

Implementing an Interprofessional Hypertension Clinic in a Rapidly Growing Community Outside of Port-au-Prince, Haiti

Becky M. Baird, MS, RN-BC, CMSRN, CNE, *University of Texas at Arlington College of Nursing and Health Innovation, Arlington, TX*

Ellen L. Palmer, PhD, RN, *International Child Care, Kalamazoo, MI*

Rachel Zimmerman, DPT, *We Care Haiti Ministries, McKinney, TX*

Lola Orphee, RN, *Onaville Community Health Center, Onaville, Haiti*



Prevalence of Hypertension in Haiti

- Leading cause of morbidity and mortality among adult Haitians
- Prevalence of around 45%
- 176 deaths per 100,000 due to stroke which is 10.3% of deaths
- Most frequent diagnosis in rural clinics, ranging from 39% of men and 45% of women

Dominance of the 3 S's

- **Stroke** rates are more than double in Haiti than the rate in the Dominican Republic (Haiti's island neighbor)
- Fatality rate from stroke is estimated to be around 30%
- Only 20% to 30% of stroke patients are hospitalized in Haiti due to the **Social Determinants** of disease: low availability of hospital beds, access to services, 75% of Haitians live on less than \$2 a day, 56% live in extreme poverty, living on less than \$1 a day
- Haitian dietary **Salt** intake is 9 - 10 times greater than the U.S.
- Estimates are Haitians consume 30 to 35 grams of sodium daily



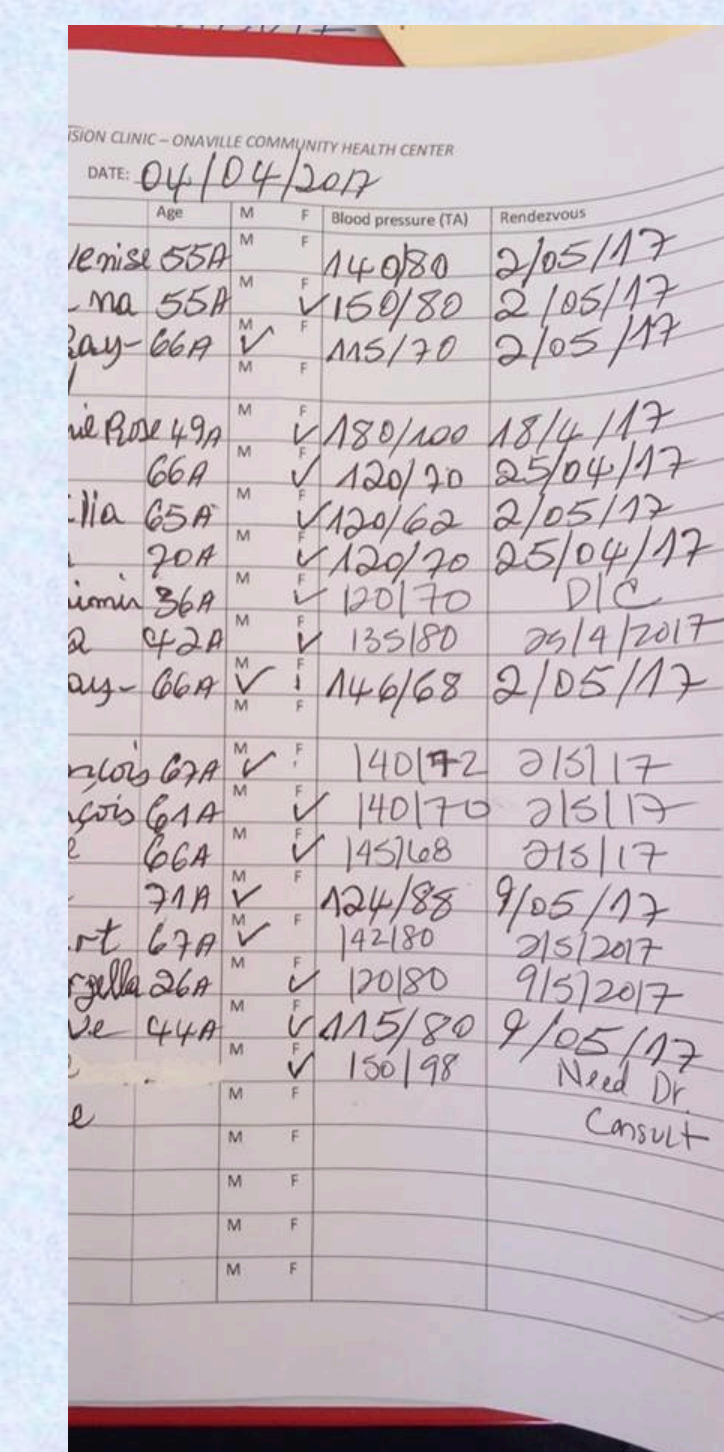
Onaville Community Health Center

- Financed through We Care Haiti, a faith-based, Christian nonprofit organization based in Texas
- Focused on the care and development of Haitian communities with the goal of long-term sustainability
- Haitian staffed clinic in the fastest growing community in Haiti, due to the displacement of persons from Port-au-Prince, post-earthquake
- Community hypertension program developed in 2016 to provide the best possible practices to address the hypertension program in this community
- Clinic is staffed year round by Haitian doctors, nurses, nursing staff and a doctorate prepared physical therapist



Treatment Plans

- Group classes for patients and their family members
- Nursing care
- Physician supervision
- Nutritional information
- Medication assistance
- Ongoing weekly 'hypertension clinic' lead by nursing staff



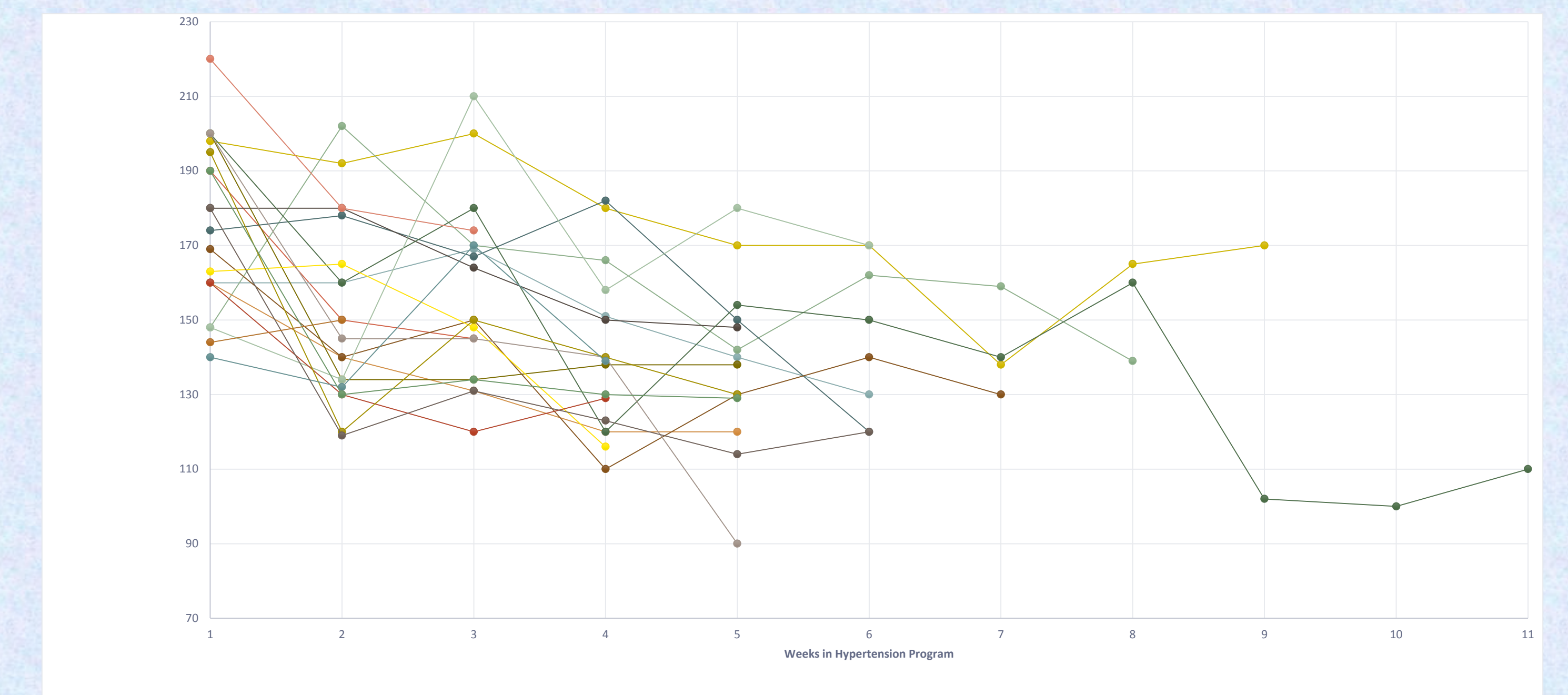
Closer Look at Participants

- Clinic visits between April 2016 – November 2016
- Arrived on foot, sat in line on benches
- Blood pressure taken by Haitian nurses as participants progressed through the clinic
- N= 49
- Age range 25 – 80 years
- No age documented for 14 participants (29%)
- No gender documented for these participants
- Age by decades
 - 19-29 yrs – 2
 - 30-39 yrs – 3
 - 40-49 yrs – 10
 - 50-59 yrs – 3
 - 60-69 yrs – 10
 - 70-79 yrs – 6
 - 80-89 yrs - 1



Hypertension Data

- Definitions of systolic blood pressure ≥ 140 mm Hg and/or a diastolic blood pressure ≥ 90 mm Hg
- Those identified with hypertension made a minimum of 4 clinic visits over 12 week period
- Graph below depicts the journey of 19 participants in the reduction of their systolic blood pressure



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References

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