



## **BLOOD PRESSURE EDUCATION TOOLKIT RESOURCE LISTING October, 2011**

### **HSFO & HSF CANADA**

<http://www.heartandstroke.on.ca/site/c.pv13leNWJwE/b.5384179/k.B2BB/HCP.htm>

[http://ww1.heartandstroke.ca/hs\\_bp2.asp?media=bpnat](http://ww1.heartandstroke.ca/hs_bp2.asp?media=bpnat)

Measuring BP the Right Way (HSFO)

<http://hypertension.ca/chep/wp-content/uploads/2008/03/bpposterenglish.jpg>

<http://www.heartandstroke.on.ca/atf/cf/%7B33C6FA68-B56B-4760-ABC6-D85B2D02EE71%7D/AHMP%20BP%20Postcard%20lowres.pdf>

[http://www.heartandstroke.on.ca/atf/cf/{33C6FA68-B56B-4760-ABC6-D85B2D02EE71}/283\\_HealthResourcesOrder\\_FILL.pdf](http://www.heartandstroke.on.ca/atf/cf/{33C6FA68-B56B-4760-ABC6-D85B2D02EE71}/283_HealthResourcesOrder_FILL.pdf)

High Blood Pressure in Ontario

[http://profed.heartandstroke.ca/ClientImages/1/Prevalence\\_Study.pdf](http://profed.heartandstroke.ca/ClientImages/1/Prevalence_Study.pdf)

<http://www.heartandstroke.on.ca/atf/cf/{33C6FA68-B56B-4760-ABC6-D85B2D02EE71}/White%20Coat%20study%20Myers.pdf>

Sodium Slide Kit (Power Point, CHEP)

<http://profed.heartandstroke.ca/ClientImages/1/bp-canada-sodium-slide-kit-complete.ppt#315,3,Outline>

Get Your Blood Pressure under Control (HSFO)

<http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.3751067/>

Lifestyle changes to manage high blood pressure (HSFO)

[http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.4091465/k.DD27/Lifestyle\\_changes\\_to\\_manage\\_our\\_high\\_blood\\_pressure.htm](http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.4091465/k.DD27/Lifestyle_changes_to_manage_our_high_blood_pressure.htm)

<http://www.heartandstroke.on.ca/atf/cf/%7B33C6FA68-B56B-4760-ABC6-D85B2D02EE71%7D/Eng%20Dash%20Pad%20Revised.pdf>

Sodium, heart disease and stroke (HSFO)

[http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.5263133/k.696/Dietary\\_Sodium\\_Heart\\_Disease\\_and\\_Stroke.htm](http://www.heartandstroke.com/site/c.ikIQLcMWJtE/b.5263133/k.696/Dietary_Sodium_Heart_Disease_and_Stroke.htm)

Nutrient standards for sodium (HSFO)

[http://www.heartandstroke.on.ca/site/c.pv13leNWJwE/b.4407779/k.B4C/Health\\_Check\\_nutrient\\_standards\\_for\\_sodium.htm](http://www.heartandstroke.on.ca/site/c.pv13leNWJwE/b.4407779/k.B4C/Health_Check_nutrient_standards_for_sodium.htm)

Living With Cholesterol Brochure (HSFO)

[http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/Living\\_with\\_Cholesterol\\_ENG.pdf](http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/Living_with_Cholesterol_ENG.pdf)

Just Breathe (HSFO)

[http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/Just\\_breathe\\_ENG.pdf](http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/Just_breathe_ENG.pdf)

Stress Test Brochure (HSFO)

[http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/Stress\\_test\\_ENG.pdf](http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/Stress_test_ENG.pdf)

Alcohol

[http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3484169/k.AC68/Stroke\\_Excessive\\_alcohol\\_consumption.htm](http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3484169/k.AC68/Stroke_Excessive_alcohol_consumption.htm)

Healthy Weight (HSFO)

[http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.3582269/k.8A2D/Healthy\\_Weight.htm](http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.3582269/k.8A2D/Healthy_Weight.htm)

How to Monitor Your Blood Pressure at Home (HSFO)

[http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.4045965/k.C280/Heart\\_disease\\_How\\_to\\_measure\\_your\\_blood\\_pressure\\_at\\_home.htm](http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.4045965/k.C280/Heart_disease_How_to_measure_your_blood_pressure_at_home.htm)

Healthy Waists (HSFO)

[http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3876195/k.87BF/Healthy\\_Waists.htm](http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3876195/k.87BF/Healthy_Waists.htm)

Your Health, Your Weight Brochure (HSFO)

[http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/Your\\_health\\_your\\_weight\\_ENG.pdf](http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/Your_health_your_weight_ENG.pdf)

Taking Control Lower Your Risk of Heart Disease and Stroke (Brochure, HSFO)

[http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/TAKING\\_CONTROL\\_ENG\\_FEB08.PDF](http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/TAKING_CONTROL_ENG_FEB08.PDF)

Heart Smart Women Booklet (HSFO)

<http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/WOMEN-HEART-DISEASE-STROKE-EN.PDF>

What is a Stroke

[http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.3581687/k.A35B/What\\_is\\_Stroke.htm](http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.3581687/k.A35B/What_is_Stroke.htm)

What is a TIA?

[http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.4850743/k.D6B/Transient\\_Ischemic\\_Attack\\_TIA\\_or\\_ministroke.htm](http://www.heartandstroke.on.ca/site/c.pvl3leNWJwE/b.4850743/k.D6B/Transient_Ischemic_Attack_TIA_or_ministroke.htm)

A Patient's Guide to the Canadian Best Practice Recommendations for Stroke Care (Canadian Stroke Network)

<http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/patient-guide-canadian-best-practice-stroke-care-english.pdf>

Warning signs of stroke

[http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3483937/k.772A/Stroke\\_Warning\\_Signs.htm](http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3483937/k.772A/Stroke_Warning_Signs.htm)

Emergency signs and symptoms of stroke and heart attack wallet card

<http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/HEART-ATTACK-CARDIAC-ARREST-STROKE-SIGNS-EN.PDF>

Emergency Stroke Treatments (HSFO)

[http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3483943/k.DA86/Stroke\\_Treatment.htm](http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.3483943/k.DA86/Stroke_Treatment.htm)

Preventing a TIA Booklet (HSFO)

<http://www.heartandstroke.com/atf/cf/{99452D8B-E7F1-4BD6-A57D-B136CE6C95BF}/TIA-MINI-STROKE-PREVENT-EN.PDF>

Recommendations for Stroke Care: Recommendation #2 Stroke Prevention

[http://profed.heartandstroke.ca/ClientImages/1/CSS\\_BP\\_Toolkit\\_Rec\\_2\\_2008.ppt#270,3,2.0%20Prevention%20of%20Stroke](http://profed.heartandstroke.ca/ClientImages/1/CSS_BP_Toolkit_Rec_2_2008.ppt#270,3,2.0%20Prevention%20of%20Stroke)

Recommendations for Stroke Care: Recommendation #1 Public Awareness and Patient Education

[http://profed.heartandstroke.ca/ClientImages/1/CSS\\_BP\\_Toolkit\\_Rec\\_1\\_2008.ppt#269,2,1.1%20Public%20Awareness%20and%20Responsiveness](http://profed.heartandstroke.ca/ClientImages/1/CSS_BP_Toolkit_Rec_1_2008.ppt#269,2,1.1%20Public%20Awareness%20and%20Responsiveness)

## **CHEP**

Canadian Hypertension Educational Program (CHEP)

<http://hypertension.ca/>

The website offers a wealth of tools and resources

## **RNAO**

RNAO Best Practice Guidelines

<http://www.rnao.org/Page.asp?PageID=861&SiteNodeID=270>

Find all of the Best Practice Guidelines and Tool Kits here

- Hypertension
- Falls Prevention
- Obesity
- Smoking Cessation

Nursing Management of hypertension online education program (RNAO)

<http://www.rnao.org/hypertension/>

BPGs to the Bedside. Actions for PSWs (RNAO)

[http://lctoolkit.rnao.ca/sites/lct/files/resources/falls/EducationResources/FactSheetsPamphletsPocketCardsLogos/Falls6\\_29.BPGsBedside.pdf](http://lctoolkit.rnao.ca/sites/lct/files/resources/falls/EducationResources/FactSheetsPamphletsPocketCardsLogos/Falls6_29.BPGsBedside.pdf)

## **CANADIAN STROKE STRATEGY**

Canadian Best Practice Recommendations for Stroke Care 2010

<http://www.strokebestpractices.ca/>

Patients Guide to Canadian Best Practice Stroke Recommendations

[http://strokebestpractices.ca/wp-content/uploads/2010/11/CSN\\_CSS\\_English\\_PatientsGuide\\_March2.pdf](http://strokebestpractices.ca/wp-content/uploads/2010/11/CSN_CSS_English_PatientsGuide_March2.pdf)

## **CANADIAN STROKE NETWORK**

Getting on with the Rest of Your Life

<http://strokebestpractices.ca/wp-content/uploads/2010/11/Getting-on-with-the-Rest-of-Your-Life-After-Stroke.pdf>

Sodium 101

<http://www.sodium101.ca/>

## **STROKE NETWORK OF SOUTHEASTERN ONTARIO**

Stroke Strategy of Southeastern Ontario

[www.strokenetworkseo.ca](http://www.strokenetworkseo.ca)

Education Video Series: *Tips and Tools for Everyday Living: A Guide for Stroke Caregivers: Putting It Into Practice: Recognize & React to the Signs & Symptoms of Stroke*

Blood Pressure Poster

[http://www.strokenetworkseo.ca/public/uploadedfiles/Blood\\_Pressure\\_v3%20final%20Jan%202011.pdf](http://www.strokenetworkseo.ca/public/uploadedfiles/Blood_Pressure_v3%20final%20Jan%202011.pdf)

## **CANADIAN DIABETES ASSOCIATION**

Canadian Diabetes Association Website

<http://www.diabetes.ca/>

Diabetes Association

<http://www.diabetes.ca/>

## **DIETICIANS OF CANADA**

Dietitians of Canada Website

<http://www.dietitians.ca/>

Eating and Activity Tracker

[http://www.dietitians.ca/public/content/eat\\_well\\_live\\_well/english/eatracker/](http://www.dietitians.ca/public/content/eat_well_live_well/english/eatracker/)

The Virtual Grocery Store (Dietitians)

[http://www.dietitians.ca/public/content/eat\\_well\\_live\\_well/english/vgs/index.asp](http://www.dietitians.ca/public/content/eat_well_live_well/english/vgs/index.asp)

Advancing Health Through Diet and Nutrition

<http://www.dietitians.ca/>

## **OTHER**

Health tools for risk assessment

<http://www.healthtoolsonline.com/health-fit.html>

Physical Activity Guide

<http://www.csep.ca/english/view.asp?x=804>

Blood Pressure Medicines

<http://www.nlm.nih.gov/medlineplus/bloodpressuremedicines.html>

Canada's Food Guide

[http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/tour/food\\_guide\\_en.swf](http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/tour/food_guide_en.swf)

Living healthy and physical activity guide

<http://www.phac-aspc.gc.ca/pau-uap/paguide/index.html>

Low Risk Drinking Guidelines (CAMH)

[www.lrdg.net](http://www.lrdg.net)

Waist Circumference Measurement Kit (CORE)

[http://www.corecanada.net/?page\\_id=342](http://www.corecanada.net/?page_id=342)

High Blood Pressure and Sodium: Why you should watch both? (Canadian stroke network)

<http://www.ahsc.health.nb.ca/Elearning/Heart-and-Stroke-Prevention/heart-stroke-prevention.html>

Blood Pressure Canada: Knowledge Exchange Network

<http://www.bpcommunityexchange.net/>

Anne Griffin Perry and Patricia Potter (2009) Clinical Nursing Skills and Techniques 7<sup>th</sup> ed. Elsevier

<http://www.us.elsevierhealth.com/isbn/9780323052894/Clinical-Nursing-Skills-and-Techniques>

Video: Taking a BP measurement (New England Journal of Medicine)

<http://content.nejm.org/cgi/video/360/5/e6/?ijkey=9JlJOPWiuV07g&keytype=ref&siteid=nejmm>

Blood Pressure Devices endorsed by the Canadian Hypertension Society

<http://hypertension.ca/chs/deviceendorsements/devices-endorsed-by-chs/>

Low Blood Pressure

<http://www.nlm.nih.gov/lowbloodpressure.html>

Orthostatic Hypotension

<http://www.vp-medical.com/wordpress/2008/04/orthostatic-hypotension//>

Health Nexus

<http://preventstroke.ca/>