



**Home Health Aide On-the-Go In-Service Lessons:
Vol. 4, Issue 9: The Patient with Hypertension
(Home Health Aide on-the-Go in-Service Lessons,
Volume 4)**

HCPPro, Inc., Beacon Health

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This lesson on The Patient with Hypertension includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - there s no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year. **LESSON OBJECTIVES** Upon completion of this program, the home health aide will be able to: Explain systolic and diastolic pressure Recognize risk factors of hypertension, and Identify lifestyle changes and medication available to treat hypertension. **OVERVIEW** A large percentage of homecare patients have high blood pressure (hypertension). High blood pressure increases the risk of stroke, congestive heart failure, kidney failure, and heart attack. When high blood pressure exists with obesity, smoking, elevated cholesterol, or diabetes, the risk of heart attack or stroke increases several times. It is especially dangerous because it often has no warning signs or symptoms. Regardless of race, age, or gender, anyone can develop high blood pressure. It is estimated that one in every four American adults has high blood pressure. Home health aides need to know how to accurately record and report blood pressure and other important points about caring for patients with hypertension.

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