
Facilitator Guide

Module 3: Hypertension, Sodium and Lifestyle

Learning Objectives

Upon completion of this activity, participants should be able to:

- Apply the Canadian Hypertension Education Program (CHEP) recommendations for the management of hypertension in association with sodium and lifestyle
- Explain the relationship between hypertension and sodium, how to prevent and manage hypertension with lifestyle modifications, and a multi-pronged approach
- Recognize high sodium content food items and lower sodium options

Case Authors

Luc Trudeau, MD, FRCPC

- Assistant-Professor of Medicine, Cardiovascular Prevention Centre, Jewish General Hospital, McGill University
- Specialty: Internal Medicine

Case Series Editor

Sheldon W. Tobe, MD, MScCH HPTE, FRCPC, FACP, FASH

Additional Reviewer

Debra Reid, PhD, RD

CHEP Continuing Professional Development Planning Committee

- Sol Stern, MD MCFP
- David Dannenbaum, MD CCFP
- John Hickey MD, CCFP
- Karen Mann, BN, MSc, PhD

Role of the Facilitator

Your role as a facilitator is to lead the group discussion, respect the session timing, and ensure that each individual has the opportunity to share opinions, knowledge and previous experience.

The slides provided include speakers' notes with key messages and/or discussion points to be covered. Some slides also include specific instructions to follow. Review the slides and speakers' notes in advance so that you understand the content and flow.

Take a moment to review the Reference Slide section should you need to refer to any of these slides during your discussion.

Above all, ensure a respectful, participatory atmosphere in which participants feel safe to contribute.

Agenda

The following is the suggested agenda for a proposed 60 minutes session.

TIMING	TOPIC	
5 minutes	Introduction and Program Overview (slides 1 to 7) <ul style="list-style-type: none">▪ Introduction of the topic and facilitator disclosures▪ Review of case authors▪ Outline and objectives of the session	Facilitator
5 minutes	Introductory slides (slides 8 to 11) <ul style="list-style-type: none">▪ Review general hypertension slides	Facilitator
35 minutes	Case Presentation and Discussion Questions (slides 12 to 59) <ul style="list-style-type: none">▪ Speakers' notes provided to support each slide and guide you through the Discussion Questions▪ Review the Key Learnings at the end of the session	Group
5 minutes	Additional Resources (reference slide deck) <ul style="list-style-type: none">▪ Review additional resources available	Facilitator
10 minutes	Questions and Wrap up <ul style="list-style-type: none">▪ Allow group 10 minutes to ask questions and discuss the case▪ Thank the participants for sharing their expertise and opinions	Group

Additional Resources:

<https://www.hypertension.ca/en/professional/resources>

For more information, contact:

Jocelyne.Bellerive@hypertension.ca

Hypertension Canada