North American Disease Intervention

Training Session Skills and Knowledge Overview

1. **Blood Pressure**
    a. **Know how to take it properly**
    b. What it means
        i. **Know the ranges and values**
            1. Be careful about the and/or distinction on the chart
            2. Be able to explain the ranges to someone who is not familiar
        ii. Difference between systolic and diastolic
        iii. How it relates to hypertension
    c. Know variables that affect blood pressure
    d. **Know causes of hypertension and be able to give specific suggestions to control a high blood pressure**
    e. If you see a patient with a systolic pressure above 180, it is an emergency and be sure you understand what to do (this does happen at events)
        i. Make sure patient understands severity
        ii. Tell them to see a doctor (ED/urgent care if not primary) as soon as possible
        iii. If they show any signs of sweating profusely, dizziness, or trouble urinating, tell them they should see a doctor as soon as possible
            1. It is not as urgent if symptoms are not showing
                a. See a doctor within a few days
        iv. If above 180 and they are on medication but are not taking it, tell them to start taking medication ASAP and tell them to check that it goes to a normal blood pressure
2. **Blood Glucose**
    a. Be able to explain what it is
        i. Know the ranges
        ii. Understand that there are fluctuations of blood sugar
            1. Know when it fluctuates and some things that affect blood sugar levels
            2. When are the ranges higher and for how long typically?
                a. 30 min to 3 hours the blood glucose can be higher than normal

b. Be able to explain all the steps of taking it
    c. **Understand how Blood Sugar relates to Diabetes**
        i. Know what it is
            1. Three types
                a. Type 1
                b. Type 2
                c. Gestational
            2. Diagnostic Criteria
            3. Know causes of diabetes
            4. Know that metformin is a common medication taken by diabetes patients
3. **BMI**
    a. Understand what it is
        i. How to calculate it
            1. **Know the ranges**
        ii. Explain benefits and limitations of BMI calculation
4. **Pulse**
    a. Know how to take it
        i. Be able to interpret it
            1. **Know the ranges**

5. **Overall**
    a. Be able to take pulse, BMI, and blood pressure
    b. Understand what those results mean
    c. Be able to give recommendations based on their blood pressure, BMI, and blood glucose

Example Script: How to Address a Patient
1. Introduce yourself
    a. Hi, my name is _____. How are you doing today?
2. Get consent for taking a blood pressure
    a. May I take your blood pressure?
3. Ask questions prior to taking BP
    a. Have you eaten anything in the last 30 minutes?
    b. Do you normally have high blood pressure?
    c. Have you smoked or drank coffee in the last 30 minutes?
4. Take BP
5. Clearly state the result to the patient and what that means:
    a. Your blood pressure is 115/78, which falls under the range of normal BP
    b. Your blood pressure is 138/80, which is considered hypertension stage 1
6. Ask further questions depending on their BP
    a. If they have a normal BP, this isn't necessary but can provide additional info anyways

b. Do you take any medications for your blood pressure?
    c. Have you taken your medication today?
    d. Is this far from your baseline blood pressure?
7. Provide suggestions based on their results
    a. See primary care physician (if extreme or if person is not on any medication for high BP)
    b. Change diet, exercise, stop drinking/smoking etc.