Predictors Affecting Therapeutic Adherence in the Hypertensive Afro-Caribbean Populations in South Florida

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Background: Hypertension is an astounding global public health challenge affecting more than 1 billion individuals worldwide with approximately 60 million in the United States (US). Hypertension has fervent implications for cardiovascular disease and premature death even though it is one of the most modifiable risk factors. Non-adherence to a therapeutic regimen is an international crisis, preventing efficacious management of chronic diseases like hypertension. Hypertension is independently responsible for a high rate of premature morbidity and mortality among the Afro-Caribbean populations. Literature has revealed that although individuals migrate across the globe they still maintain cultural practices that are germane to them. This can significantly influence their health care choices. As such, the social and cultural norms of the Afro-Caribbean populations are unique and may affect adherence to therapeutic regimens. Nine percent of the US immigrant population are from Caribbean countries. South Florida is home to the highest concentration of Caribbean immigrants. Therapeutic adherence practices for hypertension in the Afro-Caribbean population is not studied and must be isolated to curtail the deleterious effects of this disease process.

Purpose: The purpose of this study is to investigate the predictors affecting therapeutic adherence in the hypertensive Afro-Caribbean populations in South Florida.

Methods: The study will utilize a descriptive qualitative design.

Implications: The ultimate goal of this study is to evaluate the predictors that affect adherence to hypertensive therapies among Afro-Caribbean populations in South Florida. This study may present a broader understanding of factors that influence adherence as it relates to treatment of hypertension. In addition, it may provide future assessments of treatment adherence among this population. The findings could also generate scientific discussions that facilitate exploration of similar factors among other cultural subsets with similar healthcare needs. A study of this caliber will create evidence that propel nurse researchers to conduct further studies that could evolve public policy to a global sphere.

Title:
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Keywords:
Adherence, Afro-Caribbean and Hypertension

References:


Abstract Summary:
This is a predictive qualitative study aimed at evaluating the predictors of adherence in hypertensive management among the Afro-Caribbean population residing in South Florida. It may present a broader understanding of factors that influence adherence to treatment of hypertension and may provide future assessments of treatment adherence among this population.

Content Outline:
1. Background: Afro-Caribbean and hypertension, Adherence,
2. Purpose: evaluate the impact of this disease on this population and the efficacy of current prescribed management
3. Methods: description of qualitative descriptive design

4. Implications: to nursing practice, research, and education

First Primary Presenting Author

**Primary Presenting Author**

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**Professional Experience:** 20 Years of experience as a nurse specializing in neuroscience and critical care. Hold certifications as an acute care nurse practitioner, a critical care nurse, a neuroscience nurse and a stroke nurse.

**Author Summary:** Currently an assistant professor of nursing at Barry University in Miami Shores Florida. Serve as a nurse practitioner for the neurosurgical team at Baptist Hospital of Miami as a faculty practice commitment. Research interest is in ethno cultural care initiatives especially in the area of hypertension adherence. Population of interest is the Afro-Caribbean Population.

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**Professional Experience:** I am an assistant professor of nursing for Barry University College of Nursing and Health Sciences. I began my career as a registered nurse at Mount Sinai Medical center in Miami Beach Florida, in 1996. I have over 18 years of clinical and academic nursing experience.

**Author Summary:** She is a national and international speaker. She currently serves as the president of the STTI Lambda Chi Chapter. She currently serves as Chair of the Public Relations Committee of the Lauderdale Lakes Kiwanis Club of Kiwanis International whose mission is to Save the Children of the World. To that end, Dr. Chin has led various community projects to meet the goals of the organization.