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.
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

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 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

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

The GE-NMF Primary Care Leadership Program provided an opportunity to meet a multitude of community and healthcare leaders. Each person had an interesting story to tell and a lesson to teach. Thank you General Electric and National Medical Fellowship for providing such a valuable summer learning experience.

Thank you to all of the clinicians and staff members of Jackson-Hinds Comprehensive Health Center - particularly Dr. Jackson, Dr. Attipoe, Dr. McNair, Dr. Hutchins, Ms. Gordon, and Ms. Watson, for graciously putting up with numerous questions, offering advice, suggesting learning opportunities, and providing bright smiles and kind words.

Special thanks to Dr. Jasmin Chapman and Dr. Lynda Assad of Jackson-Hinds Comprehensive Health Clinic, Dr. Thais Tonore of University of Mississippi Medical Center, and Dr. Jackson of the Utica clinic for providing direct project assistance, as well as to Jackson-Hinds Community Health Center satellite clinics and Ms. Vivian Johnson of the Edwards, MS Neighborhood Center for facilitating survey distribution and hypertension education.

Thank you also to fellow Jackson-Hinds GE-NMF Primary Care Leadership Program Scholars Kristie Alvarez, Hal Flowers, and Carolita Heritage for their assistance and encouragement.