



**UCSF
INSPIRED
STUDY**
Group
Sessions

Guidelines and Expectations

1. Be kind and treat everyone with respect.
2. Be prepared to share with each other.
3. Only one person speaks at a time and avoid interrupting others.
4. If you've spoken a lot, give others a chance to speak.
5. Keep what is shared in this space confidential.
6. Save questions for discussion time.
7. Please keep your microphone muted and your cameras on

Understanding Hypertension (HTN)

Hypertension (high blood pressure) is a condition where the force of your blood pushing against the walls of your blood vessels is too high.

- **Prevalence:** Nearly half of U.S. adults have high blood pressure, often without knowing it. The only way to know if you have high blood pressure is to get it checked by a healthcare professional.
- **Risks:**
 - Hypertension is a "silent killer", often with no obvious symptoms
 - Untreated hypertension can lead to complications such as heart attack, heart failure, aneurysm, and vision loss.
- **Management:** If you have high blood pressure, work with your health care professional to control it. This can include regular monitoring, taking medications, and making healthy lifestyle changes.





Medications: Review, Common Side Effects & Tips

Overview

1. Introduction (Icebreaker or prompt) – 5 min.
2. Action Plan Check-in – 10 min.
3. What are High Blood Pressure Medications? – 15 min.
 - a) Common Medications and Their Function
 - b) Hypertension Medication Possible Side Effects
 - c) Tips for remembering to take your blood pressure medication
 - d) How to refill a prescription
4. Stretch Break – 5 min.
5. Discussion & General Questions – 15 min.

Action Plan Check-In

Very
Confident

10

A vertical scale from 0 to 10. The scale is represented by a vertical line with horizontal tick marks. The number 10 is at the top and 0 is at the bottom. The scale is currently empty, with no marks or indicators.

0

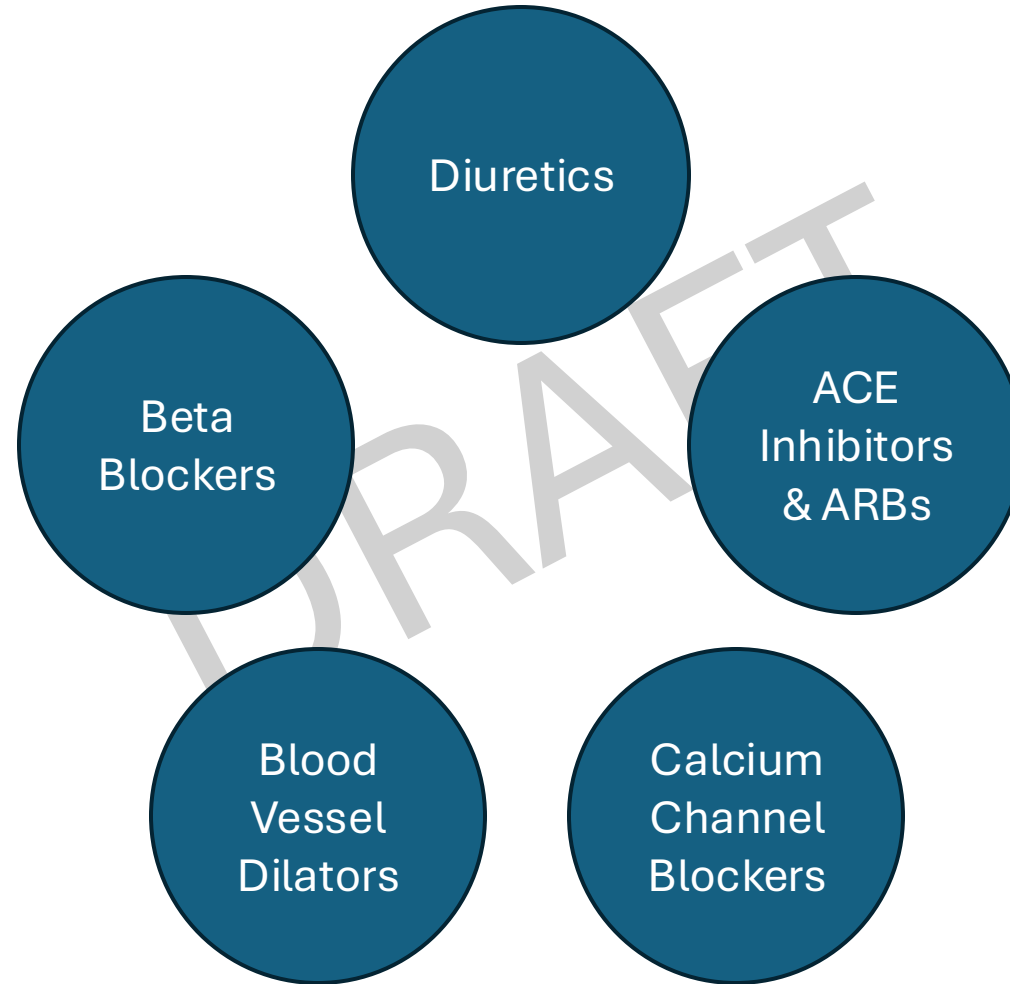
Not Sure

- Have you set a specific goal related to taking your medications?
- Have you experienced any challenges with your medication regimen?
- On a scale of 1-10, how confident are you in your ability to take your medications as prescribed?

Can you name any blood pressure medications?

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Common Medications and Their Function



Common Medications and Their Function

Diuretics

- Relax/widen blood vessels, allows blood to flow more easily
- Examples
 - Hydrochlorothiazide
 - Furosemide
 - Chlorthalidone

Common Medications and Their Function

ACE Inhibitors & ARBs

ACE: Angiotensin-Converting Enzyme Inhibitors, ARBs: Angiotensin II Receptor Blockers

- Removes excess salt and water from your body through urination
- Examples
 - Lisinopril
 - Benazepril
 - Losartan
 - Valsartan

Common Medications and Their Function

Calcium Channel Blockers

- Removes excess salt and water from your body through urination
- Examples
 - Amlodipine
 - Diltiazem

Common Medications and Their Function

Blood Vessel Dilators

- Removes excess salt and water from your body through urination
- Examples
 - Hydralazine
 - Minoxidil

Common Medications and Their Function

Beta Blockers

- Helps your heart beat slower and with less force
- Examples
 - Metoprolol
 - Carvedilol
 - Propranolol

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Hypertension Medication Possible Side Effects

Side effects are specific to certain medications

Can you name 1 or 2 side effects that are known to be associated with blood pressure medication?

Hypertension Medication Possible Side Effects

Side effects are specific to certain medications

- Weakness, tiredness, or drowsiness
- Erectile dysfunction
- Trouble sleeping
- Slow or fast heartbeat
- Skin rash
- Feeling thirsty
- Cough
- Muscle cramps
- Headache, dizziness or light-headedness
- Constipation or diarrhea

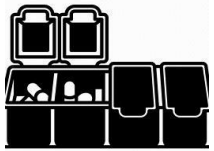
*Some symptoms like erectile dysfunction, cough, and light-headedness can also result from poorly controlled blood pressure.

If you are having side effects, do not stop your medication without consulting your clinical care team. Suddenly stopping can lead to serious health risks, including worsening of your condition. Your healthcare provider can help adjust your medication or dose to find a solution that works best for you.

Is there anything you have done or currently do to help remember take your medications?

Tips for Remembering to Take Your Medications

Use a pillbox



Use a pillbox to organize your medications. This can help you remember how much medications to take, and when.

Keep the pillbox visible



To avoid forgetting, place the pillbox in an area that is easy to remember or see.

- Dining Table, Reading Table, Bedside Table
- I will keep my pillbox at _____

Record each medication taken



Use a calendar to keep track when you need to take your medicine. This can help you avoid missing doses.

Tips for Remembering to Take Your Medications

Create a routine



Take your medicine along with a regular activity that you do at the same time every day.

- Prayer time, Mealtime (Breakfast/Dinner), Bedtime
- **I will take my medication when** _____

Set a reminder alarm



Set an alarm on your clock or phone to go off when it is time to take your medicine. This will help you remember to take your medicine at the same time everyday

- **I will take my medication at** _____

Ask a support person for reminders



Ask a support person (family, friend, caregiver) to help remind you to take your medication at the same time every day

- **I will ask** _____ **to help me with my medicine reminders**

How to Refill a Prescription – Traditional Method

1. Check Prescription Details:

- Verify the prescription number (**Rx number**) and medication name on the bottle.
- Ensure you have refills remaining (**check the label** or contact the pharmacy).

2. Contact Pharmacy:

- When you are down to only 7 days of medication left, request a refill by **calling the pharmacy** directly or requesting a refill in person
- Provide the prescription number and your personal details.

3. Request Refill:

- Specify if you need a standard refill or an urgent one.
- Indicate if you prefer in-store pickup or home delivery.

JANE DOE
123 Healthy St, San Francisco, CA 94123 DATE: 05/06/19

METFORMIN 1000 MG TABLETS
MFG GLUCOPHAGE
TAKE ONE TABLET BY MOUTH DAILY

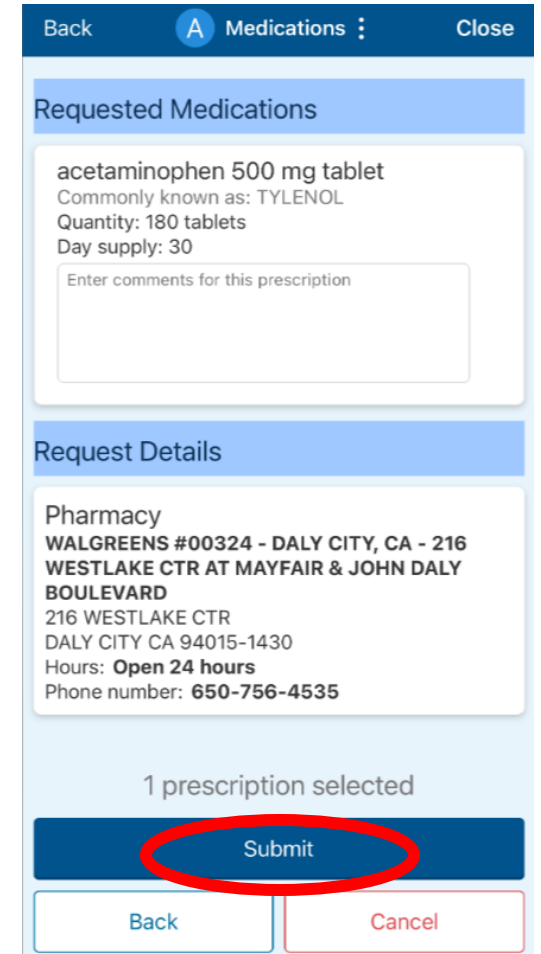
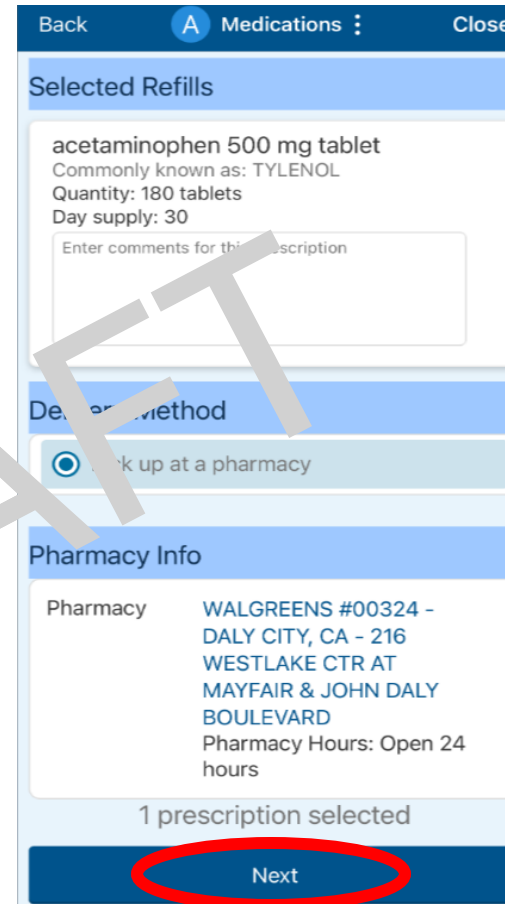
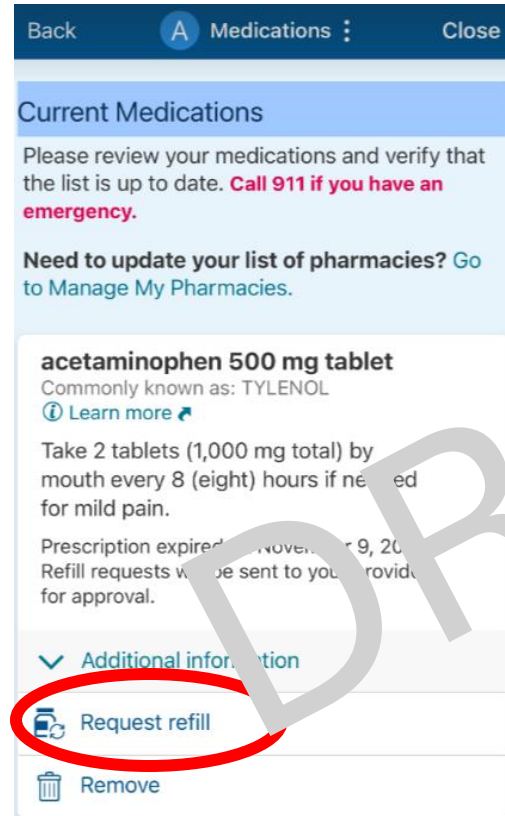
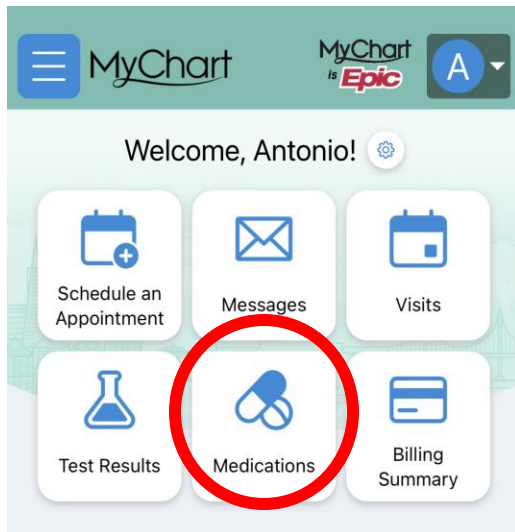
RX **1234567-12345** USE BEFORE 05/05/20
QTY **30**
REFILLS: **2** DR. RICHARD FINE

ZSFG Out patient Pharmacy
628-206-4540

How to Refill a Prescription - MyChart

*Open the MyChart app or visit the MyChart website.

*Enter your username and password to log in.



Refill Requests Requiring Approval

Pharmacy

- Ask the pharmacy to submit an electronic request to your provider
- Opt-in for automatic refills if available.

MyChart Message

- Send a MyChart message to your care team to request a refill.

Processing takes a few days. Give your care team plenty of time to approve the refill before your current supply runs out.

Exercise Time!



DISCUSSION TIME!

- Is there anything new or surprising that you didn't know previously?
- Are there any tips that you want to share with one another?

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General Questions?

- Any issues with your CareSimple blood pressure monitor?
- Any issues with the CareSimple app?
- Any questions about measuring your blood pressure?
- Any issues with MyChart?

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