

Hypertension Training Resources 2018 (Wisconsin Nurses Association)

With over 1.3 million people (29%) in Wisconsin now diagnosed with Hypertension, 52% remain uncontrolled, and 16% are unaware or "hiding in plain sight." Healthcare organizations and health departments are devising unique ways to keep providers up-to-date to address this issue. The sites listed below offer resources for all healthcare providers for continued education on hypertension as well as patient-centered plans for how to teach self-measured blood pressure (SMBP).



Time: 20 minutes

<https://millionhearts.hhs.gov/tools-protocols/protocols.html#HTP>

- Million Hearts™ has created an online guide to creating, researching, understanding, and implementing protocols about cholesterol management, tobacco cessation, and hypertension treatment
- Highlights the newest literature and examples of evidenced-based protocols from systems including the VA, Kaiser Permanente, and the Institute for Clinical Systems Improvement



Time: 15-30 minutes

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/Commit-To-A-Plan_UCM_496807_SubHomePage.jsp

- American Heart Association lays out a patient-centered plan for hypertension management prior to, during, and after a primary care appointment
- Resources provided by the AHA include a high blood pressure worksheet print off, step-by-step walk through plan for a hypertension appointment, blood pressure log print off, and an online tracker for self-monitoring of blood pressure
- Includes methods to encourage patient's self-involvement in their care



Time: 30 minutes- 1 hour

<https://www.stepsforward.org/modules/hypertension-blood-pressure-control>

- Using their *STEPS Forward* and M.A.P. (measure, act, practice tools) the American Medical Association (AMA), in partnership with Johns Hopkins Medicine, has an intuitive website for clinicians with modules that include:
 - 1.0 credit CCE-accredited course
 - Examples of implementation in action
 - Downloadable tools
 - AMA-specific contact information for more personalized hypertension diagnostic and treatment implementation support



Time: 30 minutes-1 hour

<https://www.metastar.com/providers/elearning-modules/>

- Meta Star and the Pharmacy Society of Wisconsin join to provide 2 online e-learning modules.
- Module 1 teaches "Patient Self-Management of Blood Pressure at Home"
- Module 2 teaches "Taking an Accurate Blood Pressure on an Outpatient Adult" for providers
- The modules include practice knowledge checks



Time: 1 hour

<https://wisconsinnurses.org/beyond-the-50/>

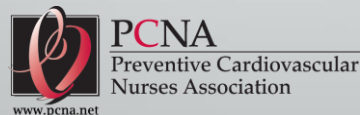
- Wisconsin Nurses Association's "Beyond the 50%" is a 48 minute on-demand video that describes best-practices in accurate blood pressure measurement for all healthcare providers.
- Awards 1.0 credit Continuing Nursing Education Credit
- Certificate of completion awarded after evaluation
- Additional resources include: a short video on teaching patients how to perform self-measurement of blood pressure and other education-related information



Time: 5 minutes

<http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20047889?pg=2>

- The Mayo Clinic provides a patient-centered resource tool for home blood pressure monitoring written in plain language
- This is a concise, one-page info sheet to share with patients when they are discharged with home monitoring equipment



Time: 1 hour per module

<http://pcna.net/online-education/on-demand-ce/behavior-change-mini-certificate>

- Using cardiac case studies, clinicians can learn how to inspire and motivate behavior change and lifestyle modifications in an empowering, autonomous and non-paternal way
- Fee is \$35 for members and \$85 for non-members
- Counts for 8.5 accredited CE hours

References

Braun, L., Christie, C., Coke, L., Miller, N., & Worel, J. (2018). Behavior change mini-certificate. *Preventive Cardiovascular Nurses Association*.

Commit to a Plan to Lower Your Blood Pressure. (2018). *American Heart Association*. Retrieved from http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/Commit-To-A-Plan_UCM_496807_SubHomePage.jsp

E-Learning Modules. (2017). *Metastar Inc. Modules posted in Metastar online module classroom, Archived at* <https://www.metastar.com>

Get the most out of home blood pressure monitoring. (2018). Mayo Foundation for Medical Education and Research. *Mayo Clinic*. Retrieved from <https://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/high-blood-pressure/art-20047889?pg=2>

Million Hearts. (2014). Hypertension Protocols. *American Heart Association Million Hearts Protocols*. Retrieved from <https://millionhearts.hhs.gov/tools-protocols/protocols.html#HTP>

Rakotz, M. (2018). Improving Blood Pressure Control. *American Medical Association Steps Forward*. Retrieved from <https://www.stepsforward.org/modules/hypertension-blood-pressure-control>

Wisconsin Nurses Association. (2016). *Beyond the 50%: It Starts with Accurate Blood Pressure Measurement*. Retrieved from <https://wisconsinnurses.org/beyond-the-50/>