

WHAT IS THE PINÁŠUK^wAT PROGRAM?

The Pinášuk^wat program exists to try and solve a problem that all clinics have: how to gather accurate blood pressure readings when patients come into the clinic. When people come into the clinic for appointments they are often stressed, rushed, or wearing clothes that affect the accuracy of their blood reading.

Patients who participate in the Pinášuk^wat program will receive one-on-one mentoring from certified healthcare professionals and educational heart health resources that are user-friendly and easy to understand.

By encouraging and empowering patients to regularly monitor their blood pressure in the comfort of their own home, with the appropriate techniques, and high quality blood pressure monitors, we can get the most accurate "snapshot" of what their blood pressure really is. Patients who choose to partner with us and complete self-measured blood pressure checks at home are more likely to keep their blood pressure and cholesterol in a healthy range and prevent life altering cardiac events such as heart attack, heart disease and stroke.

Our vision is to aid our Tribal community to achieve optimal health through a culture of wellness.

It is our mission to empower our Tribal community with opportunities to learn and experience healthy lifestyles.



CONTACT US

46314 Timíne Way
PO Box 160
Pendleton, OR 97801
541.966.9830
info@yellowhawk.org
www.yellowhawk.org

Public Health Integration Desk
541.240.8422

Callers with life-threatening emergencies, call 911 or visit the nearest emergency room immediately. When Yellowhawk is closed, service providers available are urgent care clinics located in the local or surrounding area.

After Hours Nursing Advice:
541.966.9830

For prescription refills call:
541.240.8690

Pinášuk^wat

Knowing yourself



YELLOWHAWK

TRIBAL HEALTH CENTER

Pinášuk^wat is an evidence based culturally responsive program designed to engage patients living with high blood pressure and or high blood cholesterol in self-management and treatment programs.

INCLUSION CRITERIA

- 18-85 years old with:
 - a diagnosis of *essential hypertension* or primary hypertension
 - no established history of hypertension, but with multiple elevated BP's in clinic in the last 12 months.
- Agreeable to partnering with us in the Pinášuk^{wat} program.
- Able to take home BP's reliably on their own.

ELIGIBILITY

If a patient wishes to be a part of the Pinášuk^{wat} program, they should speak with their healthcare provider or contact the Yellowhawk Public Health Department at 541.240.8697.

If the patient qualifies, they will be contacted by a CHR who will coordinate with them on what type of support they want as they go through the program. This may include phone calls, porch visits, emails, texts, etc. The patient will be responsible for taking their blood pressure at home using a provided BP monitor and keeping a BP journal that tracks their results over the long term.

WHAT DO I NEED TO KNOW ABOUT HIGH BLOOD PRESSURE AND HOW IS IT MEASURED?

High blood pressure, also called hypertension, is blood pressure that is higher than normal. Two numbers (for example, 140/90) help determine blood pressure. The first number measures systolic pressure, which is the pressure in the blood vessels when the heart beats. The second number measures diastolic pressure, which is the pressure in the blood vessels when the heart rests between beats.

When and how should I take my blood pressure?

Take your blood pressure regularly, even if you feel fine. You can take your blood pressure at home, at many pharmacies, and at your doctor's office.

How can I control my blood pressure?

Work with your health care professional to make a plan for controlling your blood pressure.

IF YOU WOULD LIKE TO PARTICIPATE PLEASE SPEAK WITH YOUR PROVIDER TO SEE IF YOU WOULD BE A GOOD CANDIDATE!

BROUGHT TO YOU BY THE GOOD HEALTH AND WELLNESS IN INDIAN COUNTRY AND TRIBAL TOBACCO PREVENTION PROGRAMS

Every year, Americans suffer more than 1.5 million heart attacks and strokes. But following the ABCS can help reduce your risk and improve your heart health.

A: Take **aspirin** as directed by your health care professional.

B: Control your **blood** pressure.

C: Manage your **cholesterol**.

S: Don't **smoke**.

Source: Million Hearts®

Blood Pressure Categories	Systolic mm HG (upper #)	Diastolic mm HG (lower #)
Normal	120	80
Elevated	120-129	80
High – STAGE 1	130-139	80-89
High – STAGE 2	140	90
Hypertensive Crisis	180	120