

USE OF THE 5A'S FRAMEWORK FOR COUNSELING PATIENTS WITH UNCONTROLLED HYPERTENSION



Re-Cap BP-Visit

- Blood Pressure Visit Intensification for Successful Improvement of Treatment
- Goal is to use QI processes to implement monthly visits for hypertensive patients with uncontrolled BP.



5As Overview

Why the 5As?

Why use the 5As for
hypertension?

The 5As: Engaging patients in collaborative partnerships for improving BP control

ASK

Elicit the patient's visit agenda and ask if the patient knows their BP goal and is motivated to achieve it.

Ask is also important for finding out what patient knows about hypertension so that you fill the gaps.

ADVISE

Advise the patient what their BP goal is, what their current BP reading is, and steps they can take to improve it.

Best to **advise** after you **ask** patient what they know.

AGREE

Determine if the patient is on board with making blood pressure a priority.

ASSIST

Assist the patient in developing a treatment plan. Be sure that the patient agrees with the plan.

ARRANGE

Schedule a following up visit in one month and make sure they agree with this. Use teach back to ensure the patient recall what has been agreed to.

VIDEO CLIPS

- *ASK (Videos: 1 & 2)*
- *ADVISE (Videos: 3 & 4)*
- *AGREE (Videos: 5 & 6)*
- *ASSIST (Videos: 7 & 8)*
- *ARRANGE (Videos: 9 & 10)*

VIDEO CLIPS

ASK (Videos: 1 & 2)

- https://docs.google.com/a/u.rochester.edu/file/d/0B3f_D6tS0a9dOWtZMk9GazRwTEE/edit?pref=2&pli=1
- https://docs.google.com/a/u.rochester.edu/file/d/0B3f_D6tS0a9dMVQ4V0RkWBzMkk/edit?pref=2&pli=1

ADVISE (Videos: 3 & 4)

- https://docs.google.com/a/u.rochester.edu/file/d/0B3f_D6tS0a9dMXhodlluaFZfUnc/edit?pref=2&pli=1
- https://docs.google.com/a/u.rochester.edu/file/d/0B3f_D6tS0a9dNkZMTUV4MUxTLVk/edit?pref=2&pli=1

AGREE (Videos: 5 & 6)

- https://docs.google.com/a/u.rochester.edu/file/d/0B3f_D6tS0a9dX3haTlpmNkZkdEU/edit?pref=2&pli=1
- https://docs.google.com/a/u.rochester.edu/file/d/0B3f_D6tS0a9deUxOdmxoS1gzc1E/edit?pref=2&pli=1

ASSIST (Videos: 7 & 8)

- https://docs.google.com/a/u.rochester.edu/file/d/0B3f_D6tS0a9dUnBOUUhNkUxMTQ/edit?pref=2&pli=1
- https://docs.google.com/a/u.rochester.edu/file/d/0B3f_D6tS0a9dWGtuS2VZbVBoREk/edit?pref=2&pli=1

ARRANGE (Videos: 9 & 10)

- https://docs.google.com/a/u.rochester.edu/file/d/0B3f_D6tS0a9dWkthWEk3MkZpQOE/edit?pref=2&pli=1
- https://docs.google.com/a/u.rochester.edu/file/d/0B3f_D6tS0a9dSndYRlFRdGJveFE/edit?pref=2&pli=1

ROLE PLAY SESSION

QUESTIONS

BP Visit Website and Resources

<http://www.cdnetwork.org/bp-visit>