

Implementation of Dietary Approaches to Stop Hypertension (DASH) Diet Protocol in a Primary Clinic Setting - A Quality Improvement Project

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DNPV 767: DNP Project III
Project

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Outline of DASH Diet Educational Protocol in a Primary Care Setting

- I. Introduction to DASH Diet
 - A. Project problem
 - B. Project question
 - C. Purpose statement
 - D. Significance of Project
 - E. Objectives
- II. Review of Literature
- III. Theoretical Model



Cont. of Outline of DASH Diet Educational Protocol in a Primary Care Setting

- IV. Project/ Study design
- V. Discussion of Implementation
- VI. Discussion of Evaluation
- VII. Discussion of Conclusion
- VIII. Ideas for future dissemination
- IX. References



Introduction

- 5th leading cause of common chronic diseases
- 82, 735 deaths in 2016
- Often asymptomatic
- Manage high BP → Dietary Approaches to Stop Hypertension (DASH) diet

(America's Health Rankings [AHR], n. d., Mayo Clinic, 2019 & Whelton et al., 2018)



Continuation of Introduction

- DASH diet → low in fats, fruits & vegetables
- reduced sodium
- lowers BP, TC, & LDL
- better quality of life
- prevents osteoporosis, cancer, diabetes, & heart disease



(Mayo Clinic, 2019; Whelton et al., 2018; Filippou et al., 2020; Rifai et al., 2015, Siervo et al., 2015)

Continuation of Introduction

- Barriers to DASH diet utilization
 - lack of communication skills
 - lack of provider knowledge

(Sany et al., 2020;
Batterham et al., 2016;
Sadeghi et al., 2019 & Won, 2015)



Continuation of Introduction

A. Project Problem

- DASH diet is recommended but not implemented
- Project proposes implementation of a DASH diet educational protocol



B. Project Question

- Does DASH diet educational protocol implementation improve knowledge ?

Continuation of Introduction

C. Purpose statement

- Educate the clinic staff & healthcare providers

D. Significance of the Project

- Importance of healthcare provider education



Continuation of Introduction

E. Objectives

- Formulate & implement a DASH diet educational protocol
- Conduct an educational session
- Patient education
- Use of pre- & post-education DASH diet questionnaire
- Clinic staff & healthcare provider compliance



Literature Review

- DASH diet lowers the BP
- DASH diet lowers BP alone or with another intervention

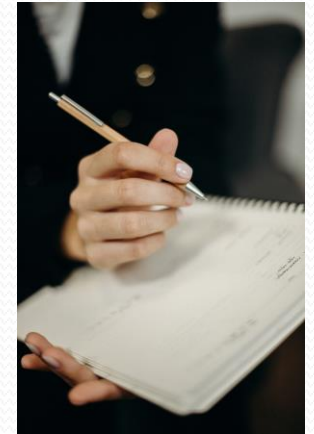


(Mayo Clinic, 2019)



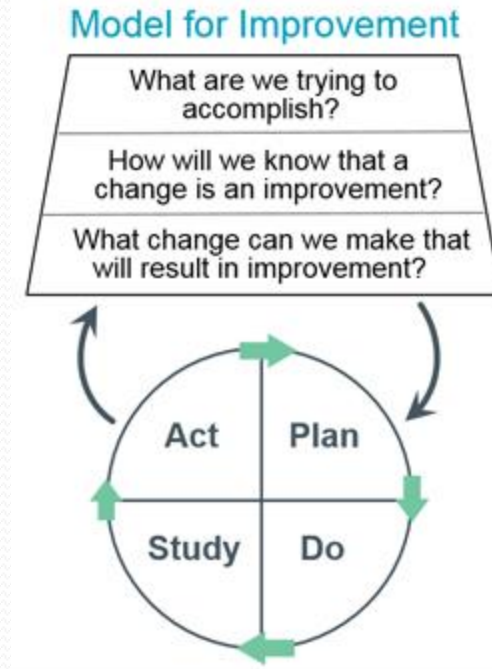
Literature Review

- DASH diet in BP reduction & CV risk improvement
- Healthcare provider education
- DASH diet adherence



(Brunstrom & Solani et al., 2020)



Theoretical Model



(IHI, 2021a)

Continuation of Theoretical Model

Part I Three Fundamental Questions

- To address “what are we trying to accomplish?” 
- To address “how will we know that a change is an improvement?” 
- To address “what change can we make that will result in improvement?”

Continuation of Theoretical Model

Part 2 PDSA Cycle

- Plan
- Do
- Study
- Act



Project/Study Design

- To address “what are we trying to accomplish?”

Intervention:

→ DASH diet educational session



Continuation of Project/Study design

- To address “how will we know that a change is an improvement?”

Intervention:

→ 12 week chart review

→ DASH diet education documentation



Continuation of Project/Study design

- To address “what changes can we make that will result in improvement?”

Intervention:

→ Increased knowledge

→ Education of hypertensive patients

→ DASH diet educational protocol



Discussion of Implementation

QI project

- Assessed the efficacy of the DASH diet educational session
- Assessed healthcare provider compliance



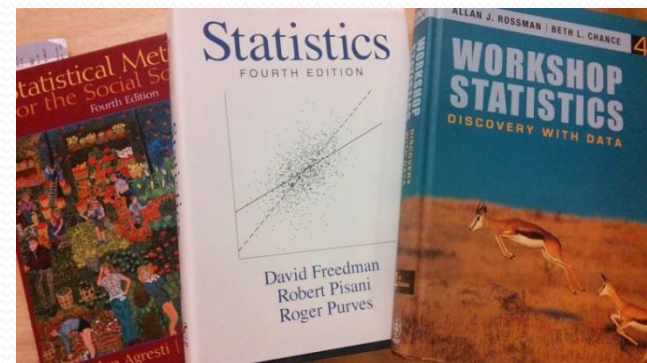
Cont. of Discussion of Implementation

- DASH diet educational protocol
 - implemented x 4 weeks
 - DASH diet educational session
 - Pre- & post-intervention assessment
 - Health care compliance assessment
 - Chart reviews



Cont. of Discussion of Implementation

- Data analysis using SPSS version 23
 - Wilcoxon signed rank test
 - 95% confidence interval estimate (Clopper- Pearson's exact method)



Discussion of Evaluation

- DASH diet education of clinic staff & healthcare providers
- Implementation of DASH diet protocol



Continuation of Discussion of Evaluation

- Increased knowledge & awareness
- Education provided



Continuation of Discussion of Evaluation

Limitation

- Time frame
 - conducted x 4 weeks
 - patient cancellations

(Juraschek et al., 2017 & Filippou et al., 2020)



Discussion of Conclusion

- Increase in awareness & knowledge
- Healthcare providers compliance
- DASH diet educational protocol

Ideas for Future Dissemination

- Increased recognition & impact
- Promote importance of education
- Promote sustainability
- Presentation of the DNP project

Questions?

Questions????



Questions????



Questions????



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