

# COMMUNITY BASED SCREENING TO DETECT ASYMPTOMATIC HYPERTENSION

University of Washington ❖ RUOP III-3 ❖ 2015

Andrea R Habel

## PURPOSE:

Detecting in a non-clinical setting

- ❖ Undiagnosed or uncontrolled high blood pressure (BP) or hypertension

Primary Goal

- ❖ Encouraging follow-up with a primary care provider for long term preventive care

## BACKGROUND:

Rural Douglas, Wyoming

- ❖ Population: approximately 6,500
- ❖ Industry: coal, natural gas, uranium, ranching



## METHODS:

Partners

- ❖ Eastern Wyoming College Student Nurses Association
- ❖ Converse County Public Health Department

Program

- ❖ Free blood pressure screens at high school basketball games

Qualities increasing screening program effectiveness

- ❖ regularly occurring
- ❖ non-clinical setting
- ❖ peer to peer dialogue and encouragement
- ❖ after two elevated blood pressures, screeners encourage patient to self-refer with primary care provider of their choice



## RESULTS:

Program Platform

- ❖ Million Hearts® Initiative developed by US Department of Health & Human Services

Handbook Materials

- ❖ program outline
- ❖ educational handouts
- ❖ hypertension speaker slides for volunteer education
- ❖ BP wallet cards for screenees to keep
- ❖ BP results log to anonymously track study outcomes



<http://millionhearts.hhs.gov>



## DISCUSSION:

Timeline

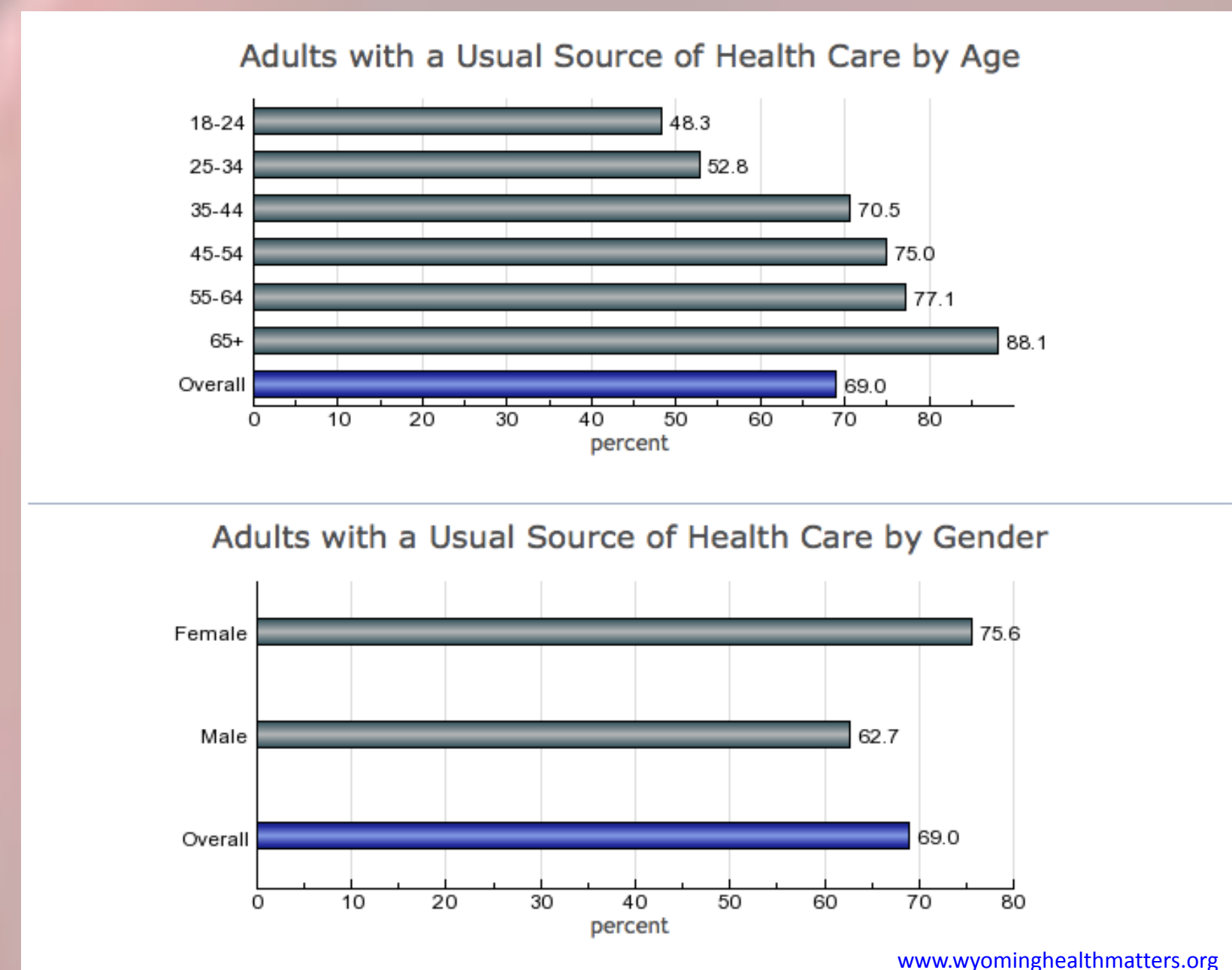
- ❖ 2016 -- Screening begins with charter Eastern Wyoming College Nursing class
- ❖ 2017 – Medical Student returns to facilitate screening, data collection, and program modification

Benefits for Douglas Community

- ❖ provide hypertension education materials
- ❖ health awareness outside of clinical setting
- ❖ increased patient contact time for student nurses

## ACKNOWLEDGMENTS:

Eastern Wyoming College Director of Nursing – Suzey Delger  
Converse County Public Health Nurse – Melissa Ohnstad  
Converse County School District #1



Medical Demographic Snapshot

- ❖ 86% insured rate
- ❖ 69% with a regular healthcare provider
- ❖ 38% of males age 25-65 years have no source of healthcare
- ❖ Hypertension is often asymptomatic and is a key risk factor for heart disease and stroke, which costs over \$50M annually in Wyoming