

For Immediate Release

R_xPath Study Demonstrates the Value of Pharmacists Receiving Certification in Hypertension Management

Hypertension, or high blood pressure, is the single most important risk factor for premature death and disability in the world. About 1 in 4 Canadians have hypertension, and a declining number of people have it under control. It also accounts for one tenth of healthcare spending in Canada.

Developed in 2020, the Hypertension Canada [Professional Certification Program \(HC-PCP\)](#) is designed to arm primary healthcare providers with the knowledge and confidence to identify and manage patients with hypertension. Through online learning modules and practical applications using real-world patient cases, this comprehensive certification program provides the opportunity to examine and execute the core competencies of hypertension management to improve patient care. Participants who successfully complete the program receive a certification in hypertension management and can use the post-nominal letters HC-CHM (Hypertension Canada Certification in Hypertension Management). The HC-PCP aims to bridge evidence-based guidelines with practical implementation, ultimately improving patient care.

In a unique study design, the impact of the HC-PCP was tested by investigators from the Faculty of Medicine and Dentistry at the University of Alberta. In this study, the blood pressure of patients of pharmacists who took the HC-PCP, were compared to those whose pharmacists had not taken the course. The study recruited 104 pharmacists across the province of Alberta. These pharmacists then recruited 890 patients who were over 18 and had poorly controlled blood pressure.

The study's results showed that the patients of pharmacists who took the HC-PCP course had a reduction of 4.76 mmHg in systolic blood pressure at 3 months. Additionally, the survey that patients took revealed that they were very satisfied with the treatment they received from their pharmacists. This shows that the HC-PCP course makes a difference in the lives of patients treated by practitioners certified in hypertension management.

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