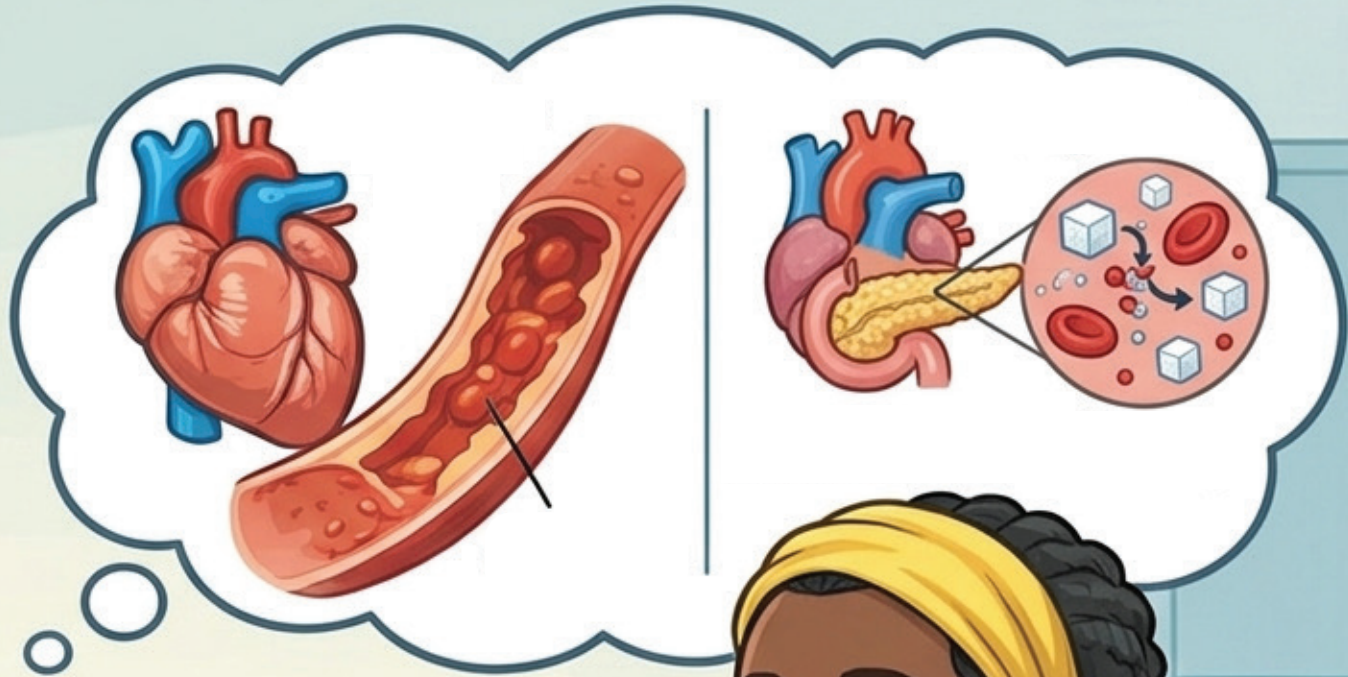


FLIP CHART

THERAPEUTIC PATIENT EDUCATION

Understanding Hypertension and Diabetes

High Blood
Pressure and
Blood Sugar



90
mg/dL

MANAGING YOUR DIABETES & HYPERTENSION: A PARTNERSHIP

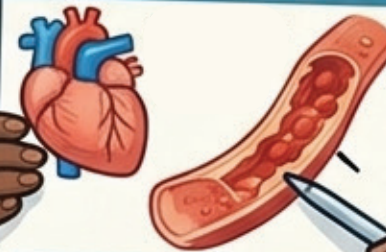


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How to use the flipchart for Therapeutic Patient Education



- Read and be familiar with the text before using the flipchart
- You may use this flipchart as group or individual sessions during clinics or outreaches
- In a group, be sure to stand or sit with the flipchart being visible to your audience
- Engage you audience with the illustrations to emphasize on your points and not to the text as you explain
- Make eye contact with your audience
- Ask questions and encourage discussions
- Speak clearly and use language and words that the individual or group understands

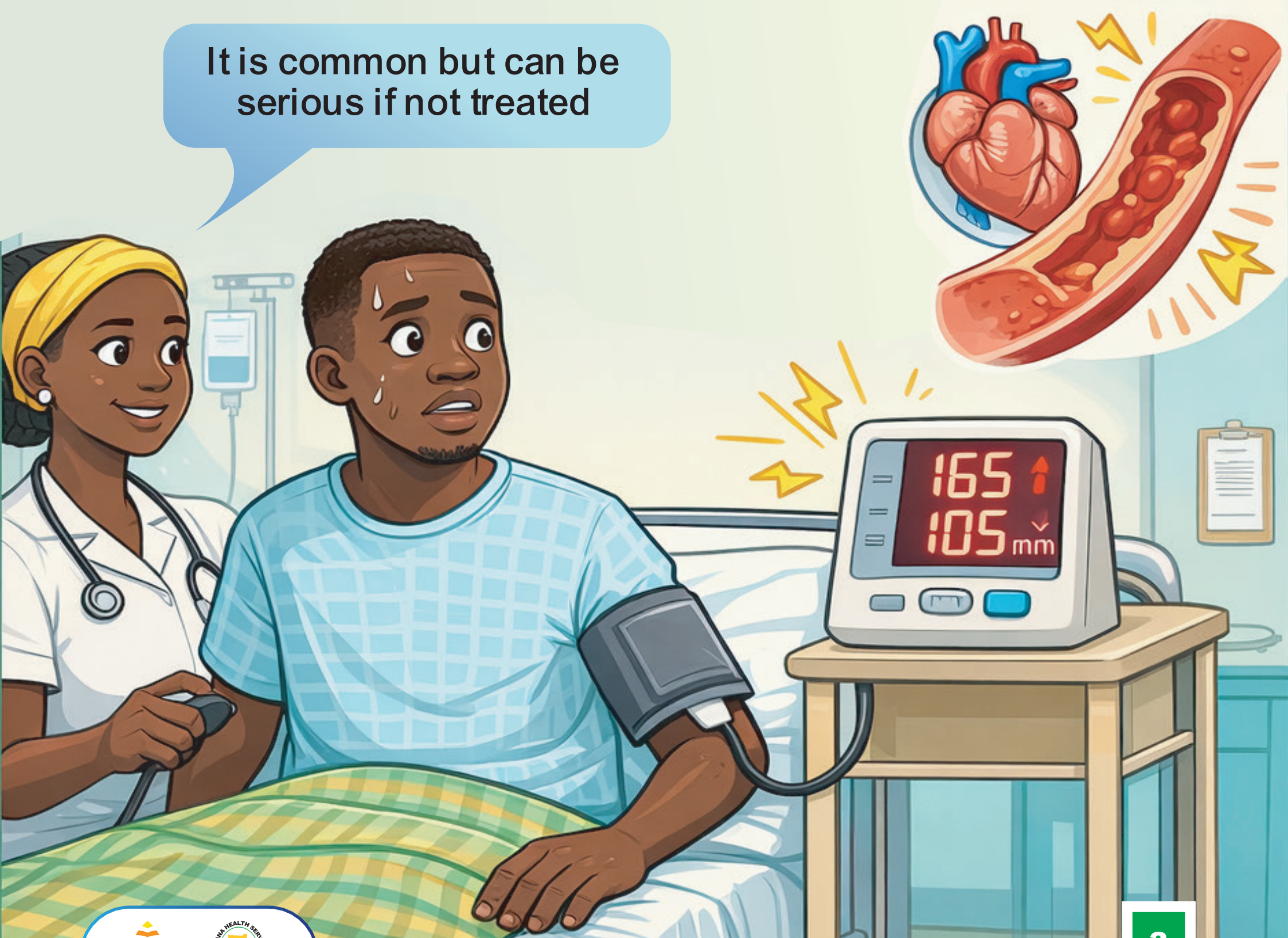
What is Hypertension?

Hypertension occurs when the blood pressure in the blood vessels is too high.

It is defined as a health facility or clinical blood pressure (BP) reading of $\geq 140/90$ mmHg.

Hypertension is usually detected through consistent high readings taken over time.

It is common but can be serious if not treated



Risk Factors of Hypertension

In most people, the exact cause of hypertension is unknown, but a combination of certain factors and lifestyle behaviours can increase the risk of developing it.

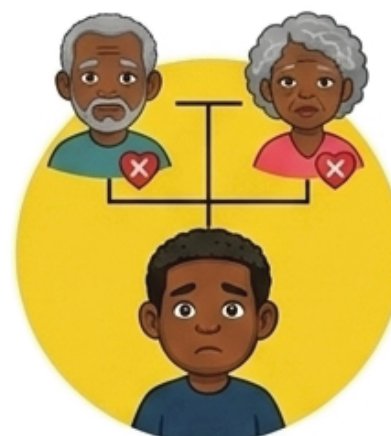
These factors and/or behaviours that increase your chances of developing hypertension include:



Older age



Alcohol use



Family history



Overweight / Obesity



Stress



Unhealthy diet



Poor sleep



Smoking



Physical inactivity

Signs & symptoms of Hypertension

Hypertension is often called the "silent killer" because it usually has no symptoms, but when blood pressure is very high, some people may experience:



Headaches



Dizziness



Nosebleeds



**Shortness
of breath**



**Blurred
vision**



Fatigue



Fainting



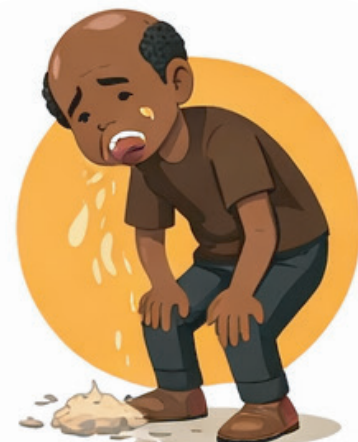
Chest pain



Palpitations



Nausea

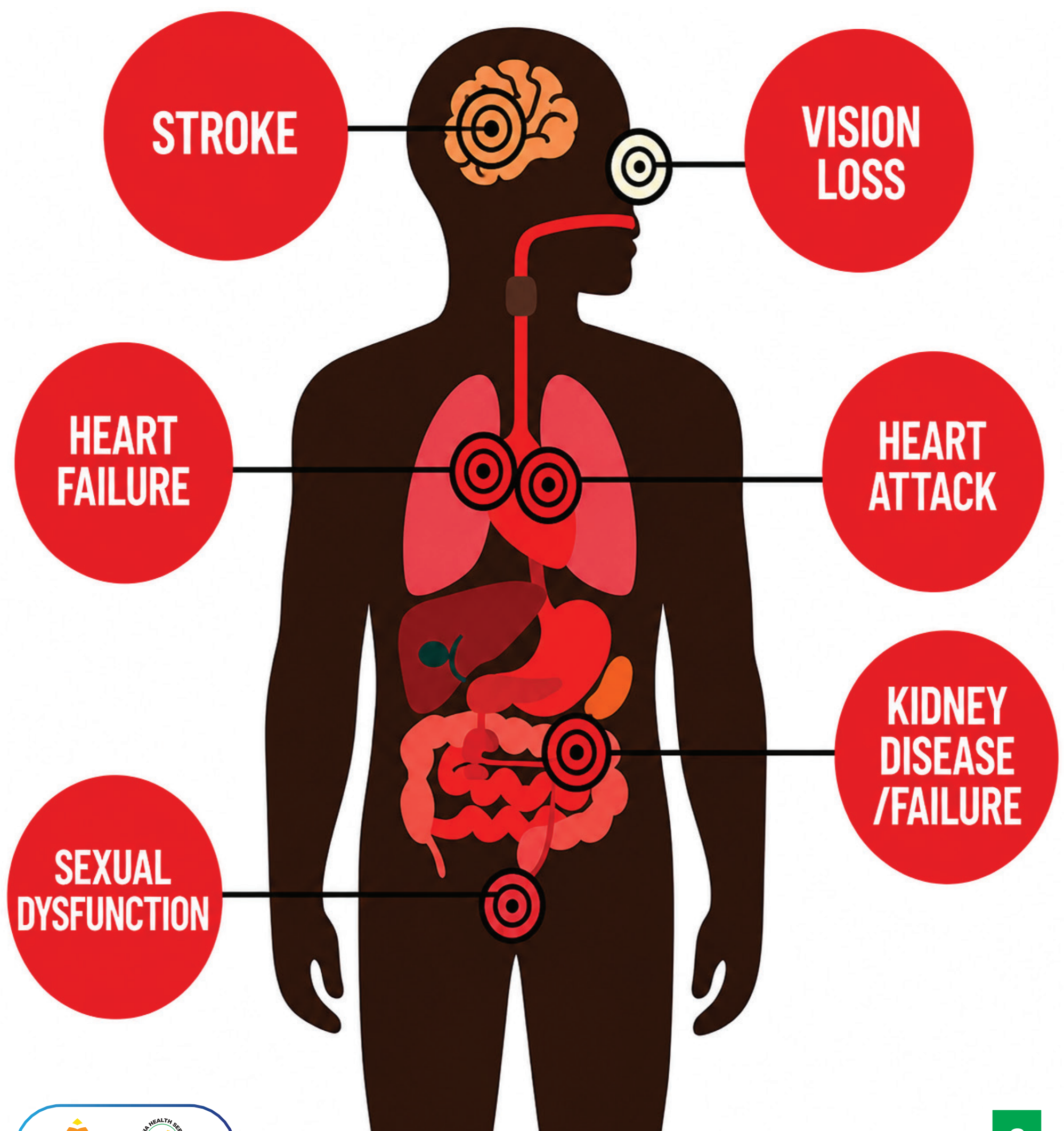


Vomiting

What are the complications of Hypertension?



If hypertension is not well managed it can lead to serious complications such as:



What is Diabetes?

Diabetes is a condition where there is consistently high blood sugar level.

Diabetes is diagnosed when the blood sugar is high:

Fasting Blood Sugar (FBS) of $\geq 7.0\text{mmol/l}$ or

Random Blood Sugar (RBS) $\geq 11.1\text{mmol/l}$

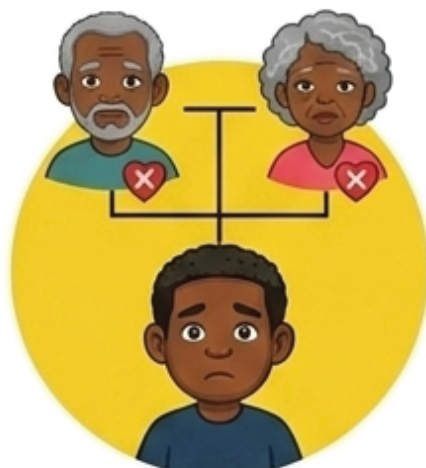
***What is
Diabetes?***



Risk Factors of Diabetes



Older age



Family history



Black race



Obesity



Physical inactivity



Unhealthy diet



Gestational diabetes



Hypertension



Poor sleep



Stress

Signs & symptoms of Diabetes

Most people may not have symptoms especially in type 2 diabetes, or may not notice them since they develop slowly. Regular check-ups are thus essential for early detection and prevention of complications.

Symptoms of Diabetes include:



**Increased thirst
(polydipsia)**



**Frequent urination
Polyuria**



**Increased hunger
(polyphagia)**



**Fatigue or
feeling very tired**



**Unexplained
weight loss**



Blurred vision



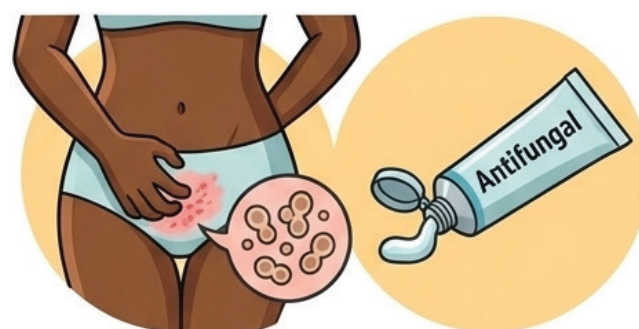
**Slow-healing sores
or frequent infections**



Dry mouth



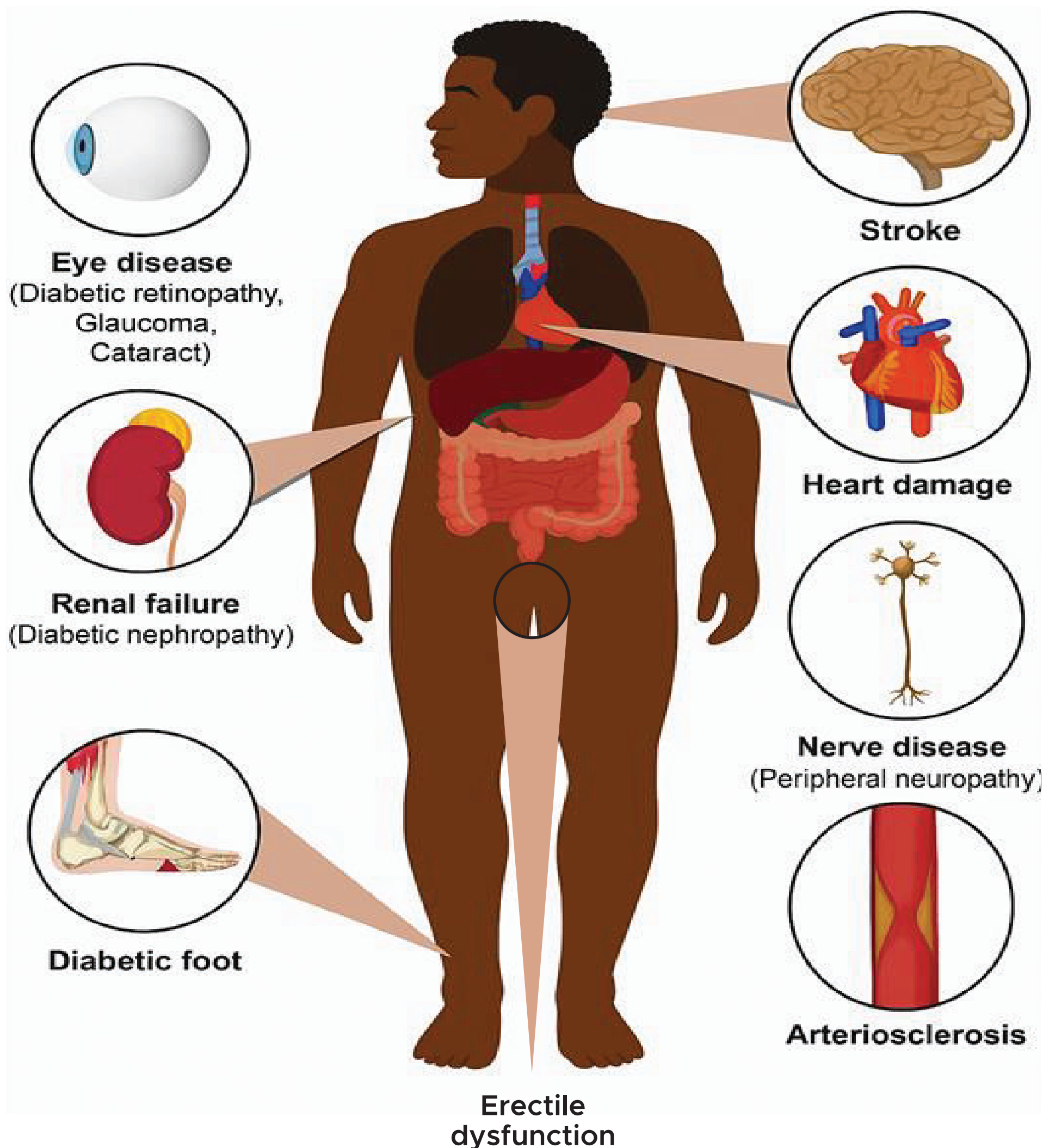
**Tingling, pain, or numbness
in hands or feet**



Recurrent yeast infections

What are the complications of Diabetes?

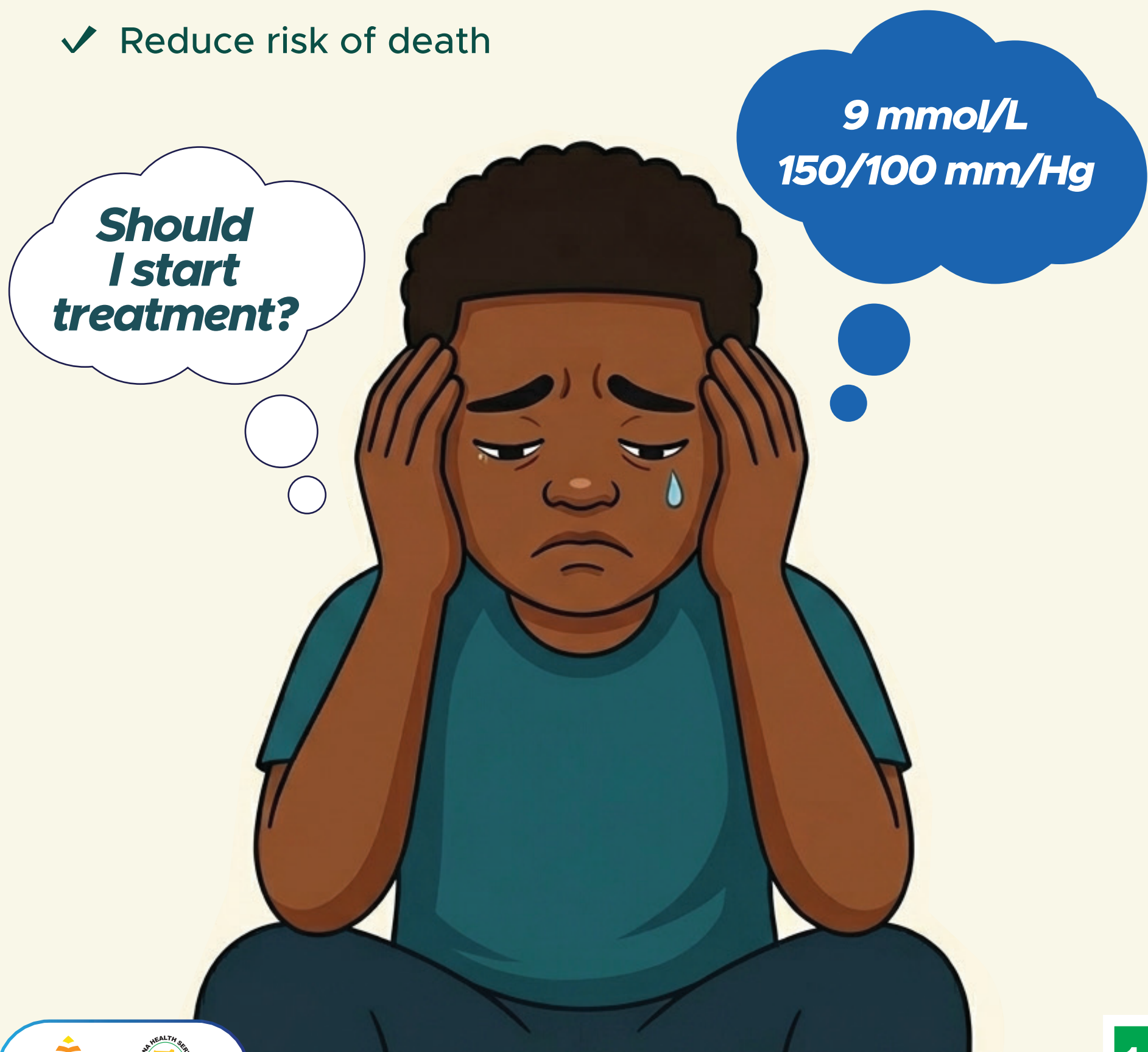
These are potential problems that could happen when high blood sugar is not controlled



Rationale for the Management of Hypertension and Diabetes

It is essential to treat Hypertension and Diabetes in order to:

- ✓ Ensure control of blood pressure and blood sugar levels
- ✓ Prevent complications like heart attack, stroke, limb amputation, kidney failure, etc.
- ✓ Improve quality of life with improved sexual function
- ✓ Reduce healthcare cost
- ✓ Reduce risk of death



Selfcare for Hypertension and Diabetes

Self-management or self-care is the active role individuals take to maintain their health.

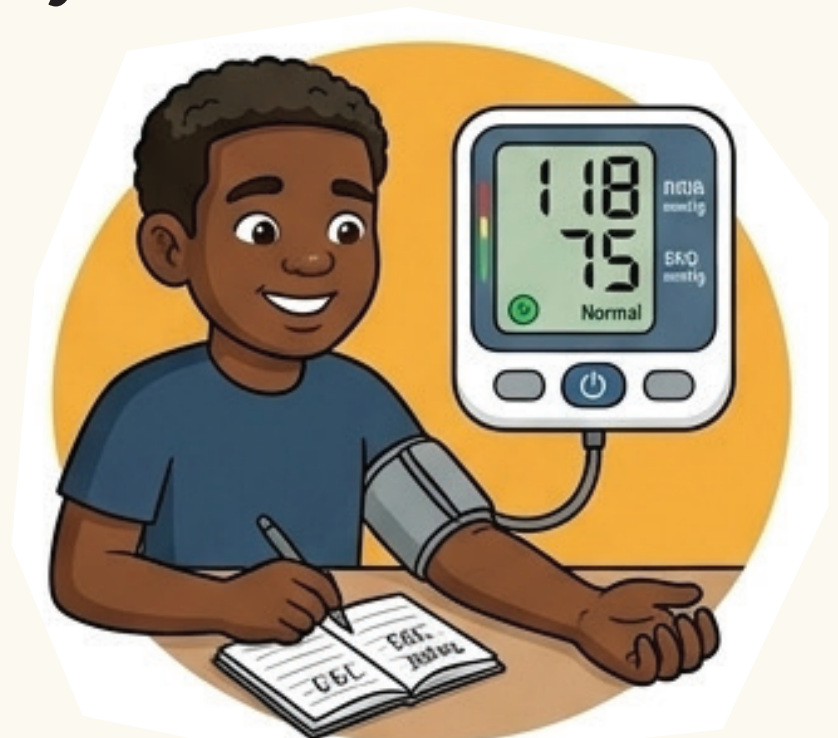
As patients, you are empowered to:



Maintain a healthy lifestyle



Adhere to prescribed treatment plans



Monitor your condition regularly

Maintaining a Healthy Lifestyle

Ensure to follow the 6 pillars of lifestyle management for patients:



D **Diet** (Wholefood, plant-based nutrition)



R **Relationships** (Social connection)



E **Exercise** (Physical activity)



A **Avoid** (Avoidance of risky substances)



M **Mental wellbeing** (Stress management)



S **Sleep** (Restorative sleep)

Healthy Diet

Healthy eating plays a crucial role in preventing and managing diabetes and hypertension.

Recommendations for healthy eating include:

Increase intake of

- High-fibre diet such as whole kenkey, akple etc.
- Fruits and vegetables
- Potassium-rich fruits (banana, watermelon, coconut juice etc)
- Use water-based methods of cooking, e.g. steaming and boiling

Reduce

- Daily salt intake
 - Take less than 1 teaspoon full of salt daily
 - Do not add salt to cooked food
 - Avoid salt-based seasoning (artificial spices)
 - Reduce intake of salted foods (koobi, momoni, kako, tooo beef, salted pig feet etc).
- Refined carbohydrates such as sugar-sweetened beverages, polished (white) rice, pastries, spaghetti, etc.)
- Calorie intake after sunset (last main meal should be taken at least 3hrs before bedtime.
- Trans-fat (margarine and pastries) and Saturated fat (e.g. from meat) intake





Know your Food Portions!

Food type	Portion control	Comments
Vegetables	4-6 servings	Serving size of uncooked vegetables ≈ 240mls (1 cup) cooked vegetables ≈ 120mls (1/2 cup)
Fruits	1-2 servings	The serving size of cut fruit is 1 cup / ½ cup (120mls) of juice
Protein	A quarter (1/4) plate	Portion applies to both plant and animal proteins
Carbohydrates	A quarter (1/4) plate	Avoid refined carbohydrates, e.g., polished (white) rice, bread /pastry/spaghetti



Physical Activity



Regular physical activity is a key lifestyle change that helps manage and prevent hypertension and diabetes. Exercise strengthens the heart, improves blood circulation, lowers blood pressure, and enhances the body’s ability to regulate blood sugar levels.

Recommendations for physical activities

	Activities	Duration	Frequency
Moderate-intensity exercise	Brisk walking, weeding, digging, cycling, or swimming	Minimum of 30- 45 minutes a day or 150 minutes a week	3 to 5 times a week
High intensity exercise	Running, skipping single lawn tennis, or football	Minimum of 15 minutes a day or 75 minutes a week	3 to 5 times a week



Smoking and Alcohol Use

No amount of alcohol or smoking is good for your health

- ✓ Stop alcohol (If you don't drink alcohol do not start, if you drink alcohol, reduce and try to stop) E.g. bitters, beer, akpeteshie etc.
- ✓ Stop smoking/ tobacco and other substance abuse E.g cigarette, shisha etc.

Smoking and alcohol consumption are major risk factors for developing hypertension and diabetes; and significantly increase the risk of complications in people with hypertension and diabetes.





- Stress is a state of worry or mental tension caused by a difficult situation. It is a natural human response that prompts us to address challenges and threats in our lives.
- Chronic stress can negatively impact both mental and physical health and are associated with increased cardiovascular risks.
- A diagnosis of Hypertension and Diabetes can be stressful because of:
 - Fear of the unknown
 - Dietary restrictions
 - Daily medication and injections
 - Hospital visits
 - Risk of hospitalizations





Stress Management Tips

- Know your limits and take breaks when needed (work, school, relationships, family)
- Talk to others and seek professional help when necessary.
- Maintain a healthy lifestyle with proper sleep, nutrition, and regular exercise.
- Practice relaxation techniques such as
 - Taking naps, deep breathing exercises,
 - Meditation, listening to music
 - Journaling, engaging in hobbies, aromatherapy, and
 - Spending time in nature.





Restorative Sleep

Prioritizing good sleep habits can help regulate blood pressure, support glucose metabolism, and enhance overall well-being.

Lack of sleep triggers stress hormones, leading to higher blood pressure and insulin resistance.

To improve your health:

- ✓ Have 7–9 hours of restful sleep each night
- ✓ Maintain a consistent sleep schedule,
- ✓ Create a relaxing bedtime routine, and
- ✓ Avoid caffeine, alcohol or screen time (phone, TV, computer) before bed.

Healthy & Supportive Relationships

Strong, supportive relationships play a vital role in managing hypertension and diabetes.

Building and maintaining healthy relationships can lead to better stress management, improved mental health, and overall better control of blood pressure and blood sugar levels.

Support from family, friends, or support groups

- Can help reduce stress,
- Promote emotional well-being, and
- Encourage healthy lifestyle choices.

This can help improve medication adherence, encourage physical activity, and provide motivation for maintaining a balanced diet.



Monitoring Blood Pressure

How to check Blood pressure

Steps for checking your blood pressure

- ✓ Sit upright with your back supported
- ✓ Place both feet on the floor. Do not cross your legs
- ✓ Rest your arm at chest height
- ✓ Wrap the cuff against your bare skin over your upper arm
- ✓ Make sure the tube on the cuff aligns with the inside centre of your arm
- ✓ Rest your arm on the table so the cuff is at the level of your heart
- ✓ Press the start button and record your reading



Blood Pressure Targets and What to do

Blood Pressure target	What to do	Frequency of monitoring
< 130/80mmHg	Continue lifestyle modification, your medication, continue your reviews	Check BP at every opportunity or at least once a year

Note: Report to the nearest health facility as soon as possible if BP Systolic >180 Diastolic > 110

Monitoring Blood Sugar

How to check Blood sugar



Wash and dry hands.



Prepare the lancet device



Insert the test strip into glucometer



Prick your finger



Apply drop of blood to test strip



Read results

Tips for Blood sugar testing

- Avoid the index finger and thumb (preferably prick the ring finger)
- Prick the side of the finger
- Do not use an alcohol swab to clean the finger (use dry cotton)
- Blot the first blood and do not squeeze the blood out.

Blood sugar level and what to do

FBS VALUE	CLASSIFICATION	SYMPTOMS	WHAT TO DO
< 4.0 mmol/l	Hypoglycaemia	Dizziness Blurred vision Headaches Palpitations Sweating tremors/ shaking of the hands and body Altered consciousness Convulsions	Eat 2-3 teaspoons of granulated sugar or • 3 cubes of sugar • Half a bottle (at least 150mls) of sugar-containing soft drink • A glass of milk or fruit juice, a teaspoon of honey, and then immediately eat a meal or snack and report to the nearest facility NB. Go to the nearest health facility for check-up
Blood sugar is uncontrolled if FBS $\geq$ 7mmol/l or FBS 2 hours after meal is $\geq$ 10.0mmol/l	Hyperglycaemia (high blood sugar)	Feel very thirsty (polydipsia) urinate a lot (polyuria), feel weak or tired and have blurred vision	Consider going to the nearest health facility for care if • Blood sugar >15mmol/l with symptoms • Blood sugar >18mmol/l without symptoms



Diabetes Foot Care

Diabetic foot care is an essential part of managing diabetes. High blood sugar can reduce blood flow and nerve sensation in the feet, increasing the risk of injury and infection. Small cuts or wounds may heal slowly and can become serious if not noticed early. Proper foot care helps prevent complications such as ulcers and amputations.

Learning **daily foot care practices** is key to keeping your feet healthy and safe

When examining your feet:

- ✓ Remove your shoes, socks, bandages and dressings
- ✓ Examine both feet
- ✓ Check your feet for cuts, redness, swelling, sores, blisters, corns, calluses or deformity.
- ✓ Wash your feet in warm (not hot) water and dry them well.
- ✓ Never go barefoot, even inside.
- ✓ Wear shoes that fit well and always wear socks.
- ✓ Trim your toenails straight across and smooth out sharp edges with a nail file.
- ✓ Don't try to remove corns or calluses yourself.
- ✓ Get your feet checked at every health care visit and visit your foot doctor at least once a year.

Medication adherence



Good medication adherence is vital to control hypertension and diabetes and preventing complications.

Understand the Importance

High blood pressure can be symptomless but cause serious organ damage. Medications help control BP and must be taken even when you feel well.

Take Medication as Prescribed

Never skip doses, and don't adjust medication or stop medications on your own without medical advice. Feeling fine" doesn't mean BP is controlled.

Communicate with Your Health Provider

Ask about each medication's purpose and possible side effects, report side effects and discuss challenges such as cost or pill burden.

Stay Motivated

Monitor your blood pressure and celebrate progress and Involve family or caregivers for support.

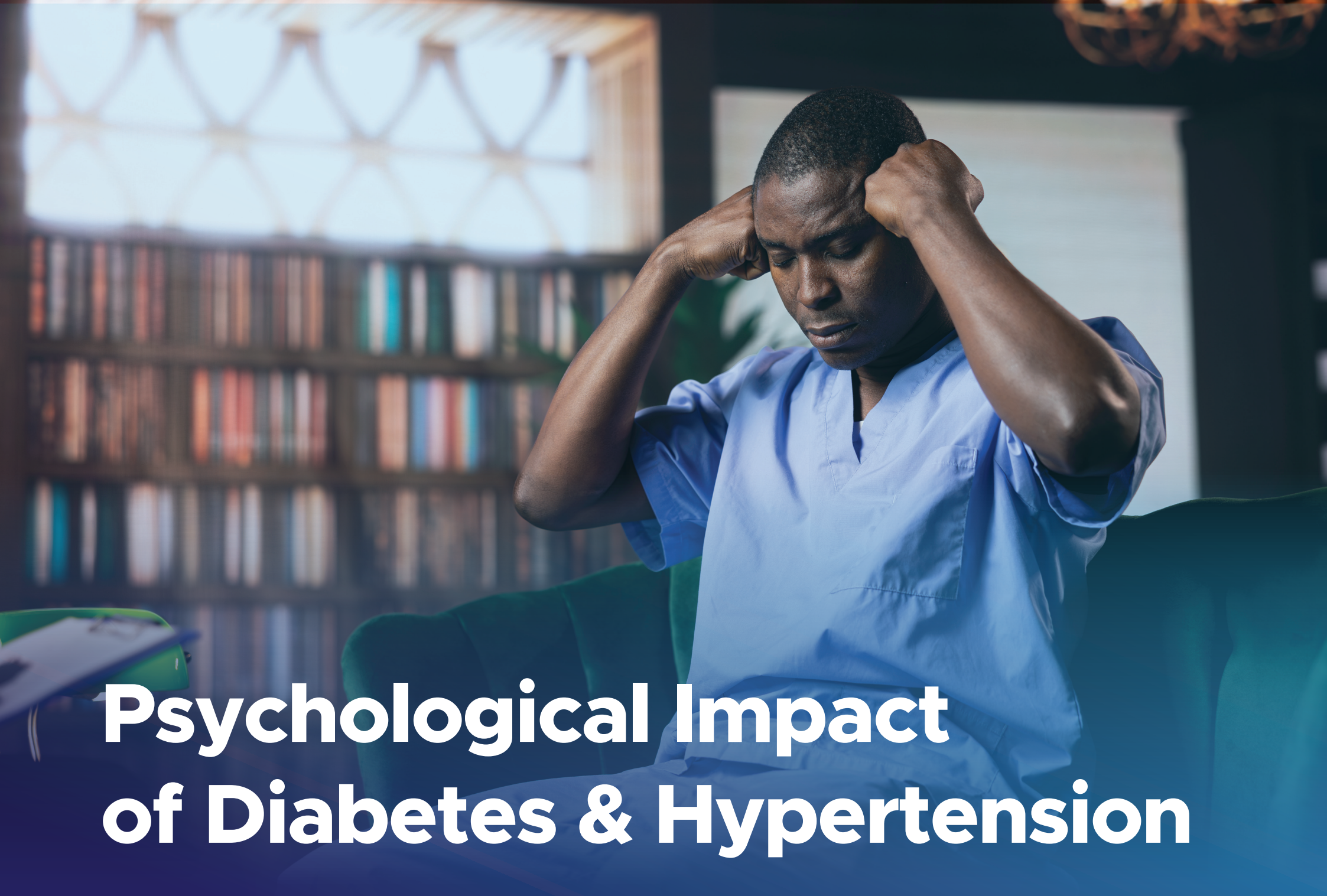


Useful Tips

Its important to:

- ✓ Take your medications the same time daily, use a daily medication checklist
- ✓ Never double up missed doses - consult your provider
- ✓ Avoid stopping meds without medical advice
- ✓ Bring all medications to clinic visits
- ✓ Ask about affordable or combination drugs if cost or quantity is an issue





Psychological Impact of Diabetes & Hypertension

Hypertension and diabetes are commonly linked with psychological conditions such as depression and anxiety, which can significantly affect overall well-being.

It is important to recognize the signs and consult a primary care physician if you have any of these symptoms

Depression may present with:

- Persistent low mood or sadness
- Loss of interest in usual activities
- Feelings of hopelessness, guilt, or worthlessness
- Low energy, fatigue and/or irritability
- Sleep and appetite changes
- Physical discomfort without a clear cause
- Difficulty concentrating or slowed/restless movements
- Suicidal thoughts

Anxiety symptoms can include:

- Excessive worry or fear, often about routine matters
- Physical signs like palpitations, sweating, or dizziness
- Muscle tension, shortness of breath, or digestive issues
- Cognitive symptoms like racing thoughts or difficulty concentrating

Both conditions require timely medical attention to support mental and physical health in individuals with chronic conditions.



Psychological support for managing hypertension and diabetes - 1

Psychosocial support is essential in chronic disease management, helping patients and families cope with diagnosis, adhere to treatment, and achieve better health outcomes.

Building a Therapeutic Relationship

- Greet patients warmly, introduce yourself, and create a comfortable environment.
- Use the patient's preferred name and engage in relaxed conversation to ease anxiety.
- Pay attention to nonverbal cues and ask open-ended questions.
- Show empathy and acknowledge their challenges.
- Use motivational interviewing techniques to address non-adherence.

Managing Stress in Patients

Individuals react differently to stress, and healthcare providers should:

- Respectfully introduce themselves and ask about the patient's feelings.
- Listen to concerns and teach relaxation techniques like deep breathing.
- Encourage healthy coping strategies while discouraging harmful ones.
- Use the STOP-THINK-GO method to help patients manage challenges.
- Link patients with financial difficulties to social support systems.
- Refer patients with severe distress or self-harm thoughts to mental health professionals.

Supporting Patients Who Decline Help or Default on Treatment

- Stay calm and avoid frustration—behavior change is difficult.
- Gently explore reasons for difficulty and listen without judgment.
- Correct misinformation with clear, simple explanations.
- Reassure them that support is always available without guilt-tripping or threats.

Supporting Families, Caregivers, and Communities

Caregivers provide emotional, financial, and treatment support but also face stress. Healthcare providers should:

- Acknowledge their efforts and allow them to express concerns.
- Educate them on the disease, treatment and lifestyle changes.
- Provide meal planning, medication reminders, and stress management tips.
- Encourage self-care, including relaxation techniques and shared responsibilities.
- Address cultural beliefs affecting treatment adherence.

Conclusion

Therapeutic Patient Education helps patients take an active role in managing their health. It helps them better understand their condition and treatment options. It encourages them to take their medicines and make healthier lifestyle choices. This leads to better health and an improved quality of life. In the long run, it helps patients manage and control chronic diseases more effectively.

