



The Blood Pressure Learning Plan for PSWs

Program Objective: The learning plan is designed to assist PSWs and other health care team members to acquire the practical knowledge and skills to support clients/residents to manage their blood pressure and to build the capacity to work collaboratively with the health care team and resident/client to optimize blood pressure management. This program is meant to be individualized depending on the needs of the learner and in accordance with the employer/client's guidelines. The Learning Plan is divided into two Modules each of which can be used independently of the others. The Learning Modules are:

1. *The Basics of Blood Pressure & Supporting the Patient*
2. *How to Take Blood Pressure*

Note: For the purposes of this plan, the term 'patient' will be used to refer to the client or residents.

| LEARNING OBJECTIVES | LEARNING RESOURCES | | POSSIBLE LEARNING ACTIVITIES | EVALUATION CRITERIA |
|---|---|---|---|--|
| Module | Learner | Educator | | |
| <p>MODULE 1 The Basics of Blood Pressure & Supporting the Patient</p> <p>Objectives:</p> <ul style="list-style-type: none"> o To identify the basic anatomy of the heart. o To understand what is meant by the terms normal blood pressure, hypertension and hypotension. o To understand the causes, risks factors and consequences of hypertension and hypotension. o To discuss the signs and symptoms of hypertension and hypotension. o To understand the importance of using a team approach to manage blood pressure. o To identify strategies for supporting a client/family to manage blood pressure. o Learn what systems are affected by hypertension. | <p>Poster: Managing Blood Pressure www.strokenetworkseo.ca</p> <p>Anne Griffin Perry and Patricia Potter (2009) Clinical Nursing Skills and Techniques 7th ed. Elsevier</p> <p>Measuring BP http://hypertension.ca/chep/ (Educational Resources)</p> | <p>Power Point Presentation: Blood Pressure Management: It Takes a Team – Module 1 http://strokenetworkseo.ca/profedcalendar</p>  <p>Anne Griffin Perry and Patricia Potter (2009) Clinical Nursing Skills and Techniques 7th ed. Elsevier</p> <p>Measuring BP http://hypertension.ca/chep/ (Educational Resources)</p> | <p>Review: -Purpose of the program. -Program design. -Available educational tools. -Role of healthcare team including the client/family. -The importance of the role of the PSW.</p> <p>Discussion re: fears or concerns</p> <p>Power Point Presentation</p> <p>Review organizational policy re: reporting changes in condition</p> <p>Case Studies</p> | <p>Using the 3 case studies the following will be demonstrated:</p> <ol style="list-style-type: none"> 1) Participant can describe the causes, risk factors and 2 consequences of hypertension and hypotension. 2) Participant can identify normal BP range. 3) Participant explains agency or LTC home's policy re: reporting changes in condition. 4) Participant identifies 3 interventions to support blood pressure management. 5) Participant can identify the impact of hypertension on major body systems. 6) Identify the signs and symptoms of heart attack, TIA, stroke and hypotension and the appropriate response. |

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| <p>MODULE 1 The Basics of Blood Pressure & Supporting the Patient</p> <p>Objectives cont'd:</p> <ul style="list-style-type: none"> ○ Learn what systems have control over hypertension. ○ Learn how to recognize and react to the signs and symptoms of heart attack, TIA, stroke and hypotension | | | | |
| <p>MODULE 2 <i>How to Take Blood Pressure</i></p> <p>Objectives</p> <ul style="list-style-type: none"> ○ To learn the correct procedure for measuring blood pressure. ○ To learn the different equipment needed and how to use the equipment for measuring blood pressure ○ To learn what to report once the procedure completed. ○ To demonstrate proper procedure for taking a blood pressure | <p>Anne Griffin Perry and Patricia Potter (2009) Clinical Nursing Skills and Techniques 7th ed. Elsevier</p> <p>Poster: Managing Blood Pressure www.strokenetworkseo.ca</p> <p>Measuring BP http://hypertension.ca/chep/ (Educational Resources)</p> | <p>Power Point Presentation: Blood Pressure Management: It Takes a Team – Module 2 (including Learning Checklist) http://strokenetworkseo.ca/profedcalendar</p>  <p>Anne Griffin Perry and Patricia Potter (2009) Clinical Nursing Skills and Techniques 7th ed. Elsevier</p> <p>Measuring BP http://hypertension.ca/chep/ (Educational Resources)</p> | <p>Clinical lab presentation with return demonstration</p> <p>Measuring BP http://hypertension.ca/chep/ (Educational Resources)</p> <p>HSFO Cards & Poster re: Measuring BP</p> <p>Review appropriate devices for measuring BP</p> <p>Review technical and clinical problems/issues that may arise when measuring BP using different devices.</p> <p>Role playing</p> | <p>1) Participant demonstrates X 3 proper technique when measuring blood pressure using a sphygmomanometer & stethoscope and/or an electronic BP home monitoring device.</p> <p>2) Participant demonstrates the ability to report and document BP according to agency policy and procedure</p> |

FEEDBACK

Please have participants take 5 minutes to complete a survey at the end of each module. These surveys (hard copy and on-line versions) and all the Tool Kit materials can be accessed via the link below under “Community and Long Term Care”:

<http://strokenetworkseo.ca/profedcalendar>

Hard copies may be faxed or mailed using the information below:

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CONTRIBUTORS

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