

# Taking Control of Your Health! – Educating on OTC Meds and BP



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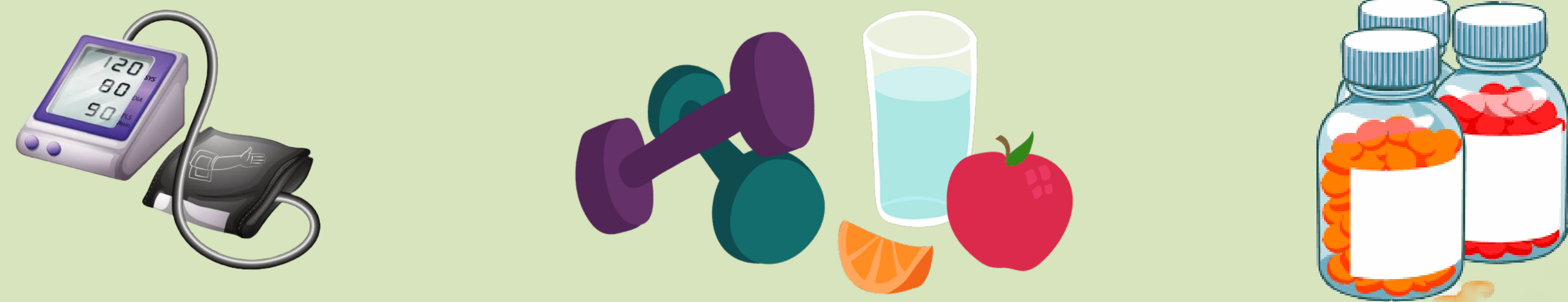
## Host Organization

Global Grace Health Be the Change NJ is a nonprofit organization that started in 2021 to provide COVID services to under-resourced areas throughout New Jersey in their mobile RV clinic. Their mission has grown to address the ever-expanding needs of communities in New Jersey.

### Some of their current activities include:

- Providing blood pressure (BP) and blood glucose screenings with follow-up readings and counseling
- Providing COVID vaccinations and PPD testing for incoming refugees
- Regular collection and distribution of daily necessities including food, drinks, toys, and essential living supplies to community members

## Background



**Hypertension:** A chronic health condition where the pressure of blood against the artery walls is greater than normal

**Lifestyle Modifications:** Changes that can be made throughout daily life to improve health outcomes (outside of medications)

**Over-the-Counter (OTC) Medication:** Drugs that can be obtained without a medical prescription that are generally safer to use

## Objectives

- Determine the scope of Be the Change's populations of focus and their needs
- Assess for potential gaps in health literacy within these under-resourced communities
- Host a workshop on common OTC medications and health issues such as blood pressure
- Develop and distribute health education resources



## Global Grace Health Mobile Clinic

### Take Control of Your Health! - Our Project

**Goal:** Host an educational workshop (open to the public) about hypertension and OTC pain medications and share handouts

**Audience:** Older members of the Reformed Church of Highland Park (RCHP)

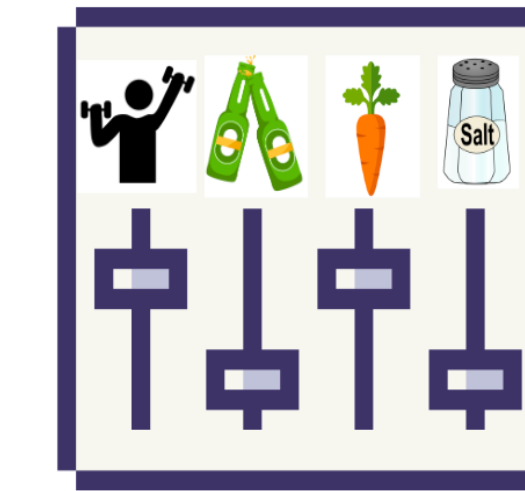
#### Achievements:

Discussion about hypertension, its long-term consequences and lifestyle modifications to lower BP

Discussion of best practices for using Advil and Tylenol

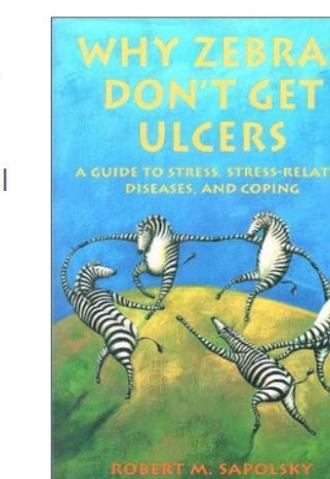
#### The good news:

Most of these things can be improved by conscious choices!



#### Why Zebras Don't Get Ulcers

A book written by Stanford neurologist Robert M. Sapolsky in 1994. Talks about how stress impacts how humans deal with their problems compared to other animals. *The Fight-or-Flight Response*. Long-term stress can lead to a great amount of problems when not managed properly.



### Challenges and Solutions

Language Barriers

Create handouts in Spanish & aim to add Haitian Creole, Ukranian, and other languages

Varying levels of literacy/health literacy in the populations of focus

Develop educational materials to be presented verbally and on paper with clear language

### Long-Term Implications

- Provide educational materials and handouts for people to better understand their ability to alter their BP
- Empower others to learn the key characteristics of their OTC meds to maximize safety and effectiveness

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