# Nurse-led Interventions to Improve Hypertension Outcomes in Uganda A Mixed Method Study

# Background Information

- One billion people have hypertension globally
- In Uganda, an estimated 25-34% of the adult population have hypertension
- 33% of deaths in Uganda linked to non-communicable diseases
- Few people achieve blood pressure goals
- Lifestyle modification is key

# Purpose

 To evaluate the bundled evidence-based and nurse-led interventions designed to increase lifestyle modification adoption of patients with hypertension in Uganda.

### Methods

The mixed method approach implemented with a purposive sample of 52 adults with hypertension in an outpatient clinical setting in Kampala, Uganda.

Nurses are ideally positioned to enhance patient adoption of lifestyle modification to improve long-term, individual patient hypertension outcomes and collectively achieve the related United Nations Sustainable Development Goals.



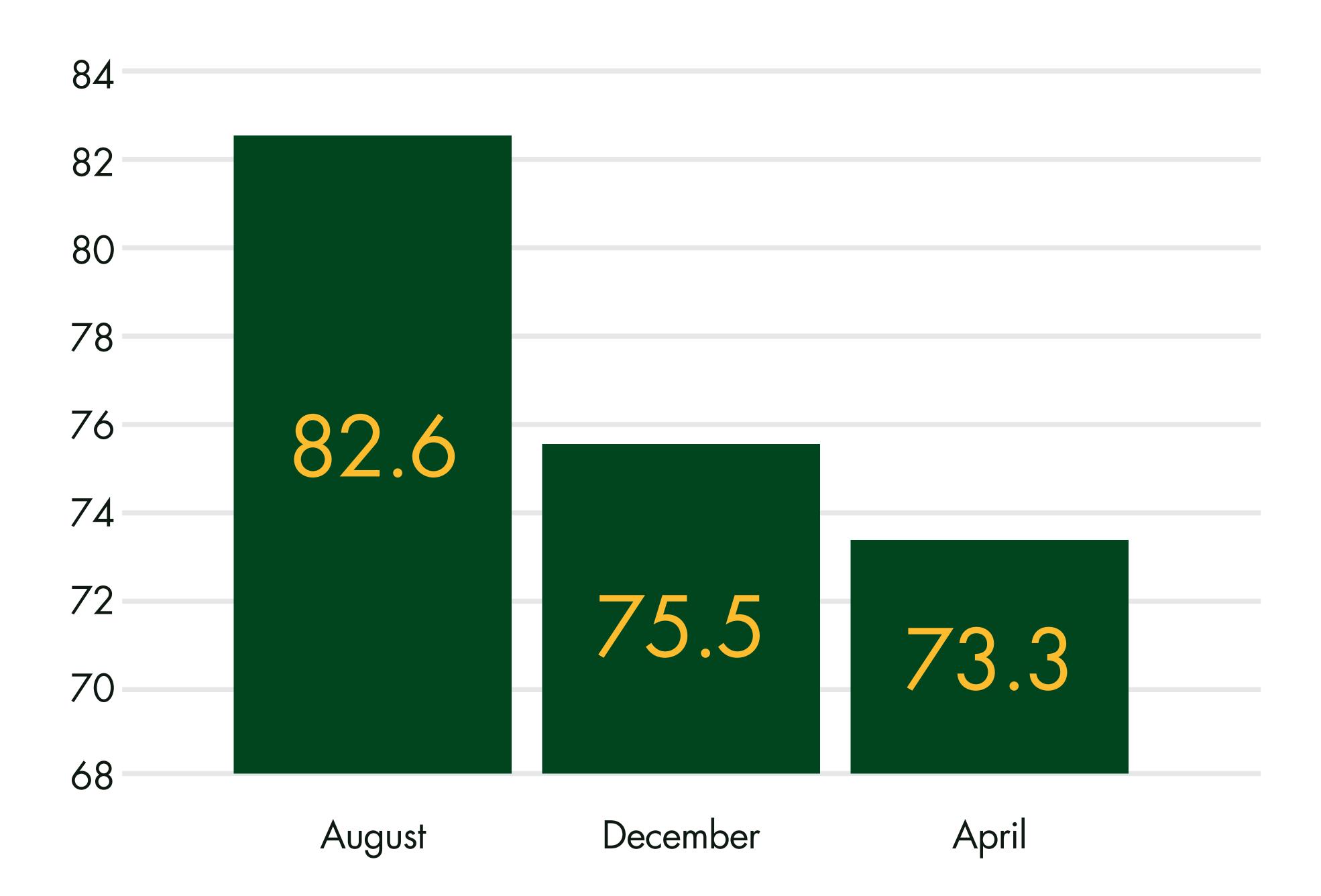
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Bundled Education, Support group and Text message follow up

### Quantitative Outcomes

Weight



Blood Pressure

