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Chronic Illness Education 2023: Chronic Illness Project: Increasing Hypertension Screening and Awareness in Rural Michigan

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Chronic Illness Project: Increasing Hypertension Screening and Awareness in Rural Michigan

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Learning Community: Green 25

Age Group: Geriatric (age 65+)

Curriculum Tie-In: Cardiology



Infographic

HYPERTENSION & THE IMPORTANCE OF SCREENING

Hypertension is Associated with:

Cardiovascular disease
(including coronary artery disease, stroke, heart failure, and atrial fibrillation)
Chronic kidney disease
Vision loss (from chronic hypertensive retinopathy)
Organ damage
(1)



What is hypertension?

Blood pressure over 130 mmHg systolic (top number) or 80 mmHg (bottom number). (1) A diagnosis of hypertension typically requires 3 or more separate blood pressure recordings that are elevated. According to the CDC, 47% of US adults have hypertension. (2)

Why should you get screened?

People living in rural areas tend to report higher rates of hypertension than those in more urban areas (4). Additionally, rural areas tend to have less access to healthcare workers in order to obtain screening and treatment for hypertension. Thus, it is vital that patients in rural areas inquire about hypertension screening with their healthcare provider in person or through telemedicine.

What are the lifestyle risk factors for hypertension?

Research has found numerous lifestyle factors that can lead to an increase risk of developing HT, these include:

Obesity,
Diet (high sodium intake),
Reduced physical activity,
Alcohol consumption

Resources

1. Elsevier. Clinical Overview: Hypertension. Elsevier Point of Care. April 3, 2023. Accessed May 7, 2023. https://www.clinicalkey.com/#!/content/clinical_overview/67-s2.0-85a2df82-8c01-418c-96d9-519f811389bc.
2. Facts about hypertension. Centers for Disease Control and Prevention. January 5, 2023. Accessed May 8, 2023. <https://www.cdc.gov/bloodpressure/facts.htm>.
3. Lisa Cohen, Gary C. Curhan, John P. Forman. Influence of age on the association between lifestyle factors and risk of hypertension. Journal of the American Society of Hypertension. <https://doi.org/10.1016/j.jash.2012.06.002>.
4. Kuehn BM. Hypertension Rates in Rural Areas Outpace Those in Urban Locales. JAMA. 2020;323(24):2454. doi:10.1001/jama.2020.9382



Include a 3 sentences summary of how the learning from this project impacts your group's development as future physicians.

- This project improves our development as future physicians by shedding light on alternative ways to impact patient health. Specifically, it provides focus on different approaches to motivate patient lifestyle changes that help prevent chronic illness. It has helped us learn about utilizing a more holistic approach to patient care, communication, and education.

