



Strengthen Hypertension Services to Improve Maternal Health

Hypertension is a leading cause of maternal mortality. This job aid presents high impact practices to strengthen hypertension services in the outpatient sexual and reproductive health setting, along with resources to support implementation.

★ Indicates a key practice

Readiness

HIGH IMPACT PRACTICE	RESOURCE
Develop a protocol for implementation of hypertension prevention and control services in the family planning setting.	Sample Policy for Hypertension Prevention and Control Services Job Aid
Establish a policy for timely and effective referral of clients with hypertension.	Establishing and Providing Effective Referrals for Clients: A Toolkit for Family Planning Providers Title X Policy Templates (see p. 68: "Referral for Social and Medical Services #3: Coordination and Use of Referrals and Linkages")
Develop and maintain a set of referral resources, and foster communication with other health and social service providers to enhance services and support for clients with or at risk for hypertension.	Local Resource List
Train staff on strategies to ensure quality care for all clients.	Cultural Competency in Family Planning Care eLearning

Recognition and Prevention

HIGH IMPACT PRACTICE	RESOURCE
★ Assess and document if a client is pregnant or has been pregnant within the past year. Ask the screening question, "Are you pregnant, or have you been pregnant in the past 12 months?"	Recognize Postpartum Warning Signs Poster
★ Ensure accurate measurement and assessment of blood pressure for all clients according to nationally recognized standards of care.	Accurate Measurement of Blood Pressure in a Reproductive Health Setting Video 8 Steps to Accurately Measure Blood Pressure (BP) Poster

Recognition and Prevention Continued

HIGH IMPACT PRACTICE	RESOURCE
★ Screen for health related social needs. Link clients to resources.	The Accountable Health Communities Health-Related Social Needs Screening Tool
Train staff on foundational concepts, including screening for hypertension; how hypertension relates to general health and reproductive health; and differences in health outcomes across populations.	Integrating Hypertension Prevention and Control into Family Planning Services eLearning

Response

HIGH IMPACT PRACTICE	RESOURCE
Utilize a standard policy and protocol for the diagnosis and management of hypertension in the family planning setting.	How to Diagnose and Manage Hypertension in a Family Planning Setting Job Aid
Offer reproductive life planning discussions and resources, including access to a full range of contraceptive options for which the client is medically eligible.	Determining Your Client's Need for Services and Discussing Reproductive Goals eLearning Client-Centered Reproductive Goals and Counseling Flow Chart

Reporting and Systems Learning

HIGH IMPACT PRACTICE	RESOURCE
Monitor outcomes and process data related to blood pressure and hypertension.	High Impact Practice Set (HIPS) for Outpatient Settings: Strengthen Hypertension Services to Improve Maternal Health Measurement Tool

Respectful, Supportive, Client-Centered Care

HIGH IMPACT PRACTICE	RESOURCE
Provide client-centered, trauma-informed communication and counseling to support the client in understanding recommendations and options.	ASA Cycles for Patient-Centered Communication Palm Card

These practices were adapted from [Alliance for Innovation on Maternal Health \(AIM\) Patient Safety Bundles](#) by the RHNTC in collaboration with the American College of Obstetricians and Gynecologists (ACOG). [Severe Hypertension in Pregnancy. \(2022\).](#)

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