

# HSC Health: Hypertension and Blood Pressure Recheck Process Measure

**Release Date:** 01/03/2023

**Expiration Date:** 01/03/2025

**Format:** Internet Enduring Activity

## Target Audience

This activity is intended for physicians, physician assistants, physical therapists, nurse practitioners, ambulatory clinic nurses, pharmacists, social workers, and licensed professional counselors.

## Statement of Need

Hypertension is known as the silent killer because it often does not show noticeable symptoms until it has caused significant damage. **Regular and consistent screening** is critical! Once identified, the healthcare team helps individuals manage their hypertension through weight and stress management, adhering to low-sodium diets, increasing physical activity, and taking prescribed medications. Current estimates show that only about 1/4 of people with hypertension have their hypertension controlled.

This module will focus on hypertension prevalence, accurate blood pressure measurement screening strategies, and healthcare team roles.

## Educational Objectives

When you complete this module, you will be able to:

- Describe the U.S. hypertension prevalence and how that prevalence differs among racial/ethnic groups and the implications for health disparities.
- Identify common errors which can lead to an inaccurate blood pressure measurement.
- Describe the benefits of rechecking out-of-range blood pressure readings within the same office visit for patients and the medical practice.
- Explain the roles and responsibilities within the healthcare team for addressing out-of-range blood pressure.

## Primary Faculty

### **Laine Markham, MMS, PA-C**

*Clinical Medical Director - Multispecialty Medicine, Assistant Professor*

HSC Health and University of North Texas Health Science Center, Texas College of Osteopathic Medicine, Department of Internal Medicine and Geriatrics

### **Megan Wesling, PharmD, BCPS, BCACP, CDCES**

*Clinical Pharmacist and Assistant Professor of Pharmacotherapy*

University of North Texas Health Science Center, HSC Health and College of Pharmacy

### **Isabel Vecino, RN, BSN**

*Certified Clinical Research Professional*

## Accreditation Statements



In support of improving patient care, The University of North Texas Health Science Center at Fort Worth is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

As a Jointly Accredited Organization, [Provider name] is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. Regulatory boards are the final authority on courses accepted for continuing education credit.

### **American Osteopathic Association**

The University of North Texas Health Science Center is accredited by the American Osteopathic Association to award continuing medical education to physicians.

### **National Board of Public Health Examiners**

The University of North Texas Health Science Center is accredited by the National Board of Public Health Examiners' Certified Public Health recertification program.

### **Texas Administrative Code**

The University of North Texas Health Science Center certifies this activity meets the requirements for continuing education for Texas-licensed Professional Counselors and Texas-licensed Marriage and Family Therapists.

### **Texas Physical Therapy Association**

University of North Texas Health Science Center is accredited by the Texas Physical Therapy Association, Provider 1810035TX.

## Designation Statements

### **Pharmacists**

This knowledge-based activity has been assigned UAN JA0004637-0000-23-005-H99-P and will award .5 contact hours of continuing pharmacy education credit in states that recognize ACPE Providers.

Statements of participation will indicate hours and CEUs based on participation and will be issued online at the conclusion of the activity. Successful completion includes completing the activity, its accompanying evaluation and/or posttest (score 70% or higher) and requesting credit online at the conclusion of the activity. Credit will be uploaded to CPE Monitor, and participants may print a statement of credit or transcript from their NABP e-profile.

UNTHSC complies with the Accreditation Standards for Continuing Pharmacy Education.

### **Physicians**

The University of North Texas Health Science Center has requested that the AOA Council on Continuing Medical Education approve this program for .5 hours of AOA Category 2A CME credits and will report CME and specialty credits commensurate with the extent of the physician's participation in the activity.

The University of North Texas Health Science Center designates this enduring material for a maximum of .5 *AMA PRA Category 1.0 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### **Physical Therapists**

This activity is approved for .5 CCU for PTs and PTAs.

For successful completion, a participant must complete the program, complete the evaluation, and request credit online at the conclusion of the activity. The assignment of Texas PT CCUs does not imply endorsement of specific course content, products, or clinical procedures by TPTA or TBPTE.

### **Nurses**

This activity provides up to .5 contact hours.

### **Social Workers**

Social workers completing this course receive .5 contact hours of continuing education credits.

### **Certified Public Health Professionals**

This activity provides .5 CEU credit.

### **Licensed Professional Counselors, Licensed Marriage and Family Therapists, and Psychologists**

This activity provides .5 CEU credit.

### **Certificate of Attendance**

The University of North Texas Health Science Center certifies this activity for .5 hours of participation.

## **Disclosures**

In accordance with the appropriate accrediting bodies, all planners, teachers, and authors with control over activity content must disclose to the provider any relevant financial relationships (those held by the person, currently or within the last 24 months) with ineligible interests. Accredited providers are required to provide this information to learners before the start of an activity.

The University of North Texas Health Science Center at Fort Worth Division of Academic Innovation's office planning team nor the subject matter experts have anything to disclose.