

CT Behavioral Health Homes  
Health and Wellness Toolkit

# High Blood Pressure Awareness Month

## ***Fast Fact***

*“Nearly half of adults in the United States (45%) have hypertension defined as systolic blood pressure higher than 130 mm Hg or a diastolic blood pressure higher than 80 mm HG or are taking medication for hypertension.”*

*-cdc.gov*



# May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6 Financial Literacy Training for BHH Staff	7
10	11	12 BHH Tableau Support Group	13	14
17	18	19 Hepatitis Testing Day	20	21 Work Group: Service & Codes/BHH 101 Overview
24 World Schizophrenia Awareness Day	25	26	27 Eat More Fruits & Vegetables Day	28
31	<p><i>Be sure to administer the 2021 BHH Consumer Satisfaction Survey, available <a href="#">here</a>.</i></p>			

# Understanding Blood Pressure

The National Cancer Institute defines blood pressure as, “the force of circulating blood on the walls of the arteries.” There are two ways to measure blood pressure:

1. Systolic measurement (Top #): The force of circulating blood when the heart beats.
2. Diastolic measurement (Bottom #): The force of circulating blood in between heart beats.

<https://www.cancer.gov/publications/dictionaries/cancer-terms/def/blood-pressure>

Top Number mm Hg	And/or	Bottom Number mm HG	Blood Pressure Type
Below 120	And	Below 80	Normal
120-129	And	Below 80	Elevated
130-139	Or	80-89	Stage 1 High
140 or higher	Or	90 or higher	Stage 2 High

# Resources for Clients

- ⇒ [Lower Your Blood Pressure](#): Make the most of your appointment with a health care professional
  - ⇒ [Lower Your Blood Pressure](#) (SPANISH)
- ⇒ [My Blood Pressure Log](#): Record your blood pressure on this sheet and show it to your doctor at every visit
- ⇒ [What is High Blood Pressure](#): Fact sheet
  - ⇒ [What is High Blood Pressure](#) (SPANISH)
- ⇒ [Lifestyle Chart](#): What can I do to improve my blood pressure?
  - ⇒ [Lifestyle Chart](#) (SPANISH)
- ⇒ [High Blood Pressure](#): Medicines to Help You
- ⇒ [High Blood Pressure](#): How to Make Control Your Goal
  - ⇒ [High Blood Pressure](#) (SPANISH)
- ⇒ [My Blood Pressure](#): Wallet Card
- ⇒ [Your Guide To](#): Lowering your blood pressure with DASH

# Staff Resources

- ⇒ [A Community Health Worker Training Resource for: Preventing Heart Disease and Stroke](#)
- ⇒ [Hypertension Communication Kits](#): Several options available for client-facing educational materials
- ⇒ [Hypertension Patient Education Handouts](#): Library of handouts
- ⇒ [Self-Measured Blood Pressure Monitoring](#): Action steps for public health practitioners
- ⇒ [Improving Medication Adherence Among Patients with Hypertension](#): A tip sheet for health care professionals
- ⇒ [High Blood Pressure Videos](#): Videos featuring NHLBI researchers discussing their work to advance research and improve patients' lives
- ⇒ [Supporting Your Patients with High Blood Pressure](#): Visit checklist
- ⇒ [Hypertension Prevalence Estimator Tool](#): Calculate the expected percentage of patients with hypertension in your health system or practice
- ⇒ [Cardiovascular Disease](#): Team-based care to improve blood pressure control

# BHH Service Example

## Comprehensive Care Management (TCM, CM)

*The initial engagement with individuals, providing them with information, education, and support necessary to make fully informed decisions about their care options, so they may actively participate in their care planning.*

- \* **Assessing Needs & Recovery planning:** Monitor and track the blood pressure of all BHH clients. If need be, incorporate lowering their blood pressure into their treatment plan.
- \* **Assigning Roles:** Meet with your team to ensure everyone is on the same page with a client's course of action. Incorporate natural supports as appropriate.
- \* **Monitoring Progress:** Consistently meet with client and ask about their progress. Adjust plan of action as appropriate.

# BHH Service Example

## Health Promotion (Psychoeducation)

*Services that encourage and support healthy living concepts to motivate individuals to adopt healthy behaviors and promote self-management of health and wellness.*

- \* **Informing/Educating:** Discuss the different levels of blood pressure with clients. Review all available treatment options (medications, exercise, diet, etc.).
- \* **Intervening:** Work with client to understand what causes high blood pressure. Use client's preferences to develop appropriate interventions to prevent and/or manage high blood pressure.
- \* **Assisting to Improve Social Networks:** Learn of client's natural supports. Help client understand who in their life can help them on their journey to better manage their blood pressure. Differentiate between helpful and harmful social networks.

# BHH Service Example

## Patient & Family Support (CM, TCM)

*Services that help individuals achieve their goals, increase their advocacy skills, and improve their overall health outcomes.*

- \* **Supporting to Overcome Barriers:** Empower clients to recognize and overcome their personal barriers.
- \* **Coaching:** Provide client with skills to manage their blood pressure on their own. Work with client on an ongoing basis and provide motivation as needed.
- \* **Supporting to Access Technology:** Understand the client's technological challenges and help them to identify resources.