

Improving the patient management of hypertension by utilizing existing community assets in Goldendale, Washington

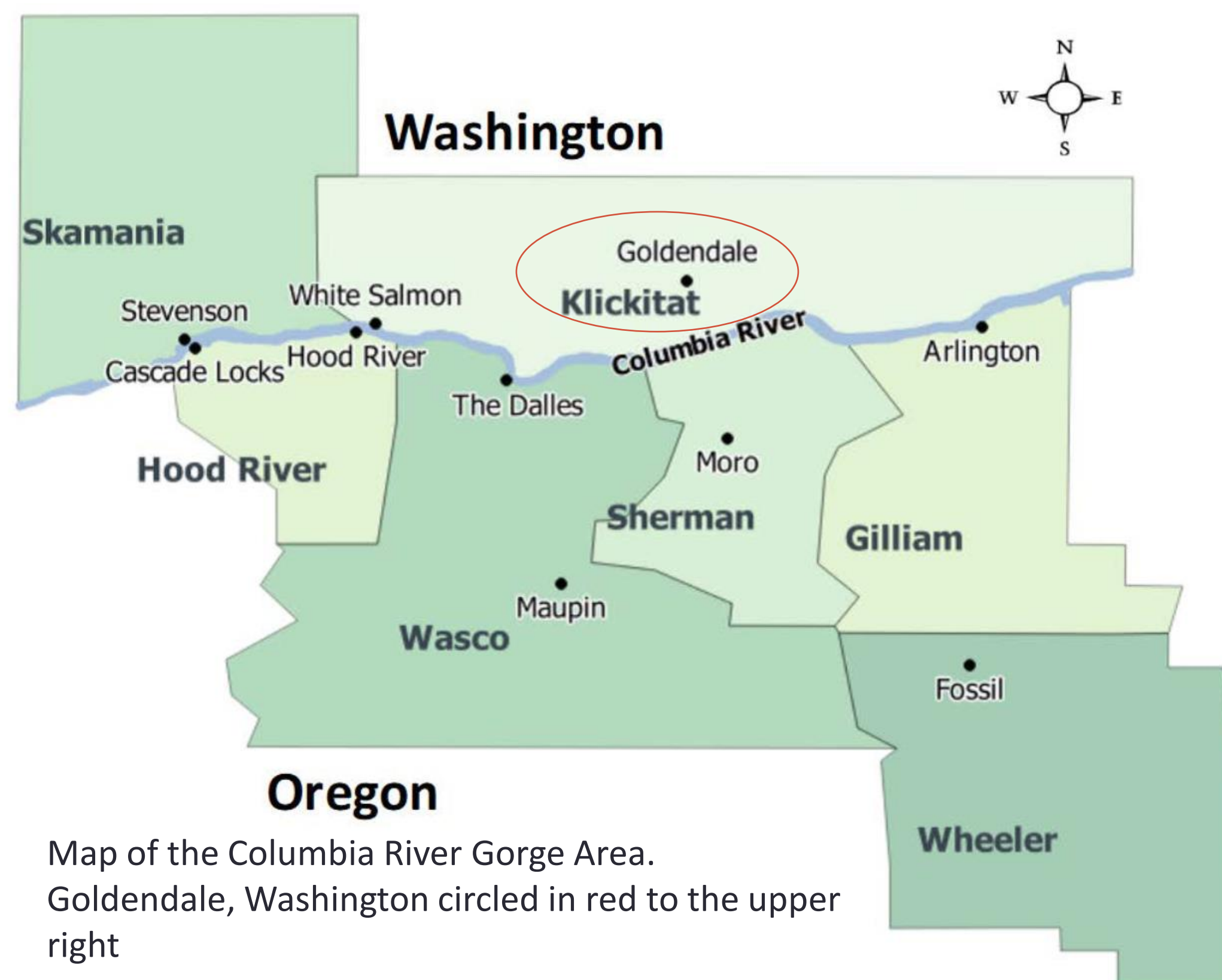
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HYPOTHESIS

Aid patients in managing their hypertension by implementing interactive educational workshops led by healthcare professionals.

BACKGROUND

- Goldendale is the county seat of rural Klickitat county in southern Washington.
- Goldendale has a population of 3,500 and Klickitat county has a population of 22,100.
- Klickitat is part of the larger Columbia River Gorge Area, which consists of seven counties in Washington and Oregon that are similar in geography, culture, population density, and demographics.
- The area is agrarian but is also supported by tourism and logging.



COMMUNITY ASSET PROFILE

- Klickitat County Public Health has two locations, one is located in Goldendale.
 - With no private free clinics in Goldendale, Public Health operates similar to a free or sliding scale clinic.
 - Primarily works with women and children; providing immunizations, family planning, and STD screening.
 - Public Health also expends effort combating obesity in Goldendale through sponsoring physical activities and providing education.

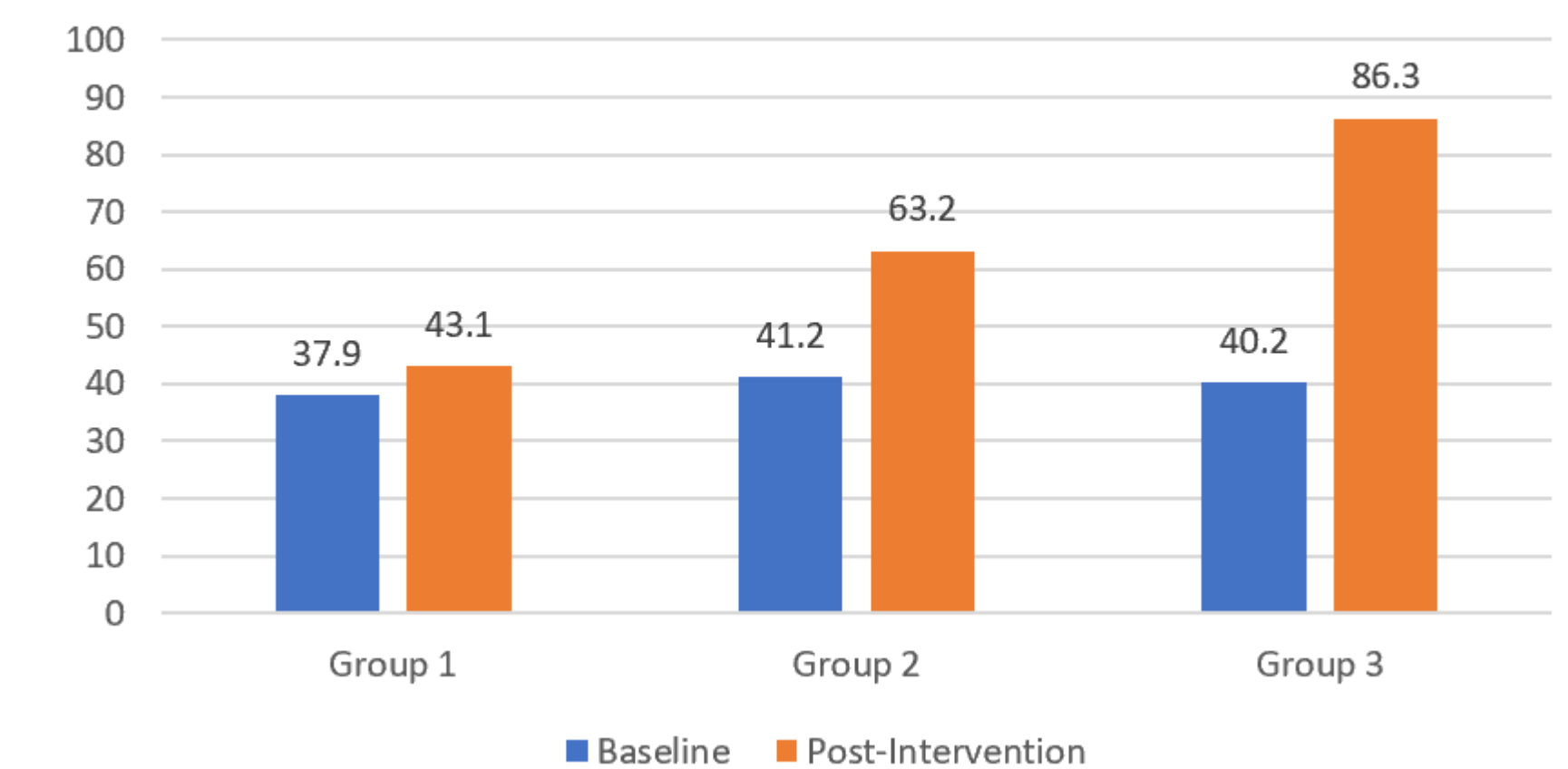


Klickitat Valley Health Main Entrance

LITERATURE REVIEW

- A randomized trial published in 2015 assigned 360 hypertensive patients to learn via reading, lectures, or interactive workshops
- They made no other interventions to the patients, and did not develop or change treatment plans.
- The patients were followed for two years and outcomes such as normalized blood pressure were measured
- Those in the workshop group vastly out performed the others, more than doubling the percentage at normal blood pressure as seen in Figure 1.

Percentage Normotensive Patients



Patient BMI

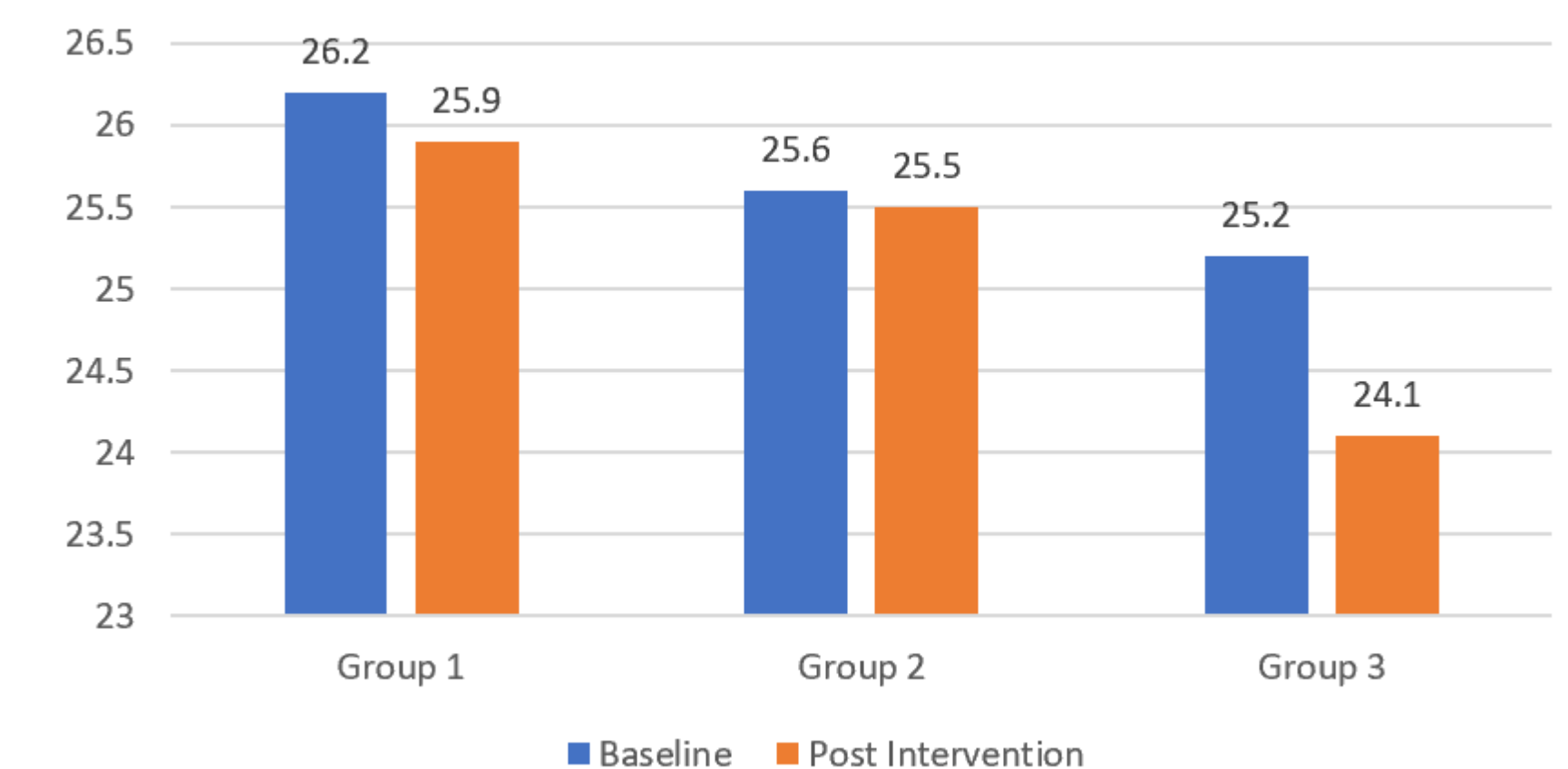


Figure 1. Change in patient biometrics. Chu-Hong Lu et al. *Community-based interventions in hypertensive patients: A comparison of three health education strategies.*

CONCLUSIONS

- Intervention could be easily replicated with little cost or effort.
- The workshop leader need only be knowledgeable about hypertension.
- Goldendale population education level does not match studied population.
- With COVID-19, in person workshops are a challenge.

SPECIAL THANKS

- Special thanks to KVH Staff for such a welcoming time in Goldendale, as well as the promise of a pleasant rotation in the future.
- Thanks to Erin Quinn, director of public health for taking the time to meet with me.