

HYPERTENSION EDUCATION

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GE-NMF Primary Care Leadership Program, Summer 2012

Jackson-Hinds Comprehensive Health Center

Hypertension

- 31.3% of American Adults have Hypertension
- Approximately 1 in 4 have Prehypertension

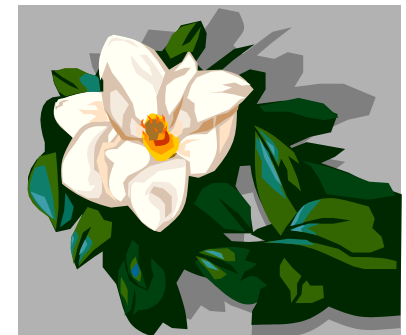


Hypertension in Mississippi

- According to the 2012 Mississippi Public Health Report Card, Mississippi is one of the most unhealthy states in the nation. It is ranked nationally -



- #1 in Adult Obesity
- #1 in Heart Disease Deaths
- #2 in Hypertension Cases
- #3 in Diabetes Cases
- #4 in Adult Tobacco Use



Project Idea

- To perform a patient survey that identifies areas in which patients need basic hypertension education, and to give basic patient education with the assistance of handouts where possible.

Implementation

- Created a survey which included several basic hypertension education questions.
- Collected several handouts
 - 1-800-QUIT-NOW
 - ACT Center
 - Hypertension Overview
- Put together three handouts
 - BMI chart
 - Diet and Exercise Ideas
 - Games to Play Outdoors
- July 10th Hypertension education session at the Edwards, MS Neighborhood Center in conjunction with Hal Flowers' project "An Assessment of Community Health Needs in Edwards, MS."
- July 11th and 13th Conducted surveys and performed patient education in patient rooms while the patient was waiting to be seen at the Utica clinic.
- July 12th Upon arrival at Hazlehurst clinic, there was a waiting room full of people, so handed out surveys and performed waiting room education.
- Distributed surveys to Jackson-Hinds satellite clinics. 13 were returned.



3502 West Northside Drive
Jackson, MS 39213
601-362-5321

Hypertension Survey

Please take a moment to fill out this anonymous survey about Hypertension (High Blood Pressure). This survey will be used for research and education purposes only, and no compensation will be provided. Thank you for your time!

General Information

How old are you?

- 10-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69
- 70 or older

Does lack of money ever prevent you from being able to get your medications?

- Yes
- No

Are you male or female?

- Male
- Female

Hypertension Questions

Have you ever been told that you have high blood pressure?

- Yes
- No

If Yes, is it currently being controlled?

- Yes
- No

Do you have Diabetes (High Blood Sugar)?

- Yes
- No

Do you exercise regularly?

- Yes
- No

If Yes, how many days a week? _____

Do you have a way to regularly check your blood pressure?

- Yes
- No

Which of these makes a person at risk for getting high blood pressure?

- A lot of salt (sodium) in the diet
- Being overweight
- Family history
- Smoking
- Drinking too much alcohol
- All of the Above

Do you drink regular soft drinks?

- Yes
- No - I drink diet "zero calorie" soft drinks.
- No - I drink water instead.
- Other

Did you know that soft drinks contain a lot of salt (sodium)?

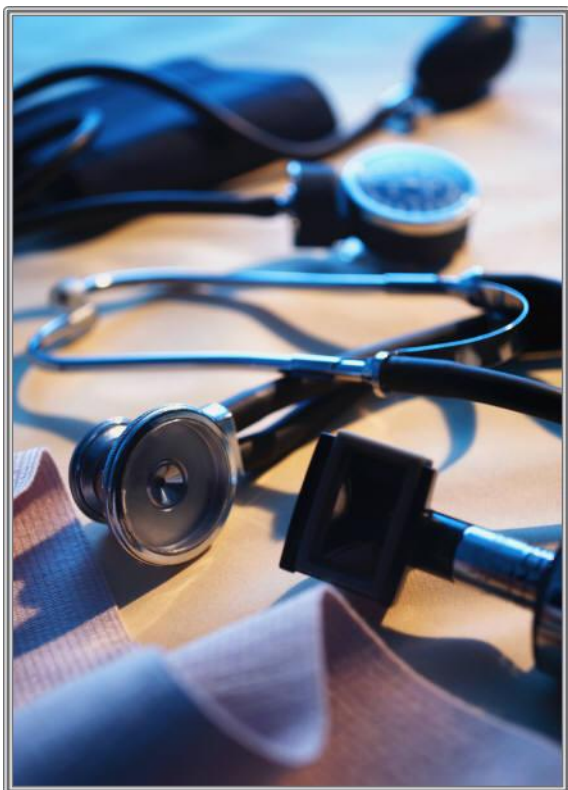
- Yes
- No

Would you like to receive more education about ways to prevent or manage high blood pressure?

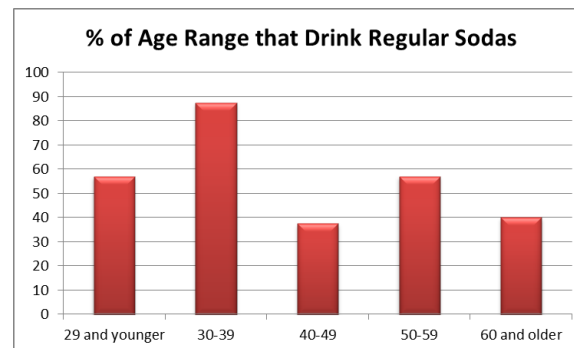
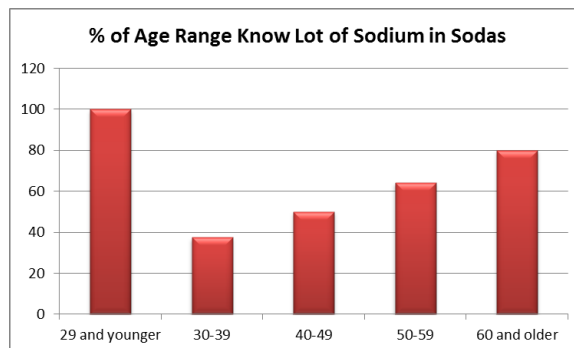
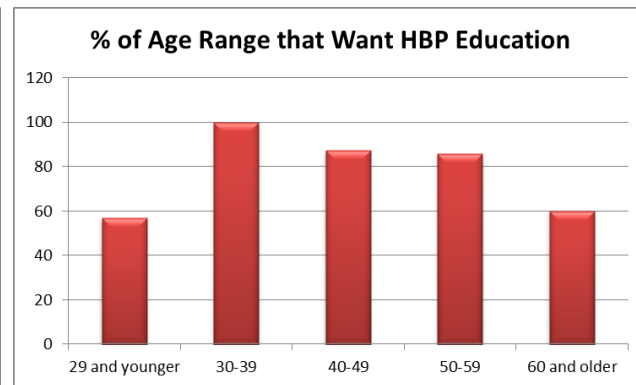
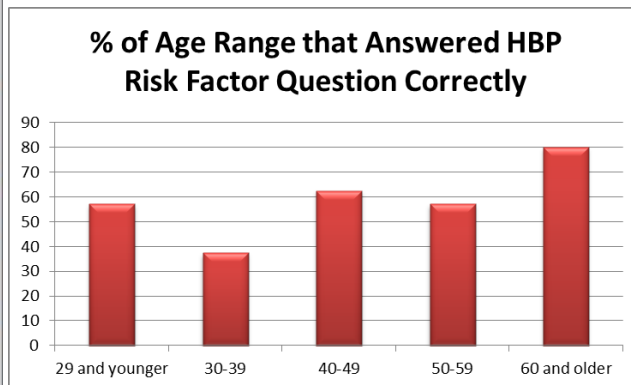
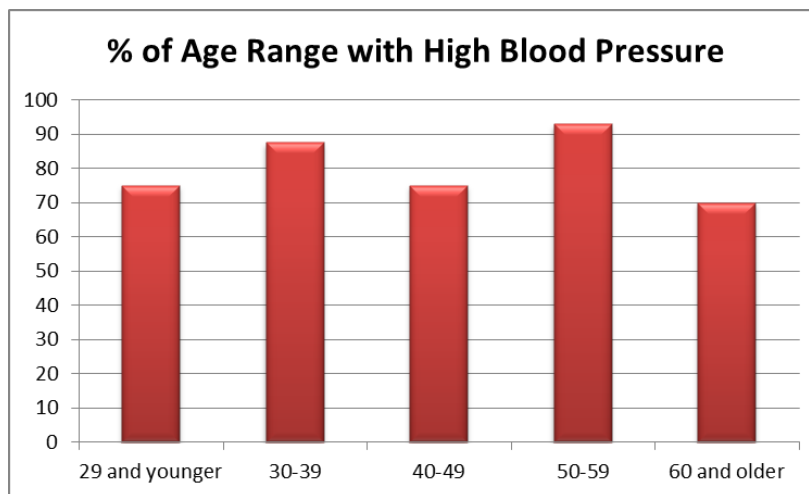
- Yes
- No

Please ask your doctor if you have any questions about High Blood Pressure. Thank you for participating.

Results



47 surveys
At least 7 received per age range.



Interpretation

- Because blood pressure naturally rises as people age, hypertensives in younger age brackets are more likely than those in more elderly brackets to have developed high blood pressure from lifestyle factors.
- There is a need for greater education among the 20-39 year old age range.
- There is a lot of willingness among the 20-39 year old age range to receive education.
- This age range may be more difficult to reach than those patients who can be educated at senior centers or those who can be educated in school.
- Physicians should prioritize education of such patients.
- It should be noted that a relatively small sample size was used for this survey.

Lessons Learned

- Through Jackson-Hinds Comprehensive Community Health Center, was able to learn leadership skills by speaking with key community health leaders including,
 - Dr. Jasmin Chapman, CEO Jackson-Hinds
 - Dr. Lynda Assad, Director of Pediatrics and Medical Director, Jackson-Hinds Comprehensive Community Health Center
 - Dr. John Patterson, Clinical Director, Jackson-Hinds Comprehensive Community Health Center
 - Mr. Jeffrey Aldridge, CFO Jackson-Hinds Comprehensive Community Health Center
 - Mr. Robert Pugh, Mississippi Primary Healthcare Association
 - Dr. Nedra Jackson, Utica Clinic, Jackson-Hinds Comprehensive Community Health Center
 - Dr. Thais Tonore, Department of Family Medicine, University of Mississippi Medical Center
 - Dr. Dzorgbenyah Attipoe, Director of Ob/Gyn, Jackson-Hinds Comprehensive Community Health Center
 - Mr. Frank Crump Jr., Board Chair, Jackson-Hinds Comprehensive Community Health Center
 - Ms. Sandra Gray, Safety Officer Jackson-Hinds Comprehensive Community Health Center
 - Ms. Beneta Burt of Mississippi Roadmap to Health Equity
 - Mr. Michael Jones of Healthy Linkages and Train the Trainer
 - Dr. Richard deShazo of Southern Remedy and Train the Trainer
 - Dr. Deborah Minor of the Jackson Heart Study and Train the Trainer
 - Dr. Herman Taylor of the Jackson Heart Study
 - Mr. Justin Smith, Compliance Officer, Jackson-Hinds Comprehensive Health Center
 - Ms. Amber Clark, Jackson Heart Study Scholar, M2 at Brown University School of Medicine
- Attended
 - 2 Board Meetings
 - Quest Lab Group Meeting
 - Region 4 Infertility Prevention Project meeting
 - State Department of Health meeting
 - Concordant Healthcare Solutions meeting
 - Delta Health Alliance meeting
 - Jackson, Mississippi Mayor Harvey Johnson Jr.'s State of the City Address
 - Train the Trainer Session
 - WIC Dental Class

Acknowledgements

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