Perceptions of Hypertension Awareness: A Pilot Study

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Methodology and Program Design
- Surveyed convenience sample of clinic patients (n=27) and clinic nurses (n=11) using the Awareness of Blood Pressure Questionnaire
- Completed assessment survey responses and analyzed data using Microsoft Excel 2007
- Identified opportunities for DNP Practitioner to enhance both healthcare provider and patients' perceptions of hypertension awareness

Significance of Pilot Study Results
- Offered critical insight not only about patient perceptions of hypertension awareness but also how nurses' perceived their patients' perceptions
- Patients' perceptions were easily undermined or overemphasized by clinic nurses
- Identified opportunities for DNP Practitioner to enhance both healthcare providers' and patients' perceptions of hypertension awareness

Applicability to APN/DNP Healthcare Providers
- Advance Practice Nurses are focused on providing holistic care which includes care centered on both physical and mental wellbeing
- DNP Practitioner has an important role in developing programs to help nurses and other healthcare providers better understand patient perceptions of hypertension
- DNP Practitioner has a critical role in developing programs to help patients understand hypertension, disease progression and treatment modalities using a system-based approach

Purpose
The purpose was to compare and contrast nurses' perceptions of patients' hypertension awareness and health literacy with that of the patients' own perceptions.

Background
- Heart Disease was projected to cost more than $304.6 million including healthcare services, medications, and lost productivity (CDC, 2009).
- Per Joint National Committee (JNC) on Prevention, Detection, Evaluation and Treatment of High Blood Pressure guidelines, approximately 60% of American Adults have pre-hypertension or hypertension (2004).
- Results from the 2003 Literacy Assessment note 55% respondents had intermediate health literacy level, 22% had a proficient health literacy level, and 12% had low basic health literacy level (Kutner, Greenfield, Jin & Paulsen, 2006).

Concept
Hypertension awareness has been defined by the DNP student as the patient's knowledge of hypertension, self-interpretation of blood pressure readings, medication regimen and treatment plan.

Relevant Research Studies
- Kresin et al., (2007) contended patient beliefs were significantly associated with medication adherence.
- Oliveira, Shen, McCarthy, Davis and Hill (2007) concluded that patients did not have an overall comprehensive understanding of hypertension.
- The insight of the awareness of one's own blood pressure and knowledge about blood pressure in general had a direct correlation in blood pressure management (Lee, 2004).