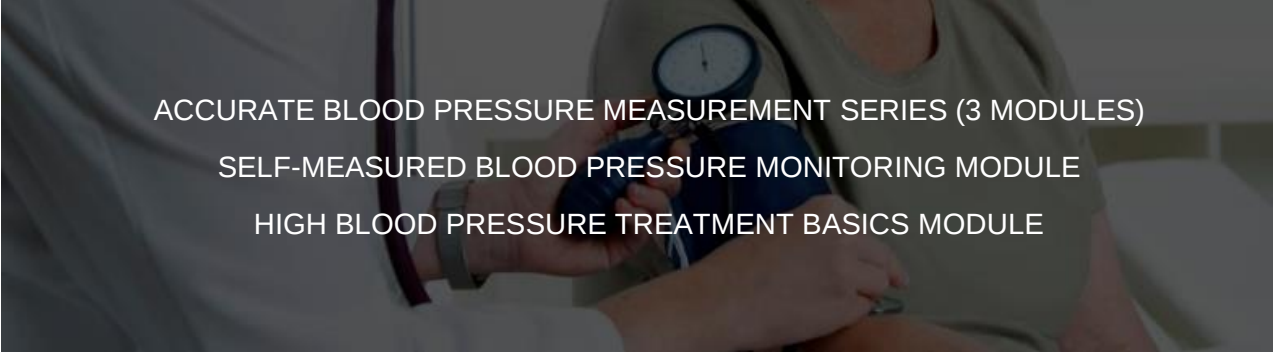


Detection and Management of High Blood Pressure Online Training Program

A photograph showing a healthcare professional in a white coat using a sphygmomanometer to measure a patient's blood pressure. The patient's arm is resting on a surface, and the professional is holding the device. The image is slightly blurred and has a dark overlay with white text.

ACCURATE BLOOD PRESSURE MEASUREMENT SERIES (3 MODULES)
SELF-MEASURED BLOOD PRESSURE MONITORING MODULE
HIGH BLOOD PRESSURE TREATMENT BASICS MODULE

Participant Disclosures

Overall Purpose:

Accurate Blood Pressure Measurement - This course was developed to teach participants blood pressure detection and management knowledge and skills through three online training modules focusing on: technique, errors, and equipment to improve patient outcomes and impact public health.

Self-Measured Blood Pressure Monitoring - This course was developed to teach participants what self-measured blood pressure (SMBP) monitoring is through an online training module focusing on: benefits of implementing a SMBP monitoring program, which patients benefit from SMBP; how to instruct patients in accurate SMBP monitoring; and steps to follow for establishing and managing a SMBP loaner program.

High Blood Pressure Treatment Basics - This course was developed to teach participants guideline recommendations for treating high blood pressure, including Therapeutic Lifestyle Changes and drug classifications. They will also learn techniques to address medication adherence.

Learning Objectives:

Equipment Module - After completing this course, participants will be able to describe blood pressure equipment; demonstrate its proper use, application, placement, and function; discuss benefits and limitations of various sphygmomanometers; identify the bladder in the blood pressure cuff; determine the correct size blood pressure cuff; demonstrate how to activate the stethoscope's bell and diaphragm; and list common equipment errors.

Technique Module - After completing this course, participants will be able to describe and demonstrate the guideline recommended auscultatory technique for clinical blood pressure measurements; demonstrate proper patient preparation, positioning, and cuff sizing; identify and define the phases of the Korotkoff sounds including maximum inflation level, auscultatory gap, and absent 5th phase; and describe and demonstrate proper blood pressure measurement technique to include accurate recording of pressures and measurement criteria. Students will also be able to define "millimeters of mercury."

Error Module - After completing this course, participants will be able to list sources and adverse effects of blood pressure measurement errors, identify reasons for blood pressure readings that do not reflect the true resting blood pressure, describe factors that may affect measurements, explain and demonstrate how to correct errors, and explain guideline recommendations for accurate measurements.

Self-Measured Blood Pressure Monitoring Module - After completing this course, participants will be able to define self-measured blood pressure (SMBP) monitoring, discuss the benefits of implementing a SMBP monitoring program, define additional clinical supports, recognize which patients benefit from SMBP monitoring, instruct patients in accurate SMBP monitoring, and list steps for establishing and managing a SMBP loaner program.

High Blood Pressure Treatment Basics Module - After completing this course, participants will be able to describe the burden of high blood pressure, list the effects of untreated high blood pressure, explain the classifications of blood pressure, describe the stages of hypertension and guideline recommendations for treating high blood pressure, explain Therapeutic Lifestyle Changes recommended to lower high blood pressure, list drug classifications of medicines used to treat high blood pressure, and describe techniques that address medication adherence.

Target Audience:

Health care professionals: nurses, nurse managers actively supervising clinical staff and overseeing health care quality improvement, physicians, physician assistants, supervised medical assistants, and other qualified persons who may provide training to worksites and community organizations.

Conflict of Interest Disclosures:

There are no Conflicts of Interest for any of the planners or faculty.

Commercial/Sponsor Disclosure:

There is no commercial support to disclose. (Sponsorship disclosure will vary as there are times when we do receive sponsors such as: Maine Cardiovascular Health Council, DIO's and QIN's, or State Health Departments.)

Financial Relationship Disclosures:

During the past 24 months, the following planning committee members, moderators, and speakers have no financial relationship with an ineligible company that might potentially be bias or impact the content of the educational activity/session.

List the names of the planner: Christopher Pezzullo, Tina Love, Elizabeth Foley, Hannah Huggins

Non-Endorsement:

As an Accredited Provider of Continuing Education (CE) Credits for Health Education (CHES®), Nursing (CNE), Medicine (CME), and Public Health (CPH) the American Public Health Association Center for Professional Development (CPD) Unit and its respective Continuing Education accrediting organizations do not endorse any products or services that are displayed or referred to in conjunction with this activity and are not responsible for the actual presentation of content during scientific sessions.

Policy on Disclosures to Learners:

MCD Global Health strives to ensure balance, independence, objectivity and scientific rigor in all of its educational programs. All planners, faculty members, moderators, discussants, panelist, and presenters participating in this program have been required to disclose any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program. This includes relationships with pharmaceutical companies, biomedical device manufacturers or other corporations whose products or services are related to the subject matter of the presentation topic. The intent of this policy is to identify openly any conflict of interest so that the attendees may form their own judgments about the presentation with full disclosure of the facts. In addition, faculty is expected to openly disclose any off-label,

experimental and/or investigational uses of drugs or devices in their presentation. Disclosures, Conflict of Interest (COI) and Resolution of COI policies are available in the printed program and on the APHA's website: <https://www.apha.org/professional-development/continuing-education/resolving-conflict-of-interest>.

Accreditation Statements:

Medicine (CME) Accreditation Statement

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Public Health Association (APHA) and the MCD Global Health. The APHA is accredited by the ACCME to provide continuing medical education for physicians.

Online Accurate Blood Pressure Measuring Course Designation Statement: The APHA designates this web educational activity for a maximum of 1.5 *AMA PRA Category 1 Credit (s)*TM.

Online Self-Measured Blood Pressure Monitoring Course Designation Statement: The APHA designates this web educational activity for a maximum of 1.0 *AMA PRA Category 1 Credit (s)*TM.

Online High Blood Pressure Treatment Basics Course Designation Statement: The APHA designates this web educational activity for a maximum of 1.0 *AMA PRA Category 1 Credit (s)*TM.

Nursing (CNE) Accreditation Statement

This continuing nursing education activity was approved by APHA/PHN. American Public Health Association's (APHA/PHN), is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

How to Obtain CE Credit

Participants must attend the entire self-paced Detection and Management of High Blood Pressure Online Training and complete the evaluation online in order to earn credit hours and obtain a CE certificate. A link to the online evaluation system will be sent to all registered participants who attend the activity that will contain instructions and a personal ID number for access to the system. All online evaluations must be submitted within 4 weeks to receive continuing education credit for this activity.