

Alabama WISEWOMAN Hypertension Flow Chart

At the INTEGRATED OFFICE VISIT, 2 BP readings are taken and averaged

ALERT Level Hypertension:

Systolic BP > 180 OR Diastolic BP > 110 mmHg

- Provide medical evaluation immediately before participant leaves the clinic. Should this not be possible, the medical evaluation must occur within 7 days of the date of the integrated OV when the alert BP was detected. The integrated OV counts as day 1.

Disease Level Hypertension:

Hypertension Stage 1	Systolic ≥ 140 -159	Diastolic ≥ 90-99
Hypertension Stage 2	Systolic ≥ 160	Diastolic ≥ 100

- **IF PARTICIPANT IS NOT BEING TREATED**, medical evaluation must be provided immediately or within 30 days of the integrated office visit when it was detected. The Integrated OV counts as day 1.

DURING RISK REDUCTION COUNSELING, Medical Staff will:

- ✓ review all BP readings and interpretations with WW participant
- ✓ address lifestyle changes that support the control of hypertension
- ✓ complete and document medical evaluation and treatment as appropriate
- ✓ schedule medical follow up appointment as determined by medical staff
- ✓ determine patient's target blood pressure

DURING HEALTHY BEHAVIOR SUPPORT OPTIONS SESSION, WW Social Worker will:

- ✓ reinforce findings of Risk Reduction Counseling
- ✓ provide health coaching including referral to smoking cessation program
- ✓ assist participants in securing low cost medications

Hypertension Monitoring and Control

Medical Staff will:

- ✓ Conduct one medical follow up office visit for evaluation of BP medication regimes, 1 visit allowed per cycle
- ✓ Instruct hypertensive WW participant in returning for re-checks as determined by physician

Social Worker will:

- ✓ Follow-up WITHIN 10 DAYS for review of medication, regimes and adherence
- ✓ Assist participants in keeping medical appointments/rechecks
- ✓ Encourage participants to regularly monitor BP and ensure monitoring capabilities at all scheduled appointments and/or activities

Nutritional Counseling/Health Coaching Session 2

- All hypertensive WW participants will attend Nutritional Counseling for Diet and Dietary Assessment
- Blood pressure will be monitored by medical staff prior to session with registered dietician

Health Coaching Session 3

- Will provide reinforcement and support for healthy eating, increased physical activity, medication adherence, and smoking cessation
- Ensure access to community resources promoting healthy living
- Repeat smoking assessment and cessation resources/referral for identified smokers

Post-Intensive Phase (months 7-12)

- Social Worker will provide quarterly contact with participants to encourage BP self-monitoring for hypertension control
- Social Worker will conduct participants' needs assessment and make appropriate community referrals
- Provide reminder call for rescreening appointment