

High Blood Pressure/Hypertension

Information for MFP Transition Coordinators

*Money Follows the
Person*



Hypertension (HTN) Self-Management Activities

Participant needs to be able to engage in self management activities upon day of transition.

For HTN management this may include:

- Blood pressure monitoring should be conducted 2-3 times a week for 3-4 weeks after transition.
- Blood pressure goals should be established by participant physician and will vary based upon what other chronic conditions they have.
- Participant may need to have a blood pressure monitoring device provided for them. It should take a reading around the upper arm and not the wrist.
- Participants should record these results in an easily accessible location and take them to their physician office visits.
- Weight management with healthy diet and exercise routine is important.
- Medications
 - There are multiple medication categories with multiple medications for management of hypertension. Medication selection may be guided by what other conditions that participant has.
 - Since participant's may not have any signs or symptoms if their blood pressure control is lost, it is important that they take the medication exactly as directed and monitor their blood pressure readings.
- Medical Management
 - If not being followed by same physician as in the nursing home participant should see new physician as soon as possible after transition.
 - Smoking cessation, vaccinations (influenza and pneumonia), limit or eliminate alcohol intake, stress reduction, daily exercise, DASH diet.