

# Running a health check event

High blood pressure is the leading risk factor for stroke – and many people don't even know they have it. It is often called the 'silent killer'.

The only way to know you have high blood pressure is to get checked. The good news is you can find out in just five minutes.

Stroke Foundation's Australia's Biggest Blood Pressure Check program is the largest of its kind with health checks taking place at community events, local social groups, workplaces and regional areas throughout Australia. On average, 10–20 percent of participants discover they have high blood pressure and receive a potentially life-saving referral to their doctor.

Why not join in and organise a health check for your pharmacy, workplace or community group.

## Why run a health check for your workplace, pharmacy or community group?

- › Stroke is one of Australia's biggest killers. It kills more women than breast cancer and more men than prostate cancer.
- › 1 in 4 people globally will have a stroke in their lifetime. These people are someone's sister, brother, wife, husband, daughter, son, partner, mother, father or work colleague. Behind the numbers are real lives.
- › 4.7 million Australians are living with high blood pressure and many don't know it – high blood pressure often has no symptoms.
- › The higher your blood pressure, the greater your stroke risk.

## About the health check

Stroke Foundation health check is simple and quick...and it could save your life.

It's designed to give participants a better understanding of the risk factors for stroke and heart disease.

The health check includes:

- › A blood pressure check.
- › An interpretation of the results by a qualified health professional who will provide lifestyle advice and/or referral to a doctor for a comprehensive assessment if required. There are no blood or other invasive tests involved.

## Do you need to use a health professional?

Yes.

A health professional is trained to conduct the check and provide general health advice based on the results. Individuals identified at increased risk of stroke and heart disease should be referred to their doctor for follow up.

A health professional is defined as an individual thoroughly trained in taking blood pressure and interpreting their results as part of their qualifications.

They include:

- › A medical practitioner, registered nurse, pharmacist, or allied health practitioner registered with the Australian Health Practitioner Regulation Agency (AHPRA); or

- An exercise physiologist with current Exercise and Sports Science Association (ESSA) registration; or
- A health professional for whom conducting health checks falls within the scope of their professional training and practice, as approved by an appointed Stroke Foundation person on a case by case basis; and
- A health professional with professional indemnity insurance that provides indemnity for health checks and blood pressure checks (e.g. medical malpractice or medical advice cover).

### Health check set up

- Health checks should be conducted in a private or semi-private area such as a small meeting room or a quiet area of a shopping centre. Alternatively provide a banner or poster display to provide privacy. You will need seats for both the individual and health professional.
- Ideally also have a seat away from the health check section for participants to wait.
- Provide a small table to conduct the blood pressure check.
- Location and time are critical – it could make all the difference to the number of individuals who have a check.

### How the health check works

- 1) When the participant arrives, ask them to sit down. This allows time to ensure their body is at rest before the blood pressure check.
- 2) The health professional will conduct the blood pressure check.
- 3) The health professional will provide the following resources to the participant after the health check:
  - Blood pressure wallet card.
  - High blood pressure and stroke fact sheet.

- 4) The health professional will discuss the results with the participant including any suggested lifestyle changes and if a referral to a doctor is required (the participant should take their results with them to the doctor).

### Resources

We will provide the health check organiser with:

- Blood pressure check wallet cards.
- High blood pressure and stroke fact sheets.
- Running a health check event flyer.



### Important notice

These health checks are not a substitute for professional medical advice or a comprehensive statement of the nature and consequences of high blood pressure. If your blood pressure is high or if you have any other concerns, it is important to see your doctor for a full health check. Participants should not disregard professional advice or delay seeking it because of this health assessment or any accompanying information. This disclaimer is included on the information provided to participants.

### About us

Stroke Foundation partners with the community to prevent, treat and beat stroke. We do this through raising awareness, facilitating research and supporting survivors of stroke.

### Contact us

- StrokeLine 1800 STROKE (1800 787 653)
- strokefoundation.org.au
- @strokefdn
- /strokefoundation
- @strokefdn