



# BLOOD PRESSURE MONITORING TRAINING PROGRAM

High blood pressure (BP) is one of the most common causes of preventable death in the US. 1 in 5 people with high BP do not know they have it. NYU Langone Health staff can help your organization launch a routine **blood pressure monitoring and counseling program** and teach volunteers the skills and knowledge to run it independently.

## Offerings:



### Train your organization's volunteers/staff on program protocol:

- Blood Pressure/hypertension education (including education on how to take BP using an automated monitor)
- Motivational counseling skills-building
- Skills and knowledge-building for keeping the program going independently

### Share materials, including:

- Blood Pressure health educational materials
- Home BP monitors
- Resources for monitoring community BP
- Information about online community referral directory

## Points to consider:



- This program works best for institutions that have at least 4-5 volunteers interested in running a regular community BP monitoring program
- Volunteers are expected to participate in 2 initial trainings (2 sessions of about 1.5 hours each), and commit to running the program after training is completed. Trainings are held at your site and are available on days, evenings and/or weekends
- Identify an adequate space where the program can be run + where you can store the materials when not in use

## Criteria for selecting volunteers:



- Commitment to community service
- Passionate about people and health
- Available for regular BP screenings at their site
- Commitment to maintaining participant confidentiality