



Perceptions of Hypertension Awareness: A Pilot Study

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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 53% respondents had intermediate health literacy level, 22% had a proficient health literacy level, and 14% had below basic health literacy level (Kutner, Greenbert, 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

- Kressin et al., (2007) contended patient beliefs were significantly associated with medication adherence.
- Oliveria, 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).

Methodology and Program Design

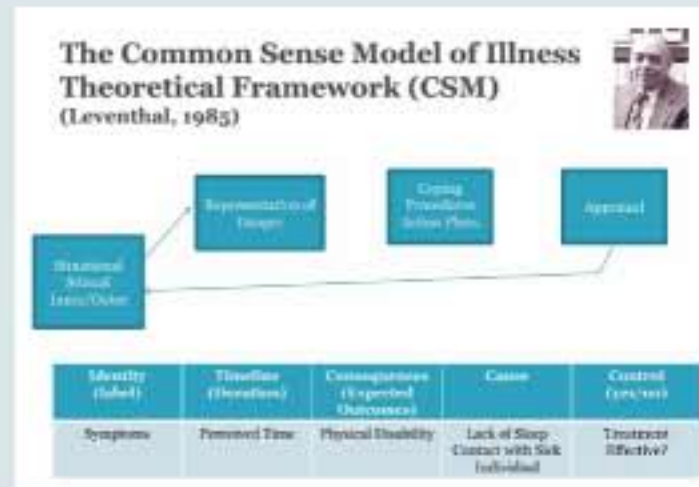
- Surveyed convenience sample of clinic patients (n=27) and clinic nurses (n=11) using the Awareness of Blood Pressure Questionnaire
- Compiled assessment survey responses and analyzed data using Microsoft Excel 2007
- Identified opportunities for DNP Practitioner to enhance both healthcare provider 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 underrated or overrated by clinic nurses.
- Indicated opportunities for DNP Practitioner to enhance both healthcare providers' and patients' perceptions of hypertension awareness.

Applicability to APN/DNP Healthcare Providers

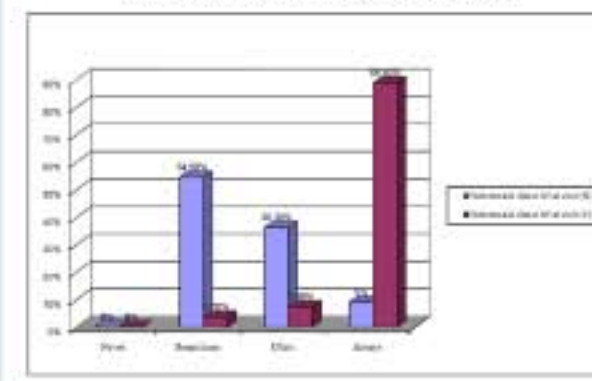
- Advance Practice Nurses are focused on providing holistic care which includes care centered on both physical and mental wellbeing.
- DNP Practitioner has an important role in developing programs to help nurses and other healthcare providers better understand patient perceptions of hypertension.
- DNP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



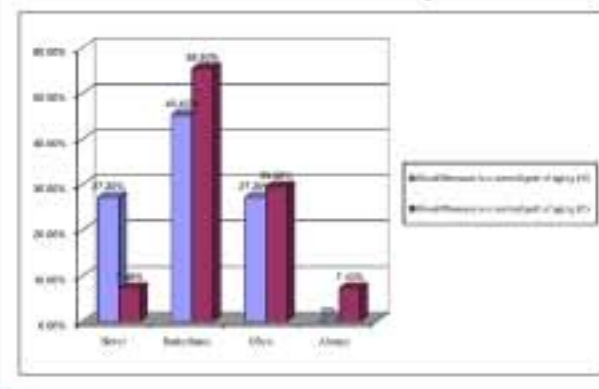
Participant Demographics

- Nurses**
 - 5 Male
 - 6 Female
 - Age 40
 - Community Coll
 - College Post Graduate (4 yrs)
 - PhD (2)
 - Education
 - Some College (2)
 - ANLS (2)
 - ANLS (2)
 - MS (2)
 - MSW (1)
 - MSW (1)
 - Age 34-41
- Patients**
 - 5 Male
 - 6 Female
 - Age 40-50
 - Education
 - Some College (2)
 - ANLS (2)
 - ANLS (2)
 - MS (2)
 - MSW (1)
 - MSW (1)
 - Age 34-41

Patients' vs. Nurses' Perceptions



Patients' vs. Nurses' Perceptions



[Nurses] Blood Pressure is high with SBP 140mmHg or greater



[Nurses] Blood Pressure is high with DBP 90mmHg or greater



[Nurses] With older persons, elevated SBP predictor for heart disease and stroke



[Patients] Blood Pressure is high with SBP 140mmHg or greater



[Patients] Blood Pressure is high with DBP 90mmHg or greater



[Patients] With older persons, elevated SBP predictor for heart disease and stroke



Patient's Reported Blood Pressures

