

# RESOURCE DEVELOPMENT

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# CONDITION

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Hypertension (High Blood Pressure)

# WHAT IS THE IMPACT TO A PERSON'S HEALTH AND OVERALL WELL-BEING

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- × Causes weakening/harden the vascular system causing weakened heart muscles and leading for further heart complications.
- × Primarily symptom free except during hypertensive crisis someone may experience headache, nosebleeds.

# BEHAVIORS THAT CONTRIBUTE TO OR EXACERBATE CONDITION

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- × Sedentary lifestyle
- × Poor diet
- × Medication adherence
- × Smoking
- × Alcohol use
- × Not managing stress/anger/emotional responses well

# COMMON MEDICAL TREATMENT GOALS FOR CONDITION

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- × Blood Pressure WNL
- × Management with lifestyle/behavior change if no other risk factors
- × Management with medications
- × Management with medications and lifestyle change

# SELF MANAGEMENT

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- × Monitor blood pressure – know your numbers. being symptom free does not indicate controlled blood pressure.
- × Take medications as prescribed
- × Follow heart healthy lifestyle (diet, exercise, smoking cessation)

# EB TREATMENT FOR CONDITION

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- × “All patients should undergo appropriate nonpharmacologic (lifestyle) modification” “The following decisions about antihypertensive medications are generally not made until there has been an adequate trial of nonpharmacologic therapy.” “Treatment of hypertension should involve nonpharmacologic therapy (also called lifestyle modification) alone or in concert with antihypertensive drug therapy”

from UpToDate®

– Treatment of Hypertension in Adults

# POTENTIAL BHC INTERVENTIONS

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- ✘ Patient education/assessing for key understanding of health risk, symptoms, self-management
- ✘ Assisting patient with behavior change/goal setting to improve heart health (dietary/activity changes as recommended by PCP, smoking cessation, medication adherence)
- ✘ Assessing for depression/harmful stress response behaviors
- ✘ Teaching healthy stress management techniques, relaxation exercises
- ✘ Behavior activation for symptoms of depression
- ✘ Family involvement/support



# PATIENT HANDOUTS

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- × Handout on heart healthy food options
- × Log for monitoring blood pressure
- × Four step plan to starting a healthy lifestyle
- × High Blood Pressure fact sheet

# RESOURCES

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- × American Heart Association
- × Missouri Department of Health & Senior Services
- × National Heart Blood and Lung Institute
- × Missouri Quit Line

# PRESENTED BY:

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- × add your name to the document

# ONLINE RESOURCES

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## Asthma

[www.aaaai.org](http://www.aaaai.org)

[www.acrn.org](http://www.acrn.org)

[www.lungusa.org](http://www.lungusa.org)

[www.asthmacontrol.com](http://www.asthmacontrol.com)

## Cancer

[www.cancer.org](http://www.cancer.org)

[www.cancer.gov](http://www.cancer.gov)

[www.cleaningforareason.org](http://www.cleaningforareason.org)

## Diabetes

[www.diabetes.org](http://www.diabetes.org)

[www.novonordisk.com](http://www.novonordisk.com)

[www.novomedlink.com](http://www.novomedlink.com)

[www.cornerstone4care.com](http://www.cornerstone4care.com)

[www.childrenwithdiabetes.com](http://www.childrenwithdiabetes.com)

[www.diabeteseducator.org](http://www.diabeteseducator.org)

[www.humalog.com](http://www.humalog.com)

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

[www.takingondiabetes.org](http://www.takingondiabetes.org)

[www.diabeticcareservices.org](http://www.diabeticcareservices.org)

[www.bd.com/us/diabetes](http://www.bd.com/us/diabetes)

[www.ndep.nih.gov](http://www.ndep.nih.gov)

[www.platemethod.com](http://www.platemethod.com)

[www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)

[www.learningaboutdiabetes.org](http://www.learningaboutdiabetes.org)

[www.accu-chek.com](http://www.accu-chek.com)

# ONLINE RESOURCES

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## Disabilities

[www.paraquad.org](http://www.paraquad.org)

[www.cdc.gov/family/specialneeds](http://www.cdc.gov/family/specialneeds)

[www.moddrc.org](http://www.moddrc.org)

[www.ldaamerica.org](http://www.ldaamerica.org)

[www.disabilityinfo.mo.gov](http://www.disabilityinfo.mo.gov)

## ESL translations

[www.healthinfotranslations.org](http://www.healthinfotranslations.org)

[www.nlm.nih.gov/medlineplus/languages.html](http://www.nlm.nih.gov/medlineplus/languages.html)

[www.refugees.org](http://www.refugees.org)

<http://lessonsforlivingwell.org/index.html>

## Senior issues

[www.alz.org/stl](http://www.alz.org/stl)

[www.cdc.gov/HomeandRecreationalSafety/Falls](http://www.cdc.gov/HomeandRecreationalSafety/Falls)

[www.oasisnet.org](http://www.oasisnet.org)

[www.nlm.nih.gov/medlineplus/endoflifeissues](http://www.nlm.nih.gov/medlineplus/endoflifeissues)

## Government Health sites

[www.ahrq.gov](http://www.ahrq.gov)

[www.cdc.gov](http://www.cdc.gov)

[www.health.mo.gov](http://www.health.mo.gov)

[www.samsha.gov](http://www.samsha.gov)

## Headache

[www.achenet.org](http://www.achenet.org)

[www.headaches.org](http://www.headaches.org)

# ONLINE RESOURCES

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## Heart

[www.heart.org](http://www.heart.org)

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

## HIV/AIDS

[www.thebody.com](http://www.thebody.com)

## Military

[www.afcrossroads.com](http://www.afcrossroads.com)

## Mindfulness

[www.mindbodywellnesspc.com](http://www.mindbodywellnesspc.com)

[www.mindfulrecovery.com](http://www.mindfulrecovery.com)

[www.mindfulnessstapes.com](http://www.mindfulnessstapes.com)

## Mental Health

[www.anxietyandstress.com](http://www.anxietyandstress.com)

[www.aacap.org](http://www.aacap.org)

[www.dartmouth.edu](http://www.dartmouth.edu)

[www.nmha.org](http://www.nmha.org)

[www.anxieties.com](http://www.anxieties.com)

[www.freedomfromfear.org](http://www.freedomfromfear.org)

[www.self-mutilation.com](http://www.self-mutilation.com)

[www.oa.org](http://www.oa.org)

[www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org)

[www.joyproject.org](http://www.joyproject.org) (ED)

[www.mo-feat.org](http://www.mo-feat.org)

[www.ocfoundation.org](http://www.ocfoundation.org) (OCD)

[www.help4ADHD.org](http://www.help4ADHD.org)

[www.trich.org](http://www.trich.org)

[www.touchpointautism.org](http://www.touchpointautism.org)

[www.chadd.org](http://www.chadd.org)

[www.helpguide.org](http://www.helpguide.org)

[www.livesinthebalance.org](http://www.livesinthebalance.org)

[www.edrecover.com](http://www.edrecover.com)

# ONLINE RESOURCES

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## Patient education handouts/downloads

[www.familydoctor.org](http://www.familydoctor.org)

[www.merckmedicus.com](http://www.merckmedicus.com)

<http://patienteducation.stanford.edu>

[www.uptodate.com](http://www.uptodate.com)

[www.npsf.org](http://www.npsf.org)

[www.behavioal-health-integration.com](http://www.behavioal-health-integration.com)

[www.acponline.org](http://www.acponline.org)

[www.healthliteracymissouri.org](http://www.healthliteracymissouri.org)

[www.parklandhospital.com](http://www.parklandhospital.com)

[www.new-lifestyles.com](http://www.new-lifestyles.com)

## Pediatrics

[www.aap.org](http://www.aap.org)

[www.firstsigns.org](http://www.firstsigns.org)

[www.cyh.sa.gov.au](http://www.cyh.sa.gov.au)

[www.childcareaware.org](http://www.childcareaware.org)

[www.aap.org/sections/dbpeds](http://www.aap.org/sections/dbpeds)

[www.kidshealth.org](http://www.kidshealth.org)

[www.loveisrespect.org](http://www.loveisrespect.org)

[www.nectac.org](http://www.nectac.org)

[www.asha.org](http://www.asha.org)

[www.worrywisekids.org](http://www.worrywisekids.org)

[www.healthychildren.org](http://www.healthychildren.org)

[www.whattoexpect.org](http://www.whattoexpect.org)

[www.empoweringparents.com](http://www.empoweringparents.com)

[http://smallstep.gov/kids/flash/can\\_your\\_food.html](http://smallstep.gov/kids/flash/can_your_food.html)

[www.finishingstrong.org/index.html](http://www.finishingstrong.org/index.html)

[www.aboutourkids.org](http://www.aboutourkids.org)

[www.brightfuturesforfamilies.org](http://www.brightfuturesforfamilies.org)

<http://education.missouri.edu/orgs/parentlink/>

[www.letsgo.org](http://www.letsgo.org)

[www.sesameworkshop.org/initiatives/food](http://www.sesameworkshop.org/initiatives/food)

# ONLINE RESOURCES

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## Physical Activity

[www.recreationcouncil.org](http://www.recreationcouncil.org)

[www.cdc.gov/physicalactivity/everyone/guidelines/index.html](http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html)

[www.fitnessandkids.com](http://www.fitnessandkids.com)

## Professional sites – research articles/training

[www.healthsciences.org](http://www.healthsciences.org)

[www.pesi.com](http://www.pesi.com)

[www.aafp.org](http://www.aafp.org)

[www.mimhtraining.com](http://www.mimhtraining.com)

[www.socialworker.com](http://www.socialworker.com)

[www.primarycareshrink.com](http://www.primarycareshrink.com)

[www.solutionfocused.net](http://www.solutionfocused.net)

## Resources

<http://homeless.samhsa.gov/Resource/Browse.aspx>

[www.missouridrugcard.com/index.php](http://www.missouridrugcard.com/index.php)

[www.masw.org/programs/human\\_rights.php](http://www.masw.org/programs/human_rights.php)

[www.neweyesforthe needy.org](http://www.neweyesforthe needy.org)

[www.ahrq.gov/qual/literacy/healthliteracytoolkit.pdf](http://www.ahrq.gov/qual/literacy/healthliteracytoolkit.pdf)

[www.communitycouncilstc.org/Resources.aspx](http://www.communitycouncilstc.org/Resources.aspx)

[www.healthcarecommunities.org](http://www.healthcarecommunities.org)

## Sexual Health

[www.aasect.org](http://www.aasect.org)

[www.ashastd.org](http://www.ashastd.org)

## Substance Abuse

[www.aa.org](http://www.aa.org)

[www.samsha.gov](http://www.samsha.gov)

[www.dualrecover.org](http://www.dualrecover.org)

[www.na.org](http://www.na.org)

[www.moderation.org](http://www.moderation.org)



# ONLINE RESOURCES

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## Tobacco Cessation

[www.smokefree.gov](http://www.smokefree.gov)

[www.becomeanex.org](http://www.becomeanex.org)

[www.lungusa.org](http://www.lungusa.org)

[www.nicodermcq.com](http://www.nicodermcq.com)

[www.quitnet.com](http://www.quitnet.com)

[www.surgeongeneral.gov/tobacco/#consumer](http://www.surgeongeneral.gov/tobacco/#consumer)

## Vegetarian Information

[www.vegetarianteen.com](http://www.vegetarianteen.com)

[www.mypyramid.gov/tips\\_resources/vegetarian\\_diets.html](http://www.mypyramid.gov/tips_resources/vegetarian_diets.html)

[www.vrg.org](http://www.vrg.org)

## Weight Management

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.mayoclinic.com/health/calorie-calculator/NU00598](http://www.mayoclinic.com/health/calorie-calculator/NU00598)

## Women

[www.healthywomen.org](http://www.healthywomen.org)

[www.womenshealth.gov](http://www.womenshealth.gov)

[www.nationalshare.org](http://www.nationalshare.org)

[www.faithaloud.org](http://www.faithaloud.org)

# ASSIGNMENT

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Access Family Care (Joplin SW Missouri) -- ADHD  
Betty Jean Kerr People's Health Center (St. Louis) -- Diabetes  
Citizens Memorial Hospital-Hospital affiliated RHC (Bolivar SW MO) -- Hyperlipidemia  
Community Health Center of Central Missouri (Jefferson City) -- Chronic Pain  
Cox Hospital Family Medical Services-Hospital affiliated RHC (Springfield MO) -- Asthma  
Crider Health Center (Wentzville) -- Panic  
Family Care Health Center (St. Louis) -- Alcohol/Drug Abuse  
Family Health Center (Columbia) -- Obesity  
Fitzgibbon Hospital-Hospital affiliated RHC (Marshall) -- Tobacco Use/Smoking Cessation  
Fordland Clinic (Fordland-20 miles from Springfield SW MO) -- Tobacco Use/Smoking Cessation  
Grace Hill (St. Louis) -- Generalized Anxiety Disorder  
Jordan Valley (Springfield SW MO) -- Congestive Heart Failure  
Katy Trail Community Health Center (Sedalia) -- Irritable Bowel Syndrome  
Missouri Highlands Health Care (Ellington South Central MO) -- Cardiovascular Disease  
Myrtle Hilliard Davis Comprehensive Health Center (St. Louis) -- Headache  
Northeast Missouri Health Council (Kirksville) -- Hypochondriasis  
Northwest Health Services (St. Joseph NW MO) -- COPD  
Sam Rodgers (Kansas City) -- PTSD  
Skaggs Memorial Hospital-Hospital affiliated RHC (Branson SW MO) -- Hypertension  
Southern Missouri Community Health Center (West Plains South Central MO) -- Hypertension  
Southeast Missouri Health Network (New Madrid SE MO) -- Sleep Problems  
Swope Health Services (Kansas City) -- Blood/Needle Phobia  
Truman Medical Center-Public Hospital clinic (Kansas City) -- Depression  
University Hospital and Clinics-Public Hospital clinic (Columbia) -- Asthma

# CONTACT ME

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Dawn Prentice, LCSW

[dawnp@slbmi.com](mailto:dawnp@slbmi.com)

314-534-0200