HYPERTENSION CLINIC:
A PATIENT EDUCATION APPROACH TO LOWER HIGH BLOOD PRESSURE
HYPERTENSION CLINIC

- Hypertension Clinic: a service that was initiated in August 2019
- The target population: difficult to control and uncontrolled hypertensive patients
- 500 patients have been enrolled in the HTNC service
- On average it takes about 6-8 weeks for patients to have their blood pressure controlled
HYPERTENSION CLINIC

- Integrated program

1ST STEP: PCP GENERATES REFERRALS TO HTNC FOR CARDIOLOGIST AND HED

INITIAL VISIT: HED APPT (NUTRITIONIST/DIETITIAN)

INITIAL VISIT: HTNC CARDIOLOGIST

FOLLOW-UP: HED APPT (NUTRITIONIST/DIETITIAN)

FOLLOW-UP: CARDIOLOGIST APPT
PATIENT EDUCATION

- NUTRITIONAL MANAGEMENT
- MEDICATIONS
- MONITORING BLOOD PRESSURE
NUTRITIONAL MANAGEMENT

• Benefits:
  • It can lower blood pressure
  • Weight loss
  • Improve lipid levels

• Meal planning
• Grocery Shopping
• Food labels
• Portions
• Calories
• Menus
NUTRITIONAL MANAGEMENT

- DASH diet
  - Fruits
  - Vegetables
  - Whole grains
  - Low fat dairy
  - Fish, poultry legumes
  - Small amounts of red meats, sodium, fats and sweets
MEDICATIONS

- Common Medications
  - How they work
  - Side effects
- Labels
  - Name of medication
  - Abbreviations
  - Dosage
  - Instructions (when to take, how to take, for how long)
  - Quantity
  - Refills
  - Expiration
  - Storage
- Management
  - How to remember
MONITORING BLOOD PRESSURE

• Blood Pressure Wrist Monitor
  • Set up instructions
  • Tips to get accurate BP reading
  • Measurement instructions
  • Reading interpretation
SELF-MANAGEMENT TOOLS

- Blood Pressure Log
- Food Log
- Medication Log