

# Women's and Men's Health Program

# Hypertension Guidelines

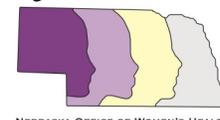
(to assist in developing your own policies and protocols)

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*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.*

January 2020

*Every Woman Matters*



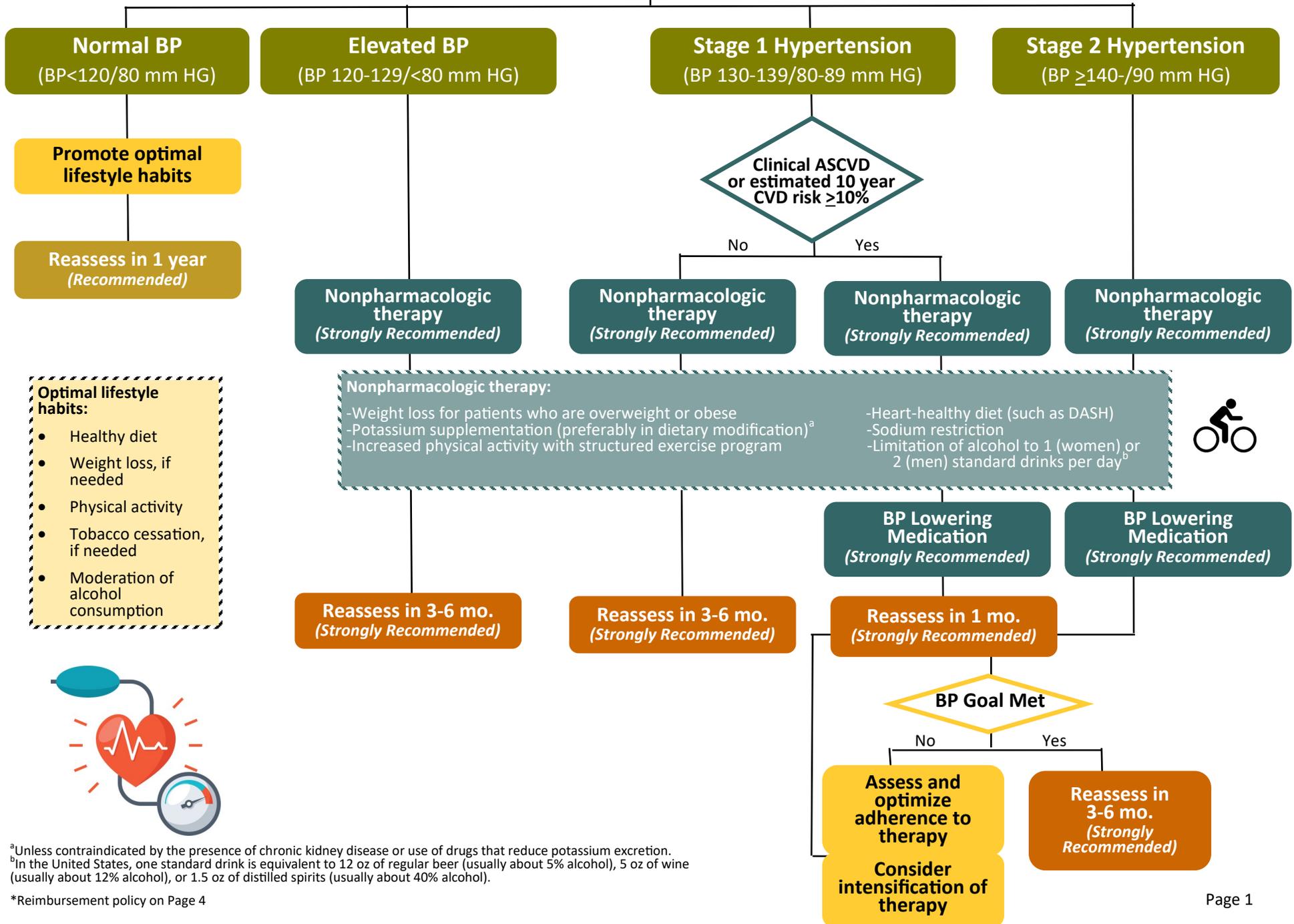
NEBRASKA OFFICE OF WOMEN'S HEALTH

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# Clinical Recommendations for Treatment and Follow-Up of Hypertension



- Optimal lifestyle habits:**
- Healthy diet
  - Weight loss, if needed
  - Physical activity
  - Tobacco cessation, if needed
  - Moderation of alcohol consumption

**Nonpharmacologic therapy:**

- Weight loss for patients who are overweight or obese
- Potassium supplementation (preferably in dietary modification)<sup>a</sup>
- Increased physical activity with structured exercise program
- Heart-healthy diet (such as DASH)
- Sodium restriction
- Limitation of alcohol to 1 (women) or 2 (men) standard drinks per day<sup>b</sup>



<sup>a</sup>Unless contraindicated by the presence of chronic kidney disease or use of drugs that reduce potassium excretion.  
<sup>b</sup>In 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).

# Community Health Hub Recommendations For Hypertension Control

Every Woman Matters (EWM)

Provide list of clients with elevated hypertension to Community Health Hubs to follow up with Health Coaching

Community Health Hubs (CHH)

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
- Check. Change. Control. (CCC)

100% of clients actively engaged in conversation who opt out of HBSS receive at a minimum education to include the "Health Coaching Infographic"  
 ([www.dhhs.ne.gov/CHH](http://www.dhhs.ne.gov/CHH) under the Healthy Behavior Support Services tab)

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 CCC

Educate client on where to go to receive free BP checks— Enter online using CCC

- Every Woman Matters follows and adheres to the American Heart Association Hypertension Guidelines (<https://healthmetrics.heart.org/wp-content/uploads/2017/11/Detailed-Summary.pdf>)
- 7 Steps to Taking an Accurate Blood Pressure is located on website at <http://dhhs.ne.gov/CHH> under the Community Health Hub Resources tab. CHH are to refer to the handout so appropriate blood pressure procedures are followed.
- Hypertension educational materials are available on the EWM website at: <http://dhhs.ne.gov/CHH>. The materials are located under the CHH Resources Tab.

# Every Woman Matters Internal Guidelines for Hypertension Control

## Every Woman Matters (EWM)

Run report of Stage 2  
Hypertension (monthly)

100% of women with BP  
≥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://healthmetrics.heart.org/wp-content/uploads/2017/11/Detailed-Summary.pdf>)
- Hypertension educational materials are available on the EWM website at: <http://dhhs.ne.gov/Page/CHH>. The materials are located under the CHH Resources Tab.

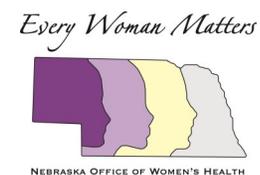
# Every Woman Matters Reimbursement for Hypertension

- 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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