

High Blood Pressure — *Personal Action Plan*

I Can Take Charge

You are in charge of managing your high blood pressure — and Intermountain Homecare & Hospice is here to help you. Below are tools to help you develop your own action plan and keep track of your progress at home.



My Personal Plan — with BP MAWDS

Check the boxes of the things you would like to work on to manage your high blood pressure.

- Take my **Medication** as ordered by my doctor
- Exercise and stay **Active**
- Maintain a healthy **Weight**
- Follow a healthy **Diet**
- Stop **Smoking** and manage **Stress**
- See my doctor** regularly

MEDICATION — See page 9 of BP Basics

Check the types of medications you take (below and on the next page).

Then, **circle or write in the medication name** on your pill bottle.

- ACE inhibitor** — Helps open blood vessels, making it easier for your heart to pump and to lower blood pressure.

lisinopril (Prinivil, Zestril)
 benazepril (Lotensin)
 enalapril (Vasotec)
 quinapril (Accupril)
 ramipril (Altace)

I take: _____

I will remember to take this medicine by:

I will watch for these side effects:
 Cough, dizziness, headache, drowsiness, weakness

- ARB** — Helps open blood vessels, making it easier for your heart to pump and to lower blood pressure.

losartan (Cozaar)
 candesartan (Atacand)
 irbesartan (Avapro)
 valsartan (Diovan)

I take: _____

I will remember to take this medicine by:

I will watch for these side effects:
 Cough, dizziness, headache, drowsiness, weakness

Calcium channel blocker (CCB) — Helps block calcium from entering heart, blood vessel cells to relax, and widens blood vessels, which lowers blood pressure.

amlodipine (Norvasc)
diltiazem (Cardizem, Cartia, Dilacor, etc.)
verapamil (Calan, Isoptin)

I take: _____

I will remember to take this medicine by:

I will watch for these side effects:
Headache, flushed skin, ankle swelling

Diuretic — Helps kidneys get rid of extra fluid and sodium through your urine. These are often combined with an ACE or ARB in one pill.

hydrochlorothiazide (HCTZ)
lisinopril/HCTZ combination
losartan/HCTZ combination
chlorthalidone (Thalitone)
furosemide (Lasix)

I take: _____

I will remember to take this medicine by:

I will watch for these side effects:
Dizziness, lightheadedness, headache or blurred vision

Beta blocker — Helps make your heart muscle function better and lowers your blood pressure.

carvedilol (Coreg)
metoprolol succinate ER (Toprol XL)

I take: _____

I will remember to take this medicine by:

I will watch for these side effects:

Other

Statins (for patients also taking cholesterol medications)

- atorvastatin (Lipitor)
- rosuvastatin (Crestor)
- lovastatin (Altoprev, Mevacor)
- pravastatin (Pravachol)
- simvastatin (Zocor)

I take: _____

I will remember to take this medicine by:

I will watch for these side effects: _____

MANAGE MY WEIGHT *See pages 12–13 of BP Basics*

To keep track of my weight and blood pressure, I will:	Week 1	Week 2	Week 3	Week 4
Track my current weight				
Track my target weight				
Weigh myself every day				
Keep track of my weight in a journal				

*Possible problems for meeting my goal are: _____

*Things that will help me meet my goal are: _____

DIET (EATING PLAN) *See pages 14–15 of BP Basics*

To reduce my sodium (salt) intake, I will:

Week 1 Week 2 Week 3 Week 4

Limit my sodium intake to _____ per day

Take the salt shaker off the kitchen table

Read food labels to see which foods are high in sodium

Rinse canned foods before cooking and eating them

Remove one high-salt item from my diet this week

At restaurants, choose items listed as "healthy choice"

At restaurants, ask for food with no added salt

*Possible problems for meeting my goal are: _____

*Things that will help me meet my goal are: _____

To eat more fruits and vegetables, I will:

Week 1 Week 2 Week 3 Week 4

Fill half my plate with vegetables and fruits

Snack on vegetables and fruits, not chips and candy

Buy pre-washed, pre-cut vegetables for quicker meals and snacks

Eat more dark green and leafy vegetables, such as spinach, kale, and broccoli

Eat more bright yellow, orange, and other colorful vegetables, such as sweet potatoes, carrots, squash, sweet red peppers, dried apricots

Choose whole fruits more often than juices

To eat more whole grains, I will:

Week 1 Week 2 Week 3 Week 4

Switch to whole-grain bread, rice, or tortillas

For breakfast, eat oatmeal or cold cereals with a whole grain listed first

Make sure at least half my grains are whole grains

To choose heart-healthy proteins, I will:

Week 1 Week 2 Week 3 Week 4

Eat fish or shellfish 2 or 3 times a week

When eating chicken or turkey, choose skinless white meat

When eating red meat, choose lean cuts, and servings smaller than a deck of cards

To choose healthy fats and low-fat dairy, I will:

Week 1 Week 2 Week 3 Week 4

Avoid products with trans fats

Buy low fat milk, cheese, and yogurt

Choose olive, canola, or peanut oil

*Possible problems for meeting my goal are: _____

*Things that will help me meet my goal are: _____

ACTIVITY See pages 10–11 of *BP Basics*.

To increase my physical activity, I will: Week 1 Week 2 Week 3 Week 4

Walk _____ minutes _____ times in my neighborhood or at a mall				
Go to an exercise class at a gym or senior center				
Do light housekeeping or yard work				
Have a physical therapy evaluation if needed				
Take a brisk walk				
Do strength training exercises — with light weights or without weights				
Swim or do water exercise _____ minutes _____ days a week				
Other:				

*Possible problems for meeting my goal are: _____

*Things that will help me meet my goal are: _____

STRESS AND SMOKING See pages 16–17 of *BP Basics*

To reduce stress, I will: Week 1 Week 2 Week 3 Week 4

Change my expectations				
Learn to say no				
Practice gratitude and joy				
To quit smoking, I will:				
Identify a support program or team				
Talk with my doctor about medications that will help me succeed				
Set a quit date				

*Possible problems for meeting my goal are: _____

*Things that will help me meet my goal are: _____

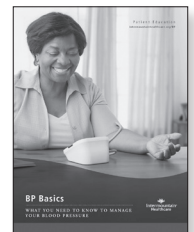
WATCH FOR SYMPTOMS

I will call my healthcare provider when: Week 1 Week 2 Week 3 Week 4

• My blood pressure is above 180/105 AND I have chest pain, shortness of breath, or a severe headache				
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My next doctor appointment is: _____

Take this action plan with you to your appointment with your healthcare provider.



Content created and approved by Intermountain Homecare & Hospice