

PLANK 5

Prevention, Engagement, and Self-Management Program in Place

There is a program to educate patients on lifestyle, diet, exercise, and the importance of taking anti-hypertension medications. The program emphasizes engagement of patients in their care and teaches self-management skills.

Patients should be encouraged to be active participants in their own health and do what they can to more effectively manage their blood pressure at home. The Mayo Clinic recommends that every hypertensive patient be aware of ten things:

1. Lose extra pounds and watch their waistline. Men are at risk if their waist measurement is greater than 40 inches (102 cm); women greater than 35 inches (89 cm).
2. Exercise regularly—at least 30-60 minutes most days of the week.
3. Eat a healthy diet rich in whole grains, fruits, vegetables and low-fat dairy products, and low on saturated fat and cholesterol—also known as the DASH diet. [Dietary Approaches to Stop Hypertension]
4. Reduce sodium in the diet—a limit of 2,300 mg a day for people <51 years, 1,500 mg a day for >51 years.
5. Limit the amount of alcoholic beverages consumed—generally one drink a day >65, or two a day <65.
6. Avoid tobacco products and secondhand smoke.
7. Cut back on caffeine.
8. Reduce stress by taking breaks for deep-breathing exercises, getting a massage, or practicing yoga or meditation.
9. Monitor blood pressure at home.
10. Get support from family and friends.

Tips for Implementing a Self-Management Program

1. Determine the extent to which individual patients understand what hypertension means and how involved they want to be in their self-management. A readiness-for-change tool may assist in the evaluation of the role of the patient in their self-management.
2. Articulate the role the care team will take in managing their hypertension and what role the patient can take in helping keep their blood pressure in control including diet, exercise, stress management, and medication adherence.
3. Consider adding the role of health coach to the care team.
4. Provide patients with their current blood pressure and what their target blood pressure should be. It is helpful to provide this in writing.
5. Teach patients how to take their blood pressure at home and encourage them to monitor their blood pressure daily until they are at goal and then weekly.
6. Begin self-management at a level that each patient is comfortable. Goal-setting exercises are helpful in determining to what extent the patient is willing to engage.



Supporting Literature and Resources

1. A New Definition of Patient Engagement: What is Engagement and Why is it Important? Center for Advancing Health, www.cfah.org
Selection of patient materials to guide patients in participating and engaging in their health care.
2. American Heart Association. High Blood Pressure.
www.mayoclinic.com/health/high-blood-pressure
Patient education materials on high blood pressure including handouts, calculators, videos, blood pressure trackers, and patient e-newsletter
3. Prochaska JO, Norcross J, DiClemente C. *Changing for Good: A Revolutionary Six-Stage Program for Overcoming Bad Habits and Moving Your Life Positively Forward*. William Morrow Paperbacks. 1995. www.amazon.com/Changing-Good-Revolutionary-Overcoming-Positively/dp/038072572X/ref=la_B001H9VXJ0_1_2?ie=UTF8&qid=1357817150&sr=1-2
Three acclaimed psychologists studied more than 1,000 people who were able to positively and permanently alter their lives. They discovered that change does not depend on luck or willpower. It is a process that can be successfully managed by anyone who understands how it works.
4. Greene J, Hibbard JH. Why Does Patient Activation Matter? An Examination of the Relationships Between Patient Activation and Health-Related Outcomes. *J Gen Intern Med* 2011;27(5):520–6.
<http://link.springer.com/article/10.1007%2Fs11606-011-1931-2>

Suggested AMGA Case Study

Mercy Clinics, Inc: Hypertension Best Practices
www.amga.org/Research/Research/Hypertension/Symposium/mercy.pdf

