

Blood Pressure Screening Clinic Objectives

The Blood Pressure screening clinic experience allows nursing and allied health students to provide health education and wellness services to targeted audience. This real-world clinical experience brings together evidenced-based practice, clinical reasoning and collaborative interprofessional education.

Prerequisite: Satisfactory completion of BP Skill evaluation

Resources:

- NATIONAL HEART LUNG, BLOOD INSTITUTE: <https://www.nhlbi.nih.gov/health-topics/high-bloodpressure>
- HEALTHY PEOPLE 2030- Topics & Objectives: Heart disease & Stroke @ <https://health.gov/healthypeople/objectives-and-data/browse-objectives/heart-disease-and-stroke>

Working together with the NMWC teaching faculty, the student will:

1. Summarize the NMWC mission and vision for an interprofessional team approach to health and wellness in the care of students, faculty, and the community
2. Expand knowledge and appreciation of the role and professional relationship among members of the healthcare team
3. Describe the disease process, risk factors and impact of hypertension on an individual's health
4. Using Healthy People 2030, discuss socioeconomic implications of hypertension
5. Review current recommendations for follow –up care of hypertension
6. Demonstrate the safe and appropriate technique for obtaining accurate blood pressure measurements and/or cardiac parameters
7. Organize and communicate information with patients and team members with confidence, clarity, and respect, working to ensure common understanding of information
8. Reflect on individual and team performance
9. Evaluate learning and effectiveness of the clinical experience

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Experience Overview

- 11AM Students meet at the NMWC (AH#115)
- NMWC model for health & wellness/ prevention/ clinical education
 - Introductions
 - Discussion
 - Hypertension- definition, risk factors, signs/ symptoms, and the impact on individual and society health. (Healthy People 2020 goals)
 - Goals for BP Screening-
 - Effectively work in groups of students from different health career programs to provide BP screening and education
 - Model professional communication during interactions with community members and other students
 - Positive impact on college community health & wellbeing through awareness of hypertension and blood pressure measurement.
 - Divide students into teams.
 - Allow students to demonstrate BP technique with each other. Discuss common pitfalls & incorrect measurements
 - Review normal/ abnormal measurements, with appropriate follow-up. (Report all elevated BP and any symptoms).
 - Review Stroke awareness education.
- 11:45-12:45 Student teams assigned to areas on campus to check BPs
- Collect data about each person (age, race, and BP)
 - Provide BP card for each individual screened
- 1 PM Report back to NMWC for post-conference
- How did it go?
 - How many BPs checked? How many elevated BPs? Did individuals have risk factors? Symptoms? How did you follow-up on the elevated BP?
 - Was it difficult to engage individuals?
 - Effective/ ineffective communication techniques? Did anyone refuse BP screening? What factors may influence their decision? How can healthcare professionals influence health & wellness behaviors?
 - How did your team work together? Who took BP's? Who wrote down demographics? Who filled in BP cards? Did everyone participate?
- Reflection/ evaluation
- All participants complete survey monkey- Provider Evaluation- BP Screening
 - Have every student share- *What did you learn today?*
- 2 PM Dismiss