Michigan Department of Community Health

MDCH

Heart Disease & Stroke Prevention Unit

High Blood Pressure University

Professional – Community – Patient

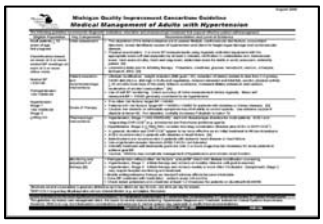
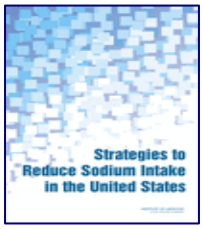
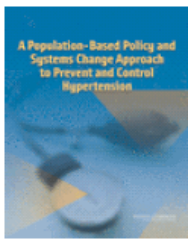
www.michigan.gov/hbpu

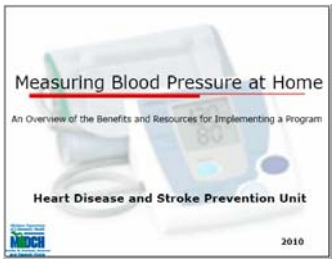
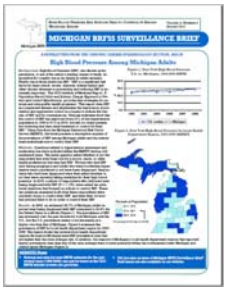
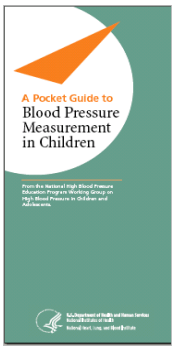
Improving blood pressure control through education and resources.

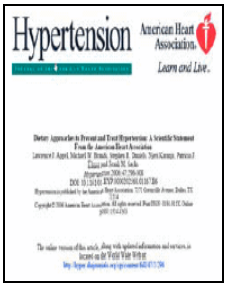
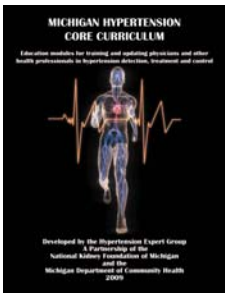
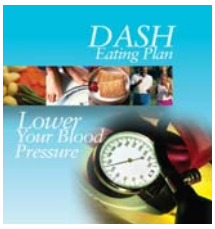
High Blood Pressure University

Resource Catalog

Goal: The goal of the ***High Blood Pressure University (HBPU)*** is to provide a range of available and credible high blood pressure resources for diverse groups based on their interests and needs. The ***HBPU*** is divided into three campuses: Professional, Patient, and Community providing a cafeteria approach to improving high blood pressure care so each individual can determine which resources are best suited for their interests and needs. Most of the material can be downloaded and copied free of charge online at http://www.michigan.gov/hbpu If you are interested in a large number of copies to distribute in your organization you can order them with the order form as described within each listing online or with the order form attached to this catalog. If you have questions, you can email us at scottj1@michigan.gov.

Material included in this section includes professional development resources, clinical guidelines, training materials and office tools. Be sure to review the *Patient Campus* section for tools and material that can be used in patient visits.	High Blood Pressure University PROFESSIONAL
PROFESSIONAL DEVELOPMENT	**Resource Examples**
☐ **Michigan Quality Improvement Consortium (MQIC)** Clinical guidelines for evaluating and treating HBP (based on JNC 7). These guidelines are a summary checklist for all healthcare providers evaluating and treating high blood pressure patients.	
☐ **JNC7 Physician's Card.** A clinical reference card from National Heart, Lung and Blood Institute (NHLBI) summarizing the evaluation, treatment, and lifestyle interventions recommended in the JNC7.	
☐ **Strategies to Reduce Sodium Intake in the U.S.** Institute of Medicine, April 2010. New report that describes the problem, science, and recommendations to reduce sodium gradually through national strategies and policy change. Report brief provided with link to full report.	
☐ **A Population-Based Policy and Systems Change Approach to Prevent and Control Hypertension.** Institute of Medicine, March 2010. New guidance and priority strategies for a public health approach to high blood pressure reduction and control. Summary provided but full report must be purchased.	

☐ **Blood Pressure Measurement Quality Improvement CD** A self-paced training program on a CD that provides the latest blood pressure measurement guidelines fine-tunes skill to interpret and report accurate blood pressures. Michigan residents can fill out the order form and fax information back as instructed on the form to obtain a CD via mail. Inquiries outside Michigan should contact Shared Care, Inc. at sharedcareresearch@me.com. *Contact hours are provided at completion of the program. Contact Jill Scott Gregus (517/335-9596) for more information about contact hours. (*This activity has been submitted to the Ohio Nurses Association (OBN-001-91) for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation).	
☐ **MDCH Procedure for Measurement of Blood Pressure and Accompanying Handouts.** A step-by-step procedure using national guidelines to assure performance of an accurate blood pressure measurement. Also, an overview of the January 2009 Michigan Legislation that prohibits use of mercury devices in screening.	
☐ **Measuring Blood Pressure at Home.** This power point reviews key points to consider in assisting patients and families in implementing a home blood pressure monitoring program. Resources are identified for choosing devises, training material, tracking and reporting forms and websites for guiding your patients as they implement a program for blood pressure measurement at home.	
☐ **Michigan BRFS Surveillance Brief.** This 2010 BRFS Brief," High Blood Pressure and Actins Used to Control it Among Michigan Adults" provides an overview of high blood pressure in Michigan adults and what strategies are being taken by individuals to control it, based on self-reported data.	
☐ **A Pocket Guide to Blood Pressure Measurement in Children.** This National Institutes of Health summary reviews the national guidelines for measuring blood pressure in children and detection of high risk.	

☐ **Dietary Approaches to Prevent and Treat Hypertension:** A Scientific Statement from the American Heart Association. *Hypertension*. 2006; 47: 296-308. This American Heart Association scientific report reviews the evidence associated with various dietary interventions and the impact on blood pressure reduction.	
☐ **Getting Blood Pressure to Goal: Let's Talk Three!** A professional education program emphasizing the *Let's Talk Three* campaign and MQIC/JNC 7 guidelines. The program includes a professional education power point with handouts and camera ready copies of material for health professionals. The program was initially developed and disseminated by the National Kidney Foundation of MI (NKFM) in collaboration with MDCH.	
☐ **Hypertension Core Curriculum** A comprehensive educational curriculum for academic professional programs covering a range of high blood pressure topics including national resources and guidelines, case studies in hypertension, clinical evaluation and management of patients, etc. This 145-page document was developed by the Hypertension Expert Group in collaboration with NKFM and MDCH. For information on a printed copy, contact Sandra Waddell at 734-222-9800.	
☐ ***DASH* Eating Plan.** Developed by the NHLBI. This 64-page educational booklet explains the benefits of the *DASH* diet, diet tips, recipes, and diet plans for patients to follow. For additional information visit: http://www.dashdiet.org/	
☐ ***DASH* power point – *DASH* and Similar Dietary Approaches to Hypertension and Reduced Risk Diabetes and Cardiovascular Disease.** Frank M. Sacks, MD, Professor, Nutrition Department, Harvard Medical School.	

☐ **Office Management Tools.** Examples of material that could be used with patients in primary care settings. See Examples below:

- Letter 2: Reminder to Schedule Follow-Up
- Hypertension Self-Management form
- Personal Action Toward Health (PATH) is a chronic disease self-management program that helps participants build skills they need for the day-to-day management of a chronic disease. PATH is a six-week workshop and covers topics including healthy eating, relaxation techniques, problem solving, and communication skills. For PATH workshops and locations visit: http://www.mipath.org/ For additional information, contact Karen at mccloskeyk@michigan.gov or call 517-335-1236.

MICHIGAN Partners on the PATH

☐ **Smoking Cessation**

Quit-Line. Support groups and medication to help patient stop smoking. Patient may also qualify for free one-on-one coaching and nicotine replacement therapy. Call 1-800-QUIT-NOW.

Tobacco Treatment Resources for Health Care Professionals. Brochures, toolkits, online CME and CE tobacco treatment training, podcasts and MORE!

MDCH Information. Visit http://www.michigan.gov/tobacco and choose "Information for Healthcare Professionals."

You can Quit! We can help! 1-800-480-QUIT 1-800-480-7848 Michigan TOBACCO QuitLine

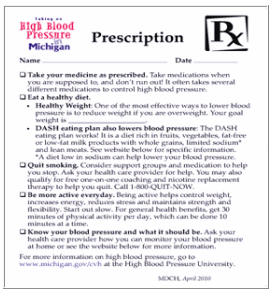
☐ **American Heart Association Online Resources:**

- My American Heart: http://my.americanheart.org/professional/ – A library of guidelines for professionals; consensus statements, educational material, and tools.
- Heart Health Toolbox: http://americanheart.org/presenter.jhtml?identifier=3006028 Choose from a range of patient educational topics including online health tracker and printable information sheets.
- Professional Online Network: http://networking.americanheart.org/help – A site to connect with other health professionals to discuss the latest science and collaborate with experts.

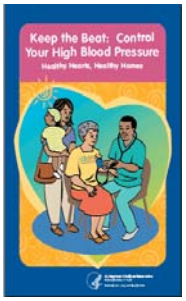
American Heart Association *Learn and Live*

My.AmericanHeart For Professionals

PROFESSIONAL OnlineNetwork

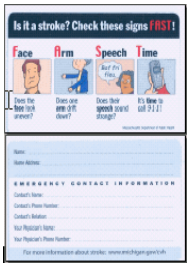
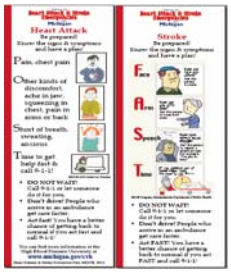
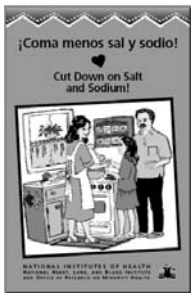
Continued: American Heart Association • Every Step Counts: http://www.americanheart.org/presenter.jhtml?identifier=2114 A five-step program for patients that includes: 1. About High Blood Pressure 2. Why it is important 3. Understanding risks 4. Diagnose and monitor 5. Prevent and treat (Step 4 includes good resources for a home BP monitoring program including a video showing how to measure the BP, choosing the monitor, and reporting results).	
☐ **HBP Prescription**. This handout allows healthcare providers to remind and educate patients on strategies to control high blood pressure. It includes the DASH diet, weight management, smoking, medication reminders, and home blood pressure measurement advice. Visit our webpage http://www.michigan.gov/hbpu for an order form.	

The *Patient Campus* provides individuals in Michigan with resources to use in managing or preventing high blood pressure. Blood pressure control depends on active patient involvement. These resources can help you in your journey to control and manage your high blood pressure.	High Blood Pressure University PATIENT
PATIENT CAMPUS	**Resource Examples**
☐ **Public Information on High Blood Pressure.** A website link and material from the National Institutes of Health with information in several languages on high blood pressure, diet and risk factors. http://www.nhlbi.nih.gov/hbp/prevent/sodium/sodium.htm	
☐ **The *DASH* Brief**. This 6-page brochure discusses the diet recommended to lower high blood pressure: Dietary Approaches to Stop High Blood Pressure (*DASH*). Information is provided to guide patients and their families to follow this lower sodium, higher fruit and vegetable diet that emphasizes lower fat choices.	
☐ **Bookmark with "High Blood Pressure" Messages**. This bookmark features key messages for high blood pressure patients. To obtain a large number of bookmarks visit the website http://www.michigan.gov/hbpu for an order form.	
☐ **Patient Health Record**. This tri-fold wallet card is designed to record clinical results, medications and provides a means for ongoing discussion and goal setting with your health care provider. For a large number of printed copies use the order form that can be found on the website: http://www.michigan.gov/hbpu	
☐ **Guide to Prescription Discounts.** This 2010 document contains information about low-cost prescriptions at several retail stores for a wide range of commonly prescribed high blood pressure medications.	

☐ **Potassium Rich Foods.** A fact sheet developed by Colorado State University Extension that describes food high in potassium.	
☐ **Sodium: the facts**. A fact sheet developed by the Centers for Disease Control and Prevention citing research that has been done about sodium in our food supply, the relationship between consuming too much and raised levels of blood pressure, and benefits of reduced sodium consumption.	
☐ **Keep the Beat: Control Your High Blood Pressure**. This 32 page nationally produced easy to read pamphlet is available in English and Spanish. It covers the basic information about high Blood pressure and how to control it.	
☐ **How to Use the Smokers Quit Kit**. A 48-page Toolkit offering 3 steps to a new life as a non-smoker. Each step is broken down into 10 phases giving a realistic way to break the habit of smoking.	
☐ Quit-Line. Support groups to help you stop smoking. You may also qualify for free one-on-one coaching and nicotine replacement therapy. Call 1-800-QUIT-NOW.	
☐ Quit Tobacco Resources for Patients. A helpful state and national resource list for patients interested in quitting their tobacco habit.	

NHLBI Health Information Network. This site has information on how to maintain a healthy weight, including tips for being physically active, tools to shop for and plan nutritious meals, a MBI calculator and much more.	
Mayo Clinic Website – High blood pressure topics include: 1) Exercise: 7 benefits of regular physical activity 2) Free blood pressure machines: Are they accurate? 3) Blood pressure cuff: Does size matter? 4) Fitness programs: 5 steps in getting started 5) Treatment and Drugs 6) Lifestyle and Diet information 7) Videos on several topics including how to measure your blood pressure using an automatic or manual device	
American Heart Association: An online American Heart Association site that has a wide range of educational material. You can click on "HBP Health Center" and get many excellent resources on what high blood pressure is, how to help mange it and specific information on common topics. • Learn about High Blood Pressure: Five steps guiding patients in ways to improve blood pressure control. • Education Material * CV Media Library * Krames, downloadable information sheets • Heart 360: A secure location for patients to track and manage health data online. Provides records that can be printed and shared with your healthcare provider. • My Start! Get connected, keep an eye on your routine, and get your Personalized walking plan. • Home Blood Pressure Monitoring Video. This short video reviews the steps to measure your blood pressure at home with an automatic devise. It is "step 4" under "Learn about High Blood Pressure." • Heart Hub for Patients. Patient portal for informational tools, and resources about cardiovascular disease and stroke.	

The *Community Campus* provides community organizations in Michigan with resources to use with the public in an effort to prevent and reduce high blood pressure and its consequences.	High Blood Pressure University COMMUNITY
COMMUNITY CAMPUS	**Resource Examples**
☐ **Heart Disease and Stroke Risk Screening Form**. This form provides guidance for community workers who are offering screening in public settings. The form provides consistent assessment, counseling and referral guidelines. It has a carbon copy for individuals to take with them and messages about controlling high blood pressure and high blood cholesterol and the signs of symptoms of heart attack and stroke.	
☐ **TV PSAs on high blood pressure: Give Me Your Right Arm**. This PSA features the message that you need to keep your blood pressure checked….and do it for your family. To view the PSA please visit: http://www.michigan.gov/hbpu Community Campus and click on the image. Contact your American Heart Association media contact for information on how to air this or other PSAs in your community (1-800-242-8721).	
☐ **Know the Facts About High Blood Pressure.** This full-color, easy-to-read CDC handout describes the risk factors, prevention, diagnosis, and treatment of high blood pressure.	
☐ **Toolkits for heart disease and stroke prevention and control.** These toolkits are designed to educate and inspire individuals to take charge of their heart health. Submit a request form that can be found on the website at: http://www.michigan.gov/hbpu to receive one of the two toolkits described below or contact Christi Demitz at demitzc@michigan.gov for more information about the toolkits. **Toolkit 1:** Faith, Knowledge & Action=Health. Designed for use in faith-based settings and covers the: • Warning signs of heart attack/stroke. • HBP awareness. • Low dose aspirin use and educational material. **Toolkit 2:** Work Well Michigan! Materials designed for worksites includes: • Benefits of worksite wellness programs. • Warning signs of heart attack and stroke emergency response and other educational information. • Eating for a healthy heart use of low dose aspirin.	**Toolkit 1** **Toolkit 2** – not shown

☐ **Fast Campaign.** This material was originally developed in Massachusetts. It is a stroke signs and symptoms – Call 9-1-1 educational campaign for the public. Wallet cards and brochures are available or can be ordered in bulk. Items can be ordered online at: http://www.michigan.gov/hbpu **Fast Wallet Card.** Signs and symptoms of stroke with guidelines for emergency action.	
☐ **Taking on Heart Attack and Stroke Emergencies.** Key messages on a bookmark that use pictures and easy to remember information on the signs and symptoms and emergency response for heart attack and stroke. This bookmark incorporates the FAST educational Stroke Campaign developed in Massachusetts.	
☐ **Cut Down on Salt and Sodium!** This easy-reading NIH publication is in English and Spanish. It covers basic messages about how to reduce salt/sodium and its relationship to high blood pressure.	
☐ **Cardiovascular Risk Factors.** An educational pamphlet in Arabic that covers common risk factors for cardiovascular disease and actions to take to reduce the risk factors.	
☐ **Michigan Steps Up.** A website that is a healthy lifestyle campaign for the public. The website has educational information, self-assessment tools, and helps the user develop a personal plan for good settings and tracking healthy behaviors.	