

## Appendix 2.2

### Local CHAP Coordinator Job Description

# What is CHAP?

- CHAP or the Cardiovascular Health Awareness Program has been in existence since 2000.
- CHAP is a community-based program that brings together local family physicians, pharmacies, other health professionals, public health representatives, volunteers, and health and social service organizations to work together to promote and actively participate in the prevention and management of heart disease and stroke.
- CHAP is made available, free of charge, to all older adults.
- CHAP invites older adults to measure their blood pressure in pharmacies and other familiar community settings, using an automated blood pressure measuring device with help from a trained volunteer.
- CHAP participants can take home a copy of their results and give their permission to have this health information shared with their family physician and pharmacist. This allows physicians and pharmacists to follow-up with their patients if required.
- CHAP offers opportunities for multiple blood pressure readings and the promotion of healthy eating, physical activity and smoking cessation, all modifiable risk factors for heart disease and stroke.

### Why CHAP?

- Cardiovascular disease is the leading cause of death in Canada. High blood pressure affects about 1 in 5 of Canadian adults and is a modifiable risk factor for heart disease, stroke and kidney disease.
- Nine out of 10 Canadians will develop high blood pressure during their lifetime.
- High blood pressure has no warning signs or symptoms – which is why it is often called a ‘silent killer.’
- Despite efforts to overcome barriers to high blood pressure detection and control, high blood pressure remains one of the most significant health problems facing Canadians.
- Blood pressure can be challenging to assess accurately because of its natural variability and measurement challenges. Some people have higher blood pressure readings in their doctor’s office because they feel anxious in this setting. Others have normal blood pressure when measured in the doctor’s office, but have high blood pressure in other situations.

**Please visit [www.chaprogram.ca](http://www.chaprogram.ca) for more information**

*CHAP is an initiative of the Department of Family Medicine, McMaster University; the Élisabeth Bruyère Research Institute, a University of Ottawa and Bruyère Continuing Care Partnership; the Department of Family Medicine, University of British Columbia; and the Team for Individualizing Pharmacotherapy in Primary Care for Seniors*