The two goals of the campaign are:

- **To keep hospital patients from getting injured or sicker** and, by the end of 2013, to decrease instances of patients acquiring preventable conditions while in hospitals by 40 percent compared to 2010.
- **To help patients heal without complication** and, by the end of 2013, to decrease preventable complications during a transition from one care setting to another so that the number of patients re-admitted to the hospital is reduced by 20 percent compared to 2010.

These efforts could save 60,000 American lives and reduce millions of preventable injuries and complications in patient care while saving as much as \$35 billion to the health care system.

GMCF has pledged its commitment to this campaign, and we hope that you will too. [Click here](#) for more information and to sign up today.