



Take Control

A Project to Promote High Blood Pressure Control

August 2017

Current Status of Enrollment, August 1, 2015 – August 18, 2017

This research project seeks to address the high rate of uncontrolled hypertension (u-HTN) by:

- screening to identify persons with u-HTN, particularly those unaware of their condition;
- using community health workers (CHWs) to provide education and enhanced social support; and
- encouraging home monitoring of blood pressure.

In our stepped care approach, participants begin with minimal intervention and move up to more intensive intervention only as needed.

Step 1: Education, physician referral if needed, help with getting health insurance if needed, help accessing pharmacy assistance if needed;

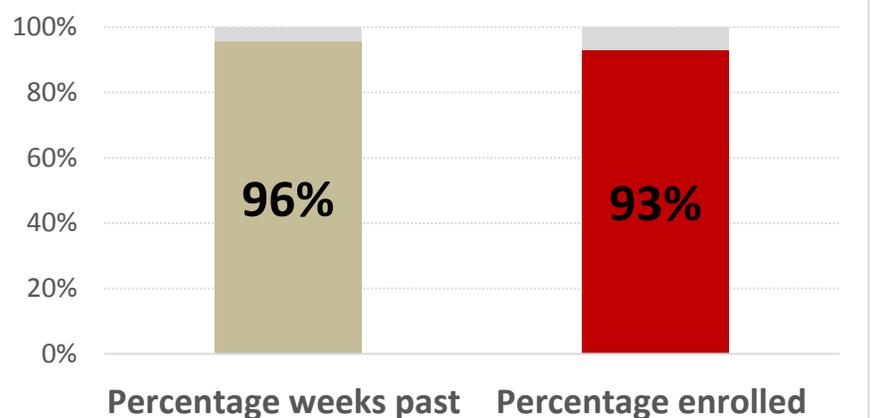
Step 2: Weekly CHW visits for 1 month to address barriers to following doctors' orders;

Step 3: Bi-weekly CHW visits for 1 month and home BP monitor, with instruction on how to use it and share readings with their doctor.

After enrollment, participants are randomly assigned to either the intervention group or a control group. Both groups receive Step 1.

Recruitment Report

Currently enrolled: 554
Recruitment goal: 600
Percent enrolled: 93%



Step 2 and 3 visit topics

Step 2	Step 3
1) Basic HTN information Medication adherence tips	1) Monitoring your BP at home
2) Reasons for controlling HTN Lifestyle changes affecting HTN	2) Review of Step 2, part 1
3) Being part of your treatment team	3) Review of Step 2, part 2
4) Communicating with your doctor	4) Taking medication even when you feel fine
	5) Side effects of HTN medication
	6) Taking medication for the rest of your life
	7) Lifestyle factors affecting HTN
	8) Review/thank you

Only participants in the intervention group will receive Step 2 and Step 3 if needed. Intervention participants move up to the next step if they are still hypertensive at the next data collection visit after the previous step is completed.

We do NOT prescribe medication or recommend treatments – we only try to help people:

- Access medical care for their HTN
- Follow their doctor's instructions
- Take their medication as prescribed

**Please refer your hypertensive patients!
We want to help.**

This report is a product of Arkansas Prevention Research Center supported by Cooperative Agreement Number 1 U48DO005005-00 from the Centers for Disease Control and Prevention. The findings and conclusions in this report are those of the author(s) and do not necessarily represent the official position of the Centers for Disease Control and Prevention.



UAMS | College of Public Health