



Background

- Nearly half of U.S. adults have hypertension (HTN)¹, a major risk factor for cardiovascular disease, the leading causes of death in the U.S.²
- HTN is commonly detected in primary care which may exclude individuals who do not routinely visit a provider.
- Those who do not have access to care are at elevated risk of poor health outcomes.
- Blood pressure (BP) screenings in settings where at-risk populations tend to go for information, like public libraries, may increase HTN detection.
- A prior study found that public library visits exceed physician office visits by over 50%.³
- Public libraries are visited by everyone, however, those with low income⁴ and Hispanics⁵ are the most frequent library users going everyday/most days and at least once a week, respectively.
- The Stony Brook Medicine Healthy Libraries Program (HeLP) is a model approach to screen BP, educate and promote access to care in public libraries throughout Long Island.⁶
- The purpose of this preliminary study is to quantify and describe the screening-related contacts between HeLP and library patrons.**

Methods

- 102 health professional students were placed on interprofessional (IP) teams in public libraries from September '21 - April '22.
- Nursing (Nurs) and Physician Assistant (PA) students provided BP screenings.
- Social Welfare (SW) students assisted patrons with access to health care.
- Public Health (PH) and Library Science (LS) students provided evidence-based health information.
- Students documented patron encounters in Qualtrics, and descriptive statistics assessed screening outcomes (Microsoft Excel v. 16.54).

Student Training and IPEC Core Competencies

- All students participated in a 2-hour training focused on: the HeLP team model, IPEC core competencies⁷, the roles/responsibilities of each profession, library culture, evidence-based health information searching, documentation of patron interactions in Qualtrics, and referral methods.
- This training was updated for the Spring '22 cohort to include information on HTN and the AHA guidelines for HTN⁸, how to perform a BP screening, what to do if a patron screens high for BP, and the launch of the pilot BP Loaner Kit Program.
- Pre-clinical rounds attended by Nurs, PH and SW students: ~ 1 hour zoom meetings, roleplay teamwork scenarios, and review documentation in Qualtrics.

IPE Model Implementation Variations

Model 1: Teams of Nurs, PH/LS, and SW students rotated between 8 libraries over 16 weeks (8 weeks per semester).

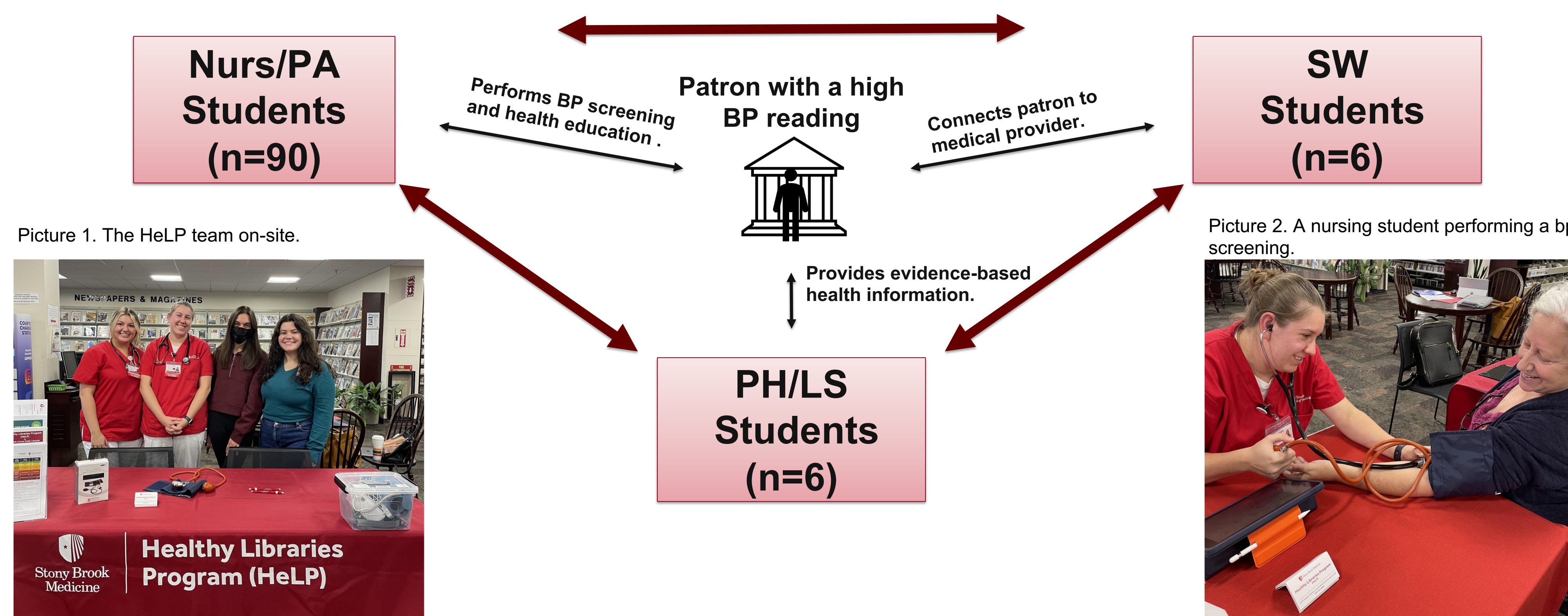
- Each library was visited four times per semester for 2 ½ hours for each visit (total 160 hours).

Model 2: Teams of PA students, PH/LS and/or SW students visited 7 public libraries for one-time visits (5 hours per site).

- Faculty supervisors on site with clinical students.

The Team Model

Figure 1: the HeLP IPE Team Model Applied to Blood Pressure Screening



Results

- 66% (n=345) of 522 BP screenings had a high BP (HBP) reading per current BP guidelines.
 - ~15% (n=49) of those with HBP readings reported not having a PCP.
 - 52% (n=181) of those who had a HBP reading reported a doctor or other health professional told them that they have HBP or HTN.
 - 41% (n=141) of those who had a HBP reading reported that they were never told by a healthcare professional that they had HBP or HTN.
 - 9% (n=31) of those who has a HBP reading were referred to a SW student to assist with insurance or access care.

Discussion

- This study demonstrates that public libraries are a viable setting for BP screenings, education and assistance to access care.
- The percent of patrons with a HBP reading (%) was higher than the national prevalence of HTN in adults (45.4%).⁹
- Some patrons with HBP readings (%) reported never being told by a provider that they had HBP or HTN. Screening BP at the public library setting may identify undiagnosed HTN.
- Limitations: Documentation is not patron specific. Student documentation may not be complete. Some patron interactions may be missing.
- We found that some clinical students did not properly classify a HBP per current guidelines and used prior definitions.
- Further research is needed to understand how the HeLP team impacts the community through the library staff and patron perspectives.

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- the faculty from the different departments who assist in recruiting students, coordinating training dates, scheduling library visits, providing faculty supervisors to be on-site with the students, and supporting HeLP

HeLP Contact Info

If you are interested in learning more about HeLP:

- Visit our website https://publichealth.stonybrookmedicine.edu/healthy_libraries_program
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 - (631) 216- 8220
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