



Hypertension Education for Nurses to Improve Protocol Compliance Utilizing a Shared Decision-Making Framework

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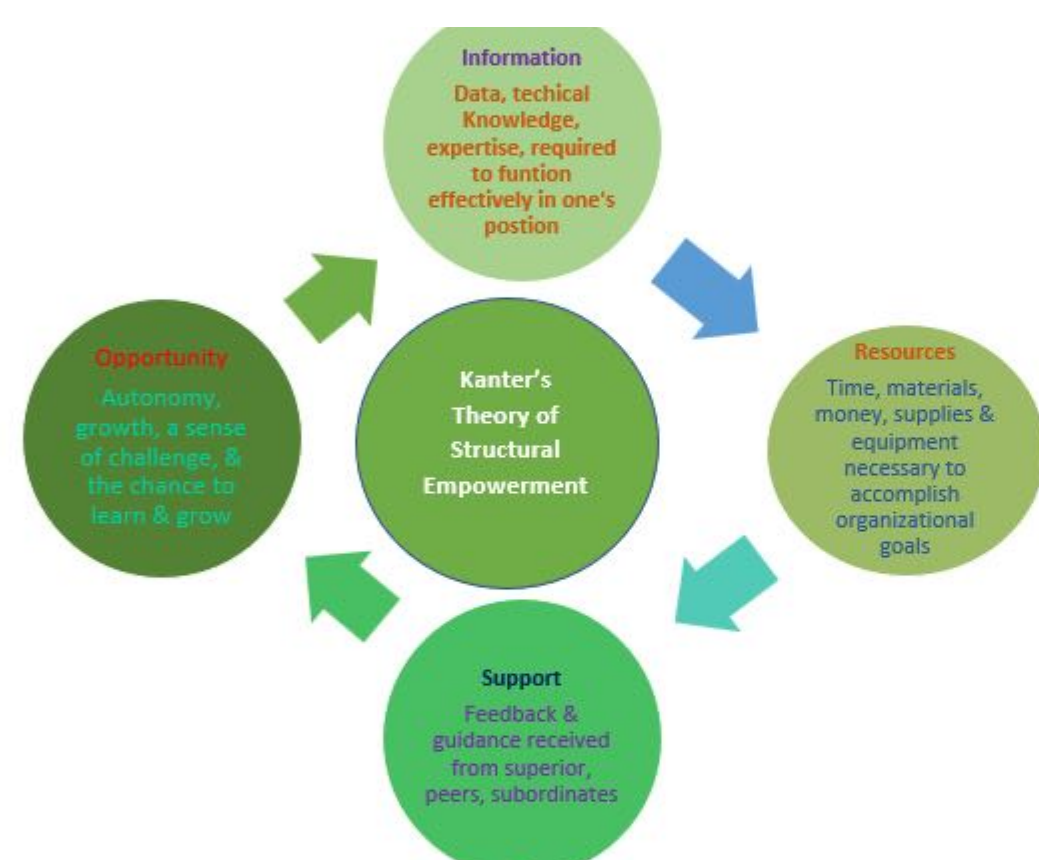
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BACKGROUND

INTRODUCTION

- According to the US SG there are 108 million adults are diagnosed with hypertension (HTN) with only 1 in 4 with their HTN under control placing individuals at a higher risk for heart disease and stroke.
- The significance of this DNP project is two-fold; first, the promotion of nursing autonomy and authority through shared decision-making (SDM) and expanding the nurse's role from monitoring blood pressure (BP) and patient education to supplementing and complimenting the medical provider's role. Secondly, the effective improvement of patient outcomes and better control of BP for patients through the use of a nursing HTN protocol and ensuring care is multi-faceted, patient-centered, and tailored to meet the patient's needs
- The DNP project setting is located in the West Texas VA Healthcare System's (WTVAHCS) main campus in a highly rural area of Texas.
- The direct population identified for this DNP project are eight multigenerational RNs assigned to the primary care clinic (PCC).
- Indirect population 2,151 patients diagnosed with HTN.
- The internal stakeholders related to this DNP project are the overall WTVAHCS facility (macro-level), PCC (meso-level), nurses (micro-level), and providers (micro-level).
- The external stakeholders for this DNP project include patients and families or significant others.



INTERVENTION

- An educational PowerPoint (PPT) that identified strategies for participation in SDM and how nurses can function autonomously within the team-based care (TBC) model to expand the nurse role in the care of patients diagnosed with HTN.
- The HTN nursing protocol was used as an example of how nurses can function autonomously, their role in SDM, and increase their understanding of their role in SDM and its impact on nursing practice.
- A 15-question pre/post-test was administered to determine if there was a gain in knowledge after the PPT presentation.
- Chart audits were performed weekly over four weeks after the intervention to review the nurses' compliance with the HTN nursing protocol.

PICOT

- Will education on the nurses' role in shared decision-making show a statistically significant improvement in nursing compliance with the VA HTN nursing protocol within four weeks?

OBJECTIVE

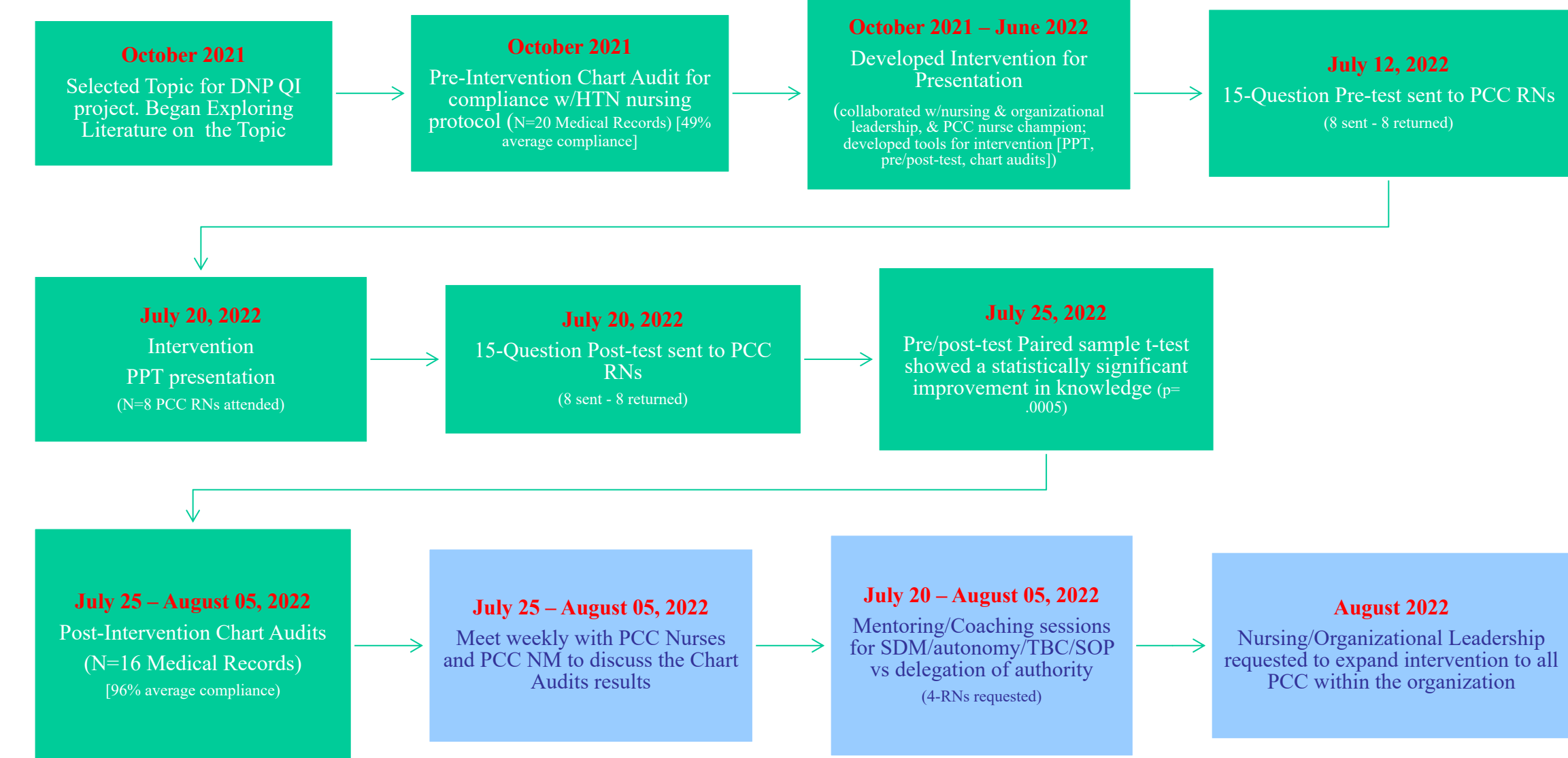
- Educate nurses on the benefits of SDM and how it can promote autonomy.
- Expand the nurse's role within the TBC by promoting nursing autonomy with compliance with the HTN nursing protocol showing a statistically significant improvement as evidenced by the chart audits.
- Increase in understanding of SDM as evidenced by a statistically significant improvement in the pre-and post-test after the PPT presentation.

ACKNOWLEDGEMENTS

I would like to express my sincere appreciation to my DNP Project Team for your patience, mentoring, and coaching throughout this program:

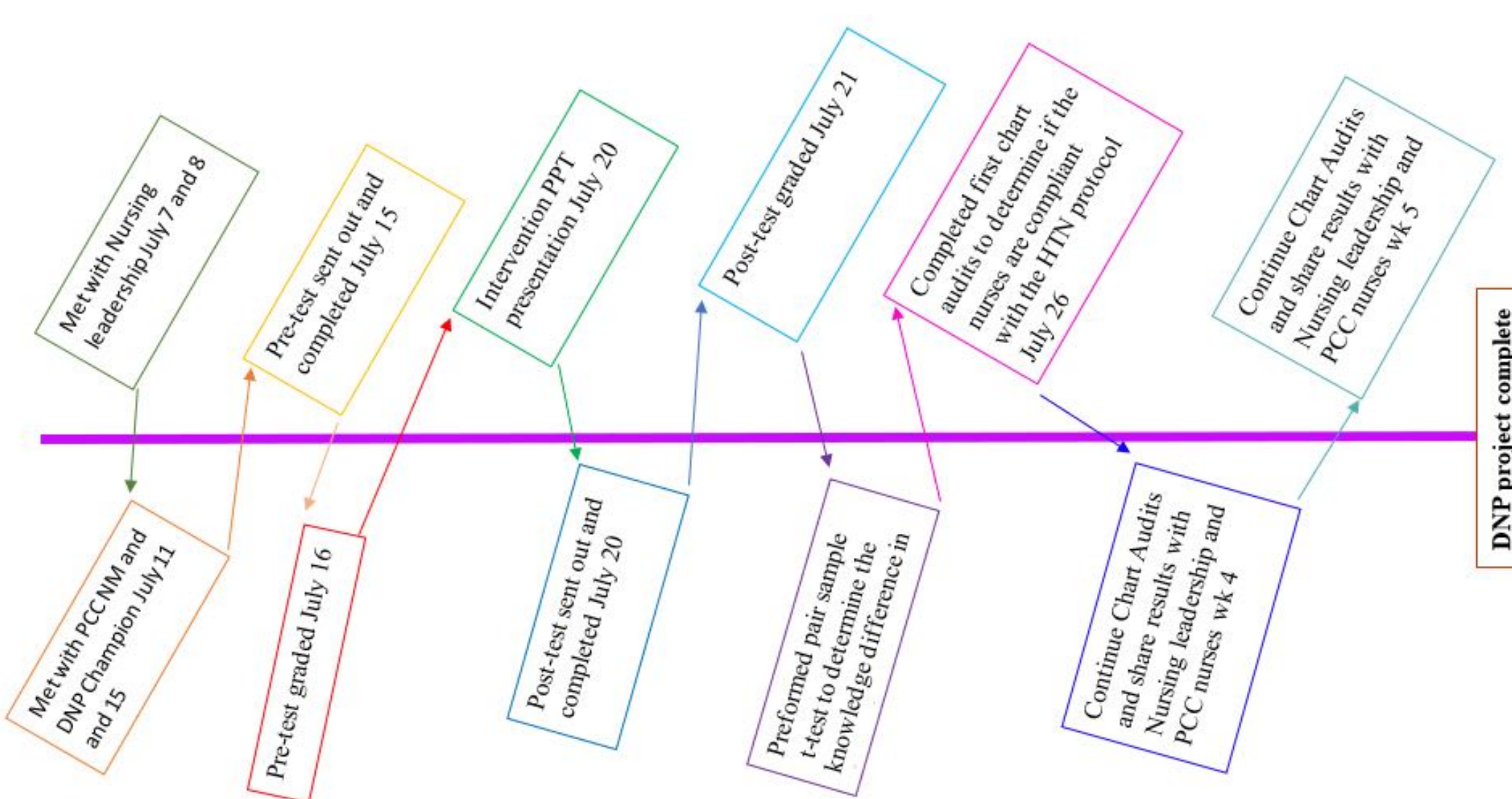
- Tracey Johnson-Glover, DNP, MSN Ed, RN – Project Course Instructor
- Catie Chung, Ph.D., RN, CNE – Academic Mentor.
- L. (Les) Ray White, Ph.D., RN, FNP-BC – Project Mentor

METHODS



HYPERTENSION EDUCATION FOR NURSES TO IMPROVE PROTOCOL COMPLIANCE UTILIZING A SHARED DECISION-MAKING FRAMEWORK

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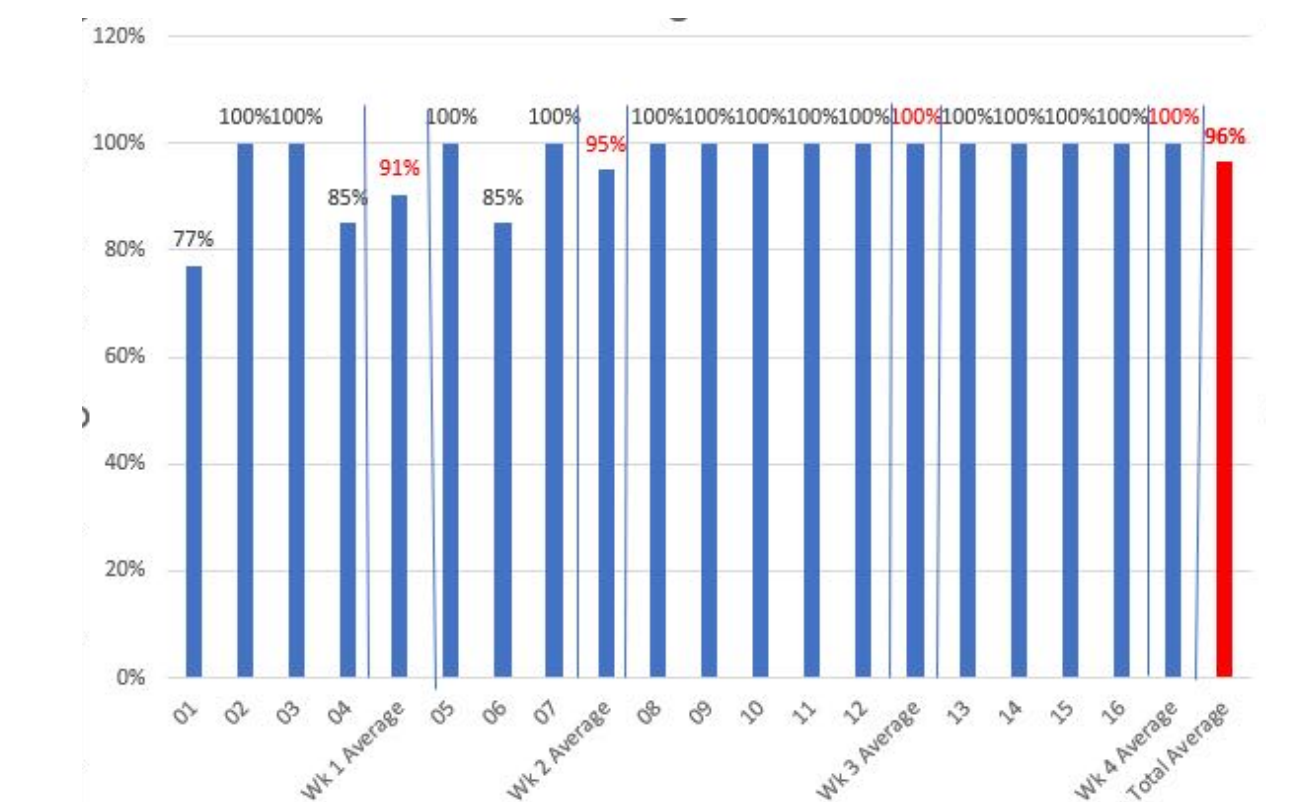


RESULTS

Pre-and Post-Test Paired Sample T-Test

Paired Samples Statistics					
		Mean	N	Std. Deviation	Std. Error Mean
Pair 1	Pre-test (score)	91.75	8	5.726	2.024
	Posttest (score)	100.00	8	.000	.000

Average Chart Audits



CONCLUSION

- Focus** – Expanding the nurse's role by promoting SDM, nursing autonomy, and TBC and improving nursing compliance with the HTN nursing protocol.
- Intervention** – PowerPoint presentation, pre-and post-test, and chart audits
 - Pre-and post-test data calculation – Pair sample t-test = p-value of .0005, indicating a statistically significant improvement in knowledge of SDM, nursing autonomy, and TBC, the impact of SDM on nursing autonomy, and strategies to create a TBC environment and availability of tools to expand the nurses' role.
 - Chart audits data – Improved average nursing compliance with the HTN protocol from average compliance of 49% to 96% over four weeks post-intervention.
- Implication – Nursing**; Increased knowledge regarding the nurse's role in SDM, the impact of SDM on nursing autonomy, and TBC improved compliance with the HTN nursing protocol and the potential for improved patient outcomes. **Organization**; development of a high-functioning interdisciplinary team approach to care utilizing all team members' knowledge, skills, and experiences. Lastly, the organizational and nursing leadership have requested permission to add the PowerPoint presentation to nursing orientation and expand the DNP project to all nurses in primary care clinics within the organization.

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