

# Effective Diagnosis, Treatment, and Monitoring of Hypertension in Primary Care

## Facilitator Notes

# 1

## Burden of Cardiovascular Disease and Hypertension around the Globe and in [COUNTRY]

Content should be adapted with country-specific information prior to use.  
**Red text** denotes places where modification may be required. Guidance on how to adapt the training is provided in the Course Overview.

Facilitators should review all materials prior to the training workshop to ensure they have a full understanding of the session and to determine what hard copy print outs will be required to conduct the exercises.

## Facilitator notes

*Facilitator notes complement the Participant Guides and PowerPoints, providing facilitators with additional guidance on exercises and handouts.*

## Overview of session

*Participants will apply what they learn about the burden of cardiovascular disease and hypertension to the primary health care setting.*



### **EXERCISE 1: EXAM ROOM ROLE PLAY**

## Instructions

- A total of **40** minutes is recommended for this role play exercise.
- Pair up the participants.
- Read out the background scenario and hand out role descriptions (see page **5**).
- Ask participants to play the roles provided on their handout, allowing about **10** minutes for the initial role play.
- Then ask participants to swap roles with their partner, again allowing about **10** minutes for the reversed role play.
- At the end of the role play, allow **10–15** minutes for the participants to report back to the whole group on a) how they felt as the health care provider trying to communicate the necessary information, and b) how they felt as the patient being given the information.
- Summarize the main points that should be conveyed in this scenario, and give some suggestions on how best to achieve this (see page **4**).

### **Background scenario**

The patient meets the criteria that indicate that s/he has hypertension. S/he does not have any symptoms.

### **Role for the health care provider**

Explain to the patient that s/he has been diagnosed with hypertension and that treatment is necessary.

Explain other implications of the diagnosis and treatment (the need for lifestyle modification, the lifelong nature of treatment, possible complications of hypertension, etc.)

Role for the patient

The patient does not have any symptoms and is not convinced s/he needs treatment.

## Summary

At the end of the role play exercise, after gaining feedback from the participants, conclude with the following essential points.

Health care providers can:

- Encourage the patient to share what they know about hypertension.
- Emphasize that hypertension is a “silent killer” that can cause damage to significant organ systems and that treatment is necessary.
- Inform the patient that **one in four Indian adults** suffers from hypertension, but that it can be controlled by available medications and lifestyle modifications. Hypertension treatment is practical (once-a-day treatment, minimal side effects, etc.).
- Emphasize that hypertension treatment **is free/affordable and easily available at the nearest government health centre.**
- Stress the importance of treatment adherence and a regular follow-up with a health care provider to prevent complications or damage to organs.

## SESSION 1 – EXERCISE 1 HANDOUT

### Role for the health care provider

Explain to the patient that s/he has been diagnosed with hypertension and that treatment is necessary.

Explain other implications of the diagnosis and treatment (the need for lifestyle modification, the lifelong nature of treatment, possible complications of hypertension, etc.)

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### Role for the patient

Patient does not have any symptoms and is not convinced s/he needs treatment.

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### Role for the health care provider

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Explain other implications of the diagnosis and treatment (the need for lifestyle modification, the lifelong nature of treatment, possible complications of hypertension, etc.)

-----CUT HERE-----

### Role for the patient

The patient does not have any symptoms and is not convinced s/he needs treatment.