

HYPERTENSION SELF-MANAGEMENT TRAINING COURSE

OBJECTIVE:

1. To equip persons living with hypertension to effectively manage the condition, in an effort to improve quality of life and decrease the risk of complications.
2. To engage persons in the active management of their own 'heart health'.
3. To empower individuals to make better, heart-healthier lifestyle choices.
4. To equip persons of influence in the lives of persons living with hypertension, to assist their loved one, to effectively manage their condition.

TARGET GROUP

The Course will target the following:

- Persons living with hypertension who have been identified by their Physicians/Clinic Nurse/Nutrition Officer as needing assistance in the management of the condition;
- Persons of influence in the life of clients who are living with hypertension (E.g. parent, spouse);
- Any person interested in increasing their knowledge of the prevention, management and treatment of hypertension.

LOGISTICS

The course consists of three sessions, designed to engage groups of no more than 20 persons.

Two groups will be facilitated in this round of training, as follows:

Group 1 will convene at **9:00a.m.** once per week for three consecutive weeks,

Group 2 will convene at **4:30p.m.** once per week for three consecutive weeks.

OUTLINE

Session 1 (Duration -2 hours)

- a. **Welcome, Introductions & Objectives** of the Course (30 minutes)
- b. **Administration of Pre-Test** (15 minutes)
- c. **Module I - Overview of Hypertension (1 hour)**
 - i. What is hypertension?
 - ii. Risk factors for hypertension
 - iii. Consequences of hypertension
 - iv. Myths and facts about hypertension
 - v. Target blood pressure readings
 - vi. The good news about hypertension
- d. **Discussion** (15 minutes)

Session 2 (Duration 2 hours)

- a. **Module II – Nutrition & Hypertension(1 hour)**
 - i. Tips to make meals healthier, and prepare lower-salt meals
 - ii. Healthy eating using the DASH diet
 - iii. Tips to reducing salt in the diet
 - iv. Salt content of common foods
 - v. What to look for on Food Labels
 - vi. "Flavour that Food!"
- b. **Module III – Stress Reduction (1 hour)**
 - i. Stress and high blood pressure: what is the connection?
 - ii. Basic stress-management strategies
 - iii. Exercise: A drug-free approach to controlling blood pressure
 - iv. Discussion

Session 3 (Duration 2 ½ hours)

- a. Module IV – Medication & Adherence (1 hour)**
 - i. The goal of antihypertensive therapy
 - ii. Factors considered in selection of antihypertensive agents
 - iii. How do antihypertensive agents work?
 - iv. Adherence – the key to success.
 - v. Dos and Don'ts of antihypertensive therapy.

- b. Module V - Monitoring Blood Pressure (1 hour)**
 - i. Techniques for Blood Pressure Monitoring
 - ii. Demonstration of correct technique
 - iii. Self Monitoring Exercise

- d. Administration of Post Test (10 minutes)**
- e. Discussion (20 minutes)**

Facilitators

Module 1	Registered Nurse
Module 2	Nutritionist
Module 3	Clinical Psychiatrist
Module 4	Registered Pharmacist
Module 5	Nurse Educator
Moderator 1	Community Nursing Manager
Moderator 2	Epidemiologist

Monitoring & Evaluation

1. Evaluation forms will be provided for trainees to rate training content and delivery.
2. Pre and post test results will be assessed. Overall correct response rates and rates for individual questions will be compared.
3. Trainees will be asked to measure and record their blood pressure at intervals. BP logs would be taken to the District Nurses for review.
4. The level of blood pressure control among trainees will be compared to the level of control among other clinic attendees who did not benefit from the training.