



Mount
Sinai

Center for Nursing Research
and Innovation

Brief Risk Communication in ED Patients with Asymptomatic Hypertension

Emergency Department Nurse Fact Sheet

Intervention: Emergency Department nurses will inform patients about their high blood pressure and heart changes as a result of chronic high blood pressure

- **Start date:** Monday, February 27th, 2023
- **Study Times:** Monday/Wednesday/Friday, 8:00 am – 4:00 pm
- **Study Aim:** To test the impact of a brief nurse-led risk communication intervention on BP control and primary care engagement at 12 and 24 weeks
- **Key fact:** Nearly 100% of ED patients with asymptomatic hypertension at MSH have structural heart changes at the time of their visit as a result of chronic high blood pressure
- **Study Protocol:** The Research Coordinator will obtain consent and all study endpoints. The Research Coordinator will inform the ED nurse of test results. At any point during the ED visit, the Research Coordinator will inform the nurse to read the study script reproduced below.

Study Script

Normal tests (by ultrasound): “The tests we did today do not indicate that your blood pressure has affected your heart, however it is very important you see your primary care provider within 2-weeks of your discharge to have your blood pressure rechecked.”

Abnormal tests (by ultrasound): “The tests we did today suggest that your blood pressure has affected your heart, and over time this may lead to more serious problems. This can be reversed by seeing your primary care provider within 2 weeks to discuss your treatment options.”

What to say if the patient asks for more information: “When your blood pressure is high for quite some time, it can stretch the heart muscle. Kind of like when a balloon is stretched. Stretching the heart muscle too much can lead to heart complications. Seeing your primary care provider after discharge is important so that you can discuss treatment.”

What to say if the patient needs a referral: “If you do not have a primary care provider, call 800-637-4624 or Google 'Primary Care at Mount Sinai Hospital' and click on request appointment now.”

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