

MINUTES
PUBLIC EDUCATION FORUMS ON HYPERTENSION
NOVEMBER 4, 2002

Attendees: Jim Graham, Norm Campbell, Michael Hill, Donna Galvin, Yvette Penman (sorry if I forgot anyone, my notes are at home)

Regrets: Victor Lun, Karen Then, Linda Cuda, Raylene Reimer, Charlotte Jones, Al Lawrence, Lynda Pye, Marie Toone, Teri Green, Suzanne, Galesloot

1. Location for sessions.
 - a. This will be piloted with the Forest Lawn Senior's Association. Paul Jeffery to determine the possible dates for January 2003
 - b. It was decided that the location would float around Calgary. Co-op has offered their auditorium. Donna Galvan to follow up to determine if we can have 4 sessions a year at different sites in Calgary. Other sites discussed included the Kerby Centre, the Health Science Centre, public forums hosted by the Heart and Stroke Foundation of Alberta, forums with various different interest groups which could include companies as well as using the fire department auditorium.
2. Advertising of sessions.
 - a. Forest Lawn - this is a closed group and the advertising will be internal.
 - b. Long term advertising - an 8 x 11 flyer and perhaps a larger poster to be developed. Yvette to develop a draft. The following were discussed as potential sources of advertising: CCN website, an 8 x 11 flyer inserted into the Vital Signs newsletter, poster and flyers in pharmacies in the community involved, advertising in community magazines, a poster in Co-op and Safeway grocery stores and the potential to have inserts into drug prescription bags in the pharmacies, the Kerby newsletter, various different forums that specific interest groups may have specific communications pathways, flyers and posters in the Health Science Centre clinics, fire department distributing flyers with their blood pressure measurement, and finally utilizing the radio, TV, and newspaper media.
3. Structure of the sessions.
 - a. It was decided that all sessions should be multidisciplinary. For the initial pilots it was decided that there should be 1 MD and at least one other discipline represented. It was indicated that the fire department would be desirable to have all venues in order to emphasize the fire stations as a community resource. For Forest Lawn Donna Galvan has agreed to represent pharmacists, Paul to approach Al, and Norm will take

responsibility for seeking an MD representative once the date is settled on.

- b. It was decided that the session should have a 20 minute didactic section. Norm to select 20 slides from the slide kit emphasizing an overview of hypertension and lifestyle management. 1 to 2 slides would be dedicated to drugs. It was anticipated that most questions would focus on drugs allowing the drug content to come out. Philosophically the session should be interactive allowing the audience to interrupt at any time with questions.
 - c. Patient information should be available in written format to hand out. Paul to send Norm the Heart and Stroke Foundation of Alberta information pamphlet. The hypertension section of the Healthy Heart Kit is another potential source of information to be considered.
 - d. A handout on frequently asked questions. Paul to develop with the intent of handing this out at the sessions.
 - e. It was discussed as desirable to incorporate the question slides from the slide kit into the presentation. This would likely take up another 20 minutes of the session. It was indicated that this would be at the discretion of the presenters.
 - f. The majority of the session should allow for open discussion of issues.
4. Evaluation

Jim to draft this based on the current evaluation of the lifestyle classes of the hypertension and lipid clinic. The desirability of indicating attendance at each session was discussed.

5. Funds

Michael Hill and Paul Jeffery to develop the proposal for \$5000 for C-CALA and then we plan to reapply for ongoing funding from C-CALA. It was discussed that pharma industry may be approached to assist with other sources of funding.

6. Speakers

It was decided that we should develop a list of available speakers for the public sessions. Norm to develop a list of MDs, Jim to develop a list of RNs, Donna to develop a list of Pharmacists, Paul through Linda Cuda to develop a list of Dieticians, Paul to develop a list of Kinesiologists through Victor Lun. It was

indicated that the members of the committee should be involved in the public forum.

It was decided that the hypertension subgroup should reform in December to further discuss these issues. The plans after Forest Lawn to be developed by a meeting of the subgroup following the public forum.

Yours sincerely,

N. Campbell, MD, FRCPC