

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.

Learning Objectives

By the end of orientation, participants should:

1. Recognize the need to partner with their health care provider to set treatment goals especially if it involves taking blood pressure medications
2. Learn tips and tools to manage blood pressure medications effectively

Suggested Activities

Learning Objective 1

- Explain that participants should follow their health care providers' advice and take medications as prescribed. Emphasize that medications and lifestyle changes together can help control high blood pressure and that participants should not stop taking their medications before talking to their health care provider.
- Discuss questions that participants can ask their health care provider about their high blood pressure and medications. (See participant resource: High Blood Pressure—Questions to Ask Your Doctor.)

Learning Objective 2

- Show the video “Tips for Taking Blood Pressure Medicines as Directed.” (See participant resource: Tips for Taking Blood Pressure Medicines as Directed.)
- Share strategies for managing medications. (See coach resource: What You Should Know About High Blood Pressure and Medications, Managing of Your Medicines.)
- Share sample medication trackers with the participants and encourage their use. (See participant resources: My Drug and Supplement Diary, Medicine Chart.)

Homework

Write down questions you can ask your health care provider about your high blood pressure and medications at your next appointment.

Resources

Coach resources:

- What You Should Know About High Blood Pressure and Medications
- Managing of Your Medicines

Additional coach resources:

- Medicare Matters
- NC Med Assist
- North Carolina Drug Card
- Prescription Drug Options for Older Adults: Managing Your Medicines

Participant resources:

- High Blood Pressure—Questions to Ask Your Doctor
- Tips for Taking Blood Pressure Medicines as Directed: Video
- My Drug and Supplement Diary
- Medicine Chart

Additional participant resources:

- 5 Trusted Apps for Seniors to Manage Your Medications
- Medicines and You: A Guide for Older Adults
- NC Med Assist
- North Carolina Drug Card

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

Participants can access these resources directly at startwithyourheart.com/knowitcontrolit.