

Women's and Men's Health Program

Hypertension Guidelines

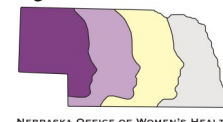
(to assist in developing your own policies and protocols)

Nebraska Department of Health & Human Services || Women's and Men's Health Programs
301 Centennial Mall South || P.O. Box 94817 || Lincoln, NE 68509-4817
402-471-0929 || 800-532-2227
Web: www.dhhs.ne.gov/womenshealth
Email: dhhs_ewm@nebraska.gov

Funds for this project were provided through the Centers for Disease Control and Prevention Breast and Cervical Early Detection Program, Well Integrated Screening and Evaluation for Women Across the Nation and the Colorectal Cancer Screening Demonstration Program Cooperative Agreements with the Nebraska Department of Health and Human Services.

June 2023

Every Woman Matters



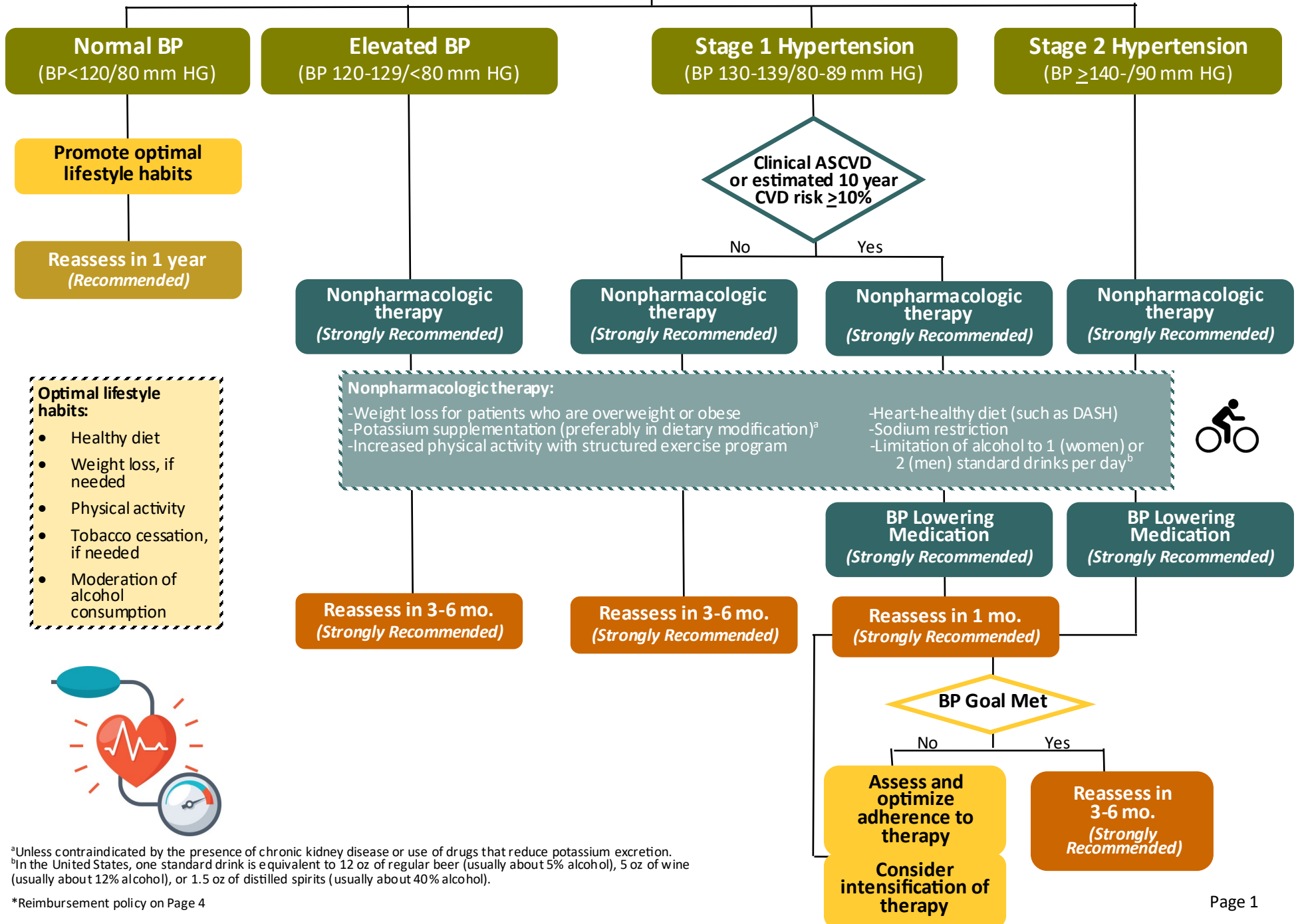
NEBRASKA OFFICE OF WOMEN'S HEALTH

NEBRASKA

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DEPT. OF HEALTH AND HUMAN SERVICES

Clinical Recommendations for Treatment and Follow-Up of Hypertension



^aUnless contraindicated by the presence of chronic kidney disease or use of drugs that reduce potassium excretion.

^bIn the United States, one standard drink is equivalent to 12 oz of regular beer (usually about 5% alcohol), 5 oz of wine (usually about 12% alcohol), or 1.5 oz of distilled spirits (usually about 40% alcohol).

Local Health Department/Health Organization Recommendations For Hypertension Control

Every Woman Matters (EWM)

Provide list of clients with elevated hypertension to Local Health Department/Health Organization to follow up with Health Coaching

Local Health Department/Health Organizations

Prioritize Health Coaching list based on screening results and refer client to Healthy Behavior Support Services (HBSS):

Health Coaching (HC)

OR

Living Well Program

OR

National Diabetes Prevention Program (NDPP)

OR

Walk & Talk Toolkit

OR

Self-Monitoring Blood Pressure

3 HC w/in 12 weeks

Follow Up Assessment during 3rd HC Session

Recheck blood pressure 3-6 months after initial test

Referral back to primary care if still elevated after 3 months of self-monitoring

Educate client how to use cuff and monitor BP at home— Enter online using Blood Pressure Tracker

Educate client on where to go to receive free BP checks— Enter online using Blood Pressure Tracker

100% of clients actively engaged in conversation who opt out of HBSS receive at a minimum education to include the “Health Coaching Infographic”

(<https://dhhs.ne.gov/Pages/Prevention-In-Communities.aspx> under the 3.1.3. Healthy Behavior Support Services tab)

- Every Woman Matters follows and adheres to the American Heart Association Hypertension Guidelines (<https://www.heart.org/-/media/files/health-topics/high-blood-pressure/hypertension-guideline-highlights-flyer.pdf>)
- 7 Tips for Accurate Blood Pressure Reading is located on website at <https://dhhs.ne.gov/Pages/Prevention-In-Communities.aspx> under the Resources, News and Updates tab in the High Blood Pressure and Diabetes section. Local Health Departments/Health Organizations are to refer to the handout so appropriate blood pressure procedures are followed.
- Hypertension educational materials are available on the EWM website at: <https://dhhs.ne.gov/Pages/Prevention-In-Communities.aspx>. The materials are located under the Resources, News and Updates tab in the High Blood Pressure and Diabetes Resources section.

Every Woman Matters Internal Guidelines for Hypertension Control

Every Woman Matters (EWM)

Run report of Stage 2
Hypertension (monthly)

100% of women with BP
 $\geq 140/90$ are offered one
clinical follow-up

Letter and BP card is sent
to client with a one month
expiration

1:1 correspondence should include:

- Assessment of medication assistance
- Assessment of structural barriers
- Assessment of knowledge regarding condition
- Assessment of access to primary care

- Every Woman Matters follows and adheres to the American Heart Association Hypertension Guidelines (<https://www.heart.org/-/media/files/health-topics/high-blood-pressure/hypertension-guideline-highlights-flyer.pdf>)
- Hypertension educational materials are available on the EWM website at: <https://dhhs.ne.gov/Pages/Prevention-In-Communities.aspx>. The materials are located under the Resources, News and Updates tab in the High Blood Pressure and Diabetes Resources section.

Every Woman Matters Reimbursement for Hypertension

- Initial screening visit.
- Health Coaching sessions to Community Health Hubs
- One clinical follow-up visit if client has Stage 2 Hypertension (BP \geq 140/90 from her initial screening visit)

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