

Creating Healthy Work Environments VIRTUAL 2021

Use of the Hypertension Self-Care Profile Tool for Evaluating Self-Management of Hypertension Amongst African Americans

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Purpose:

The purpose of the proposed scholarly project is to increase African American patients in a rural central Mississippi in self-management of hypertension by implementing a community outreach program. By doing this, it may be possible to improve the healthcare provider's awareness of patients' individualized needs. The community outreach program will include an educational session to increase the patients' knowledge, behavior, and motivation to self-manage hypertension. The Quality Improvement model and the Plan-Do-Study-Act (PDSA) cycle will be the study design implemented by using the hypertension self-care profile to assess self-care management of African Americans. Fifty patients diagnosed with hypertension longer than six months will volunteer to participate in the community outreach program. The setting is a primary care clinic in rural central Mississippi. As hypertension continues to plague African Americans, healthcare providers need to develop a program to address the individualized needs of patients. Implementing a plan to influence self-management of hypertension may be a component necessary to combat hypertension. Self-management plays a vital role in managing hypertension. Evidence-based guidelines for the management of hypertension include medication, diet, and exercise. Healthcare providers can only be responsible for one of those components when pursuing a controlled blood pressure. Patients are expected to adhere to prescribed medication, diet, and exercise regimens. Perhaps, healthcare providers can address self-management skills or lack thereof through outreach programs.

Methods: Pre and Posttest to assess the patient's knowledge, motivation, and behavior utilizing the hypertension self-care profile will be administered prior to and approximately 30-days after the intervention.

Results: After the implementation of a community-based hypertension program in a primary care clinic, (P) will urban African Americans diagnosed with hypertension, (I) who obtained hypertension education about health promotion activities, (C) compared to no program, (O) self-report improved behaviors in hypertension management, increased motivation for improving hypertension, and increased self-efficacy related to hypertension by 50%, (T) within 30 days post-intervention hypertension self-care profile tool?

Conclusion:

Expected outcomes will include the following: Participants will report lower blood pressures to goal range of 140/90 or less. Participants will increase knowledge, behavior, and motivation for self-management of hypertension.

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Keywords:

African Americans with hypertension, Hypertension and Hypertension community outreach program

Abstract Summary:

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References:

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setting. She is passionate about patient education and helping her patients understand the importance of self-management of hypertension.