

Hypertension Prevention and Control Site Assessment

Use this assessment to determine the extent to which your site implements hypertension prevention and control recommendations and to identify opportunities for improvement.

POLICIES AND PROCEDURES

At our site...	Always	Sometimes	Never	N/A
We review and update hypertension policies and procedures regularly to align with nationally recognized standards of care.				
We train staff on the foundational concepts of hypertension, including how it relates to general health, reproductive health, and racial disparities in health.				
We train and prepare the care team to provide hypertension prevention and control services according to agency policies and procedures.				
We use a protocol to guide prevention, detection, evaluation, and management of high blood pressure, which includes both elevated blood pressure (BP 120–129/less than 80) and hypertension (BP equal to or greater than 130/80).				
We track at least one hypertension-related metric.				
We conduct continuous quality improvement to identify barriers to implementing hypertension prevention and management processes.				
We ensure that individuals broadly representative of the community participate in the development of hypertension-related health messages and strategies.				

BLOOD PRESSURE MEASUREMENT

At our site...	Always	Sometimes	Never	N/A
We screen for hypertension in accordance with national guidelines (e.g., USPSTF, ACC/AHA, AAP).				
We prepare clients adequately before measuring their blood pressure (e.g., advise the client to avoid tobacco and caffeine for 30 minutes beforehand, ensure they have rested for at least five minutes, ensure they have an empty bladder, select the correct cuff size, position the patient properly).				
We use a validated, automated upper-arm device to measure blood pressure.				
We measure blood pressure in an environment that supports appropriate client positioning (e.g., quiet, chairs with back support, hard surface to support arm at heart level, foot stool available).				

RESPONSE TO HIGH BLOOD PRESSURE READINGS

At our site...	Always	Sometimes	Never	N/A
We repeat the measurement for confirmation if the initial blood pressure is high (BP equal to or greater than 120/80).				
We notify the clinician when a client's blood pressure is high.				
We flag high blood pressures in the client record.				
We act rapidly to implement an established protocol for clients newly diagnosed with high blood pressure.				
We provide follow-up appointments or referrals for clients newly diagnosed with high blood pressure before they leave the office.				

CLIENT SUPPORT TO PREVENT AND MANAGE HYPERTENSION

At our site...	Always	Sometimes	Never	N/A
We integrate hypertension prevention-related healthy living messages (e.g., related to healthy weight, healthy diet, physical activity, quitting smoking, limiting alcohol) into all client visits.				
We implement a team-based approach, in which all members of the care team educate the client about blood pressure prevention and control.				
We take a collaborative approach, in which the client and care team work as partners to prevent and manage hypertension.				
We use evidence-based collaborative communication strategies, such as the teach-back method, to engage clients.				
We incorporate blood pressure measurement, education, and counseling into preconception health services and help clients understand the relationship of preconception health and blood pressure.				
We incorporate blood pressure measurement, education, and counseling into contraceptive services (e.g., before initiating the use of combined hormonal contraception).				
We adhere to the <i>U.S. Medical Eligibility Criteria for Contraceptive Use</i> recommendations for the use of specific contraceptive methods by individuals with hypertension and other medical conditions and risk factors.				
We counsel clients to make small lifestyle changes that can help prevent and manage hypertension.				
We offer culturally competent educational materials to help the client prevent and manage hypertension.				

CLIENT SUPPORT TO PREVENT AND MANAGE HYPERTENSION CONTINUED

At our site...	Always	Sometimes	Never	N/A
We connect clients with culturally competent healthy living resources that can help prevent and manage hypertension.				
We assess and address social needs (e.g., food insecurity, unsafe neighborhood, or insufficient social support) that might impede clients' ability to engage in healthy habits.				
We encourage clients with high blood pressure to self-manage using self-measured blood pressure (SMBP).				
We offer clients guidance that supports medication adherence.				

SUPPORT FOR SELF-MEASURED BLOOD PRESSURE

At our site...	Always	Sometimes	Never	N/A
We train staff to identify when a client would benefit from SMBP (i.e., to confirm a suspected hypertension diagnosis, to determine if the current treatment is effective, and to engage the client in management of their hypertension).				
We train staff on the correct use of SMBP techniques				
We teach clients who would benefit from SMBP on how to correctly self-measure their blood pressure.				
We teach clients how to interpret their SMBP results.				
We teach clients how and when to share their SMBP results with their care team.				
We interpret and act on clients' SMBP results (by averaging all SMBP readings taken over seven days into a single systolic and single diastolic value and making changes to the care plan based on results).				

COMMUNITY PARTICIPATION AND OUTREACH

At our site...	Always	Sometimes	Never	N/A
We incorporate hypertension messaging, education, and resources into community outreach activities.				
We identify and support local programs and community groups that work toward equity in healthy living.				
We participate in multi-sector partnerships to identify opportunities for hypertension prevention and control at the community level.				