ABSTRACT

Background: Hypertension is the third leading killer in the world, causing one in every eight deaths worldwide making it a global issue (Chockalingam et al., 2006). Uncontrolled hypertension is linked to serious cardiovascular complications. Nurse led initiatives have proven effective in hypertension control in primary care.

Purpose: The purpose of this pilot program was to comply with the Corporation’s Quality improvement mandate across its 19 hospitals identified to have suboptimal hypertension control to improve Blood Pressure control in the primary care clinics within 6 months.

Methods: 42 patients who met the criteria of uncontrolled HTN were referred by 3 providers selected to refer their patients into the NP-RN pilot program and followed for three months. Intervention consisted of Care plan initiation consisting of intensified patient education on diet, medication adherence, exercise, smoking and potential complications of uncontrolled HTN, home Blood pressure monitoring, and inter-visit phone call reminders.

Data Analysis: Data was analyzed using Excel Spread sheet.

Results: After three months, 93% had controlled BP, 98% adhered to their medications, and 83% maintained a home blood pressure log. The program was adopted as “NPHTN” Clinic.

RESULTS:

<table>
<thead>
<tr>
<th>Total Enrolled patients</th>
<th>42</th>
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<tbody>
<tr>
<td>Patients with uncontrolled BP at the time of enrollment</td>
<td>41</td>
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Interventions

| Care plan initiated and developed | 40 | 95% |
| Care plan adherence | 27 | 68% |
| Medication Adherence | 41 | 98% |

Self Monitoring

| Pts self monitoring BP at home | 35 | 83% |
| Free BP monitors given | 7 |
| Results: Pts reached goal of BP < 140/90 | 15 | 36% |

The first table above showed that the intervention led to:

- Successful medication adherence in 98% of the enrolled participants
- Successful the target BP reached in 93% of the enrolled participants
- Optimal 93% of participants initiated and maintained home BP monitoring
- The second table showed overall clinic blood pressure control from 42% to 47.6%.

DISCUSSION:

- RN’s successfully initiated and maintained the care plan of the hypertensive patients
- Successful NP-RN Collaborative strategies leading to successful patient outcome
- The findings are consistent with the success of NP led interventions in successful patient health outcomes

CONCLUSION/IMPLICATIONS

- APN-Led interventions are successful in HHTN control consistent with pilot study and literature review.
- Nurses are challenged to be proactive in research, practice and administrative initiatives in this area, especially targeting persons of African descent known to be disproportionately impacted with CVD complications. This is aimed to improve health outcomes, and help validate the discipline’s relevance.

REFERENCES