



Community of Practice (CoP) Interventions for Integrated Behavioral Management of Chronic Conditions

Mental Health/Substance Use Disorder Integration Technical Assistance

January 27, 2026

Health Resources and Services Administration (HRSA), Bureau of Primary Health Care (BPHC)

Vision: Healthy Communities, Healthy People



Disclosure

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Session
Seven

Strategies for Effective
Health Behavior
Interventions for Patients
with Hypertension (HTN) &
Heart Disease



Your Facilitator



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CoP Session Objectives

Participants in this CoP session will:

1. Receive an overview of hypertension (HTN) and heart disease, including:
 - a) Common types
 - b) Signs and symptoms
 - c) Lab tests and values
 - d) Cause/risk factors
 - e) Long-term complications
 - f) Evidence-based treatments and interventions
2. Discuss health behavior management strategies for HTN and heart disease through each stage of a patient visit:
 - a) Assessment/treatment planning
 - b) Brief intervention
 - c) Goal setting/action planning
 - d) Follow up
3. Use discussion and a Plan-Do-Study-Act (PDSA) continuous process model to apply learnings to their health centers.



Today's Agenda



Check-In and Questions from Previous Session



HTN and Heart Disease Overview for Mental Health and Clinical Support Staff



Discuss Health Behavior Management Strategies



Reflection and Assessment: Interactive Discussion and PDSA Activity



Session Wrap-Up, Questions, and Office Hours

Overview of HTN and Heart Disease for Mental Health Providers

What mental health and clinical support staff need to know



HTN and Heart Disease Polling Question



Which of the following aspects of HTN and heart disease are you most familiar with? Which ones are you least familiar with?

- What it is & how it is diagnosed?
- Common signs & symptoms?
- Lab tests & values associated with HTN and heart disease?
- Causes and risk factors?
- How mental health and/or substance use factors relate to HTN and heart disease?

HTN and Heart Disease

HTN

- HTN (also called persistent high blood pressure) is a leading contributor to heart disease.
- There is consistently too much pressure inside the vessels that carry blood through our body, slowly damaging the body over time.
- HTN is dangerous because we don't usually notice any symptoms.

Heart Disease

- A general term for various conditions affecting the cardiovascular system, including the heart and blood vessels.
- Common types of heart disease include coronary artery disease (CAD), heart valve disease and heart failure.

Key UDS measures for heart disease: HTN control, aspirin/antithrombotic use, tobacco use screening and cessation, statin therapy for atherosclerotic cardiovascular disease, diabetes management

Key UDS measure for HTN: Controlling high blood pressure



HTN and Heart Disease Labs and Values to Know

Blood Pressure

- Normal: 120/80 or lower
- Elevated: 120–129/less than 80
- High Stage 1: 130–139 OR 80–89
- High Stage 2: 140+ OR 90+
- Hypertensive Crisis: 180+ OR 120+

Heart Disease

Elevated Lipid Panel

- Total Cholesterol: 200 or higher
 - ✓ HDL: Lower than 40 (men); lower than 50 (women)
 - ✓ LDL: Higher than 100
- Blood Triglycerides: Higher than 150

Normal Lipid Panel

- Total Cholesterol: Less than 200
 - ✓ HDL (good): Greater than or equal to 60
 - ✓ LDL (bad): Less than 100
- Blood Triglycerides: Less than 150

Common Signs and Symptoms: HTN and Heart Disease

HTN

- Often, no symptoms
- The following symptoms may occur
 - Sudden, severe headaches
 - Blurred vision
 - Nosebleeds
 - Severe stomach, chest, or back pain
 - Confusion or difficulty talking

Heart Disease

- Chest pain or discomfort
- Shortness of breath/labored breathing
- Fatigue
- Dizziness or lightheadedness
- Swelling in legs and feet or stomach area

Risk Factors for HTN and Heart Disease

HTN

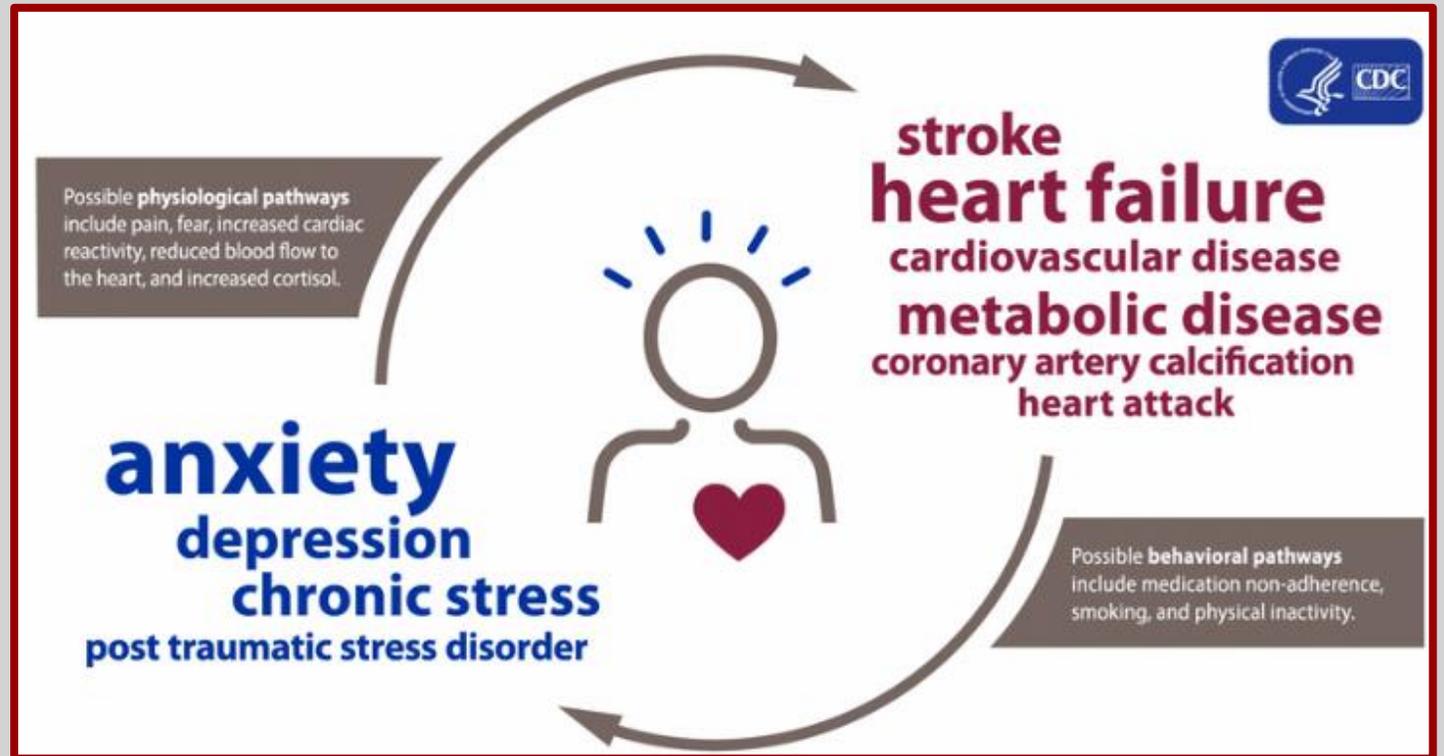
- Overweight/obesity
- High salt in diet
- Excessive alcohol consumption
- Smoking/tobacco use
- Sedentary lifestyle

Heart Disease

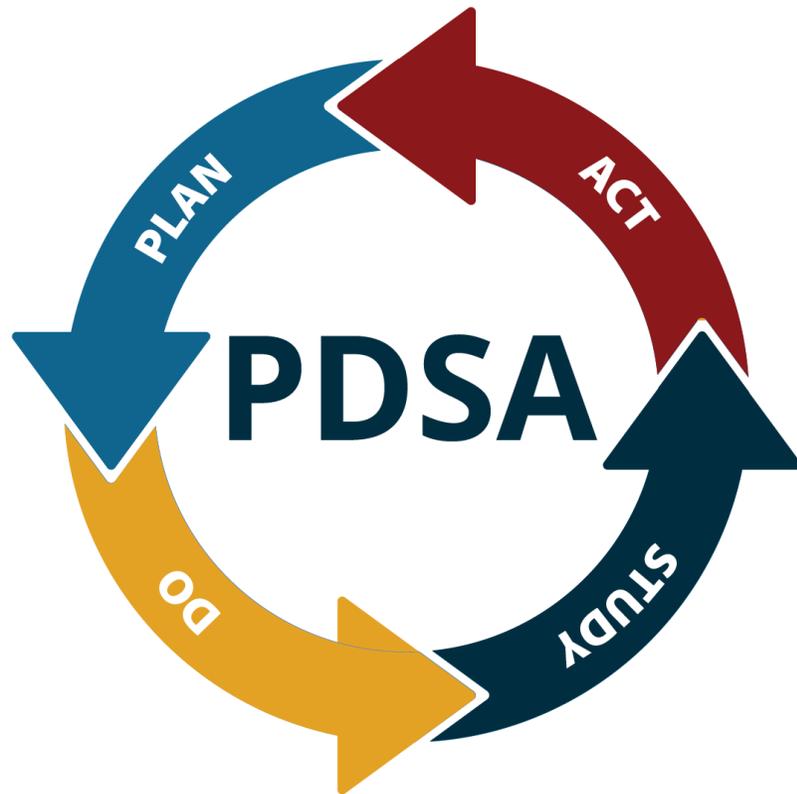
- HTN
- High cholesterol
- Low HDL
- High triglycerides
- Inflammation
- Diabetes
- Obesity

Mental Health and Heart Conditions

- Mental health disorders associated with heart disease and related risk factors
 - Depression
 - Anxiety
 - Post-traumatic stress
 - Chronic stress



Reflect and Assess: Mental Health and Heart Conditions



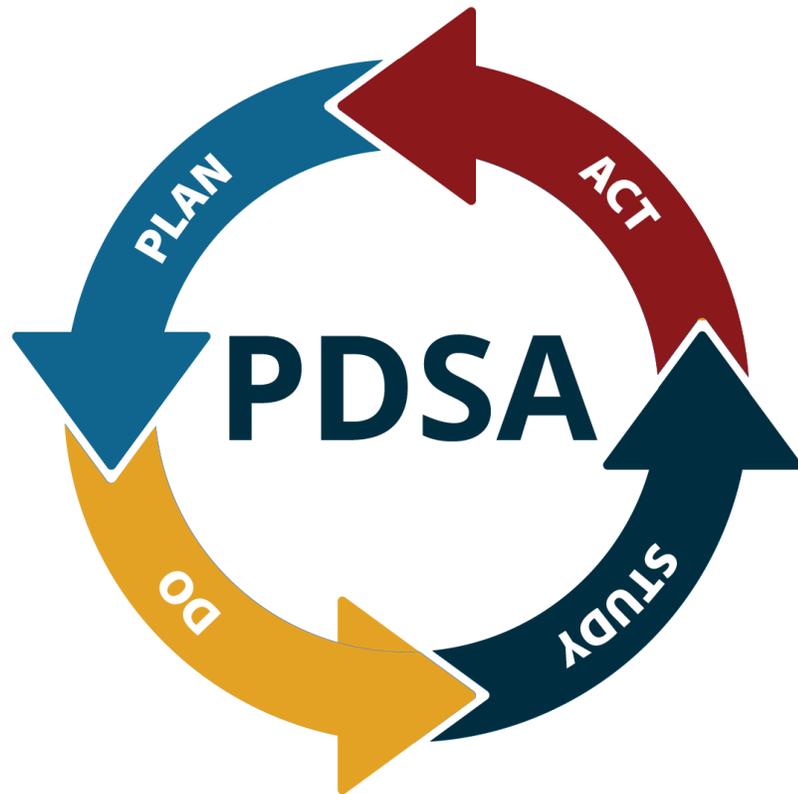
- How have you seen this cycle in the patients you work with at your health center?
 - What physiological pathways do you see the most?
 - What behavioral pathways do you see the most?

Long-term Complications of HTN and Heart Disease



- Heart failure
- Heart attack
- Stroke
- Kidney disease
- Vascular dementia
- Vision loss
- Metabolic syndrome

Reflect and Assess: Mental Health and Long-term Complications of Heart Conditions



- How could these long-term complications (i.e., heart failure, heart attack, stroke, kidney disease, dementia, vision loss, and/or metabolic syndrome) impact patient mental health?
- What effective strategies have you used to help patients connect to and understand the impact of these potential long-term complications?

Common Treatments and Interventions for HTN and Heart Disease

Medications

- Diuretics, beta-blockers, ACE inhibitors, calcium channel blockers, vasodilators, angiotensin receptor blockers, angiotensin converting enzyme (ACE) inhibitors, statins

Monitoring

- Regular lab draws: Lipid panel - total cholesterol and triglyceride levels
- Blood pressure monitoring

Health behavior and lifestyle management

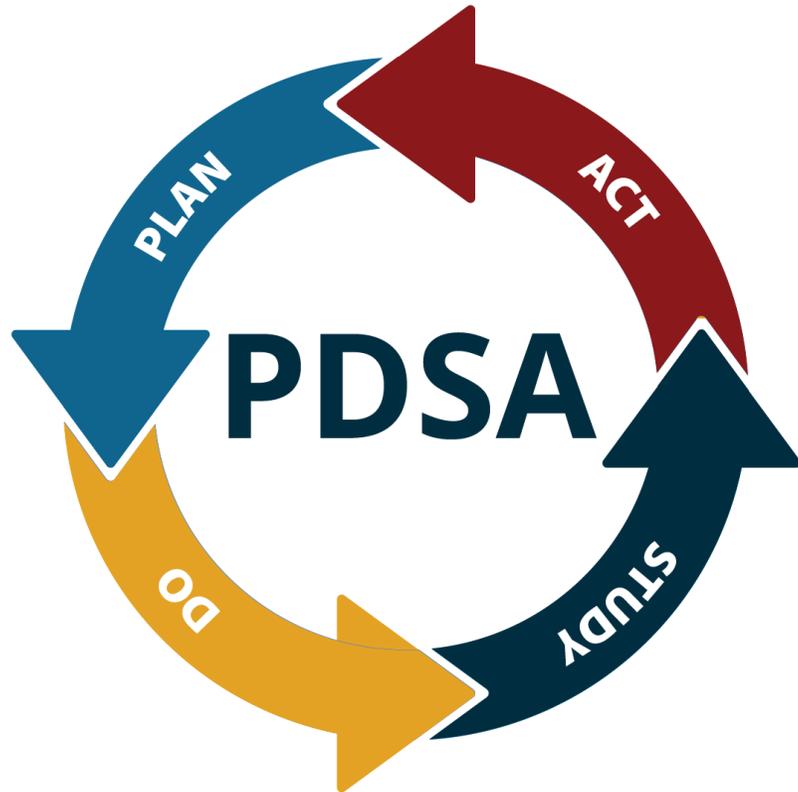
- Weight management, physical activity interventions, smoking/tobacco cessation, alcohol use reduction, stress management
- Motivational interviewing, behavioral activation, solution-focused brief therapy

Education and support

- Heart disease self-management education, peer support groups, social support, technology-based support



Reflect and Assess: HTN and Heart Disease Treatments and Intervention



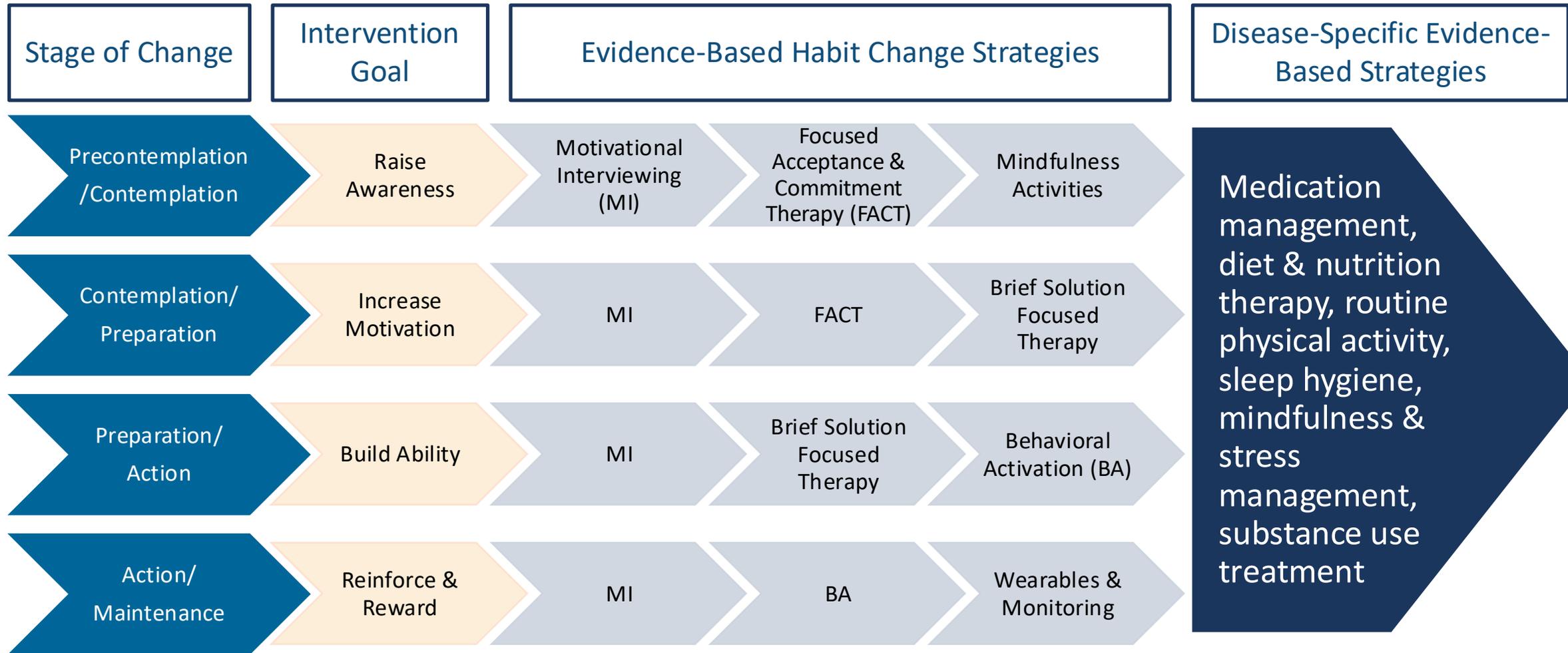
- What health behavior and lifestyle management interventions do you (or could you) commonly use for patients with HTN and/or heart disease?
- How do you decide which health behavior and lifestyle management interventions will best support patients with HTN and/or heart disease?
- What resources and support does your health center and community offer for patients with HTN and/or heart disease?

Example Health Behavior Management Support Workflow for a Patient with HTN and/or Heart Disease

Your role and your patient's experience in a clinical visit

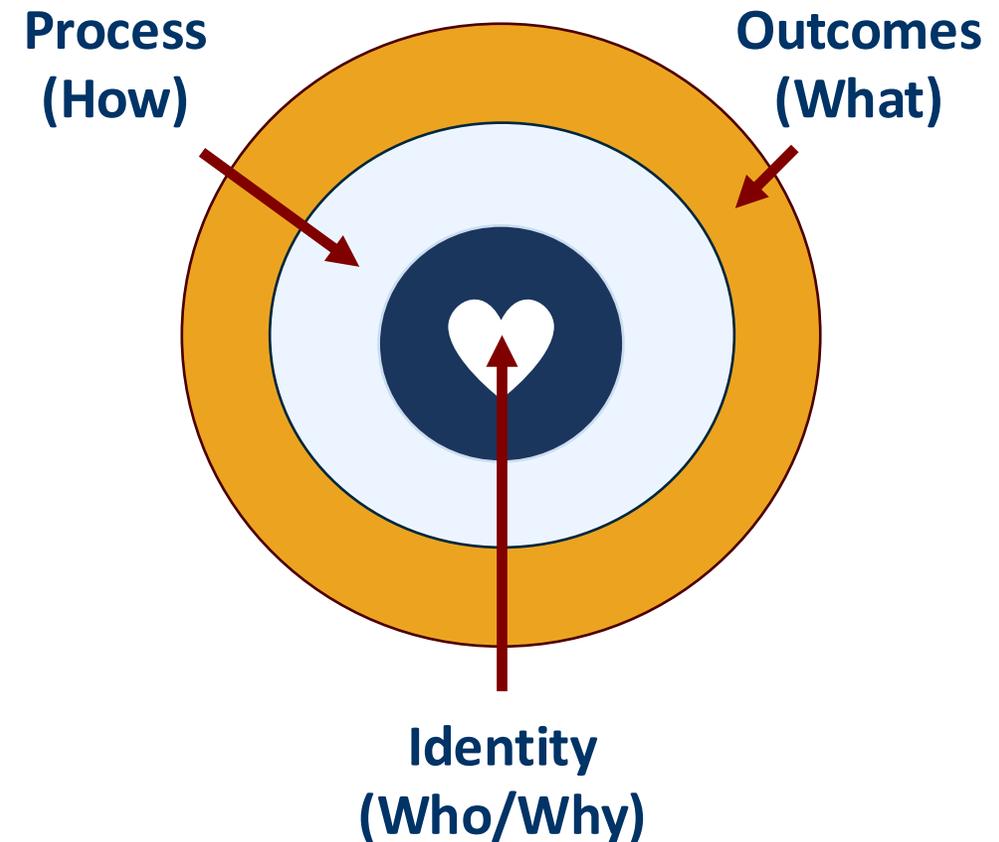


Change-Based Assessment to Intervention



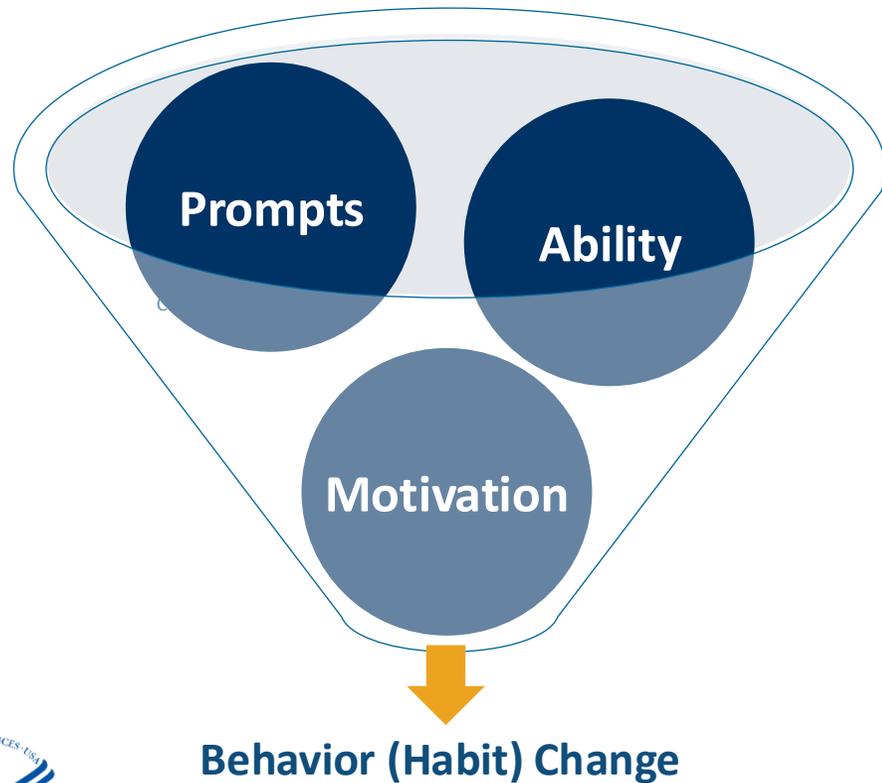
HTN and Heart Disease Health Behavior Assessment and Treatment Planning

- **Assess the 3 Levels of Behavior Change:**
 1. What (Outcome patient wants to achieve)
 2. Who/Why (Identity/values patient wants to uphold)
 3. How (Process or treatment plan)
- **Consider asking these questions:**
 - What are the main issues you've experienced in your life by having HTN and/or heart disease?
 - What do you fear most about having HTN and/or heart disease?
 - How would your life be better without HTN and/or heart disease?
 - What kind of treatments are you most interested in to help manage your HTN and/or heart disease?
 - What are the most important results you hope to receive from HTN and/or heart disease treatments?



Behavior Change-Based Brief Interventions for HTN and Heart Disease

Whatever intervention you choose, address the 3 ingredients of behavior change.



Brief Interventions for Patients with HTN/Heart Disease:

- Motivational Interviewing (MI)
 - MI spirit and core skills
 - Readiness rulers
 - Decisional balance: Looking forward/looking back
- Behavioral Activation
 - Self-management and goal setting
 - Walking, dietary changes, habit-stacking, schedules
- Solution-Focused Brief Therapy
 - Identify strengths and past successes
 - Focus on the future and solutions
 - Ask 'The Miracle Question'



Which staff could/should conduct interventions?

Q&A



CoP Session 7 Wrap-Up



- What are your main takeaways from today's session?
- If you want to receive CEs for participating today, you must complete the TA Satisfaction Assessment.
- The next session will summarize what we've learned together including an opportunity for all participants to share how they are applying what we've reviewed together.
 - Final session: Tuesday, February 10, 2026

Health Center Satisfaction Assessment

We'd love your feedback on today's session!

Please take 2 minutes to complete the Health Center TA Satisfaction Assessment.

You must complete the assessment to claim continuing education credit.

Thank you for your time!



<https://www.surveymonkey.com/r/CoP5Session7>

Thank You!



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Questions? Reach out via the [BPHC Contact Form](#)



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