

Information sheet for person offering education on Hypertension

“Client” means patient/client/resident

This sheet is to assist the educator, it is not to be given to the client you are teaching.

This education material is provided to assist you provide education relevant to your client on Hypertension. These materials are provided in English and French. You are not expected to educate your client in French. You will educate them in English and provide the materials in French so they may review at their convenience if applicable.

There is a link from the English to the French document.

Please familiarize yourself with the materials.

Please print off the applicable PDF(s) for your client. (Have the ward clerk print off a copy)

There may be more than one that is applicable to your client. You are the best person to determine what is applicable.

The list of documents is

- HPEI Passport (Given to every client)
- How to handrub (Given to every client)
- How to handwash (Given to every client)

Please chose the applicable material relevant to your client from the below list and print off

- Understanding and managing your blood pressure
- Managing your blood pressure
- Healthy eating for healthy blood pressure
- My home blood pressure log
- Salt and sodium get the fact
- High BP in people with diabetes. Are you at risk?

Health PEI

One Island Health System

- Measure BP at home
- Home BP get the facts

If you have any questions regarding any of the materials provided, suggestions to improve the package content etc.

Please contact, Dorothy Dewar Nursing Research Lead, CNO Office, at dadewar@ihis.org