

# THE COLUMBUS-ATHENS SCHWEITZER FELLOWS PROGRAM

Purpose: To facilitate service projects to benefit the Columbus and Athens communities, and simultaneously develop emerging professionals who have the skills to address unmet health-related needs throughout their careers.

THE ALBERT  
SCHWEITZER  
FELLOWSHIP®  
*Addressing Health Disparities  
by Developing Leaders in Service*

“Start early to instill in your students awareness that they are on this earth to help and serve others; that is as important to pass on to them as knowledge.”

—Albert Schweitzer, PhD, MD

## Team Up. Pressure Down.

Addressing hypertension to improve cardiovascular health

### Introduction

Hypertension (HTN) affects one in three Americans in the U.S., while costing the U.S. healthcare system \$47.5 billion per year. HTN increases the risk of heart attack and stroke, directly or indirectly causing a heart attack or stroke every 39 seconds in the U.S.



Team Up, Pressure Down (TUPD) is a pharmacist-driven HTN education program, developed by the CDC, to improve cardiovascular health and reduce heart attacks and strokes.

### Population

TUPD is based at **Helping Hands Health & Wellness Center (HH)**, a free clinic that provides care to patients at or below the 200% poverty level in the Northland and Greater Columbus areas. The clinic's demographics are 46% African-American, 45% White and 9% Hispanic, Asian or Somali. 20-40% of patients seen at HH have HTN.

### Project

- A comprehensive HTN education program
- Counseled patients on positive lifestyle modifications and medication adherence
- Provided patients with blood pressure (BP) monitors and BP journals
- Collaborated with OSU PharmD student volunteers
- Evaluated program through survey of HH staff
- Blood pressure monitors donated by Kroger Company
- Grant support for other program materials through Molina Healthcare

### Impact

- Educated 122 new patients and 5 recurring patients
- Provided 72 BP monitors and 18 large sized cuffs
- Collaborated with 13 different OSU PharmD students

### The Future

- Sustainability- TUPD will be lead by two new Schweitzer Fellows next year
- Expansion- TUPD will be expanded to Grace in the City free clinic
- Development- improved patient follow-up and incorporation into HH electronic medical record



### Testimonial

“The hypertension program, established by our Schweitzer Fellow, provided inspiration and hope to our patients that they could live a healthy life.”

—Joyce Bourgault, Helping Hands Executive Director



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