

BLOOD PRESSURE CONTROL: WHAT MATTERS? PATIENT ENGAGEMENT

WHY

Providers are not able to provide effective treatment for hypertension control if patients are not involved in the care process.



WHAT

Informed, engaged, empowered, and activated patients are more likely to share in decision making with their providers and take responsibility and action for their own health.



HOW

How can you help your patients be more engaged with their health?

1. Help patients track their own blood pressure: Use of a simple, low-cost blood pressure wallet card with patients at the time blood pressure is measured.
2. Engage in a brief shared goal setting conversation with patients to decide on a realistic improvement in self-management.

PATIENT EMPOWERMENT

PATIENT ACTIVATION

PATIENT EFFECTIVENESS

