

## **Appendix A. Student Volunteer Quiz**

### **Pre-Survey**

#### Part I: Subjective

1. Have you previously received formal training on performing blood pressure measurements?
2. Estimate the total number of blood pressures you have taken.
3. What is your comfort level with counseling patients about the risks of untreated hypertension?
4. What is your comfort level with counseling patients about the treatment of hypertension?
5. What is your comfort level with counseling patients on lifestyle modifications for hypertension?
6. What is your comfort level with counseling patients from all backgrounds and socioeconomic status?
7. What is your comfort level with understanding the various barriers that prevent uninsured community members from accessing healthcare?
8. What is your biggest perceived challenge for the referral program?
9. What do you hope to personally gain or learn from the referral program?

#### Part II: Objective

1. What is considered a normal systolic blood pressure?
2. What is considered a normal diastolic blood pressure?
3. What is the approximate effect of taking a blood pressure over an article of clothing compared to bare skin?
4. True or False: To obtain an accurate blood pressure reading, the patient's arm must be positioned at heart level.
5. True or False: Talking to a patient while measuring their blood pressure can increase the reading.
6. What is the most common symptom of hypertension?
7. Risk factors for hypertension can be hereditary or modifiable.

### **Post-Survey**

#### Part I: Subjective

1. Have you previously received formal training on performing blood pressure measurements?
2. Estimate the total number of blood pressures you have taken.

3. What is your comfort level with counseling patients about the risks of untreated hypertension?
4. What is your comfort level with counseling patients about the treatment of hypertension?
5. What is your comfort level with counseling patients on lifestyle modifications for hypertension?
6. What is your comfort level with counseling patients from all backgrounds and socioeconomic status?
7. What is your comfort level with understanding the various barriers that prevent uninsured community members from accessing healthcare?
8. Did you learn or gain anything from this referral program?
9. What were the biggest challenges of this referral program?
10. Do you have feedback on using REDCap program for data collection?
11. Was the time commitment and scheduling appropriate?
12. How would you improve this referral program?
13. Please provide any further feedback, comments, or information the next class of volunteers should know.

## Part II: Objective

14. What is considered a normal systolic blood pressure?
15. What is considered a normal diastolic blood pressure?
16. What is the approximate effect of taking a blood pressure over an article of clothing compared to bare skin?
17. True or False: To obtain an accurate blood pressure reading, the patient's arm must be positioned at heart level.
18. True or False: Talking to a patient while measuring their blood pressure can increase the reading.
19. What is the most common symptom of hypertension?
20. Risk factors for hypertension can be hereditary or modifiable.

## Appendix B. Hypertension Education\* and Map Handout

### Key Health Risks of High Blood Pressure

Persistently elevated blood pressure (hypertension) is a major risk factor for serious long-term health complications, including:

- Heart attack
- Stroke
- Kidney disease and failure
- Vision impairment and loss
- Cognitive decline and dementia
- Heart failure

### Recommended Lifestyle Modifications

Core lifestyle adjustments are fundamental to managing blood pressure. Patients are advised to:

1. Adopt a heart-healthy diet: Emphasize fruits, vegetables, and whole grains while limiting sodium (salt), saturated fats, and added sugars.
2. Engage in regular physical activity: Aim for at least 150 minutes of moderate-intensity exercise per week, such as brisk walking.
3. Maintain a healthy weight: Work toward achieving and sustaining a body mass index within the normal range.
4. Limit alcohol consumption: If you drink, do so in moderation.
5. Avoid tobacco: Do not smoke or use tobacco products. Quitting smoking is one of the most significant steps for heart health.

### Blood Pressure Classification Categories for Adults

The following table outlines the standard clinical categories used to classify blood pressure readings. A diagnosis of hypertension is typically based on the average of two or more readings taken on separate occasions.

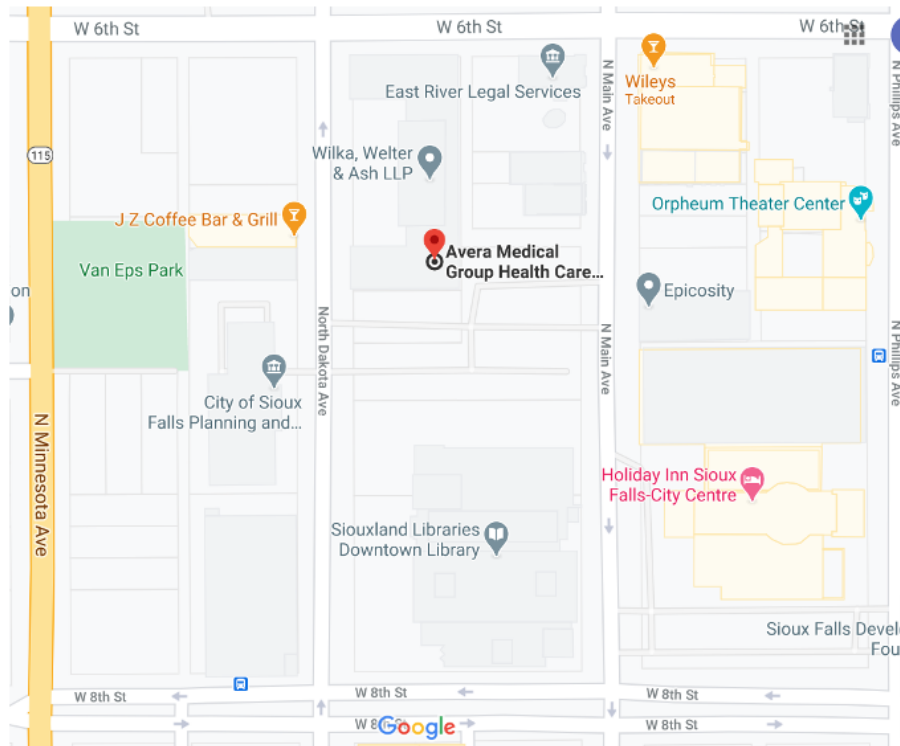
Category	Systolic BP (mm Hg)	Diastolic BP (mm Hg)	Clinical Action
<i>Normal</i>	Less than 120	<i>and</i> Less than 80	Maintain healthy lifestyle.
<i>Elevated</i>	120 – 129	<i>and</i> Less than 80	Initiate lifestyle changes; monitor regularly.
<i>Hypertension Stage 1</i>	130 – 139	<i>or</i> 80 – 89	Lifestyle changes.
<i>Hypertension Stage 2</i>	140 or higher	<i>or</i> 90 or higher	Lifestyle changes and medication.
<i>Hypertensive Urgency/Emergency</i>	Higher than 180	<i>and/or</i> Higher than 120	Requires immediate medical evaluation.


# The Coyote Clinic

Sponsored by The University of South Dakota Sanford School of Medicine medical students, under the supervision of internal medicine physicians.

The Coyote Clinic offers appointments on the  
**2<sup>nd</sup> and 4<sup>th</sup> Tuesday** of each month  
from **5:30 – 7:00 pm**

Please call 605-322-6800 to make an appointment  
**Walk-ins** are also welcome **before 7 pm**



 **Avera Medical Group Health Care Clinic Sioux Falls**  
300 N. Dakota Ave., Suite 117  
Sioux Falls, SD 57104

– located in the 300 building one block North of the public library

\*This document summarizes the key information provided to patients during the study intervention. It is an original synthesis created for this publication, based on the clinical classifications and public health recommendations for hypertension management published by the American Heart Association and other major cardiovascular guidelines. It is not a reproduction of the copyrighted patient handout used during the study. For the complete public resources, see the American Heart Association website (*Understanding Blood Pressure Readings*; [heart.org](http://heart.org)).