

# Hypertension Study Day

Thursday, 26<sup>th</sup> April 2018

Centre of Nurse Education, Mercy University Hospital, Cork

Time	Speaker	Topic/content
<b>09.15-09.30</b>		<b>Registration</b>
09.30-10.00	<b>Catriona Murphy</b> Lecturer, School of Nursing and Human Sciences, DCU	Welcome, Introduction and epidemiology of hypertension in Ireland
10.00-10.30	<b>Joanne Loades</b> Independent Nurse Consultant and Specialist in Cardiovascular Disease	Blood pressure measurement and hypertension diagnosis and management using clinic, home and ambulatory blood pressure monitoring
10.30-11.05	<b>John Cox</b> General Practitioner, Co Wexford	Pharmacological hypertension treatment guidelines and clinical case scenarios
<b>11.05-11.25</b>		<b>Break</b>
11.25-12.25	<b>Jill Bunker</b> Registered Nurse, Independent Prescriber, Fellow of The British & Irish Hypertension Society	Interpretation of ambulatory blood pressure recordings (group work)
12.25-13.00	<b>Ruth Morrow</b> Advanced Nurse Practitioner (Primary Care)	Setting up a nurse led hypertension service in General Practice
<b>13.00-13.45</b>		<b>Lunch</b>
13.45-15.10	<b>Shirley O'Shea</b> Snr. Health Promotion Officer, HSE South	Motivational interviewing for behaviour change
<b>15.10-15.25</b>		<b>Break</b>
15.25-15.50	<b>Janis Morrissey</b> Head of Health Promotion, Information and Training, Irish Heart Foundation	Key messages for hypertension prevention and lifestyle interventions
15.10-16.00	<b>Catriona Murphy</b> (as above)	Summary, evaluation and close

**For further information:**

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Register: <https://dcubihshypertension.eventbrite.ie/>

Fee: €50.00

Nursing and Midwifery Board of Ireland Post-Registration Category 1 approved  
(5 Continuing Education Units)