Nurse led interventions for hypertension management in general practice: a systematic review

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BACKGROUND

Global health care systems have seen a shift from acute care provision to managing chronic and complex diseases within primary care settings. In the Australian context, hypertension is the most frequently seen condition in General Practice and remains a leading cause of chronic disease and premature mortality. As the general practice nursing workforce continues to grow, opportunity exists for nurses to support people to achieve blood pressure control, reduce lifestyle risk factors and potentially improve health outcomes. Despite this potential, the impact of practice nurse interventions for hypertension in terms of patient outcomes is unclear.

AIM

To critically synthesize the evidence on general practice nurse interventions for lifestyle risk factor reduction in people with hypertension.

METHODS

- Systematic review
- 2000-2017
- CINAHL, Medline & Scopus
- Studies originated from Australia, America, Italy, Netherlands, Turkey, Germany, Norway, Sweden, and Finland.
- Six studies included patients with hypertension at baseline, whilst the other five included participants who had a past diagnosis of hypertension, regardless of their blood pressure on study enrolment.
- Sample sizes ranged from 51 to 1492 patients.
- Follow-up varied from months, to a year or more.
- The nature of the interventions was heterogeneous.

RESULTS

11 papers met the inclusion criteria.
Studies originated from Australia, America, Italy, Netherlands, Turkey, Germany, Norway, Sweden, Finland.
Six studies included patients with hypertension at baseline, whilst the other five included participants who had a past diagnosis of hypertension, regardless of their blood pressure on study enrolment.
Sample sizes ranged from 51 to 1492 patients.
Follow-up varied from months, to a year or more.
The nature of the interventions was heterogeneous.

CONCLUSION

The variation between interventions makes it difficult to draw firm conclusions from this review. However, a range of clinical and statistically significant improvements were demonstrated in various studies. This further supports the potential of these interventions to achieve enhanced health outcomes. Further robust research to provide high quality evidence for the impact of nurse-led interventions for hypertension in general practice is required.

REFERENCES


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