

Hypertension on the Loose: How to Help Our Patients

Satellite Conference and Live Webcast

Wednesday, February 19, 2014, 10:00 a.m.-12:00 p.m. (Central Time)

11:00 a.m.-1:00 p.m. (Eastern) • 9:00-11:00 a.m. (Mountain) • 8:00-10:00 a.m. (Pacific)

Some 70 million adults in the United States are affected by hypertension and the condition also affects about two million teens and children. And even more alarming, a report issued by the CDC in 2012 stated that over half of all Americans with hypertension do not have their high blood pressure under control. Also, there is no guarantee that a person with hypertension will present any symptoms of the condition. Hypertension can best be prevented by lifestyle adjustments so that proper diet and exercise are key components of daily living. It is important to maintain a healthy weight, reduce salt intake, reduce alcohol intake, and reduce stress. In order to prevent damage to critical organs and conditions such as stroke, heart attack, and kidney failure that may be caused by high blood pressure, it is important to screen, diagnose, treat, and control hypertension in its earliest stages. This can also be accomplished by increasing public awareness and increasing the frequency of screenings for the condition.

Faculty

Melanie Rightmyer, DNP, RN

Health Systems Program Manager
Chronic Disease Programs Branch
Bureau of Health Promotion and Chronic Disease
Alabama Department of Public Health

Monique Wilson, MPH

Senior Multicultural Initiatives Director
Multicultural Strategist
Greater Southeast Affiliate, American Heart Association



Program Objectives:

1. Identify two differences between the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (JNC7) Guidelines and the JNC8 Recommendations.
2. Name the ABCS of Heart Disease and Stroke Prevention.
3. Identify the website tool used in the evidence-based program: *Check. Change. Control™*.
4. Recognize signs and symptoms of a heart attack which can be caused by high blood pressure.
5. Identify characteristics of the special population that should only consume 1500mg of sodium daily.

Conference Details:

Target Audience: Nurses, social workers, and other health professionals who work with patients as well as provide educational information

Continuing Education: Nurses 2 hours, social workers 2 hours

Registration: www.adph.org/alphntn

Technical Information: To receive complete technical information you must register at www.adph.org/alphntn

Satellite - Live satellite conference on C band (analog).

Webcast - Watch with RealPlayer or Windows Media Player. Test your computer with the "test connection link" at www.adph.org/alphntn

Audio - To listen by phone, call 1-888-557-8511. Enter access code 972-1530 #. Press # again to listen to the conference.

On Demand - Available 2-3 business days after the live broadcast from the On Demand page of our website.

Conference Materials: Posted on our website approximately one week before the program for registered participants.

Conference Details Questions: Call: 334-206-5618 | Email: alphntn@adph.state.al.us

The Alabama Department of Public Health is an approved provider of continuing nursing education by the Alabama State Nurses Association, an accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation

The content of this program is based on the policies and procedures of the Alabama Department of Public Health, Alabama and federal statutes, rules, regulations, and guidelines. Viewers not employed by the ADPH should always check to clarify whether the content is accurate according to the statutes, regulations, and policies of their jurisdiction and agency.



us on Facebook: Alabama Public Health Training Network (ALPHTN)