



NYU Grossman School of Medicine

Project ADHERE

Blood Pressure Education Program

Introductory Session (HTN+RD)

Addressing Disparities in Hypertension and rEducing Racial inequity through Engagement

As of February 22, 2024

Introductions / Ice Breaker

- Share something about yourself
- What motivated you to join us today?

Who am I?

- I am a Community Health Worker (CHW)
- I was trained by NYU Langone
- I work with communities and NYU primary care practices to share important information about healthy living, managing high blood pressure, and preventing chronic diseases.

What is this program?

- Called “Project ADHERE”
- Led by NYU School of Medicine
- For Black patients with high blood pressure who
 - want to learn more about how to control it
 - want to learn how to be healthier
- We work in partnership with your doctor to help you achieve your healthy lifestyle goals.

What will we do in this program?

- Meet for 5 more 1-hour group health education sessions over the next 6 months to:
 - Build a supportive network
 - Share information about how to improve health and wellness
- Have individual phone calls with a CHW to check-in about your health goals and how to achieve them.
 - There are some things we can talk about right now, and some things we can talk about in more detail in our 1v1 meetings.
- Complete one more survey at the end of the program
 - to see how the program is helping you and how we can improve the program for future patients

How will this program benefit you?

- **We help you to live a healthier lifestyle!**
 - Understand why & how to manage blood pressure → More in Session 1!
 - Communicate questions & concerns to your doctor → More in Session 1!
 - Manage stress → More in Session 2!
 - Eat healthier → More in Session 3!
 - Increase your physical activity → More in Session 4!
 - Prevent heart disease & diabetes → More in Session 5!
 - Create & achieve your health goals → Let's discuss at your 1-on-1!
 - Receive referrals to services → Let's discuss at your 1-on-1!
 - We provide tips and strategies to manage stress and experiences of discrimination throughout.

We are here to help!

- Ask us if you need any help, such as:
 - Helping you with your blood pressure monitor
 - Helping you to join a walking group or exercise class
 - Helping you to connect with your doctor
 - Getting referrals and additional information about the resources available in your community

Program Guidelines

- Be on time
- Please keep your camera/video on to allow for more genuine conversations
- Listen actively and share your own story
- Respect others
- Keep what is discussed by the group private and confidential
- Ask questions and give your honest feedback
- Don't be judgmental
- Have fun!

Culture & Values



- Today we are going to talk about culture and how culture affects our health
- It is important to identify the values that keep us strong. Values help us grow, develop and create the future we want to experience.

What value that keeps you strong?

Cultural Identity, Environment, and Understanding of Health

- What did you learn growing up about taking care of your health?
 - What were you taught about taking care of your health?
- Who in your family/community taught you how to take care of your health?
- What feelings did you have around taking care of your health?
(fear, empowerment, pride...?)
- What does being healthy mean to you?
 - Why is it important for you to take care of your health?



Creating Health Goals

- What is the one important thing you would like to do in order to better take care of your health?
 - We share some common goals!
- What would you like to achieve from participating in this program as it relates to taking care of your Hypertension/High Blood Pressure?



We will help you reach your health goals by making changes that are:

- Gradual
- Healthy
- Reasonable

Environment & Blood Pressure Management

- What are some difficulties you have with being healthy and taking care of your health?
- Does your environment or where you live impact your ability to:
 - Receive healthcare?
 - Control your blood pressure?
- Do you have any barriers that prevent you from seeing the doctor for your blood pressure?
- What barriers in your healthcare would you like to address or change?

Experiences with Healthcare Providers

- What is your typical experience with the healthcare system? Tell me about:
 - When you make an appointment to see your doctor? Is it easy?
 - When you are speaking to the front desk staff or waiting to see the doctor?
 - When you are seen by the doctor?
 - When you pick up your medication?
- Do you feel heard by your healthcare providers?
- Do you feel comfortable asking your healthcare providers your questions about medications, treatment plans, side effects, or other concerns?

→ Participate in Session 1 to discuss tips for communicating with health providers

Taking Care of You: Deep Breathing

Life can be stressful. Take a few moments to yourself each day to relax— try this breathing exercise. I will talk you through it.

- Be sure you are sitting down in a comfortable position (at home, try to find a quiet place).
- Uncross your arms and legs and rest your feet gently on the floor.
- Take a slow, deep breath.
- Hold your breath for about 4 seconds.
- Exhale slowly, pushing out as much air as you can.
- Repeat these steps 5 times.

→ Participate in Session 5 to learn more stress management tips

Wrap-up

What is one thing you can do to better take care of your health?

What is one thing you can do TODAY?

Together, we will work to achieve your health goals.

Next Session: Blood Pressure and the Heart

- Please join us to learn about blood pressure and important tips to manage it!