

Know It, Control It for Seniors is a four-month blood pressure management program. The program is designed to help participants self-monitor their blood pressure and make healthy lifestyle changes to control high blood pressure. Staff trained as blood pressure coaches teach this program using evidence-based strategies to

manage cardiovascular disease. These strategies include self-measured blood pressure monitoring with additional support and team-based care. Tracking, along with health coaching from a blood pressure coach, has been proven to result in better management of blood pressure.

Curriculum materials: orientation plan and 8 lesson plans with resources

Suggested class size: 8–12 participants

Suggested class schedule: Every other week for a total of 8 classes over 4 consecutive months following the orientation. Please allow a total of 90 minutes for each class, depending on class size. The instructional portion will last 30–45 minutes. An additional 30 minutes before and after the lesson will be needed for measuring each participant's blood pressure and discussing it with them. Schedule half of the participants to come in 30 minutes prior to the lesson and half to remain after.

30 minutes before lesson
for blood pressure monitoring
of some participants



30 minutes
for the lesson



30 minutes after lesson
for blood pressure monitoring
of the remaining participants

Program Goals

Track blood pressure readings: It is important that you help your participants **record at least eight blood pressure readings over a four-month period**. One goal of Know It, Control It *for Seniors* is to empower participants to monitor their own blood pressure and track it in a log or an online system. If, however, a participant cannot measure his/her own blood pressure, it is your responsibility to measure it for him/her. If a participant cannot enter his/her readings into the online tracker, you will be responsible for entering the information in the online blood pressure tracking tool.

Teach healthy lifestyle habits: Group lessons focus on lifestyle strategies to help participants control their blood pressure. Each lesson plan includes learning objectives, suggested activities, an idea for a simple homework activity and a list of evidence-based resources to support the lesson. Blood

pressure coaches can find all resources online at startwithyourheart.com/knowitcontrolit/coach. Log in with the username: *coach* and password: *knowitco@ch*

Coach resources assist the blood pressure coach in teaching the lessons. Copies are not needed for participants.

Participant resources can be displayed on a large screen or TV monitor connected to a computer, or downloaded and printed for class participants. Participants can access these resources directly at startwithyourheart.com/knowitcontrolit

Additional resources provide more background on lesson topics. These are online resources that coaches may or may not share with participants during class.

Orientation and Lesson Descriptions

Orientation: Get Set with the Check. Change. Control. Tracker

The blood pressure coach will determine if participants are eligible for the class. Participants will learn the goals of Know It, Control It *for Seniors*, create an account with the Check. Change. Control. Tracker (CCC Tracker) and learn how to upload blood pressure readings.

Lesson 1: Know Your Numbers

Participants will learn why high blood pressure is called the silent killer, recognize the effects of high blood pressure on the body and identify the categories of high blood pressure.

Lesson 2: Check It Often, Check It Right

Participants will learn why self-monitoring blood pressure is important, identify how to choose the right type of blood pressure device and demonstrate the correct technique for taking blood pressure.

Lesson 3: Eat Smart, Slow Down on Salt

Participants will learn the effect of salt on their blood pressure, recognize ways to limit salt and identify other strategies to help them stay on track with eating smart.

Lesson 4: Eat Smart, the Mediterranean Way

Participants will learn which foods to eat and which to limit to help lower blood pressure and how these recommendations fit with a Mediterranean-eating pattern.

Lesson 5: Move More

Participants will learn the relationship between physical activity and blood pressure, recognize why older adults should work with their health care provider to develop an activity plan and learn appropriate ways to be physically active.

Lesson 6: Live Tobacco Free

Participants will learn the effects of smoking/tobacco on blood pressure and tools and resources to live tobacco free.

Lesson 7: Manage Your Blood Pressure Medications

Participants will learn how to manage medications if medication is a part of their treatment plan for high blood pressure.

Lesson 8: Keep Calm, Sleep Well

Participants will learn the connection between blood pressure, stress and inadequate sleep, and explore tools and resources to reduce stress levels and get a good night's rest.

Orientation:

Get Set with the Check. Change. Control. Tracker

Orientation is a prerequisite for starting the Know It, Control It *for Seniors* lessons. During this time, the coach will confirm participant eligibility. Participants will learn the goals of the program, create an account with the Check. Change. Control. Tracker (CCC Tracker) and learn how to upload blood pressure readings. The orientation session can be done either one-on-one with the participant or in a group setting.

Learning Objectives

By the end of orientation, participants should:

1. Understand the goals of Know It, Control It *for Seniors*
2. Create an account with the Check. Change. Control. Tracker (CCC Tracker)
3. Understand how to upload blood pressure readings by either logging in to the online account or by using the text message feature

Suggested Activities

Learning Objective 1

- Introduce yourself, share some background on the program. Share the Know It, Control It *for Seniors* Participant Orientation Handout.
- Take care of any housekeeping items that are necessary as part of senior center procedures, including confirming participant eligibility for program enrollment. Participants must:
 - be at least 50 years old
 - have been diagnosed with high blood pressure
 - not have had a heart attack or stroke in the past six months
 - not have an abnormal heart beat
- Ask the participants to introduce themselves, and ask them to share at least one thing they want to learn or accomplish by the end of this program. If possible help participants establish a SMART (Specific, Measurable, Achievable, Relevant and Time-Bound) Goal. (See coach resource: SMART Goal Examples.)
- Demonstrate the CCC Tracker (ccctracker.com) and its features using a made-up participant and mentor account.

Learning Objective 2

- Share the Set Up Participant CCC Tracker Account handout.
- Help each participant set up a CCC Tracker account and connect to you as the mentor.

Learning Objective 3

- Share the CCC Tracker Participant Guide for more information.
- Allow time for participants to read and ask questions about how to upload blood pressure readings by either logging in to the online account or by using the text message feature.

Homework

Review the CCC Tracker Participant Guide and bring your questions with you to the first lesson.

Resources

Coach resources:

- SMART Goal Examples
 - Center 4 Active Living website
 - Goal Setting Worksheet pdf
- Check. Change. Control. Tracker Volunteer Guide

Participant resources:

- Know It, Control It *for Seniors* Participant Orientation Handout
- Set Up Participant CCC Tracker Account
- CCC Tracker
- Check. Change. Control. Tracker Participant Guide

All resources can be found online at startwithyourheart.com/knowitcontrolit/coach.
Username: **coach**
Password: **knowitco@ch**

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