

Blood Pressure 101 for Dental Providers

Course Description

Despite progress toward improving health in North Dakota, there are unmet needs in chronic disease prevention and management. In the state, 30.4% of adults are diagnosed with hypertension, unequally affecting some populations (e.g., low-income). Dental providers can help bridge this gap by working with medical partners on efforts to prevent cardiovascular disease (CVD). Blood Pressure 101 trains dental staff how to properly take a patient's blood pressure and correctly categorize the reading. Additionally, dental staff learn when it is appropriate and necessary to refer a patient to a primary care provider. This intersection of health care and dental care provides the opportunity to discuss the relationship between periodontal disease and heart complications and other systemic diseases.

After completion of this training, participants will be able to:

1. Describe the reasons why BP assessment is important in the dental office setting.
2. Summarize the goals of the Oral Health BP Program: who, what, when, why and how.
3. Demonstrate an accurate blood pressure reading and correctly categorize it as normal, elevated, high or crisis.
4. Anticipate how to handle a patient with a high blood pressure and make a referral.
5. Participate in conversations regarding integration of BP measurement into workflow.