

Abstract

Background: Hypertension is one of the most dangerous, common, costly, and fatal diseases. Despite the wide variety of advanced hypertension treatments, many hypertensive patients still suffer from uncontrolled hypertension. Self-management educational tools on a personal level in the primary care setting is considered one of the most effective ways to improve uncontrolled hypertension. Education on lifestyle changes, adherence to medication, hypertensive diet, and follow-up care can improve uncontrolled hypertension.

Objective: The objective of this project is to improve uncontrolled hypertension through improving self-management strategies by creating educational tools for hypertensive patients and follow-up face-to-face nursing visits for blood pressure check-up in the primary care setting.

Method: The project plan was implemented in a primary care clinic over eight weeks. Data was collected pre-intervention and post-intervention. A RISE educational pamphlet, DASH diet guideline table, and a patient blood pressure log were provided for all hypertensive patients in the primary care clinic who had scheduled visits. A face-to-face follow-up nursing visit for blood pressure check-up was scheduled biweekly for all patients who received the educational materials.

Results: Despite the small sample size and the short implementation time, the results of this quality improvement project are significant. Therefore, the results are promising for future research with a larger sample size and longer implementation time.