

What Community Health Workers Can Do (with Program Support) to Help Community Members Who Already Have High Blood Pressure

Note that all of the suggestions for helping people at risk for high blood pressure (see previous page) also apply to people who already have high blood pressure.

- Help community members with high blood pressure understand what they need to do to take care of themselves.
- Tell community members to call their doctor if they have questions about their medicines.
- Remind community members that they should not stop taking their medicines without talking to their doctor, even if they feel better.
- Help community members understand how important it is to regularly check their blood pressure.
- Remind community members to ask their doctor how often they should check their blood pressure.
- Encourage community members to ask their doctor what numbers for blood pressure are dangerously high and what they should do if their numbers get that high.
- Help community members use blood pressure monitors correctly and write down their numbers correctly.
- Help community members learn how to keep track of the medicines they are taking.
- Learn and teach relaxation exercises.
- Encourage community members to get help for managing stress and depression.

