

Figure 8.1. Resources for Patients with Cardiovascular Disease: Websites, Mobile Applications, and Books/Documents

Type	Location	Description
Websites	American Heart Association http://www.heart.org/ http://my.americanheart.org/cvriskcalculator http://www.heart.org/HEARTORG/Conditions/HeartAttack/PreventionTreatmentofHeartAttack/Cardiac-Medications_UCM_303937_Article.jsp	Provides information and resources for patients and providers about heart disease and risk factors (e.g., cholesterol, hypertension). Particularly useful site for patients.
	Centers for Disease Control and Prevention http://www.cdc.gov/heartdisease/	Provides information and resources for patients and providers about heart disease and risk factors (e.g., cholesterol, hypertension).
	U. S. Food and Drug Administration http://www.fda.gov/forconsumers/consumerupdates/ucm327369.htm	Provides information about reducing sodium intake.
	National Heart, Lung, and Blood Institute http://www.nhlbi.nih.gov/health/educational/hearttruth/	Provides information and resources for patients and providers about heart disease and risk factors (e.g., cholesterol, hypertension).

Mobile Applications	Heart360 Coach http://www.heart.org/HEARTORG/General/Heart360-Coach_UCM_468424_SubHomePage.jsp	Patient-oriented app to assist with monitoring and behavior change.
	ASCVD Risk Estimator https://play.google.com/store/apps/details?id=org.acc.cvrisk&hl=en	Helps providers and patients estimate 10-year and lifetime risk for atherosclerotic cardiovascular disease (ASCVD).
Books/Documents	Dietary Guidelines for Americans 2010 http://health.gov/dietaryguidelines/dga2010/dietaryguidelines2010.pdf	Summary of dietary recommendations for Americans
	Your Guide to Lowering Blood Pressure http://www.nhlbi.nih.gov/files/docs/public/heart/hbp_low.pdf	Patient guide for lifestyle and medication management of blood pressure.
	Your Guide to Lowering Your Blood Pressure with DASH https://www.nhlbi.nih.gov/files/docs/public/heart/new_dash.pdf	Patient guide for the DASH (Dietary Approaches to Stop Hypertension) eating plan.
	Allan, R., & Fisher, J. (Eds). (2012). Heart and mind: The practice of cardiac psychology (2nd ed.). Washington, Dc: American Psychological Association.	Provides overview of biopsychosocial assessment and treatment of cardiovascular disease for behavioral health professionals.

Figure 8.2. Assessment Questions for Patients with Cardiovascular Disease

The following questions represent a guide for the assessment of those referred for the reduction of risk or management of cardiovascular diseases. Depending on the responses of the patient you may want to ask questions that are more detailed.

Health Behaviors

- Do you use tobacco? How much? How often do you use it?
- What is your current weight? Height? [Determine BMI].
- Describe what you typically have for breakfast, lunch, dinner, and snacks.
- How often do you eat red meat? How often do you eat out? Where do you usually eat?
- Do you monitor the amount of sodium and fat in the food you eat? How much do you typically eat in a day?
- How much alcohol do you drink each day? Each week?

Emotional Responses

- How stressed would you generally rate yourself, if 0 is no stress and 10 is the most stressed you could imagine?
- Have you had any recent major life changes, such as beginning or ending a relationship, moving, changes in your financial status?
- Are the demands of your job difficult to manage? Would you describe your relationship as stressful?
- How do you manage stress? Who do you lean on for support? Do you easily lose your cool? Do you get frustrated quickly?

Figure 8.3. High Blood Pressure Handout

High Blood Pressure

Blood pressure is defined by two numbers, your systolic blood pressure and your diastolic blood pressure. Your *systolic blood pressure* is the pressure in your arteries when your heart is squeezing blood out to your body. The systolic blood pressure is represented by the top number of your blood pressure. Your *diastolic blood pressure* is the pressure in your arteries when your heart is relaxed; it is represented by the bottom number of your blood pressure reading.

What was your last blood pressure? Systolic = _____ Diastolic = _____

Often, you don't feel sick when you have high blood pressure. Except for the numbers on the blood pressure monitor, there may not be any other indication your blood pressure is high. Below is a table we can use to classify your blood pressure. How would you classify your blood pressure?

Blood Pressure Classification	SBP mm Hg	DBP mm Hg
Normal	<120	and < 80
Prehypertension	120-139	or 80-89
Stage 1 Hypertension	140-159	or 90-99
Stage 2 Hypertension	≥ 160	or ≥ 100

SBP = systolic blood pressure; DBP = diastolic blood pressure.

Making Changes

Many different factors that affect your blood pressure. Some of these factors you may be able to change; other factors you can't change. By making changes where you can, you can lower your blood pressure. The following is a listing of some of the factors that you can change.

How important is it to you to make these changes? If it doesn't apply or if it is not important, rate

it a 0. If it is important, what are steps you can take to make changes?

Tobacco Use

Quitting tobacco use is one of the most important health behavior changes you can make. If you are a non-smoker, great!! If you currently smoke, have you considered quitting?

How important to you is it to quit smoking?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Not Important

Most Important

If tobacco cessation is important to you, what is your plan to quit tobacco?

Weight loss

If you are overweight or obese, even small reductions in your weight (e.g., 10 pounds) can have a significant impact on your blood pressure. Weight loss requires a reduction in the number of calories you eat or drink and an increase in your physical activity.

How important is it to you to lose weight?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Not Important

Most Important

If weight loss is important to you what can you do to start making changes in your eating, drinking, and physical activity habits?

Dietary Changes

Beyond weight loss, it is important to consider changing what you eat to reduce your blood

pressure. A special diet called the DASH diet is often encouraged for individuals with high blood pressure. The DASH diet encourages you to decrease the amount of salt and fat in your diet while increasing the amount of potassium and fiber you consume. Often these changes require simple substitutions in your diet, such as replacing salt with other spices and choosing lower fat alternatives to your typical foods.

How important is it for you to change your diet?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Not Important

Most Important

If dietary changes are important to you what are some of the foods that you are willing to substitute or eliminate from your diet? _____

Physical activity

To improve cardiovascular health, it is recommended that you engage in 30 minutes of moderate intensity activity at least 5 days a week or vigorous intensity activity for 20 minutes at least 3 days a week.

How important is it for you to meet these activity recommendations?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Not Important

Most Important

If physical activity changes are important to you how can you incorporate moderate or vigorous activities into your daily life?

Medication adherence

If your blood pressure is in the hypertensive range, you may have been prescribed a medication to help you lower your blood pressure. However, the effectiveness of the medications depends on individuals taking them as they were prescribed.

How important is it for you to change the way you take your medications?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Not Important

Most Important

If medication adherence is important to you what are some of the techniques you can use to manage your medications more effectively?

Stress management

The stressors that we experience can contribute to higher blood pressure levels. You can manage stressors differently by changing the way you think or what you do, and by using relaxation techniques.

How important is it for you manage your stress response?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10

Not Important

Most Important

If stress management is important to you what are some of the techniques you can use to manage stressors more effectively?

Figure 8.4. Diet Change Handout

Diet Change

To help reduce blood pressure it is recommended that individuals reduce their sodium content to 2,300 mg or to 1,500 mg if you have high blood pressure, diabetes, or chronic kidney disease, are African American, or 51 years old or older. To reduce cardiovascular disease risk it is recommended to avoid foods high in fat. Below are foods high in sodium and fat that individuals should consider avoiding or seeking low-sodium or low-fat alternatives.

Reducing Salt Content

Top 10 foods typically consumed by Americans that are high in salt (sodium)

- | | |
|---|---|
| <ul style="list-style-type: none"> ▪ Breads and rolls ▪ Cold cuts and cured meats (deli and packaged meats) ▪ Pizza ▪ Poultry (fresh and processed) ▪ Soups ▪ Sandwiches (hot dogs, hamburgers) | <ul style="list-style-type: none"> ▪ Cheese (natural and processed) ▪ Mixed pasta dishes (lasagna, spaghetti) ▪ Mixed meat dishes (meat loaf, chili, beef stew) ▪ Snacks (chips, pretzels, popcorn) |
|---|---|

Reducing Fat Content

Food Category	Foods high in fat	Lower fat alternatives
Dairy	▪ whole milk	▪ skim, 1%, 2% milk
	▪ ice cream	▪ sorbet, sherbert, frozen
	▪ cheese	yogurt
		▪ low- or reduced-fat cheese
Pasta	▪ ramen noodles	▪ rice

	<ul style="list-style-type: none"> ▪ pasta with cream sauce 	<ul style="list-style-type: none"> ▪ pasta with tomato sauce
Meat, Fish,	<ul style="list-style-type: none"> ▪ ground beef 	<ul style="list-style-type: none"> ▪ low fat, extra lean meats
Poultry	<ul style="list-style-type: none"> ▪ chicken or turkey with skin ▪ hot dogs ▪ bacon, sausage ▪ oil-packed tuna ▪ whole eggs 	<ul style="list-style-type: none"> ▪ skinless chicken or turkey ▪ low-fat hot dog ▪ turkey bacon ▪ water-packed tuna ▪ egg whites, egg substitute
Baked Goods	<ul style="list-style-type: none"> ▪ croissants ▪ donuts ▪ muffins ▪ party crackers ▪ cake, cookies 	<ul style="list-style-type: none"> ▪ hard rolls, English muffins ▪ bagels ▪ reduced fat muffins ▪ low fat crackers ▪ angel food cake
Snacks and	<ul style="list-style-type: none"> ▪ nuts 	<ul style="list-style-type: none"> ▪ popcorn, fruits, vegetables
Sweets	<ul style="list-style-type: none"> ▪ ice cream ▪ granola 	<ul style="list-style-type: none"> ▪ frozen yogurt, pudding bars ▪ reduced fat granola
Fats, Oils, and	<ul style="list-style-type: none"> ▪ butter, margarine 	<ul style="list-style-type: none"> ▪ light margarine
Salad Dressings	<ul style="list-style-type: none"> ▪ mayonnaise ▪ salad dressings ▪ oils, shortening, lard 	<ul style="list-style-type: none"> ▪ light mayonnaise, mustard ▪ fat free salad dressing ▪ nonstick cooking spray

What are the changes that you plan to make in your diet?

Reduce salt by: _____

Reduce saturated fat by: _____

Diet change handout. Reducing salt content data from U.S. Food and Drug Administration (2016). Reducing fat content data from National Institutes of Health, National Heart, Lung, and Blood Institute, North American Association for the Study of Obesity (2000).