

Thanks for your  
Patience.  
The session will  
begin shortly!



# IN THE KNOW

INFORMATION SESSION FOR THE IDD COMMUNITY

Wednesday Sep 10, 2025 | 12:00pm -1:00pm virtual

Topic: **Managing Hypertension**

Guest Speakers: Karesia Jones, RN & Angie LaPointe, RN

Hosted by: PHP/CDNY Advocacy & Member Engagement

## IN THE KNOW Education Series

Timely and Relevant Information and Resources Specific to and for Individuals with Intellectual and Developmental Disabilities (IDD).



Our In the Know education series is designed to educate and elevate awareness of timely and relevant topics impacting the quality of life for individuals with IDD.

## Using Microsoft TEAMS:

- Remain on MUTE if you are not speaking
- Raise your HAND if you'd like to speak
- Use the CHAT function to write a comment

## Those on the phone:

- Press \*6 to Unmute your phone
- Facilitator will keep attendees on mute to minimize background noise

## Facilitator



**Karleen Haines**

*Chief of Advocacy & Member Engagement*

# WELCOME TO OUR SPEAKER(S):



Today we welcome two of our colleagues from the Healthcare Management & Clinical Support Department

**Karesia Jones, RN  
&  
Angie LaPointe, RN**

*Content Contributor: Renata Goldman RN*



---

# DEFINITION

## Normal Blood Pressure

- Normal blood pressure is usually defined as below 120/80 mm Hg.

## Prehypertension

- Prehypertension is considered when the blood pressure is slightly higher than normal or elevated blood pressure but not high enough to be classified as high blood pressure.
- Numbers ranging from 120-129 and below 80 is considered elevated blood pressure. Consistent elevated numbers help the provider make a diagnosis.

## Hypertension

- Hypertension is often referred to as high blood pressure.
  - It's defined as a common condition where the pressure of blood pushing against the wall of the artery (blood vessel) is constantly too high, hence making the heart work harder to pump blood.
- 
- This number is typically at or above 130/80 mm hg.

# BLOOD PRESSURE NUMBERS

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)	and/or	DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130 – 139	or	80 – 89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional)	HIGHER THAN 180	and/or	HIGHER THAN 120
<u>HYPERTENSIVE EMERGENCY</u> (If you have any of these symptoms*, call 911)	HIGHER THAN 180	and/or	HIGHER THAN 120

\*symptoms: chest pain, shortness of breath, back pain, numbness, weakness, change in vision, or difficulty speaking


---

# ROUTINE BLOOD PRESSURE SCREENINGS

- **Attending Annual Physical Exams (APEs)** allows for routine monitoring of blood pressure, other vital signs and labs. This is a great way to catch any new conditions/diagnoses early.
    - People over 40 or those who are at an increased risk of developing hypertension (obesity, African American individuals) should get blood pressure screening annually or as recommended by their provider.
  - **Routine and regular visits with your provider**
    - When first diagnosed with hypertension appointments might be frequent to ensure that the medications prescribed are working.
    - Taking blood pressures at home and keeping a log to show the provider will also help with management of blood pressures.
-


---

# HOW TO TAKE YOUR BLOOD PRESSURE



The Correct Way to  
**Measure Blood Pressure**

- No talking
- Arm resting at chest height
- Cuff against bare skin
- Back is supported
- Sit with feet flat on floor



Visit **[cdc.gov/bloodpressure](https://cdc.gov/bloodpressure)**  
for tips and resources.



---

# HOW TO BE PROACTIVE WITH PREVENTING AND TREATING HYPERTENSION

---

# EAT A HEALTHY DIET

Make healthy food choices like more fruits, vegetables, whole grains, lean meats and low-fat dairy products. Eat less salt, saturated fats and added sugar.



**AMERICAN HEART ASSOCIATION**  
Healthy for Good™

## CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

**This is what it takes to be Heart-Check certified\*:**

<b>SOURCE OF NUTRIENTS</b>	<b>LIMITED IN BAD FATS</b>
<b>Beneficial Nutrients (naturally occurring):</b> 10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)	<b>Saturated Fat:</b> 1 g or less per standard serving size and 15% or less calories from saturated fat
<b>LIMITED IN SODIUM</b>	<b>Trans Fat:</b> Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.
<b>Sodium:</b> One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*	

**AMERICAN HEART ASSOCIATION**  
CERTIFIED  
Meets Criteria For Heart-Healthy Food

\*All requirements listed apply to Standard Certification, see [heartcheck.org/requirements](https://heartcheck.org/requirements), 05-17266-2/21  
© Copyright 2021 - 2024 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Unauthorized use prohibited.

TO LEARN MORE, VISIT  
[heartcheck.org](https://heartcheck.org)

---

# MANAGE YOUR STRESS

- Stress can cause the flight vs flight system in your body causing a release of hormone to constrict blood vessels, this raises blood pressure.
- Examples of stress reducing activities:
  - Deep breathing
  - Yoga



---

# MAINTAIN A HEALTHY WEIGHT

- Discuss with your doctor what is a healthy weight for you to be at and ways that you can achieve that weight.
- Seeking the support of a dietician/nutritionist may be beneficial.





---

# BE ACTIVE

Exercise at least 150 minutes weekly, or as recommended by your provider.

- Walking
- Dancing
- Swimming
- Yoga/Chair Yoga
- Strength Training/lifting weights



---

# SLEEP HYGIENE



- Ensure that you are getting at least 7 hours of sleep each night.
  - If you have trouble sleeping, snoring, or wake up unrested follow up with PCP for sleep apnea workup
-



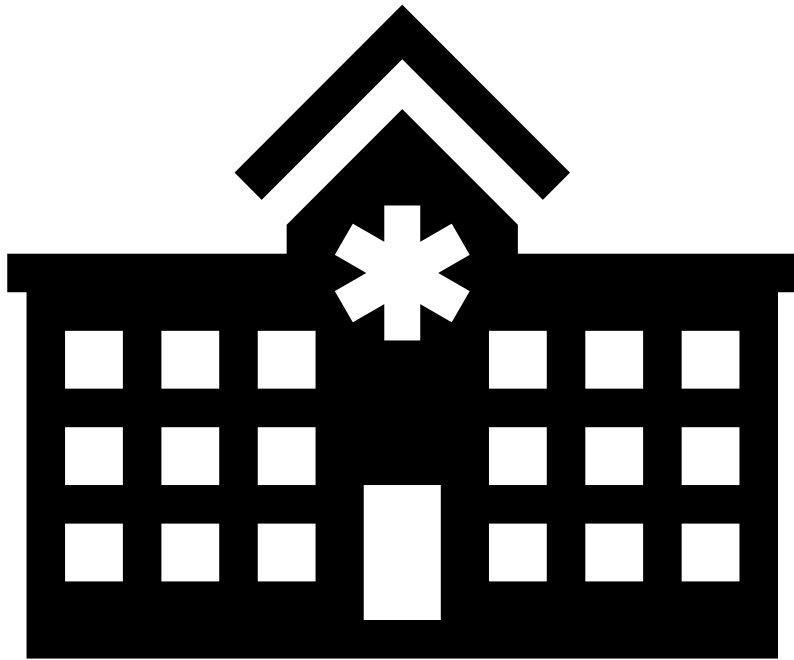
---

# USE OF MEDICATIONS

- Medications may be prescribed to help treat hypertension if lifestyle and nutritional changes do not prove helpful in lowering your blood pressure.
  - On occasion, you may need more than one blood pressure medication to help treat your blood pressure.
- Should you feel “off” after taking your blood pressure medication, discuss these side effects with your provider.
  - Taking your medication at night vs. morning may help to reduce those symptoms.
  - You should not stop taking your medication unless you speak with your providers.
- Ask your provider if you should be monitoring your blood pressure at home. Together you can devise a plan on what to do if your blood pressure is high or too low.

---

# WHEN TO GO TO THE ER



## Warning signs

- Chest pain
- Dizziness
- Arm pain
- Jaw pain
- Persistent heartburn unrelieved by medication (if ordered)
- Sudden vision changes
- Shortness of breath



---

# HOW CAN YOUR CM ASSIST YOU

- Care Managers can assist with helping set up transportation for you.
  - Care managers can also assist with scheduling or rescheduling appointments for you.
    - It is important that you see your PCP routinely, if recommended by your PCP, seeking the support of a cardiologist to help manage this condition.
  - Care managers can also assist with calling the pharmacy and checking on prescriptions for you or communicating with the providers on what pharmacy you use.
-

---

# HOW CAN YOUR CM ASSIST YOU

- Care managers are here to help you remember appointments and items you may need for your appointments.
- Talk with the care manager about your struggles with medication or appointments and they can work with you to help you become successful with medication and appointment compliance.

*CM = Care Manager*

---



## All Upcoming Events

### In The Know Education Series - Understanding & Managing Hypertension

📅 Wed, Sep 10th, 2025, 12:00 pm

📁 Informational Meetings | Webinars | Family Education

### Shared Stories: A Panel Discussion with Disability Advocates

📅 Tue, Sep 16th, 2025, 6:00 pm

📁 Informational Meetings | Webinars | Family Education

### In The Know Education Series - Staying Healthy This Fall (Flu Season Wellness)

📅 Tue, Sep 23rd, 2025, 1:00 pm

📁 Informational Meetings | Webinars | Family Education

## Special THANK YOU to our guest speakers!

# THANK YOU FOR JOINING US TODAY...



## Join us Again!

Please visit the event pages on our websites to see upcoming events, register for free sessions, and view previous presentations in our digital library.

**CARE DESIGN NY** <https://caredesignny.org/events>

**Contact Us:** [MemberFeedback@caredesignny.org](mailto:MemberFeedback@caredesignny.org) OR [MemberFeedback@phpcares.org](mailto:MemberFeedback@phpcares.org)

---

**WE WANT YOU TO STAY**

