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.

Collaboration - The Research Team
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