Million Hearts™
Team Up. Pressure Down.

Team Up. Pressure Down.
Coaching Patients to Take Control.
A Free One Hour On Demand CPE Activity

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Citing strong evidence of effectiveness, the U.S. Preventive Services Task Force in May 2012 recommended team-based care -- uniting the efforts of physicians, pharmacists, nurses and other health care professionals -- to improve blood pressure control. Participate in the free one hour On Demand CPE activity to learn more about ***Team Up. Pressure Down*. Coaching Patients to Take Control.***, a new Million Hearts™ initiative that offers support and resources for health care professionals working to help Americans improve medication adherence and more effectively manage their blood pressure.

Learning Objectives: *Upon completion of this knowledge-based CPE activity, pharmacists will be able to:*

1. Discuss the Million Hearts™ *Team Up. Pressure Down.* initiative
2. Describe the incidence and effect of hypertension on the health of Americans
3. Discuss the obstacles and impact of adherence in patients with hypertension
4. Utilize tools to identify and assist non-adherent patients to achieve better health outcomes
5. Examine the use of motivational interviewing techniques to help patients improve blood pressure control
6. Effectively counsel, engage and coach patients on ways to manage their hypertension

Faculty:
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University of Iowa
Broadlawns Family Health Center
Dr. Trewet does not report any actual or potential conflicts of interest in relation to this continuing pharmacy education activity. Off-label use of medication will not be discussed.

CPE Credit Information:

ACPE

The Collaborative Education Institute is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.
UAN: 107-999-12-078-H04-P 0.1 CEU/1.0 Hr
Initial Release Date: 9/5/2012 Planned Expiration Date: 9/5/2015

Target Audience: Pharmacists interested in helping their patients better manage their blood pressure and reduce their risk of heart attack and stroke.

**This CPE activity was recorded and repurposed for On Demand use from live webinar offerings in September 2012.*

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To Obtain 1 Hour of Free CPE Credit:

1. Go to www.GoToCEI.org click on ***Team Up. Pressure Down*. Coaching Patients to Take Control.** under Featured Activities
2. Select Register
3. Enter username and password or create a profile if you are new to CEI (may need to re-enter Portfolio once complete) *
4. After completing registration, click on "Click Here to Go to Activity"
5. Scroll down and click on ***Team Up. Pressure Down*. Coaching Patients to Take Control.** under My Activities
6. After completing CPE activity, you will be directed to complete Exam and Evaluation
7. After successful completion, you will have access to CPE Statement

**Please record your CPE Monitor e-profile ID in your CEI profile. Record of successful participation will be sent to CPE Monitor within 45 days. Obtain your number at www.MyCPEmonitor.net.*

Questions regarding registration, please contact Cindy Smith, csmith@gotocei.org or 515-270-8118.

THE CEI COLLABORATIVE EDUCATION INSTITUTE

Activity Format & Technology Requirements:

This on-demand activity includes participating in the on-demand webinar via the internet. Upon registration, pharmacists may access the activity and associated materials through their portfolio on the CEI website. Handouts are available for printing prior to participation in the webinar. To ensure the highest quality delivery of this activity, a reliable high-speed internet connection is required. You may experience problems with some wireless connections where signal strength is variable or low. When using a Mac, select Adobe Reader® as a format to open the handouts, and they will be accessible to open and print.

Financial Support:

This CPE activity is made available through a subcontract with the U.S. Department of Health and Human Services and the Centers for Disease Control and Prevention (CDC).

Million Hearts™ *Team Up. Pressure Down*. Initiative and Materials: (http://millionhearts.hhs.gov)

- Million Hearts™ is a national public-private initiative led by the U.S. Department of Health and Human Services (HHS) with the goal of preventing 1 million heart attacks and strokes by 2017.
- Launched September 5, *Team Up. Pressure Down*. is a Million Hearts™ educational program that promotes team-based care and offers support for health care professionals helping Americans improve medication adherence and more effectively manage their blood pressure.
- *Team Up. Pressure Down*. was developed by the Centers for Disease Control and Prevention (CDC) in collaboration with practicing pharmacists, national pharmacist groups, and other stakeholders supporting the Million Hearts™ initiative.
- A suite of materials offers time-saving resources that encourage and support pharmacists in providing advice and counseling to patients with high blood pressure, and can be tailored for any pharmacy setting.

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