CLINICA family health

Diabetes Group Visit Curriculum: Blood Pressure

1. Patient handouts needed for this class	Name tags Patient Diabetes Log (English and Spanish) HighBP&DiabetesEN_Clinica HighBP&DiabetesSP_Clinica SAS Blood Pressure Eng SAS Blood Pressure Spa Blood Pressure Purpose and Effect Eng.pdf Blood Pressure Purpose and Effect-Sp-FIN.pdf
2. Special supplies needed for this class	White board or Easel Note Pad Dry eraser marker or sharpies Projector Colored sheets of paper (for groups to come up with a team name for Jeopardy) Recommended laminated pictures effects of HTN on the body
3. Are any special guest attendees required and if so, who? (List roles needed and topics they will cover)	Nurse can serve as Auxiliary Facilitator
4. Welcome Activity (provide examples of: introductions, ice breaker, opening activity)	Guided Meditation: Examples: http://marc.ucla.edu/body.cfm?id=22
5. Completion of Self-Assessment Sheet (SAS)	N/A
6. Questions to ask group participants to begin facilitated group discussion	• How do you feel before the guided meditation? (participants may mention anxious, stressed, uncertain, nervous, preoccupied) • How do you feel now, after the guided meditation? (more calm, present, etc) • Today we will be talking about blood pressure—what it is, why it's important, and how to keep it under control. Stress is one of many things that can impact blood pressure. Activity: Healthy Heart Jeopardy Game PPT

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	Instructions here: http://www.superteachertools.us/jeopardyx/jeopardy-review-game.php?gamefile=988778#.V7KNaxtTHIU
7. List important topics to cover – takeaways for group participants	• Things that affect blood pressure-stress, foods, sedentary lifestyle, genetics. • Why keeping blood pressure in control is so important—reduces the impact on arteries, keeps your heart working well, prevents other sicknesses and illnesses like stroke. • Things to do to control blood pressure—exercise, dash diet, taking medications regularly, stress relieving activities. • When to call the clinic—if you are having chest pain, changes in your vision, left sided arm pain, any symptom that is out of the ordinary.
8. Goal setting	What's one thing you want to commit to working on this month to help with your blood pressure? On a scale of 1-10, how confident are you that you can make this change? What's one thing you need that could get you to (one number higher than individual identifies)? SMG Goal Sheet: English or Spanish
9. Hand out group visit assessment or survey (sessions XX)	Inform patients that the survey will be issue twice a year for the life of the group (session #2 and #4) DM Patient Survey Recommend distributing survey at the end of the session
10. Remind group participants of next group time/follow-up that is needed	Group will meet every 3 months Reminder of any homework/patient handouts Notify patients of next session topic any guests attending next session
11. Closing Activity	Patients complete the statement I plan to change_____. I never knew _____ .

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