# 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

<table>
<thead>
<tr>
<th>Module</th>
<th>LEARNING RESOURCES</th>
<th>POSSIBLE LEARNING ACTIVITIES</th>
<th>EVALUATION CRITERIA</th>
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</thead>
<tbody>
<tr>
<td><strong>MODULE 1</strong> The Basics of Blood Pressure &amp; Supporting the Patient</td>
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<td>Objectives:</td>
<td>Poster: Managing Blood Pressure <a href="http://www.strokenetworkseo.ca">www.strokenetworkseo.ca</a></td>
<td>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. Discussion re: fears or concerns</td>
<td>Using the 3 case studies the following will be demonstrated: 1) Participant can describe the causes, risk factors and 2 consequences of hypertension and hypotension.</td>
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<td>o To identify the basic anatomy of the heart.</td>
<td>Power Point Presentation: Blood Pressure Management: It Takes a Team – Module 1 <a href="http://strokenetworkseo.ca/profedcalendar">http://strokenetworkseo.ca/profedcalendar</a></td>
<td>Review organizational policy re: reporting changes in condition</td>
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<td>o To understand what is meant by the terms normal blood pressure, hypertension and hypotension.</td>
<td>Measuring BP <a href="http://hypertension.ca/chep/">http://hypertension.ca/chep/</a> (Educational Resources)</td>
<td>Case Studies</td>
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<td>o To discuss the signs and symptoms of hypertension and hypotension.</td>
<td>Measuring BP <a href="http://hypertension.ca/chep/">http://hypertension.ca/chep/</a> (Educational Resources)</td>
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<td>o To understand the importance of using a team approach to manage blood pressure.</td>
<td>Anne Griffin Perry and Patricia Potter (2009) Clinical Nursing Skills and Techniques 7th ed. Elsevier</td>
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<td>o To identify strategies for supporting a client/family to manage blood pressure.</td>
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<td>o Learn what systems are affected by hypertension.</td>
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**LEARNING RESOURCES**

- **Poster:** Managing Blood Pressure [www.strokenetworkseo.ca](http://www.strokenetworkseo.ca)
- **Power Point Presentation:** Blood Pressure Management: It Takes a Team – Module 1 [http://strokenetworkseo.ca/profedcalendar](http://strokenetworkseo.ca/profedcalendar)
- **Measuring BP** [http://hypertension.ca/chep/](http://hypertension.ca/chep/) (Educational Resources)
- **Review organizational policy re: reporting changes in condition**
- **Case Studies**
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| **MODULE 1**  
The Basics of Blood Pressure & Supporting the Patient | | | |
| Objectives cont’d:  
- 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 | | | |
| **MODULE 2**  
How to Take Blood Pressure | | | |
| Objectives  
- 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.  
Poster: Managing Blood Pressure www.strokenetworkseo.ca  
Measuring BP http://hypertension.ca/cheptalk/ (Educational Resources)  
Measuring BP http://hypertension.ca/cheptalk/ (Educational Resources) | Clinical lab presentation with return demonstration  
Measuring BP http://hypertension.ca/cheptalk/ (Educational Resources)  
HSFO Cards & Poster re: Measuring BP  
Review appropriate devices for measuring BP  
Review technical and clinical problems/issues that may arise when measuring BP using different devices.  
Role playing | 1) Participant demonstrates X 3 proper technique when measuring blood pressure using a sphygmomanometer & stethoscope and/or an electronic BP home monitoring device.  
2) Participant demonstrates the ability to report and document BP according to agency policy and procedure |
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:

*Stroke Network of Southeastern Ontario*
*Kingston General Hospital*
*Doran 3, Rm 310*
*76 Stuart St.*
*Kingston, ON K7L 2V7*
*Fax: 613-548-2454*
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