

- Description**
- Hypertension (high blood pressure-HTN) and Prehypertension (diagnosed by provider or self reported)
  - Pregnancy risk; pre-eclampsia (pregnancy induced HTN), LBW, FGR, prematurity, Children; more likely high blood pressure as adults

**Assess Readiness for Change:** with open ended questions

- “How concerned was your Dr about your blood pressure?”
- “What treatment did the Dr recommend for your blood pressure?”

**Discussion, Counseling and Education**

If the answer is:	Try Counseling Strategies	Try Education
<p><b>Not ready</b> →</p> <p>“My blood pressure wasn’t that high. I didn’t need medication?”</p> <p>Raise awareness &amp; personalize change</p>	<ul style="list-style-type: none"> <li>• “There are things besides medications to help lower your blood pressure. What other things did the Dr suggest?”</li> <li>• “How do you feel about making those changes?”</li> </ul> <p>*****</p> <p>Pregnancy</p> <p>Postpartum</p>	<ul style="list-style-type: none"> <li>• “The DASH eating plan also helps lower blood pressure. It really is a healthy plan for anyone. How interested would you be in learning more about it?”</li> <li>• High risk: refer to RD</li> </ul> <p>*****</p> <ul style="list-style-type: none"> <li>• Pre-eclampsia: no HTN before preg, but HTN with preg, goes away after birth</li> <li>• Obesity is risk for pre-eclampsia in next preg</li> </ul>
<b>Record Plan or Goal</b>	Mom not interested in making diet changes. Will re-assess readiness for change at next appointment.	
<p><b>Unsure</b> →</p> <p>“I understood that I didn’t need to eat anything special?”</p> <p>Raise awareness &amp; confidence &amp; identify barriers to change</p>	<ul style="list-style-type: none"> <li>• “Yes, with HTN that starts during your pregnancy, there is no special diet to follow. Low salt diets are usually not recommended. Salt is needed to support the baby.”</li> <li>• “How is eating going for you otherwise?”</li> <li>• “On a scale of 1-10, how are you with feeling now that you are on medication for your blood pressure?”</li> </ul>	<ul style="list-style-type: none"> <li>• Pre-eclampsia treatment:                             <ul style="list-style-type: none"> <li>○ Medication</li> <li>○ Decreased activity, bed rest or hospitalization</li> <li>○ Normal salt intake (no low salt diets)</li> </ul> </li> <li>• Hypertension treatment (postpartum):                             <ul style="list-style-type: none"> <li>○ DASH diet (low fat and &lt;2300mg sodium)</li> <li>○ Weight loss and exercise</li> <li>○ Stop smoking, limit alcohol</li> <li>○ Medication</li> </ul> </li> </ul>
<b>Record Plan or Goal</b>	Mom feels she is doing ok on meds. Discussed consistency of meals. Re-asses next appointment.	
<p><b>Ready</b> →</p> <p>“The Dr said I was confined to bed the rest of my pregnancy, but I need WIC.”</p> <p>Help plan change-support</p>	<ul style="list-style-type: none"> <li>• “I’m glad your WIC is helpful. Pre-eclampsia is serious. If you haven’t delivered by your next appointment, call and we will make arrangements to get you your WIC.”</li> <li>• “What other concerns do you have today?”</li> </ul>	<ul style="list-style-type: none"> <li>• “Yes, there is the risk for LBW or premature delivery when you have hypertension in pregnancy. So we want you to follow your Dr’s orders. Once you deliver, are you planning to breast or formula feed?”</li> </ul>
<b>Record Plan or Goal</b>	Mom worried about delivering early. Reviewed WIC process once infant is born. Mail checks next appointment as needed.	

<b>Education Resources</b>	<p><a href="http://www.marchofdimes.com/pregnancy/complications_highbloodpressure.html">http://www.marchofdimes.com/pregnancy/complications_highbloodpressure.html</a> Resource- <i>High Blood Pressure in Pregnancy (vers 2011)</i></p> <p><a href="http://www.webmd.com/hypertension-high-blood-pressure/guide/hypertension-treatment-overview">http://www.webmd.com/hypertension-high-blood-pressure/guide/hypertension-treatment-overview</a> Resource- <i>Overview of High Blood Pressure</i></p> <p><a href="http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf">http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf</a> Reference- <i>DASH Diet</i></p>
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