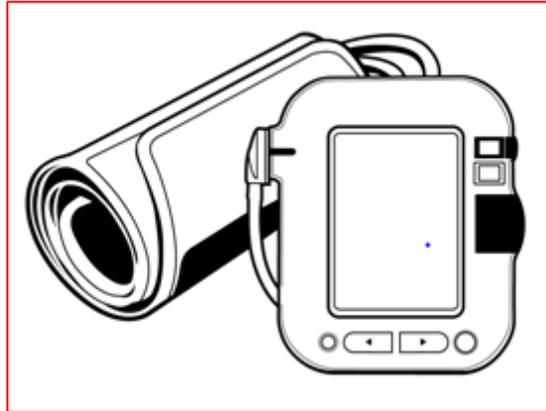


Hypertension 101



Acknowledgements: This protocol and associated curriculum materials were developed with support by Grant Numbers P60 MD000538 (NIH National Institute for Minority Health and Health Disparities), 1U48 DP001904-04 (Centers for Disease Control and Prevention), U58 DP004685 (Centers for Disease Control and Prevention New REACH Program), UL1 TR000038 (National Center for Advancing Translational Sciences), and funding from the New York City Department of Health and Mental Hygiene.

Image¹

DC 12/4/2020

Session Overview: HYPERTENSION 101

Say: Thank you for agreeing to meet with me today. If it's okay with you, I'd like to spend a few minutes sharing with you some information about hypertension that I hope you will find helpful. If at any time you have questions, please stop me and I'll do my best to answer them. Ready to get started?

HYPERTENSION 101

Today's Topics:

- ✓ What is blood pressure?
- ✓ What is hypertension?
- ✓ Heart Disease risk factors
- ✓ Taking Care of Your Heart Every Day
- ✓ Make Control your Goal
- ✓ Monitoring your Blood Pressure
- ✓ Know Your ABCs

HYPERTENSION 101

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- ✓ Know Your ABCs

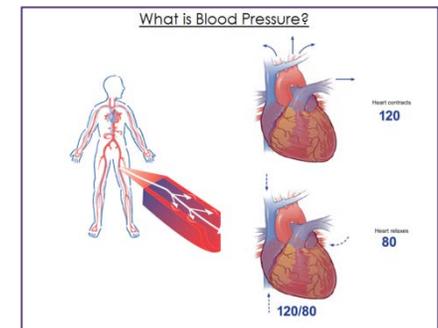
What is Blood Pressure?

Say: Before we start talking about hypertension, I want to start with a basic question - what is blood pressure? It is the force of blood against the walls of your arteries. We need a certain amount of pressure to move the blood throughout our bodies.

Our blood pressure is measured and recorded as two numbers -- the systolic pressure (as the heart beats) over the diastolic pressure (as the heart relaxes between beats).¹

Show: [Use your fist to demonstrate systolic pressure - closed fist, and then diastolic pressure - open fist.]

Say: The measurement is written one number over the other, with the systolic number on top and the diastolic number on the bottom. For example, a blood pressure measurement of 120/80 is said as "120 over 80."

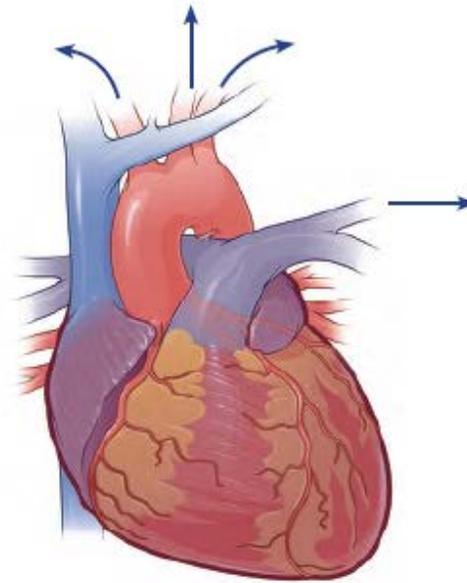
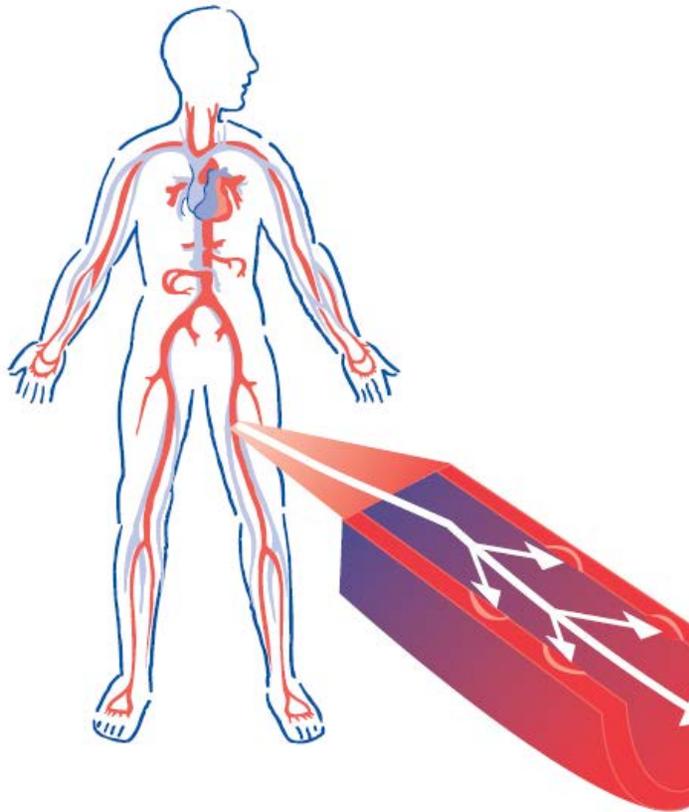


Image²

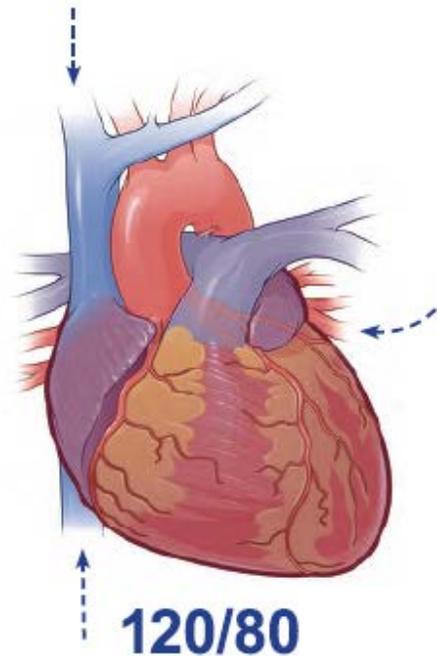
It is important to keep track of your blood pressure numbers. Write down your numbers every time you have your blood pressure checked.

Ask: When was the last time you measured your blood pressure? Do you remember the result?

What is Blood Pressure?



Heart contracts
120



Heart relaxes
80

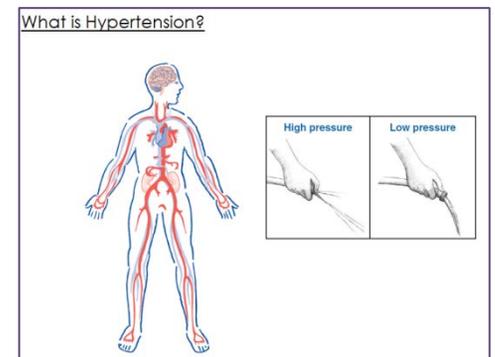
120/80

What is Hypertension?

Say: If you have high blood pressure—hypertension—it means your heart has to pump harder than it should to get blood to all parts of your body. High blood pressure raises your chances for having a heart attack, a stroke, or kidney problems, or becoming blind. High blood pressure is also known as the “silent killer,” because it often has no symptoms. Most people who have it don’t feel sick until they have a stroke, heart attack, or some other problem caused by high blood pressure.

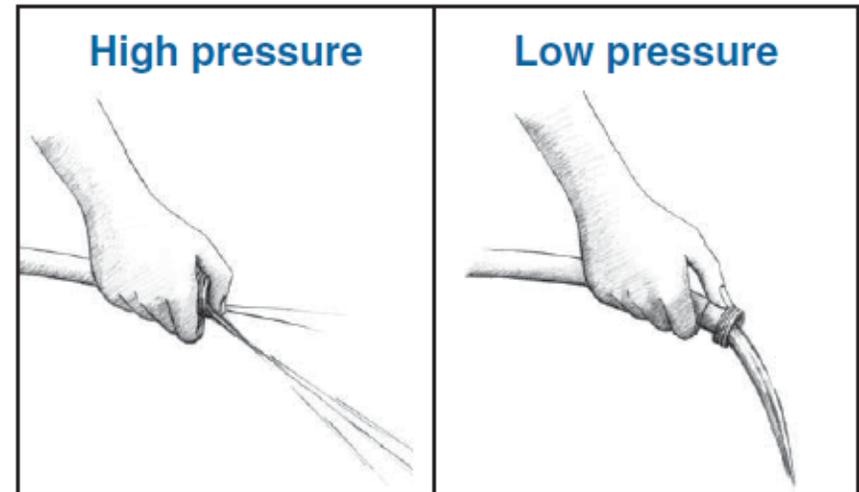
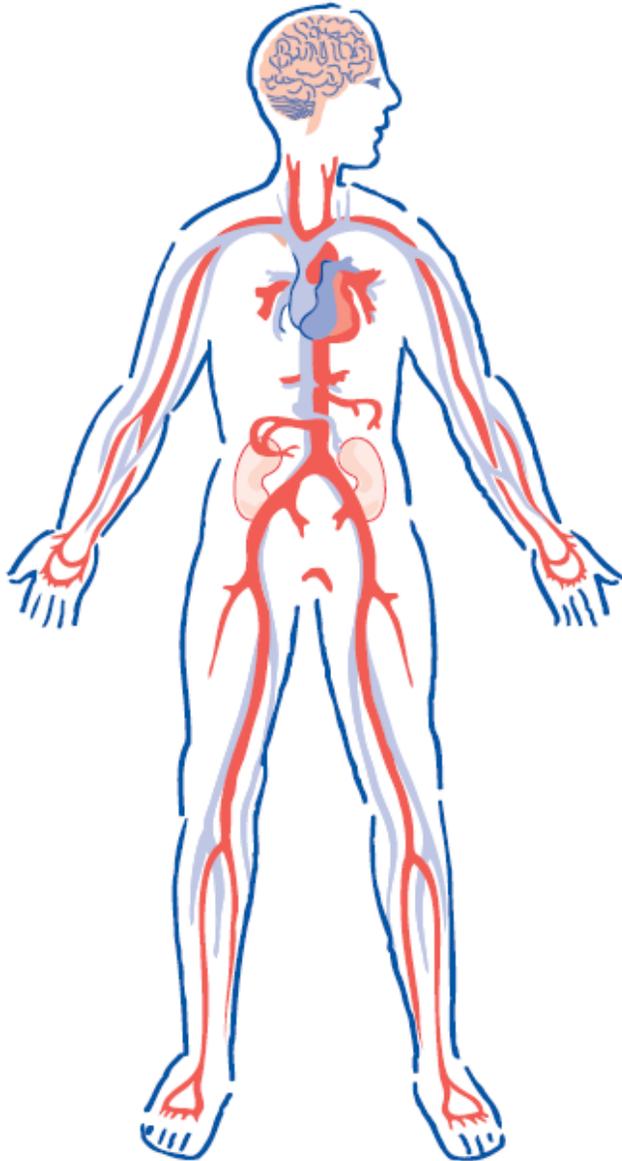
Having high blood pressure and blood vessels that are narrowed or clogged is like turning on a garden hose and holding your thumb over the opening.¹

Show: [point to visual on participant flipchart of high blood pressure]. The smaller opening makes the water shoot out with more pressure.



Image²

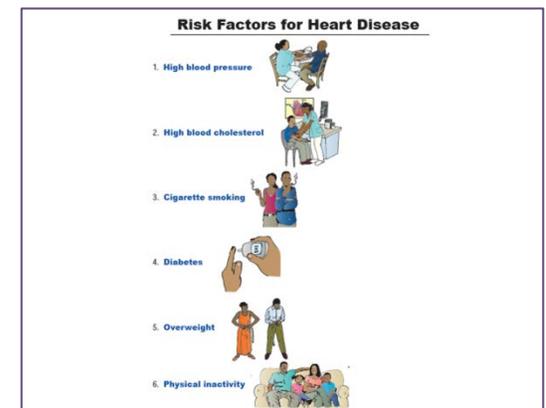
What is Hypertension?



Heart Disease Risk Factors

Say: There are several risk factors of heart disease. Risk factors are traits or habits that make a person more likely to get heart disease. Some risk factors—such as age, family history, and gender—are things you cannot change. But the good news is that you can do something about some of the other risk factors, such as:

- High blood pressure
- High blood cholesterol
- Cigarette smoking
- Diabetes
- Overweight
- Physical inactivity¹



Image²

Risk Factors for Heart Disease

1. **High blood pressure**



2. **High blood cholesterol**



3. **Cigarette smoking**



4. **Diabetes**



5. **Overweight**



6. **Physical inactivity**

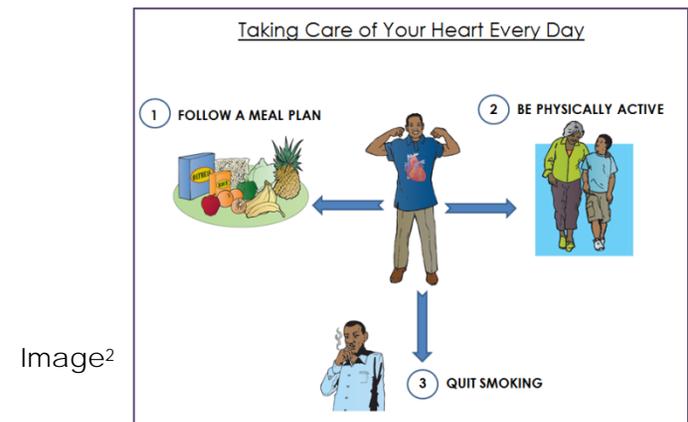


Taking Care of Your Heart Every Day

Say: There are three things that you can do every day to help take care of your heart:

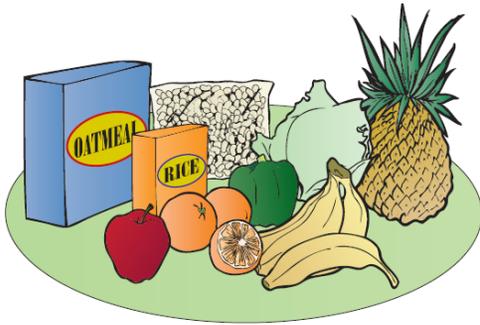
- Follow a meal plan that includes foods low in sodium, cholesterol, trans fat, and saturated fat.
- Engage in physical activity 30 minutes per day. Remember, this doesn't have to be 30 minutes at a time; you can walk 10 minutes in the morning, afternoon, and evening.
- Quitting Smoking. Smoking can steal an average of 10 years of your life. It is not easy, but it can be done.¹

We will have an opportunity to talk about nutrition, physical activity, and quitting smoking at some of our other meetings, but I wanted to make sure to express how important these are to your health.

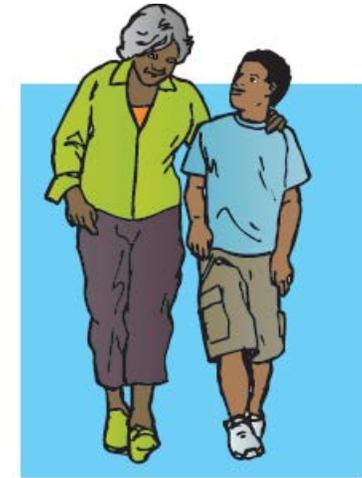
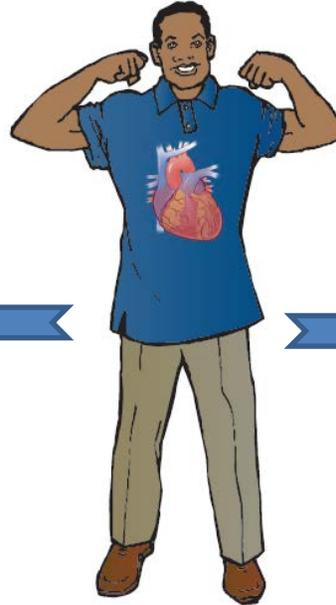


Taking Care of Your Heart Every Day

1 FOLLOW A MEAL PLAN



2 BE PHYSICALLY ACTIVE



3 QUIT SMOKING



Make Control Your Goal

Say: Controlling your blood pressure might seem like a difficult task, but there are several manageable steps you can take to make control your goal!

First, blood pressure control should be a team effort, and should include your primary care physician and/or a doctor that specializes in heart health called a **cardiologist**. The next time you go in for a visit, make sure to discuss the following questions:

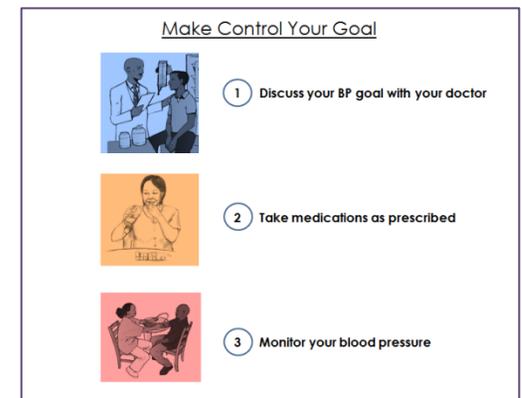
- What is my blood pressure goal? [participant may already have established goal]
- What are the best ways to reach my goal?

Second, if you are taking medications to control your blood pressure, it is very important that you take these medications on-time and as advised.

- Talk to your doctor about any side effects you experience with your medications, and if necessary, discuss other treatment options.
- Make a schedule and set up a system to remind you to take your medications regularly. Some of my other clients have used pillboxes, or used their smartphone to set alarms.

Last, the only way to know if you are achieving your control goals is to monitor your blood pressure! You should develop a plan to check your blood pressure regularly, not just at the doctor's office, but at home (if possible) or at a local pharmacy. You should track your results in a notebook or log to monitor your progress.²

Ask: Do you monitor your blood pressure at home?
If so, are you tracking your results?
If not, why? [assess for potential resources: obtaining low-cost monitor, or locating pharmacy]



Image²

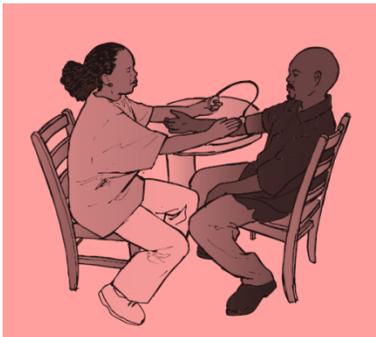
Make Control Your Goal



1 Discuss your BP goal with your doctor



2 Take medications as prescribed



3 Monitor your blood pressure

How to Monitor Your Blood Pressure at Home

Say: Now I'd like to go through with you how to monitor your blood pressure at home.

[for those with monitor and who know how to use it]

Say: Perhaps you can show me how you do it? [correct technique if needed]

[for those without monitor or who do not know how to use it - demonstrate:]

Before taking your blood pressure:

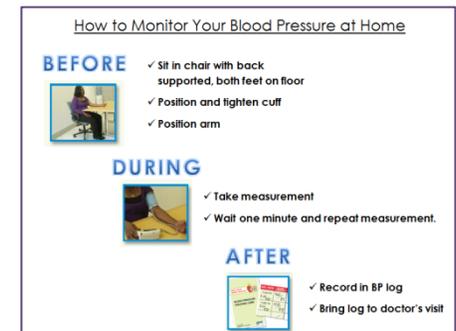
- Don't smoke, eat, or drink caffeine, or exercise 30 minutes before
- Try to sit quietly for 5 to 10 minutes before measuring
- Sit in a chair with your back supported and both feet on the floor
- Roll up your sleeve or remove tight clothing from upper arm

When putting on the cuff:

- Put your arm through the loop and slide it up your left arm.
- The bottom edge of the cuff should be about one inch above the crease of your elbow
- The tube should run on the inside of your arm in line with your pinky finger
- Tighten the cuff and secure the Velcro strap
- Rest your forearm on a table with the cuff at heart level and your palm up

I recommend taking your blood pressure twice to be sure:

- Press "START," and the cuff will automatically inflate. After a few seconds, the cuff will deflate and the machine will beep.
- Wait one minute, then take your blood pressure again to be sure.
- Write down the second measurement in your blood pressure log or diary.³



Image³

How to Monitor Your Blood Pressure at Home

BEFORE



- ✓ Sit in chair with back supported, both feet on floor
- ✓ Position and tighten cuff
- ✓ Position arm

DURING



- ✓ Take measurement
- ✓ Wait one minute and repeat measurement.

AFTER



- ✓ Record in BP log
- ✓ Bring log to doctor's visit

Monitoring Your Blood Pressure at Home

Say: Generally you want your blood pressure readings to be below 140 / 90, but you should talk to your doctor about a specific goal that is right for you.

It is very important to bring your blood pressure log / diary to your doctor's visits so that they can keep track of your progress over time and make adjustments to your medications, if needed. If you do not have a diary or log, I'd be happy to provide one for you [provide supplemental handout - "Blood Pressure Log"]

Monitoring Your Blood Pressure at Home

Blood Pressure Levels			
	Optimal The Good for Most People	Pre-Hypertension On the Way to High Blood Pressure	Hypertension High Blood Pressure
Systolic top number	Below 120	120 to 139	140 or higher
	AND	OR	OR
Diastolic bottom number	Below 80	80 to 89	90 or higher

DON'T FORGET TO RECORD YOUR BP MEASUREMENTS
& SHARE WITH YOUR DOCTOR!



Image^{4,5}

Monitoring Your Blood Pressure at Home

Blood Pressure Levels			
	Optimal The Goal for Most People*	Pre-Hypertension On the Way to High Blood Pressure	Hypertension High Blood Pressure
Systolic <i>Top Number</i>	Below 120	120 to 139	140 or higher
	<i>AND</i>	<i>OR</i>	<i>OR</i>
Diastolic <i>Bottom Number</i>	Below 80	80 to 89	90 or higher

DON'T FORGET TO RECORD YOUR BP MEASUREMENTS
& SHARE WITH YOUR DOCTOR!

DATE	AM/PM	BLOOD PRESSURE									
		/			/			/			/
	AM/PM	/									
		/			/			/			/
	AM/PM	/									
		/			/			/			/
	AM/PM	/									
		/			/			/			/
	AM/PM	/									
		/			/			/			/

Million Hearts ABCs

Say: Earlier today we talked about heart disease and heart disease risk factors. You can reduce your risk for heart disease and stroke by knowing your ABCs.

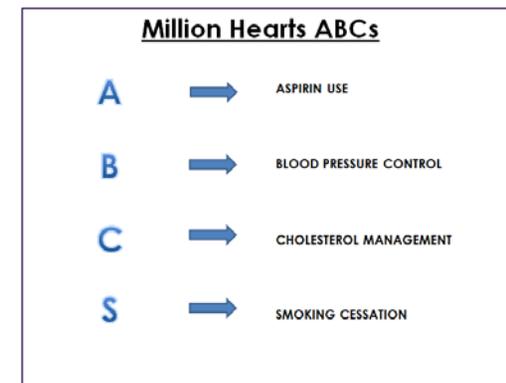
A: Aspirin -- Ask your doctor if aspirin will reduce your risk for heart attacks

B: Blood pressure control -- [give examples of control strategies from previous slides]

C: Cholesterol management -- keeping your cholesterol levels down through a heart healthy diet and/or medications prescribed by your physician

S: Smoking cessation (or quitting smoking).⁴

Give: Supplemental Handout, "Million Hearts ABCs"



Million Hearts ABCs

A



ASPIRIN USE

B



BLOOD PRESSURE CONTROL

C



CHOLESTEROL MANAGEMENT

S



(QUITTING) SMOKING

Session Review:

Say: Great! That's all the information I have for today. Just to review, we talked about the following topics today:

- ✓ What is blood pressure?
- ✓ What is hypertension?
- ✓ Heart Disease risk factors
- ✓ Taking Care of Your Heart Every Day
- ✓ Make Control your Goal
- ✓ Monitoring your Blood Pressure
- ✓ Know Your ABCs

Say: Remind me, what are the ABCs again? [Re-review if participant can't recall]

Say: Do you have any other questions about the information we went over? Were there things you learned or didn't know before today? Were there things I didn't talk about that you'd like to discuss at a future visit?

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