



Alcorn State University

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

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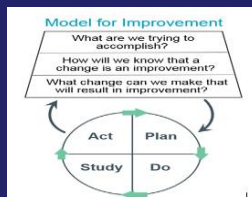
Chair: Dr. Lacey Blessitt, DNP, APRN, FNP-BC and Committee Members: Corey Smith, PhD, APRN, FNP-C

Background

- There are more than 700,000 individuals with hypertension in Mississippi (Mississippi State Department of Health, 2019a). Hypertension is a chronic illness that causes substantial health disparities in the United States. An individual with hypertension is at increased risk for the development of heart disease, stroke, chronic kidney disease, blindness, and decreased mental capabilities (Mississippi State Department of Health, 2019a). A decrease in the incidence of diagnosed and uncontrolled hypertension can be achieved by incorporating efficient community outreach programs that are designed specifically for the self-management of hypertension in Yazoo County. The social determinants of health affecting African Americans in Yazoo county include low income and being under insured. There are new approaches being considered to improve the education and health promotion of African Americans. Telehealth is a form of digital communication that can be used for supporting patients with chronic conditions (CDC, 2020). In 2020, COVID-19 became a pandemic and has changed how healthcare is being performed in the United States.

Aims

- The objectives of the current project for the participants are 80% will attend all sessions of 30-day program, 85% will increase knowledge level by the end of the program as evidenced by scores on the Hypertension Self-Care Profile tool, and 80% will report blood pressures less than 140/90 by the end of the program.



Methods and Instruments

- African American adults age >18 with a diagnosis of hypertension for 6 months or longer
- primary care clinic in rural central Mississippi
- educational intervention for this outreach program employed six videos
- hypertension self-care profile (HBP-SCP) assessment tool pre-and post intervention
- Rapid Estimate of Adult Literacy in Medicine—Short Form (REALM-SF)

Week 1

- Pre-test, educational intervention, and data abstraction

Week 4

- Post-test, question and answer session, and data abstraction

Table 1
Participant Profile

Participant	Age	Gender	Weight	Height	BMI
1	69	Female	178	5'8"	27.1
2	41	Female	170	5'8"	25.9
3	36	Female	225	5'6"	36.3
4	60	Male	193	6'2"	24.7
5	31	Female	215	5'9"	41.9

Blood Pressure Readings and Change

Participant	BP #1	BP #2	Systolic Change	Diastolic Change
1	140/74	138/72	-2	-2
2	136/90	140/89	+4	-1
3	179/119	152/98	-27	-21
4	120/84	122/84	+2	-0
5	128/70	126/82	-2	+12

Hypertension Self-Care Profile: HBP-SCP Behavior scale
 Directions: List below are common recommendations for persons with hypertension. How often do you do the following?

Hypertension Self-Care Profile: HBP-SCP Motivation scale
 Directions: List below are common recommendations for persons with hypertension. How important is it to you to do the following?

Hypertension Self-Care Profile: HBP-SCP Self-Efficacy scale
 Directions: List below are common recommendations for persons with hypertension. How confident are you that you can do:

- Take part in regular physical activity (e.g., 30 minutes of walking 6-7 times per week)?
- Eat low processed foods (e.g., canned or frozen goods, lunch meats)?
- Read nutrition facts label for sodium information on sodium content?
- Exploit traditional high-salt foods (e.g., canned soups, Oyster of Foods) with low-salt products (e.g., homemade soups, fresh vegetables)?
- Limit use of high-salt condiments (e.g., ketchup)?
- Eat less than 1 teaspoon of table salt per day (5 grams)?
- Eat less foods that are high in saturated (e.g., red meat, butter) and trans fat (e.g., lard, shortening)?
- Use fresh, frozen or steam-sterilized (e.g., long beans, kidney)?
- Read nutrition label to check information on saturated (e.g., butter, red meat) and trans fat (e.g., lard, shortening)?
- Exploit traditional high-fat foods (e.g., deep fried chicken) with low-fat products (e.g., baked chicken)?
- Limit total calorie intake from fat (one hour of grams daily)?
- Eat 5 or more servings of fruits and vegetables daily?
- Practice moderation in drinking alcohol (less than 2 glasses or less for men; 1 glass or less for women)?
- Practice non-smoking?
- Check your blood pressure at home?
- Take your blood pressure medication?
- Get your prescription filled?
- Keep your weight down?
- Do you stop your stress-management and anything that causes stress?
- See a doctor regularly?

REALM-SF Score Sheet

Identify the word(s) that best describe the meaning of the word(s) in parentheses. Circle the correct answer.

Participant # _____ Date _____ Examiner Initials _____

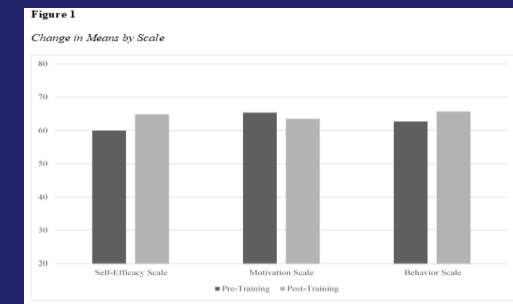
1. Understand (comprehend) _____
 2. _____
 3. _____
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
 11. _____
 12. _____
 13. _____
 14. _____
 15. _____
 16. _____
 17. _____
 18. _____
 19. _____
 20. _____

TOTAL SCORE _____

Interpreting the REALM-SF:
 Suggests orientation:
 1. 0-10: Severe cognitive impairment. The patient is unable to read and understand. The use of oral aids is necessary to help the patient understand the meaning of the words.
 2. 11-20: Moderate cognitive impairment. The patient is unable to read and understand. The use of oral aids is necessary to help the patient understand the meaning of the words.
 3. 21-30: Mild cognitive impairment. The patient is able to read and understand. The use of oral aids is necessary to help the patient understand the meaning of the words.
 4. 31-40: Minimal cognitive impairment. The patient is able to read and understand. The use of oral aids is necessary to help the patient understand the meaning of the words.
 5. 41-50: No cognitive impairment. The patient is able to read and understand. The use of oral aids is not necessary to help the patient understand the meaning of the words.

Results

- Data were analyzed to assess if there was a statistically significant increase between the pre- and post-data in the three scales of the tool: the Self-Efficacy scale, the Motivation scale, and the Behavior scale.
- There was an increased level of behavior and self-efficacy noted on the HBP-SCP by end of the program The t-test and Mann-Whitney U test revealed that the difference observed was not statistically significant.
- The systolic readings, on average, decreased by 5.0 points.
- The diastolic readings, on average, decreased by 6.4 points.



Implications

- Recruiting larger sample size
- Implement a three month program
- Educational interventions every two weeks during the program

