

Ask your client: Do you have High Blood Pressure?

Yes



Ask: Would you like support in managing your blood pressure?

Yes



No



Assess support needed:

- Do they know their recent blood pressure numbers?
- Do they believe these numbers are correct?
- Do they understand what the numbers mean?
- Do they believe their blood pressure is in control?
- Does their provider think their blood pressure is in control?

Say: Keeping track of your blood pressure between health visits is a good way to see what's happening and knowing if more changes are needed.

Ask: Are you interested in monitoring/tracking your blood pressure?

Ask: Would you like support in getting your blood pressure numbers where you and your provider want them to be?

Yes



No



Assess support needed:

- What has the provider recommended?
- Would they like education? If so, what language, and what format?
- Are they able to follow provider's directions regarding medication and/or lifestyle change? If not, assess barriers.

Encourage knowing the blood pressure numbers at most recent health-related visit. Let client know support is available if they want it in the future. Encourage working with provider/medical home to get blood pressure numbers in the range provider recommends.

I Do Not Know...



Encourage Screening

Has a medical home.

Encourage screening at provider's office at an upcoming appointment. If risk factors are present, recommend making an appointment for screening.

Doesn't have a medical home.

Help connect patient with medical home or other primary care. If none available, identify other sources of accurate screening and follow-up.

Risk Factors Include

Family history, overweight, obesity, high cholesterol, diabetes, physical inactivity, poor nutrition, smoking, tobacco or nicotine use, alcohol use, pregnancy, use of oral contraceptives containing estrogen.

Ask

- Do you need help making an appointment?
- Can we follow-up after your appointment to talk about the results?
- How would you like to stay in touch?

With results, follow yes or no above.

No



If appropriate, give positive feedback and support for healthy lifestyle and prevention.

Encourage everyone to know the blood pressure numbers from their most recent health-related visit.

Options for Blood Pressure Self-Monitoring

Say and Ask

Say: There are different options for measuring and tracking your blood pressure between health care visits.

Ask: May I ask you some questions to find out what could work best for you?

Note: Wrist cuffs are not recommended, as their accuracy is not as reliable as cuffs that are placed on the upper arm.

Own an automated monitor

Say: It is possible to purchase a blood pressure monitor. They usually cost between \$40-60, depending on the model, sometimes more.

Ask: Is this something you can pay for?



Assess support needed:

- Do you need help making a plan to buy one?
- Would you like information about how to choose a monitor?
- Do you need your monitor to have any special features, like an extra-small or extra large cuff?

Assess support needed:

- It isn't common, but sometimes insurance can cover a monitor. Would you like help to see if your insurance would cover it?
- Is there someone in your household who could afford one that you could use? Or could you receive one as a present?
- Consider borrowing one or using a community resource.

Get your blood pressure checked in your community

Say: Some people like to get their blood pressure checked regularly at a community center, pharmacy, or fire station.

Ask: Is this something you would be interested in?



Assess support needed:

- Do you need help finding a place to measure your blood pressure nearby? We can brainstorm about possible places and also check WIN 211.
- Where do you go during the week? If you go to a grocery store, do they have a pharmacy with a blood pressure machine? Does your church have a blood pressure monitor? Do you visit a senior center?

Assess support needed:

- Sometimes health care clinics offer free blood pressure checks. Does your provider's office offer this? Do you need help with transportation to get there if they do?

KEY RESOURCES

- Pharmacists
- Providers
- Community Health Centers
- WIN 211—dial 211 or visit win211.org
- State and local public health

Borrow an automated monitor

Say: Sometimes you can borrow a blood pressure monitor you can use while your blood pressure is getting under control.

Ask: Is this something you would be interested in?



Assess support needed:

- Have you asked your health care provider if they have one available you can borrow?
- Would you like help asking your provider's office?
- Would you like me to look into other possibilities?

Assess support needed:

- Consider using a community resource.

Provide support to everyone on:

- Accurate measurement & tracking • Connecting blood pressure readings back to provider

For persons with disabilities, this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 711)