

# 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. Only half of those affected are optimally controlled. This condition costs the U.S. healthcare system \$51.6 billion per year. HTN increases the risk of coronary artery disease and stroke.

*Team Up, Pressure Down* (TUPD) is a pharmacist-driven HTN education program developed to improve cardiovascular health and reduce strokes for the uninsured and underserved in Franklin County.

### Population

TUPD began 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.

The program expanded to **Grace in the City, Hardin Clinic** in the Linden community. This free clinic provides care to uninsured, mostly of African American and Hispanic descent.

At both clinics close to ½ of patients have high blood pressure.



### Project

TUPD is a comprehensive hypertension education program focused on disease state management, lifestyle changes and medication adherence. The program:

- Counseled patients on positive lifestyle modifications such as healthy diet, exercise, smoking cessation, and stress management
- Educated patients on HTN medication directions and important side effects
- Provided patients with blood pressure (BP) monitors, BP journals and heart-healthy reading materials
- Secured in-kind support from Kroger Company, Molina Healthcare, and Walmart

### Impact

- Number of patients reached since April, 2014 nearly doubled
- Educated 219 new patients and 31 recurring patients about HTN
- Provided 41 BP monitors and 14 large sized cuffs



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