COMMUNITY BASED SCREENING TO DETECT ASYMPTOMATIC HYPERTENSION

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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

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

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