

Title:

Management of Uncontrolled Hypertension in Urgent Care Setting: A Self-Management Educational Program

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References:

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Abstract Summary:

Management of Uncontrolled hypertension in Urgent care setting is a self management educational program that aim to teach participants on using sphygmomanometer to monitor their blood pressure in addition to pharmacological treatment.

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
Eighty percent of participants will understand and develop BP self-management skills necessary to manage their blood pressure effectively.	The learner will understand and develop BP self-management skills necessary to manage their blood pressure effectively.
Eighty percent of participants will show reduction in at least 6 BP reading value at the clinic post study and 70% reduction in incidence rate of hypertensive urgency	The learner will show reduction in at least 6 BP reading value at the clinic post study and 70% reduction in incidence rate of hypertensive urgency

Abstract Text:

Abstract

Purpose: Thorough analysis of epidemiological data revealed heightened impacts of uncontrolled hypertension and associated complications such as increased mortality and morbidity rates worldwide and in United States of America. Body of knowledge indicated absence of BP self-monitoring in addition to pharmacotherapy treatment among patients of urgent care is one of the contributory factors to uncontrolled hypertension. This DNP project's primary aim is to implement a hypertension self-care management educational program, with the focus on teaching patients with uncontrolled hypertension in urgent care setting self-management skills necessary for patients to manage their blood pressure effectively, such skills include how to use Omron sphygmomanometers to measure BP values in the morning and at night in sitting position using right techniques. This study also aims to recommend

hypertension self monitoring as an intervention tool in addition to pharmacological treatment for management of uncontrolled hypertension among urgent care patients, with the goal of increasing patients' knowledge on complications associated with uncontrolled hypertension. Increased patients' knowledge may result in effective hypertension control among patients of urgent care setting, hence reducing rate of cardiovascular complication associated with uncontrolled hypertension.

Outcome Measure: Eighty percent of participants will understand and develop BP self- management skills necessary to manage their blood pressure effectively. Eighty percent of participants will show reduction in at least 6 BP reading value at the clinic post study and 70% reduction in incidence rate of hypertensive urgency.

Method: Four-session of BP self-management of education will be delivered to patients of urgent care setting with anticipated sample size of 30 (N=30). The behavioral change education will be based on BP self-monitoring. Each session will last 1 hour, a pre/post test will be administered to measure participants' knowledge base before and after the educational session intervention.

Result: All participants may show significant improvements in knowledge of BP self-monitoring. One hundred percent N=30 of the participants will report effective BP control after educational sessions.

Conclusion: The BP self-management educational program may be used as a model for an up-to-date structured hypertension education among patient of urgent care setting.