

BP Control Coaching Success Story

Patients had lower clinical blood pressure readings after coaching sessions to improve medication adherence

Patient Overview

Age: 64
Language spoken: Arabic (communicated through an interpreter)

Why was the patient referred?

Blood pressure: 177/100 and 156/76.
Referral date: 5/12/2022.

Patient motivations for controlling BP

Patient wanted to control blood pressure to take care of herself.

Patient reported challenges taking antihypertensive meds

- 1) Patient misunderstood the purpose of the medications, the medication label and schedule to take them.
- 2) Patient reported too many pills to track.

Plans made with the Coach

1. Use a pillbox called Med Minder to manage medications & alert if needed.
2. Get reminders from family members.
3. Request prescription renewals in Arabic.

Medication updates

- No medication side effects reported
- No medication adjustments made during coaching period

Results

Patient completed 5 coaching sessions.
Final health BP: 118/80.



Questions on how to refer?
Contact XX, BP Control Coach
Contact Information
XXXX

IMPACT SNAPSHOT

177/100

blood pressure at time of referral

5 visits

patient met with the Coach for medication adherence coaching
5/12/2022 to 7/21/2022

118/80

blood pressure after completing coaching sessions

