Title:
A Literature Review: The Importance of Health Knowledge and Patient Activation in Hypertension Self-Management

Ali Kerari Sr., MSN
Frances Payne Bolton School of Nursing--Case Western Reserve University, 1988, Parma Heights, OH, USA

Session Title:
Clinical Posters Session 1

Keywords:
hypertension, patient activation and self-management

References:


Abstract Summary:
Health awareness is a bulwark against chronic diseases. Many adults with hypertension have not maintained optimal self-management care of their health conditions and are at risk for other diseases. A literature review is needed to address the importance of hypertension self-management, which contributes to improved health outcomes.

Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
</tr>
</thead>
<tbody>
<tr>
<td>The learner will be able to analyze the results of this literature review regarding the relationship between health literacy, patient activation, and adherence to hypertension self-management.</td>
<td>A number of research studies related to the topic will be presented and, thus, learners will be able determine factors contributing to adherence to hypertension self-management.</td>
</tr>
</tbody>
</table>
The learner will be able to define self-management, patient activation, and health literacy. These important terms will be described with giving examples.

**Abstract Text:**

A literature review: The importance of health knowledge and patient activation in improved self-management behaviors of hypertension.

**Introduction.** An increased number of individual living with chronic diseases is growing, yet healthcare systems in developed countries need to be hold responsible to help people halt the complications of chronic diseases or improve lifestyle behaviors. Hypertension and diabetes constitute a growing chronic disease burden in Saudi Arabia. Presently, the majority of patients with chronic diseases are not achieving optimal levels of control in Saudi Arabia. Type 2 diabetes mellitus affects about 40% of Saudi adults who are at age 30 years and older. A study among Saudi adults found that 25.5% of 4785 participants had hypertension as well as 55% of the participants with hypertension were implicated in poor blood pressure control and lack of adherence to treatment. With regard to this dilemma, health care systems in Saudi Arabia must emphasize the need for a patient-centered model of chronic disease self-management. A common finding across studies regarding chronic disease self-management is that patients vary in the extent to which they are disposed to change their attitudes and lifestyles to conform to caregivers’ recommendations. This finding is referred to as “patient activation.” The concept activation empowers patients to be an active role in disease self-management by developing their health knowledge, self-efficacy, and problem solving skills. With the large number of people who live with chronic diseases and its risk factors, research studies regarding patient activation in chronic disease management are necessary.

In fact, there is a paucity of data in Saudi Arabia on ways to empower patients to play an active role in chronic disease self-management. In addition, the majority of studies have focused primarily on patient education. These studies must aim to teach patients ways to motivate them to improve their self-management of chronic diseases, including hypertension and diabetes. The Ministry of Health and other major hospitals in Saudi Arabia should emphasize the significance of higher patient activation levels in chronic disease self-management. This level of notational movement helps reduce the economic burden of chronic disease treatment as well as prevents life-threatening complications resulting from chronic illnesses. Therefore, nurses must understand and evaluate individuals’ perception regarding the importance of health literacy and patient activation in improved hypertension self-management in Saudi Arabia. The findings of the literature will help nurses and other healthcare providers address the significance of higher patient activation levels in chronic disease management programs in an effort to halt the progression of hypertension and to improve patient’s self-management of hypertension.

**Objective.** This paper is based on a comprehensive literature review regarding the importance of health knowledge and patient activation in improved self-management behaviors of chronic diseases, including hypertension, diabetes, and heart diseases. The literature review of the health literacy and patient activation in chronic disease self-management will be discussed.

**Conclusion.** Despite many studies that evaluated the significance of adequate health knowledge and high levels of activation in chronic disease management, an extensive literature review proves that there was a paucity of data regarding patient activation in the context of hypertension. A few studies examined the relationship between higher patient activation levels in blood pressure control and improved health outcomes. Hypertension is a challenging topic for self-management because of its vague symptoms and lack of patients’ awareness of its risk factors. Research is needed to explore what significant related factors are to increase patient activation levels and better hypertension control.