

Hypertension Summit Agenda

5th Annual
Hypertension Summit



12:30 – 12:35 **Welcome and Opening Remarks**

12:35 – 1:00 **Hypertension Overview**
Tiffany Knauf, MA

Overview of hypertension prevalence in North Dakota, and help to identify the importance of utilizing data and statistics to help prevent, control, and treat hypertension.

1:00 - 2:00 **The Effects of Lifestyle and Diet Modification on Blood Pressure**
Jennifer Haugen, RD, CSSD, LD and Lynn Holum, RDN, LD, CDE

Lifestyle modification, including weight reduction, reduction in dietary sodium, the DASH diet, physical activity, alcohol reduction, emotions, stress, and caffeine, can all cause a patient's blood pressure to be out of control or extremely elevated. This session will help you to understand the impacts of lifestyle on blood pressure. This session will also help you identify the components of the DASH diet for patients. Identify the registered dietitian's role in patient education of DASH principles and identify techniques used for incorporating DASH principles into daily living.

2:00 – 2:45 **Medication Management of Hypertension and Pharmacy Update 2020**
Dr. Jesse Rue, PharmD

Medication is one hypertension treatment intervention that is every changing. This session will help you understand the common hypertension medications and how they work. Statins are commonly prescribed for the treatment of hypertension, but how common are the side effects in our patients? You will also learn how pharmacy and pharmacists can play a large role in the management of hypertension today and into the future - and how North Dakota Pharmacy Pilot Project could change the face of medication therapy management for hypertension patients.

2:45 – 3:00 **Break/Snack/Networking (Provided by Essentia Health)**

3:00-4:00 **Complementary and Alternative Treatments for Hypertension**
Dr. Donald Miller, PharmD

The world of chronic disease management and treatment options are endless and ever-evolving, leading patients to choose complementary or alternative methods to treat their hypertension. This presenter will, describe and classify Complementary and Alternative Methods (CAM) based on common features, and help you evaluate the efficacy of several forms of CAM in reducing blood pressure. And finally, how to best incorporate CAM into a busy practice

4:00 - 5:00 **Solving Social Determinants of Health through a Collaborative Community Approach**
Ashley Nelson, RN, BSN, CCCTM; Jason Jordahl, NRP, CP; Genevieve Thompson, MS, NRP, CP

Social Determinants of Health effect all of us - in different ways. The goal of this presentation is to establish a shared understanding of the Social Determinants of Health (SDOH). Also to illustrate the application of SDOH to hypertension management through integrated care case studies. and finally, collaborative identification of future direction in integrated care.

5:15 - 5:30 **Evaluation and Wrap up**

