Clinical Patient Counselling - Primary Hypertension

Experiment 16 - Practical Notes

Name: _____ Roll no.: _____ Date: _____

Aim

To counsel a fictional person with primary hypertension.

Principle

Persistent blood-pressure elevation requires repeated assessment and a prescribed long-term plan.

Key Points

- Explain that symptoms may be absent.
- Review adherence, home-measurement technique and the prescribed follow-up.
- Discuss reduced excess salt, suitable activity and tobacco cessation in the person's context.

Practice Scenario

Fictional role-play case: A fictional adult stops tablets on days when the blood-pressure reading looks better.

Activity Procedure

1. Assess

Ask about understanding, actual medicine instructions, adherence and concerns.

2. Explain

Explain the medicine purpose and practical self-care in plain language.

3. Demonstrate

Demonstrate a relevant device or reminder method when applicable.

4. Plan

Explain regular prescribed use and arrange review instead of adjusting treatment from one reading.

5. Teach back

Ask the partner to repeat the plan and record follow-up needs.

Record and Observations

Topic	Counselling record
Medicine / adherence concern	_____
Key explanation	_____
Teach-back	_____
Referral / follow-up	_____

Result

Complete the record using your activity, then state the findings, the action required and the reason for that action.

Precautions

- Use the supplied case and medicine labels; do not issue a prescription.

Viva Questions and Answers

1. Why ask about actual use?

Prescribed directions and the way a person uses treatment may differ.

2. Why use teach-back?

It checks practical understanding.

3. Can a student change the regimen?

No; treatment changes require the authorised clinician's plan.

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