

Oxford County Blood Pressure Education Program 2010

The Oxford County Blood Pressure Education Program is a community-based educational program funded by Alexandra Hospital in Ingersoll with support from many of Oxford County's health care agencies and professionals. Education is offered to all residents of Oxford County, who have been diagnosed with hypertension.

The program is currently accepting referrals and clients can be referred to the program by their family physician, walk-in clinic, nurses, pharmacists, dieticians and through **self-referral**.

Participants who are self-referred will be responsible for communicating, to their physician, their involvement in the program.

Monthly education sessions will be held at Alexandra Hospital, in Ingersoll.

Each participant will meet with the program coordinator for an individual intake session, to obtain baseline information, provide education on blood pressure monitoring and logging blood pressure readings. Three group education sessions will follow, focusing on:

Session 1:

- **What is Hypertension?** 45-minute presentation; home BP monitoring and logging
- **Medication Counseling:** 60-minute presentation by a community pharmacist

Session 2:

- **Benefits of Physical Activity:** 45-minute presentation by, Public Health Active Living Team
- **Nutrition:** 60-minute presentation by dietician

Session 3

- **Making Changes:** 45 minute presentation by Public Health
- **Stress Management:** 60-minute presentation by a team member from Mental Health Services, Woodstock

Follow-up will occur monthly if needed for six months, to evaluate client progress. Key outcomes will include blood pressure within normal limits, medications adherence and risk factor modification, related to life style.

Education sessions will be held 6:30 – 8:30 pm in the staff education room located in the basement of the Alexandra Hospital

Alexandra Hospital, Ingersoll:

June 22, 23, 24

July - no classes

August 17, 18, 19

Sept. 21, 22,23

Oct. 19, 20, 21

Nov. 23, 24, 25

Dec. - no classes

For more information, please contact:

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