CCMP Guidelines for CPP: HYPERTENSION

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| **GOALS** | 1. Enhance employability by optimizing control of hypertension.
2. Educate the student regarding recognition of symptoms and self-management.
3. Reduce the likelihood of long-term complications.
4. Optimize therapy with diet, exercise, and/or antihypertensive drugs.
5. Implement regularly scheduled follow-up visits.
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| **Yes** | **No** | **Career Preparation Period** |
|  |  | Establish a Hypertension Action Plan for student defined as persistent blood pressure greater than 140/90 and/or prescribed antihypertensive therapy |
|  |  | Weekly to monthly visits to establish optimal control of blood pressure |
|  |  | Visits every 2-3 months once stable blood pressure is attained |
|  |  | Assess vocational training match |
|  |  | Mandatory TUPP/smoking cessation enrollment (if applicable) |
|  |  | Annual influenza vaccination in October or November or upon entry |
|  |  | Emergency response plan |
|  |  | Educate student on potential hypertension complications:Coronary heart diseaseStroke or transient ischemic attackCongestive heart failureEnd stage renal diseasePeripheral arterial disease* Retinopathy
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|  |  | Educate student about lifestyle choices:Reduce dietary sodium intakeMaintain adequate dietary intake of potassiumWeight managementEncourage fruits, vegetables, low fat milk, increased fiberAvoid soda and fruit juicesEncourage aerobic physical activity (30 minutes per day, 5 days per week)Avoid sedentary lifestyle (limit TV and other screen time)Avoid smokingLimit alcohol use |
|  |  | Educate student on hypertension management as it relates to employment |